

Progression of Skills in PE

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics	- To use travelling actions to move safely - To create Shapes in balances and jumps, - To use rolls safely barrel rolls straight rolls and forward rolls.	- To use travelling actions to move safely - To create shapes in balances and jumps with increasing stability - To use rolls safely barrel rolls straight rolls and forward rolls.	- To use point and patch balances and jumps - To use the correct technique when completing straight roll, barrel roll forward roll	- To use individual and partner balances, - To use rotational jumps in sequences - To use the correct technique rolling and when creating a bridge and a shoulder stand.	- To use symmetrical and asymmetrical balances - To complete rotational jumps with confidence - To perform a cartwheel - Evaluate and improve moves	- To use symmetrical and asymmetrical balances - To complete rotational jumps with confidence - To perform a cartwheel - Evaluate and improve moves
Dance	- To change direction during travelling moves. - To link travelling moves that change direction and level. - To explore basic body patterns and movements to music. - To use a variety of moves that change speed and direction	- To explore different levels and speeds of movement. - To compose and perform simple dance phrases. - To work to music, creating movements that show rhythm	- To work with a partner to create dance patterns. - To perform a dance with rhythm and expression. - To use knowledge of dance to create a story in	- To demonstrate an awareness of the music's rhythm and phrasing when improvising. - To create an individual dance that reflects the chosen dancing style. - To create partnered dances that reflect the dancing style and apply the key components of dance.	- To identify and practise the patterns and actions of the chosen dance style. - To demonstrate an awareness of the music's rhythm and phrasing when improvising. - To create and perform an individual dance that reflects the chosen dance style. - To create partnered dances that reflect the chosen dancing style and apply the key components of dance.	- To demonstrate an awareness of the music's rhythm and phrasing when improvising. - To create and perform an individual dance that reflects the chosen dance style. - To create partnered dances that reflect the chosen dancing style and apply the key components of dance.
Fundamentals	- Travel safely in different ways, balance on different body parts and change direction with control. - Begin to develop coordination through jumping, hopping and skipping activities.	- Combine running, jumping and balancing movements with increasing control. - Show improved coordination and body awareness when completing movement challenges.	- Develop agility, balance and coordination through more complex movement patterns. - Perform movements with greater consistency and control.	- Link movements fluently, changing speed, direction and level effectively. - Apply movement skills in competitive and cooperative activities.	- Select and apply movement skills appropriately in a range of challenges. - Demonstrate good control, balance and coordination under pressure.	Adapt and refine movement skills to improve performance. Evaluate movement effectiveness and suggest improvements.
Striking & Fielding	Strike a stationary object using hands or	Strike with greater accuracy and field balls	Strike towards space, catch consistently and begin to use simple	Select appropriate striking techniques and	Apply attacking and defensive tactics effectively.	Adapt batting and fielding strategies based on the game situation.

	equipment and stop a rolling ball safely. • Begin to understand simple attacking and fielding roles.	using basic catching and stopping techniques. • Understand the importance of working as a team.	tactics when batting and fielding. • Understand how to score points.	apply fielding skills with increasing accuracy. • Use teamwork to limit scoring opportunities.	• Strike with control and place shots into space to gain an advantage.	• Evaluate performance and make tactical decisions independently.
Net & Wall Games	• Send and receive a ball or object with a partner. • Track objects and begin to control direction and power.	• Sustain simple rallies with a partner and move into space to receive. • Improve consistency when sending and receiving.	• Develop forehand and backhand actions and maintain rallies with increasing control. Understand basic court positioning.	• Sustain rallies over longer periods and apply movement skills to cover space effectively. • Begin to use simple tactics.	• Use a variety of shots to outwit opponents and maintain rallies. Select appropriate tactics in different game situations.	• Adapt shot selection and tactics during competitive play. Analyse strengths and areas for improvement in performance.
Team Building	• Follow instructions and work cooperatively with a partner or small group. Share ideas and take turns.	• Contribute to team challenges by listening and communicating effectively. • Show respect and encouragement towards others.	• Work collaboratively to solve problems and complete challenges. • Begin to understand the value of different roles within a team.	• Communicate clearly and contribute positively to group decision-making. Adapt strategies to overcome challenges.	• Demonstrate leadership qualities and support others within a team. • Reflect on group performance and suggest improvements.	• Lead groups effectively, manage challenges collaboratively and evaluate team success against agreed goals.
OAA	• Follow simple instructions and explore routes safely. Develop awareness of others and the environment.	• Complete simple navigation tasks and solve basic problems with a partner. • Begin to make decisions independently.	• Use simple maps and clues to navigate. • Work as part of a team to solve challenges and communicate ideas.	• Navigate using a range of information and contribute to team problem-solving activities. • Demonstrate resilience when challenges arise.	• Apply navigation skills confidently and use teamwork to overcome increasingly complex tasks. • Make informed decisions.	• Lead navigation and problem-solving activities, adapting plans when necessary and evaluating effectiveness.
Basketball	• Bounce, roll, catch and throw a ball with control. Move safely while handling a ball.	• Dribble while moving and pass accurately to a partner. • Begin to understand simple game rules.	• Dribble, pass and shoot with increasing accuracy. • Apply skills in small-sided games and move into space.	• Use attacking and defending principles during gameplay. • Combine passing, dribbling and shooting effectively.	• Apply tactics to maintain possession and create scoring opportunities. • Defend effectively and communicate with teammates.	• Adapt tactics according to the opposition and game situation. Evaluate performance and demonstrate leadership in games.
Tag Rugby	• Carry a ball safely, evade opponents and understand the concept of tagging.	• Pass backwards with increasing accuracy and apply tagging skills in simple games.	• Use passing and movement skills to support teammates and maintain possession. • Understand attacking and defensive roles.	• Apply attacking and defensive tactics effectively in game situations. Demonstrate awareness of space and support play.	• Create and exploit space through movement and passing. • Make tactical decisions under pressure.	• Adapt team tactics to suit game situations. • Demonstrate leadership, communication and strategic understanding.

Swimming	Develop water confidence, enter and exit water safely and move through the water with support.	Travel short distances independently and demonstrate basic floating and submersion skills.	- Swim using recognised strokes over increasing distances. - Develop breathing techniques and water safety awareness.	- Improve efficiency and coordination in a range of strokes. - Demonstrate confidence in deeper water.	Swim longer distances with effective technique and understand basic lifesaving and rescue skills.	Demonstrate competence across a range of strokes, swim 25m confidently and apply water safety knowledge effectively.
Tennis	- Track, stop and send a ball using hands and simple equipment. - Develop basic racket control.	- Send and receive with increasing consistency and control. - Begin to understand rallying.	- Develop forehand and backhand techniques and sustain simple rallies. - Move into position to receive the ball.	Maintain rallies using a range of shots and demonstrate improved court awareness.	- Use serves, volleys and placement to gain an advantage. - Apply tactics during gameplay.	- Select and adapt tactics to outwit opponents. - Analyse and improve individual and pair performances.
Football	Dribble and stop a ball using different parts of the foot. Develop awareness of space and others.	- Pass and receive with greater control and begin to shoot at a target. - Understand simple game rules.	- Combine dribbling, passing and shooting skills during small-sided games. - Move effectively into space.	Apply attacking and defending principles and begin to understand positional play.	Use tactics to create chances and retain possession. Communicate effectively within a team.	- Adapt tactics to suit game situations and evaluate team performance. - Demonstrate leadership and decision-making skills.
Netball	Catch and throw accurately while moving into space. Begin to understand basic footwork rules.	- Use pivoting and passing skills with increasing control. - Work cooperatively in simple game situations.	- Apply footwork, passing and positional awareness during games. - Understand attacking and defensive roles.	- Use a range of passes and defensive techniques effectively. - Move into space to support teammates.	Apply tactical decision-making to create scoring opportunities and prevent opposition attacks.	Adapt strategies according to game situations, evaluate performance and demonstrate leadership within a team.
Invasion Games	- To master basic sending and receiving techniques. - To develop balance, agility and co-ordination - To develop balance, agility and co-ordination. - To use ball skills in game based activities.	- To use hand-eye coordination to control a ball. - To kick and move with a ball. - To develop catching and dribbling skills. - To use ball skills in a mini festival.	- To be aware of others when playing games. - To choose the correct skills to meet a challenge. - To perform a range of actions, maintaining control of the ball. - To perform a range of catching and gathering skills with control.	- To use ABC (agility, balance, co-ordination) techniques to keep control of a ball in a competitive situation. - To identify and apply ways to move the ball towards an opponent's goal. - To learn concepts of attack and defence.	- To demonstrate basic passing and receiving skills - To develop an understanding and knowledge of the basic footwork rule of netball. - To use good hand/eye co-ordination to pass and receive a ball successfully. - To develop skills in the range of passes – chest pass, overhead pass, bounce pass	- To understand the basic rules of a game - To work as a team, using ball-handling skills. - To pass and carry a ball using balance and coordination. - To apply rules and skills learned to a game.

			• To identify and follow the rules of games. To choose and use simple tactics to suit different situations. • To react to situations in ways that make it difficult for opponents to win.	• To play in a mini tournament.	and to understand which pass to use depending on the distance the ball needs to travel. • To be able to demonstrate a range of defending skills and understand how to mark an opponent. • To recognise which positions are attacking and which are defending.	
Ball skills	• To learn skills for striking and fielding games. • To use throwing and catching skills in a game. • To practise accuracy of throwing and consistent catching. • To strike with a racket or bat. • To use fielding skills to play a game.	• To position the body to strike a ball. • To develop throwing and catching skills. • To throw a ball for distance. • To play a game fairly and in a sporting manner. • To use fielding skills to play a game.	• To consolidate and develop a range of skills in striking and fielding. • To practise the correct technique for catching a ball and use it in a game. • To practise the correct batting technique and use it in a game situation. • To practise the correct technique for fielding and use it in a game situation.	• To use ABC (agility, balance, co-ordination) to move into good positions for catching and apply it in a game situation. • To use hand-eye coordination to strike a moving and a stationary ball. • To develop fielding skills and understand their importance when playing a game. • To play in a competitive situation, and to demonstrate sporting behaviour.	• To develop skills in batting and fielding. • To choose fielding techniques. • To develop a safe and effective overarm throw. • To learn batting control. • To use all the skills learned by playing in a mini tournament.	To throw and catch under pressure. • To use fielding skills to stop the ball effectively. • To learn batting control. • To play in a tournament • To play in a tournament and work as team, using tactics in order to beat another team.
Athletics	• To use varying speeds when running. • To use given footwork patterns. • To explore different methods of throwing.	• To run with agility and confidence. • To learn the best jumping techniques for distance. • To throw different objects in a variety of ways.	• To run in different directions and at different speeds, using a good technique. • To improve throwing technique. • To understand the relay and passing the baton.	• To select and maintain a running pace for Different distances. • To practise throwing with power and accuracy.	• To use correct technique to run at speed. • To develop the ability to run for distance • To identify and apply techniques of relay running.	• To investigate running styles and changes of speed. • To practise throwing with power and accuracy. • To demonstrate good running technique in a competitive situation.

	• To practise short distance running.	• To hurdle an obstacle and maintain effective running style. • To complete an obstacle course with control and agility	• To compete in a mini-competition,	• To demonstrate good running techniques in a competitive situations • To understand which technique is most effective when jumping for distance.	• To understand which technique is most effective when jumping for distance. • Learn how to use skills to improve the distance of a pull throw.	• To utilise all the skills learned in this unit in a competitive situation.
Yoga	• To explore yoga and mindfulness • To copy a pose • To balance while holding a pose	• To copy and repeat a yoga pose • To copy and remember actions linking a flow • To perform a simple yoga flow.	• To explore poses that challenge balance and flexibility • To explore poses that challenge strength • To begin to create a flow	• To explore how to connect breath and movement • To use flexibility and strength in a positive summer flow • To develop flexibility and wellbeing in individual yoga flow	• To practise breath work should be used effectively when moving between poses. • To use strength and balance to maintain poses • To create a refine flow with a partner	• To use balance to create yoga flows • To use strength and technique to create a yoga pose • To understand the sun salutation flow
Hockey			• To move safely and with control when dribbling • To defend the goal • To send and receive the ball with control	• To send and receive the ball with accuracy and control • To attacking and defending skills • To find space and move towards the goal	• To send and receive the ball under pressure • To communicate with members of the team • To use attacking skills to beat a defender.	• To send and receive a ball with control under pressure • To use the appropriate defensive and attacking techniques to gain or keep possession • To develop dribbling to beat a defender.