

Skill Progression – PE

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

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| | <p>Jumping</p> <ul style="list-style-type: none"> ☐ 2 feet to 2 feet, 2 to 1 and 1 to 2. ☐ 2 feet to 2 feet for height with shape <p>Handle small and large apparatus</p> <ul style="list-style-type: none"> ☐ Mats, benches, tables. | <p>Jumping</p> <ul style="list-style-type: none"> ☐ 2 feet to 2 feet, 2 to 1 and 1 to 2. ☐ 2 feet to 2 feet for height with shape <p>Handle small and large apparatus</p> <ul style="list-style-type: none"> ☐ Mats, benches, tables. | <ul style="list-style-type: none"> ☐ Focus on developing balances on 1,2,3 or 4 points and large body parts. ☐ Counter balance with a partner. ☐ Counter tension with a partner. Rolling ☐ Focus on developing quality in all the different rolling actions from KS1. Jumping ☐ Focus on developing quality of jumping actions 2 :2, 2:1, 1:2, 1:1. ☐ Jump with shapes in the air. ☐ ½ turn jump. <p>Handle apparatus</p> <ul style="list-style-type: none"> ☐ Use all actions above on the floor and over, through, across | <ul style="list-style-type: none"> ☐ Focus on developing balances on 1,2,3 or 4 points and large body parts. ☐ Counter balance with a partner. ☐ Counter tension with a partner. Rolling ☐ Focus on developing quality in all the different rolling actions from KS1. Jumping ☐ Focus on developing quality of jumping actions 2 :2, 2:1, 1:2, 1:1. ☐ Jump with shapes in the air. ☐ ½ turn jump. <p>Handle apparatus</p> <ul style="list-style-type: none"> ☐ Use all actions above on the floor and over, through, across | <ul style="list-style-type: none"> ☐ Focus on developing balances on 1,2,3 or 4 points and large body parts. ☐ Counter balance with a partner. ☐ Counter tension with a partner. Rolling ☐ Focus on developing quality in all the different rolling actions from KS1. Jumping ☐ Focus on developing quality of jumping actions 2 :2, 2:1, 1:2, 1:1. ☐ Jump with shapes in the air. ☐ ½ turn jump. <p>Handle apparatus</p> <ul style="list-style-type: none"> ☐ Use all actions above on the floor and over, through, across | <ul style="list-style-type: none"> ☐ Focus on developing balances on 1,2,3 or 4 points and large body parts. ☐ Counter balance with a partner. ☐ Counter tension with a partner. Rolling ☐ Focus on developing quality in all the different rolling actions from KS1. Jumping ☐ Focus on developing quality of jumping actions 2 :2, 2:1, 1:2, 1:1. ☐ Jump with shapes in the air. ☐ ½ turn jump. <p>Handle apparatus</p> <ul style="list-style-type: none"> ☐ Use all actions above on the floor and over, through, across |
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| | | | <p>and along apparatus.</p> <p>☐ Perform different combinations of actions and perform these with a change of speed, level or direction.</p> <p>☐ Develop tension, extension and transfer of weight in their actions</p> | <p>and along apparatus.</p> <p>☐ Perform different combinations of actions and perform these with a change of speed, level or direction.</p> <p>☐ Develop tension, extension and transfer of weight in their actions</p> | <p>and along apparatus.</p> <p>☐ Perform different combinations of actions and perform these with a change of speed, level or direction.</p> <p>☐ Develop tension, extension and transfer of weight in their actions</p> | <p>and along apparatus.</p> <p>☐ Perform different combinations of actions and perform these with a change of speed, level or direction.</p> <p>☐ Develop tension, extension and transfer of weight in their actions</p> |
| Dance | <p>Body Actions</p> <p>Copy and explore basic body actions from a range of stimuli (words, poetry, pictures, sounds , objects) e.g. Penguins</p> <p>Travel - waddle, slide</p> <p>Turn - spin</p> <p>Gesture - bob, flap</p> <p>Stillness - freeze</p> <p>☐ Copy simple movement patterns i.e.</p> | <p>Body Actions</p> <p>Copy and explore basic body actions from a range of stimuli (words, poetry, pictures, sounds , objects) e.g. Penguins</p> <p>Travel - waddle, slide</p> <p>Turn - spin</p> <p>Gesture - bob, flap</p> <p>Stillness - freeze</p> <p>☐ Copy simple movement patterns i.e.</p> | <p>☐ To create movement using a stimulus.</p> <p>☐ To explore and improvise ideas for dances in different styles, working on their own, with a partner and in a group.</p> <p>☐ To create and link dance phrases using a simple dance structure or motif.</p> | <p>☐ To create movement using a stimulus.</p> <p>☐ To explore and improvise ideas for dances in different styles, working on their own, with a partner and in a group.</p> <p>☐ To create and link dance phrases using a simple dance structure or motif.</p> | <p>☐ To create movement using a stimulus.</p> <p>☐ To explore and improvise ideas for dances in different styles, working on their own, with a partner and in a group.</p> <p>☐ To create and link dance phrases using a simple dance structure or motif.</p> | <p>☐ To create movement using a stimulus.</p> <p>☐ To explore and improvise ideas for dances in different styles, working on their own, with a partner and in a group.</p> <p>☐ To create and link dance phrases using a simple dance structure or motif.</p> |

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| | <p>Sending and Receiving – Invasion Games</p> <p>☐ Perform using a number of sending and receiving skills with consistency, accuracy, confidence and control and later speed.</p> <p>Scoring Skills</p> <p>☐ Shoot and score accurately in a range of ways.</p> <p>☐ Shot from a distance and from close range.</p> <p>Net Wall Games</p> <p>☐ Throw a ball underarm, overarm.</p> <p>☐ Intercept a ball.</p> <p>☐ Hold and swing the racket well and play shots on both sides of the body and above their heads.</p> | <p>Sending and Receiving – Invasion Games</p> <p>☐ Perform using a number of sending and receiving skills with consistency, accuracy, confidence and control and later speed.</p> <p>Scoring Skills</p> <p>☐ Shoot and score accurately in a range of ways.</p> <p>☐ Shot from a distance and from close range.</p> <p>Net Wall Games</p> <p>☐ Throw a ball underarm, overarm.</p> <p>☐ Intercept a ball.</p> <p>☐ Hold and swing the racket well and play shots on both sides of the body and above their heads.</p> | <p>Sending and Receiving – Invasion Games</p> <p>☐ Perform using a number of sending and receiving skills with consistency, accuracy, confidence and control and later speed.</p> <p>Scoring Skills</p> <p>☐ Shoot and score accurately in a range of ways.</p> <p>☐ Shot from a distance and from close range.</p> <p>Net Wall Games</p> <p>☐ Throw a ball underarm, overarm.</p> <p>☐ Intercept a ball.</p> <p>☐ Hold and swing the racket well and play shots on both sides of the body and above their heads.</p> | <p>Sending and Receiving – Invasion Games</p> <p>☐ Perform using a number of sending and receiving skills with consistency, accuracy, confidence and control and later speed.</p> <p>Scoring Skills</p> <p>☐ Shoot and score accurately in a range of ways.</p> <p>☐ Shot from a distance and from close range.</p> <p>Net Wall Games</p> <p>☐ Throw a ball underarm, overarm.</p> <p>☐ Intercept a ball.</p> <p>☐ Hold and swing the racket well and play shots on both sides of the body and above their heads.</p> | <p>Sending and Receiving – Invasion Games</p> <p>☐ Perform using a number of sending and receiving skills with consistency, accuracy, confidence and control and later speed.</p> <p>Scoring Skills</p> <p>☐ Shoot and score accurately in a range of ways.</p> <p>☐ Shot from a distance and from close range.</p> <p>Net Wall Games</p> <p>☐ Throw a ball underarm, overarm.</p> <p>☐ Intercept a ball.</p> <p>☐ Hold and swing the racket well and play shots on both sides of the body and above their heads.</p> | <p>Sending and Receiving – Invasion Games</p> <p>☐ Perform using a number of sending and receiving skills with consistency, accuracy, confidence and control and later speed.</p> <p>Scoring Skills</p> <p>☐ Shoot and score accurately in a range of ways.</p> <p>☐ Shot from a distance and from close range.</p> <p>Net Wall Games</p> <p>☐ Throw a ball underarm, overarm.</p> <p>☐ Intercept a ball.</p> <p>☐ Hold and swing the racket well and play shots on both sides of the body and above their heads.</p> |
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| | <p>☐ Play shots with reasonable accuracy.</p> <p>☐ Keep a rally going that is not cooperative.</p> <p>Striking Fielding Games</p> <p>☐ Hit a ball off a tee.</p> <p>☐ Different ways of striking a ball using different equipment (e.g. rounders, cricket).</p> <p>☐ Catch a small ball with two hands.</p> <p>☐ Stop a ball and throw it back to partner, bowler or wicket keeper quickly and accurately.</p> <p>☐ Bowl underarm and overarm with increasing accuracy and speed.</p> <p>☐ Retrieve, intercept and stop</p> | <p>☐ Play shots with reasonable accuracy.</p> <p>☐ Keep a rally going that is not cooperative.</p> <p>Striking Fielding Games</p> <p>☐ Hit a ball off a tee.</p> <p>☐ Different ways of striking a ball using different equipment (e.g. rounders, cricket).</p> <p>☐ Catch a small ball with two hands.</p> <p>☐ Stop a ball and throw it back to partner, bowler or wicket keeper quickly and accurately.</p> <p>☐ Bowl underarm and overarm with increasing accuracy and speed.</p> <p>☐ Retrieve, intercept and stop</p> | <p>☐ Play shots with reasonable accuracy.</p> <p>☐ Keep a rally going that is not cooperative.</p> <p>Striking Fielding Games</p> <p>☐ Hit a ball off a tee.</p> <p>☐ Different ways of striking a ball using different equipment (e.g. rounders, cricket).</p> <p>☐ Catch a small ball with two hands.</p> <p>☐ Stop a ball and throw it back to partner, bowler or wicket keeper quickly and accurately.</p> <p>☐ Bowl underarm and overarm with increasing accuracy and speed.</p> <p>☐ Retrieve, intercept and stop</p> | <p>☐ Play shots with reasonable accuracy.</p> <p>☐ Keep a rally going that is not cooperative.</p> <p>Striking Fielding Games</p> <p>☐ Hit a ball off a tee.</p> <p>☐ Different ways of striking a ball using different equipment (e.g. rounders, cricket).</p> <p>☐ Catch a small ball with two hands.</p> <p>☐ Stop a ball and throw it back to partner, bowler or wicket keeper quickly and accurately.</p> <p>☐ Bowl underarm and overarm with increasing accuracy and speed.</p> <p>☐ Retrieve, intercept and stop</p> | <p>☐ Play shots with reasonable accuracy.</p> <p>☐ Keep a rally going that is not cooperative.</p> <p>Striking Fielding Games</p> <p>☐ Hit a ball off a tee.</p> <p>☐ Different ways of striking a ball using different equipment (e.g. rounders, cricket).</p> <p>☐ Catch a small ball with two hands.</p> <p>☐ Stop a ball and throw it back to partner, bowler or wicket keeper quickly and accurately.</p> <p>☐ Bowl underarm and overarm with increasing accuracy and speed.</p> <p>☐ Retrieve, intercept and stop</p> | <p>☐ Play shots with reasonable accuracy.</p> <p>☐ Keep a rally going that is not cooperative.</p> <p>Striking Fielding Games</p> <p>☐ Hit a ball off a tee.</p> <p>☐ Different ways of striking a ball using different equipment (e.g. rounders, cricket).</p> <p>☐ Catch a small ball with two hands.</p> <p>☐ Stop a ball and throw it back to partner, bowler or wicket keeper quickly and accurately.</p> <p>☐ Bowl underarm and overarm with increasing accuracy and speed.</p> <p>☐ Retrieve, intercept and stop</p> |
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