Skill Progression – PE

Area of focus	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Travelling – feet	Travelling – feet	Travelling	Travelling	Travelling	Travelling
Gymnastics	② Jog, skip,	② Jog, skip,	Pocus on	Pocus on	Pocus on	Pocus on
	gallop, hop, walk	gallop, hop, walk	developing quality	developing quality	developing quality	developing quality
	forwards,	forwards,	of travelling	of travelling	of travelling	of travelling
	backwards.	backwards.	actions both on	actions both on	actions both on	actions both on
	Travelling – hands	Travelling – hands	feet and hands	feet and hands	feet and hands	feet and hands
	and feet	and feet	and feet.	and feet.	and feet.	and feet.
	☑ Frog,		Shape	Shape	Shape	Shape
	Bunny, Crab, Bear,	Bunny, Crab, Bear,	As KS 1 and			
	Caterpillar,	Caterpillar,	piked and	piked and	piked and	piked and
	Crocodile,	Crocodile,	straddle,	straddle,	straddle,	straddle,
	Monkey, etc.	Monkey, etc.	Pocus on	Pocus on	Pocus on	Pocus on
	Shape	Shape	developing quality	developing quality	developing quality	developing quality
	② Wide, thin,	Wide, thin,	of shape and	of shape and	of shape and	of shape and
	tuck, dish, arch.	tuck, dish, arch.	stillness. E.g.	stillness. E.g.	stillness. E.g.	stillness. E.g.
	Rolling	Rolling	extended feet,	extended feet,	extended feet,	extended feet,
	Rocking on	Rocking on	hands, arms, legs.	hands, arms, legs.	hands, arms, legs.	hands, arms, legs.
	back, pencil, egg	back, pencil, egg	② Explore a	② Explore a	② Explore a	② Explore a
	rolls, dish roll,	rolls, dish roll,	range of	range of	range of	range of
	teddy / circle roll,	teddy / circle roll,	symmetrical and	symmetrical and	symmetrical and	symmetrical and
	forward roll.	forward roll.	asymmetrical	asymmetrical	asymmetrical	asymmetrical
	Balance	Balance	actions.	actions.	actions.	actions.
	☑ Front	Pront	Perform	Perform	Perform	Perform
	support, balance	support, balance	movements that	movements that	movements that	movements that
	on 4 & 3 points,	on 4 & 3 points,	are mirrored	are mirrored	are mirrored	are mirrored
	large body parts,	large body parts,	and/or matched.	and/or matched.	and/or matched.	and/or matched.
	tummy, back,	tummy, back,	Balance	Balance	Balance	Balance
	bottom, shoulder.	bottom, shoulder.				

Jumping	Jumping	Pocus on	Pocus on	Pocus on	Pocus on
2 feet to 2	2 feet to 2	developing	developing	developing	developing
feet, 2 to 1 and 1	feet, 2 to 1 and 1	balances on 1,2,3	balances on 1,2,3	balances on 1,2,3	balances on 1,2,3
to 2.	to 2.	or 4 points and			
2 feet to 2	2 feet to 2	large body parts.	large body parts.	large body parts.	large body parts.
feet for height	feet for height	② Counter	② Counter	② Counter	② Counter
with shape	with shape	balance with a	balance with a	balance with a	balance with a
Handle small and	Handle small and	partner.	partner.	partner.	partner.
large apparatus	large apparatus	② Counter	② Counter	② Counter	Counter
? Mats,	? Mats,	tension with a	tension with a	tension with a	tension with a
benches, tables.	benches, tables.	partner.	partner.	partner.	partner.
		Rolling	Rolling	Rolling	Rolling
		Pocus on	Pocus on	Pocus on	Pocus on
		developing quality	developing quality	developing quality	developing quality
		in all the different			
		rolling actions	rolling actions	rolling actions	rolling actions
		from KS1.	from KS1.	from KS1.	from KS1.
		Jumping	Jumping	Jumping	Jumping
		Focus on	Pocus on	Pocus on	Pocus on
		developing quality	developing quality	developing quality	developing quality
		of jumping actions	of jumping actions	of jumping actions	of jumping actions
		2:2, 2:1, 1:2, 1:1.	2:2, 2:1, 1:2, 1:1.	2 :2, 2:1, 1:2, 1:1.	2:2, 2:1, 1:2, 1:1.
		2 Jump with	2 Jump with	2 Jump with	2 Jump with
		shapes in the air.			
		2 ½ turn	2 ½ turn		2 ½ turn
		jump.	jump.	jump.	jump.
		Handle apparatus	Handle apparatus	Handle apparatus	Handle apparatus
		② Use all	② Use all	② Use all	② Use all
		actions above on	actions above on	actions above on	actions above on
		the floor and over,			
		through, across	through, across	through, across	through, across

			and along	and along	and along	and along
			apparatus.	apparatus.	apparatus.	apparatus.
			Perform	Perform	Perform	Perform
			different	different	different	different
			combinations of	combinations of	combinations of	combinations of
			actions and	actions and	actions and	actions and
			perform these	perform these	perform these	perform these
			with a change of			
			speed, level or	speed, level or	speed, level or	speed, level or
			direction.	direction.	direction.	direction.
			? Develop	? Develop	② Develop	② Develop
			tension, extension	tension, extension	tension, extension	tension, extension
			and transfer of	and transfer of	and transfer of	and transfer of
			weight in their	weight in their	weight in their	weight in their
			actions	actions	actions	actions
	Body Actions	Body Actions	? To create	? To create	② To create	To create
Dance	Copy and explore	Copy and explore	movement using a	movement using a	movement using a	movement using a
	basic body actions	basic body actions	stimulus.	stimulus.	stimulus.	stimulus.
	from a range of	from a range of	To explore	? To explore	To explore	To explore
	stimuli (words,	stimuli (words,	and improvise	and improvise	and improvise	and improvise
	poetry, pictures,	poetry, pictures,	ideas for dances in			
	sounds , objects)	sounds , objects)	different styles,	different styles,	different styles,	different styles,
	e.g. Penguins	e.g. Penguins	working on their	working on their	working on their	working on their
	Travel - waddle,	Travel - waddle,	own, with a	own, with a	own, with a	own, with a
	slide	slide	partner and in a			
	Turn - spin	Turn - spin	group.	group.	group.	group.
	Gesture - bob, flap	Gesture - bob, flap	? To create	? To create	To create	To create
	Stillness - freeze	Stillness - freeze	and link dance	and link dance	and link dance	and link dance
	Copy ∴	Copy ∴ ∴ ∴ ∴ ∴ ∴ ∴ ∴	phrases using a	phrases using a	phrases using a	phrases using a
	simple movement	simple movement	simple dance	simple dance	simple dance	simple dance
	patterns i.e.	patterns i.e.	structure or motif.	structure or motif.	structure or motif.	structure or motif.

	waddling, huddle	waddling, huddle	2 To use	2 To use		
	and flap wings.	and flap wings.	simple	simple	simple	simple
	Show and	Show and	choreographic	choreographic	choreographic	choreographic
	tell using body	tell using body	principles to	principles to	principles to	principles to
	actions to explore	actions to explore	create motifs.	create motifs.	create motifs.	create motifs.
	moods, ideas and	moods, ideas and	2 To	2 To	2 To	2 To
	feelings.	feelings.	compose dances	compose dances	compose dances	compose dances
	Vary speed,	Vary speed,	by using, adapting	by using, adapting	by using, adapting	by using, adapting
	strength, energy	strength, energy	and developing	and developing	and developing	and developing
	and tension of	and tension of	steps, formations	steps, formations	steps, formations	steps, formations
	their movements.	their movements.	and patterning	and patterning	and patterning	and patterning
			from different	from different	from different	from different
			dance styles.	dance styles.	dance styles.	dance styles.
			② To explore,	To explore,	② To explore,	② To explore,
			improvise and	improvise and	improvise and	improvise and
			combine	combine	combine	combine
			movement ideas	movement ideas	movement ideas	movement ideas
			fluently and	fluently and	fluently and	fluently and
			effectively.	effectively.	effectively.	effectively.
Games	Travelling	Travelling	Travelling	Travelling	Travelling	Travelling
	② Change	② Change	② Change	② Change	② Change	② Change
	speed and	speed and	speed and	speed and	speed and	speed and
	direction easily i.e.	direction easily i.e.	direction easily i.e.	direction easily i.e.	direction easily i.e.	direction easily i.e.
	dodging and	dodging and	dodging and	dodging and	dodging and	dodging and
	swerving.	swerving.	swerving.	swerving.	swerving.	swerving.
	? Travelling	? Travelling	? Travelling	? Travelling	? Travelling	? Travelling
	with an object i.e.	with an object i.e.	with an object i.e.	with an object i.e.	with an object i.e.	with an object i.e.
	running or	running or	running or	running or	running or	running or
	dribbling a ball	dribbling a ball	dribbling a ball	dribbling a ball	dribbling a ball	dribbling a ball
	with/without	with/without	with/without	with/without	with/without	with/without
	equipment.	equipment.	equipment.	equipment.	equipment.	equipment.

_		I	1				
	Sending and	Sending and	Sending and	Sending and	Sending and	Sending and	
	Receiving –	Receiving –	Receiving –	Receiving –	Receiving –	Receiving –	
	Invasion Games	Invasion Games	Invasion Games	Invasion Games	Invasion Games	Invasion Games	
	Perform	Perform	Perform	Perform	Perform	Perform	
	using a number of	using a number of	using a number of	using a number of	using a number of	using a number of	
	sending and	sending and	sending and	sending and	sending and	sending and	
	receiving skills	receiving skills	receiving skills	receiving skills	receiving skills	receiving skills	
	with consistency,	with consistency,	with consistency,	with consistency,	with consistency,	with consistency,	
	accuracy,	accuracy,	accuracy,	accuracy,	accuracy,	accuracy,	
	confidence and	confidence and	confidence and	confidence and	confidence and	confidence and	
	control and later	control and later	control and later	control and later	control and later	control and later	
	speed.	speed.	speed.	speed.	speed.	speed.	
	Scoring Skills	Scoring Skills	Scoring Skills	Scoring Skills	Scoring Skills	Scoring Skills	
	Shoot and	Shoot and	Shoot and	Shoot and	Shoot and	Shoot and	
	score accurately in score accurately in		score accurately in score accurately in		score accurately in	score accurately in	
	a range of ways.	a range of ways.	a range of ways.	a range of ways.	a range of ways.	a range of ways.	
	Shot from a	Shot from a	Shot from a	Shot from a	Shot from a	Shot from a	
	distance and from	distance and from	distance and from	distance and from	distance and from	distance and from	
	close range.	close range.	close range.	close range.	close range.	close range.	
	Net Wall Games	Net Wall Games	Net Wall Games	Net Wall Games	Net Wall Games	Net Wall Games	
	? Throw a	? Throw a	? Throw a	? Throw a	? Throw a	? Throw a	
	ball underarm,	ball underarm,	ball underarm,	ball underarm,	ball underarm,	ball underarm,	
	overarm.	overarm.	overarm.	overarm.	overarm.	overarm.	
	Intercept a	Intercept a	Intercept a	Intercept a	Intercept a	Intercept a	
	ball.	ball.	ball.	ball.	ball.	ball.	
	Part Hold and	Part of the second of the s	Part of the second of the s	Property of the second of t	Property of the second of t	Property of the second of t	
	swing the racket	swing the racket	swing the racket	swing the racket	swing the racket	swing the racket	
	well and play shots	well and play shots	well and play shots	well and play shots	well and play shots	well and play shots	
	on both sides of	on both sides of	on both sides of	on both sides of	on both sides of	on both sides of	
	the body and	the body and	the body and	the body and	the body and	the body and	
	above their heads.	above their heads.	above their heads.	above their heads.	above their heads.	above their heads.	

Play shots	Play shots	Play shots	Play shots	Play shots	Play shots
with reasonable	with reasonable	with reasonable	with reasonable	with reasonable	with reasonable
accuracy.	accuracy.	accuracy.	accuracy.	accuracy.	accuracy.
	Keep a rally	? Keep a rally	? Keep a rally	Keep a rally	Keep a rally
going that is not	going that is not	going that is not	going that is not	going that is not	going that is not
cooperative.	cooperative.	cooperative.	cooperative.	cooperative.	cooperative.
Striking Fielding	Striking Fielding	Striking Fielding	Striking Fielding	Striking Fielding	Striking Fielding
Games	Games	Games	Games	Games	Games
? Hit a ball	Hit a ball	? Hit a ball	Pit a ball	Pit a ball	? Hit a ball
off a tee.	off a tee.	off a tee.	off a tee.	off a tee.	off a tee.
② Different	Different	Different	Different	Different	Different
ways of striking a	ways of striking a	ways of striking a	ways of striking a	ways of striking a	ways of striking a
_	ball using different				
' ' '	equipment (e.g.				
rounders, cricket).	rounders, cricket).	rounders, cricket).	rounders, cricket).	rounders, cricket).	rounders, cricket).
	Catch a	? Catch a	? Catch a	Catch a	② Catch a
small ball with two	small ball with two	small ball with two	small ball with two	small ball with two	small ball with two
hands.	hands.	hands.	hands.	hands.	hands.
·	Stop a ball				
	and throw it back				
	to partner, bowler				
	or wicket keeper				
	quickly and				
	accurately.	accurately.	accurately.	accurately.	accurately.
	Bowl	? Bowl	? Bowl	2 Bowl	∃ Bowl
	underarm and				
	overarm with				
	increasing	increasing	increasing	increasing	increasing
1 '	accuracy and				
1 .	speed.	speed.	speed.	speed.	speed.
·	? Retrieve,				
intercept and stop	intercept and stop	intercept and stop	intercept and stop	intercept and stop	intercept and stop

	a ball when					
	fielding.	fielding.	fielding.	fielding.	fielding.	fielding.
Athletics						