



Progression of skills in PE

KS1

Skills:	EYFS	Year 1	Year 2
Athletics	<p>Marching/running for coordination</p> <p>Experiment with different ways of jumping-measuring with various objects</p> <p>Experiment with different ways of throwing under/overarm</p> <p>Working with friends in a team – taking turns.</p> <p>Leaping over cones, spots and throw down strips from standing</p>	<p>Running/ pumping arms at various speeds</p> <p>Throw a variety of objects with some accuracy</p> <p>Jumping, bending knees and pushing off – being competitive to improve distance as a pair</p> <p>Co-operate and compete in a team in various running games.</p> <p>Leaping over throw down strips and low hurdles when moving</p>	<p>Using arms and keeping head still when exploring running patterns</p> <p>Throw in correct stance 'Usain Bolt position'</p> <p>Use arms to improve jumping technique – beating their own score</p> <p>Compete in a team in various running/obstacle games and working together to improve team performance</p> <p>Leaping over hurdles beginning to compete against self and others</p>
Gymnastics	<p>Can experiment with different shapes</p> <p>Experiment with different ways of rolling in small shape</p> <p>Experiment with different jumps Experiment with balancing on different body parts</p> <p>Moving along the floor in different ways like aliens sliding, rolling, stretching etc</p> <p>Show a start shape, middle and finishing shape (beginning of a sequence)</p> <p>Moving on and off apparatus safely</p>	<p>Can perform various shapes</p> <p>Perform basic jump (straight jump, Star jump Perform a tuck rock and a tuck roll and rocket roll with pointed toes</p> <p>Perform a simple balance holding for 3 seconds</p> <p>Perform a bunny hop- hands first then feet</p> <p>Perform a basic sequence (roll, jump and roll)</p> <p>Moving on and off apparatus with control</p>	<p>Can perform shapes with a strong body and control</p> <p>Perform jumps (straight, star, tuck jump) with control and a strong body</p> <p>Perform a tuck rock, tuck roll, forward roll and dish/arch roll</p> <p>Perform a balance on one or more parts of body Perform a bunny hop – hands flat with straight arms</p> <p>Perform a sequence on apparatus– (roll, jump and balance)</p> <p>Moving on and off apparatus with strong body and control</p>
Dance	<p>Moving in time to happy and sad music</p> <p>Experiment with actions at different levels</p>	<p>Listen to the music and begin to move in time to it</p> <p>Perform basic dance movements</p>	<p>Move in time to the music showing some expression</p> <p>Perform dance movements with control</p>

	<p>Experiment with different ways of moving</p> <p>Moving around as different characters or animals to the music</p>	<p>Perform dance movements showing some levels</p> <p>Perform basic dance travelling movements e.g. stepping, skipping, jumping</p> <p>Perform simple dance moves with some control</p>	<p>Perform dance movements showing a variety of levels</p> <p>Perform dance movements showing travelling in different directions e.g. sliding, turning, gesturing</p> <p>Remember simple dance steps, perform with control in time to the music</p>
Tennis	<p>Throw and catch to self with a soft ball and to bounce catch to self.</p> <p>Hand eye coordination passing the ball to a partner.</p> <p>Balance an object e.g. beanbag on racket.</p> <p>Move the ball on the floor with your hand in a variety of ways.</p> <p>Push ball with throw down strips to develop hand eye coordination.</p>	<p>Throwing and catching a small ball improving control- bounce catch to self/ partner.</p> <p>Balance a ball on the racket.</p> <p>Racket familiarisation- moving ball with racket in forehand/backhand position.</p> <p>Hand eye coordination -tap ups (using a racket) watching the ball, knees bent.</p> <p>Introduce modified games - eg hand tennis.</p> <p>Small-sided adapted games.</p> <p>Begin to develop tactics in the adapted games</p>	<p>Throw and catch from one hand to the other and bounce catch into a target with a partner.</p> <p>Balance a ball on the racket with control.</p> <p>Increasing the control tapping ball to a partner (who is catching the ball).</p> <p>Racket familiarisation- moving ball with racket in forehand and backhand position whilst moving.</p> <p>Play a modified game.</p> <p>Develop tactics for beating an opponent.</p>
Rugby	<p>Follow a partner to steal their bib - introducing tag games.</p> <p>Passing an object to another child.</p> <p>Move with different objects in their hands.</p> <p>Trying to get around a static player in a coned area.</p> <p>Scoring points with beanbag treasure in a simple hoop invasion game.</p> <p>Fun game getting past the fish (defender) in a small area. Fish (defender) trying to get the tails.</p>	<p>Play a simple game of tag and begin to call 'tag' when taking a bib or belt.</p> <p>Hold the ball with two hands.</p> <p>Hand over the Rugby ball sideways.</p> <p>Attempt to get past a defender 1v1.</p> <p>Scoring a try in a modified drill using correct technique- using 2 hands to place the ball down.</p> <p>Small-sided adapted games.</p> <p>Begin to develop tactics for attacking and defending.</p>	<p>Tag a player when facing your partner - raise hand and call "Tag".</p> <p>Move with the ball, holding it with hands- chest height.</p> <p>Pass the ball sideways- with smile technique.</p> <p>Dodge around a defender in a small area.</p> <p>Scoring a try in an adapted game- focus placing ball down with 2 hands and staying on feet.</p> <p>Small-sided games using various types of equipment.</p> <p>Develop tactics for attacking and defending.</p>

<p>Football</p>	<p>Experiment kicking the ball with feet to a partner Move a bean bag/ball on the floor using inside of foot.</p> <p>Fox and rabbits game. Object of the game is to move away from the rabbit onto a spot (finding a space).</p> <p>Shooting into a target on the floor.</p> <p>Introducing fun games e.g. Player in the middle, defending hoops (beginnings of attacking, defending).</p>	<p>Stopping a ball with the inside of your feet. Pass the ball, beginning to use inside of feet "toe, toe, toe, no, no, no!"</p> <p>Dribble the ball with the inside of feet -finding a space.</p> <p>Introduce getting the ball off a player- tackling Scoring in a variety of ways- into goals and at targets.</p> <p>Begin to understand tactics for attacking and defending.</p> <p>Scoring in a variety of ways- into goals and at targets</p> <p>Small sided games 4v4</p>	<p>Stopping a ball with the sole and inside of feet. Pass the ball to a partner P,P,P, Plant, Pass Point to help with accuracy.</p> <p>Dribble the ball with the inside of feet, keeping the ball close to their body- dribble into a space.</p> <p>Improve tackling by using adapted games- introduce intercepting play.</p> <p>Scoring in a variety of ways and begin to use in a game situation.</p> <p>Begin to include some basic tactics for attacking and defending in conditioned games.</p> <p>Play adapted and conditioned games 5v5.</p>
<p>Cricket</p>	<p>Rolling and stopping a ball, sitting down and standing up.</p> <p>Passing underarm an object to another child.</p> <p>Experiment with throwing and catching to self and to a partner (hand-eye co-ordination).</p> <p>Pushing a ball away from body with hands.</p> <p>Push ball with throw down strips to develop hand eye co-ordination.</p>	<p>Rolling and stopping a ball, sitting down and standing up.</p> <p>Passing underarm an object to another child.</p> <p>Experiment with throwing and catching to self and to a partner (hand-eye co-ordination).</p> <p>Pushing a ball away from body with hands.</p> <p>Push ball with throw down strips to develop hand eye co-ordination.</p>	<p>Roll and stop a ball with control/accuracy.</p> <p>Throw underarm with some accuracy and catch a ball.</p> <p>Bowl underarm towards a target with control and accuracy.</p> <p>Begin to hold the bat in the correct position and hit a ball off a tee.</p> <p>Play a modified game encouraging teamwork when fielding.</p> <p>Small-sided games using various types of equipment.</p> <p>Develop tactics for striking and fielding.</p>

KS2

Skills:	Year 3	Year 4	Year 5	Year 6
Athletics	<p>Begin to perform 'FAST' technique</p> <p>Throw a javelin/vortex using correct stance, rotating hips forward</p> <p>Perform a hop, step and jump (standing triple jump) in isolation and in combination</p> <p>Develop running for distance In warm ups</p> <p>Develop relay change over techniques</p> <p>Run and take off over obstacles at some speed</p>	<p>Perform 'FAST' technique confidently when sprinting</p> <p>Throw a javelin/vortex with height and distance</p> <p>Perform a hop, step and jump (standing triple jump)</p> <p>Develop running for distance In warm ups, increasing with each lesson</p> <p>Pass a relay baton with control with a partner in adapted games</p> <p>Run and jump over hurdles with some speed and control</p>	<p>React quickly and accelerate over short distances</p> <p>Throw a javelin/vortex/ tennis ball using correct stance, rotating hips forward with good height and distance</p> <p>Perform a variety of jumps (Long jump and triple jump) and measure for distance</p> <p>Develop pace when running longer distance</p> <p>Pass a relay baton with control and timing in a pairs change over</p> <p>Run and jump over hurdles with fluency</p>	<p>Accelerate quickly with speed and control in movement – timed/competitive races</p> <p>Throw a javelin/vortex /shot put safely, with accuracy and power</p> <p>Perform a jump for distance, varying techniques to improve performance</p> <p>Develop long distance running-learning how to pace and show good technique</p> <p>Pass a relay baton in competitive situations (timed)</p> <p>Run and jump over hurdles with fluency and speed, improving time to achieve a personal best</p>
Dance	<p>Collaborate to make a dance warm up</p> <p>Use a stimulus to create a dance</p> <p>Dance in unison with a partner</p> <p>Perform in canon with a group</p> <p>Use some different levels and pathways</p>	<p>Cooperate to make a dance warm up and take on a leadership role</p> <p>Respond imaginatively to a stimulus</p> <p>Dance in unison with a partner/group performing a range of movement patterns</p> <p>Perform in canon showing a range of movement patterns</p> <p>Perform a variety of levels and pathways in a dance</p>	<p>Cooperate and collaborate to create a warm up displaying a variety of movement patterns</p> <p>Translate ideas from a stimulus showing control and fluency</p> <p>Dance in unison in a group keeping in time with each other</p> <p>Dance in canon showing good timing</p> <p>Perform using a variety of levels and using the space</p>	<p>Co-operate, communicate and collaborate with a group to make up a warm up with good rhythm and timing</p> <p>Translate ideas from a stimulus into movement showing expression, precision, control and fluency</p> <p>Dance in unison in a group showing good timing, energy and strength</p> <p>Dance in canon in a group showing good timing, energy and strength</p> <p>Use levels, travelling and space with timing and musicality</p>

Gym	<p>Can perform a variety of shapes with good control</p> <p>Perform a straight jump with a half turn</p> <p>Perform a Teddy bear roll Perform Point and Patch balances</p> <p>Perform a bunny hop across a mat run and onto/across low benches and apparatus</p> <p>Perform a short sequence on mats (using levels directions control)</p> <p>Hopscotch on throw down feet-introduction to hurdle step onto apparatus</p>	<p>Can perform a variety of shapes with good control when performing various skills</p> <p>Perform various jumps and develop travelling across the mat</p> <p>Teddy bear roll with a partner/group in sequence with pointed toes</p> <p>Perform matching and mirroring balance routines on apparatus</p> <p>Perform a bunny hop onto a variety of apparatus with control</p> <p>Perform a short sequence on mats and apparatus showing levels,unison, and pointed toes</p> <p>Hopscotch across the floor to develop hurdle step onto low apparatus</p>	<p>Can perform complex shapes with control and some flexibility</p> <p>Perform more complex jumps, tuck, pike and a scissor kick</p> <p>Perform a T-roll</p> <p>Perform symmetrical and asymmetrical balances</p> <p>Perform a 'squat on and squat off' on various apparatus</p> <p>Link skills to create a sequence with Fluency.Co-operate, communicate and collaborate with others</p> <p>To perform a hurdle step on the floor/springboard</p> <p>Cartwheel on the floor using various apparatus</p>	<p>Can perform complex shapes when performing</p> <p>Sequences and skills with flexibility</p> <p>Perform more complex jumps and travelling on and off apparatus, tuck, pike and leaps scissor kick and cat leap</p> <p>Side star roll, T-roll (with pointed toes), backwards roll</p> <p>Perform various balances counter balance and counter tension</p> <p>Perform a 'squat on and squat off 'apparatus with a run up (with or without a spring board)</p> <p>Compete in teams to win points with sequences and a vault competition</p> <p>Perform a hurdle step on the floor/springboard and onto apparatus</p> <p>Inverted skills shoulder stand, cartwheel, teddy bear roll, head stand, handstand</p>
Dodgeball	<p>Can use running, jumping, throwing and catching in isolation.</p> <p>Has begun to develop flexibility, control and balance.</p> <p>Is beginning to communicate with others during physical activities.</p>	<p>Can begin to use running, jumping, throwing and catching in isolation and in combination.</p> <p>Has developed flexibility control and balance.</p> <p>Can communicate with others during physical activities.</p>	<p>Can mostly use running, jumping, throwing and catching in isolation and in combination.</p> <p>Has begun to develop flexibility, strength, technique, control and balance.</p>	<p>Can use running, jumping, throwing and catching in isolation and in combination.</p> <p>Has developed flexibility, strength, technique, control and balance.</p> <p>Can communicate and collaborate with others in a variety of activities.</p>

	<p>Has begun to play competitive/modified games, and apply some basic principles suitable for attacking.</p> <p>Is beginning to compare their performances with previous ones.</p> <p>Can begin to recognise their own success</p>	<p>Has begun to play competitive/modified games, and apply basic principles suitable for defending.</p> <p>Can compare their performances with previous ones.</p> <p>Can recognise their own success.</p>	<p>Can show some communication and collaborate with others in a variety of activities.</p> <p>Has begun to play competitive/modified games, and apply basic principles suitable for attacking and defending.</p> <p>Attempts to compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Attempts to evaluate performance and can recognise their own success.</p>	<p>Can play competitive/modified games, and apply basic principles suitable for attacking and defending.</p> <p>Can compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Can evaluate performance and recognise their own success</p>
Handball	<p>Can use running, jumping, throwing and catching in isolation.</p> <p>Has begun to develop flexibility, control and balance.</p> <p>Is beginning to communicate with others during physical activities.</p> <p>Has begun to play competitive/modified games, and apply some basic principles suitable for attacking.</p> <p>Is beginning to compare their performances with previous ones.</p> <p>Can begin to recognise their own success.</p>	<p>Can begin to use running, jumping, throwing and catching in isolation and in combination.</p> <p>Has developed flexibility control and balance.</p> <p>Can communicate with others during physical activities.</p> <p>Has begun to play competitive/modified games, and apply basic principles suitable for defending.</p> <p>Can compare their performances with previous ones.</p> <p>Can recognise their own success.</p>	<p>Can mostly use running, jumping, throwing and catching in isolation and in combination.</p> <p>Has begun to develop flexibility, strength, technique, control and balance.</p> <p>Can show some communication and collaborate with others in a variety of activities.</p> <p>Has begun to play competitive/modified games, and apply basic principles suitable for attacking and defending.</p> <p>Attempts to compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Attempts to evaluate performance and can recognise their own success.</p>	<p>Can use running, jumping, throwing and catching in isolation and in combination.</p> <p>Has developed flexibility, strength, technique, control and balance.</p> <p>Can communicate and collaborate with others in a variety of activities.</p> <p>Can play competitive/modified games, and apply basic principles suitable for attacking and defending.</p> <p>Can compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Can evaluate performance and recognise their own success.</p>
Netball	<p>Pass and receive a netball safely (chest and bounce pass).</p>	<p>Pass and receive, stepping into the pass with control (chest, bounce and shoulder pass).</p>	<p>Select the correct pass in a game and move into a space.</p>	<p>Perform a variety of passes with some precision - quickly move into a space to receive another pass.</p>

	<p>Pass the ball in a game within 4 seconds.</p> <p>Perform a stride and jump stop in netball.</p> <p>Perform a dodge in netball to get into a space.</p> <p>Marking a player, keeping on the balls of your feet.</p> <p>Shooting the ball high and bending knees-into hoop/target.</p> <p>Adapted games, begin to apply some basic principles for attacking & defending.</p>	<p>Perform a stride and jump stop with a pivot.</p> <p>Perform two different dodges (Drive and the dodge) creating space to receive the ball.</p> <p>Marking a player, standing side on, sticking to the player.</p> <p>Shooting- focus on bending the knees and place your hand under the ball to shoot.</p> <p>Encourage children to talk about tactics when attacking and defending.</p>	<p>Receive the ball on the move and perform the correct footwork (jump stop, stride stop and pivot).</p> <p>Perform three different dodges (Drive dodge and double dodge)and receive a ball in a space.</p> <p>To defend a player and attempt to intercept a pass.</p> <p>Shooting into netball posts - Stance, bend knees to gain height, flick wrist for accuracy.</p> <p>Begin to use attacking and defending techniques learned in a game situation.</p> <p>Begin to understand the positions in a Bee Netball (Stinger) game.</p> <p>In teams, begin to discuss tactics and how to work as a team (communicate and collaborate).</p>	<p>Perform correct footwork in a game - pivoting to turn the correct way to pass the ball.</p> <p>Perform a variety of dodges to move into a space and receive a ball - in a practice and in a game situation.</p> <p>Defend a player during a game, intercepting the ball.</p> <p>Shoot into a netball post, focus on precision and accuracy and attempt to get the rebound if the shot is missed.</p> <p>Shoot into a netball post, focus on precision and accuracy and attempt to get the rebound if the shot is missed.</p> <p>Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending.</p>
Rounders	<p>Throw under/over arm and catch a ball with control and some accuracy.</p> <p>Bowling a ball (between the batters knee and head) from a short distance.</p> <p>Using various equipment to strike the ball with adapted bats e.g tennis racket, rounders bat.</p> <p>Stop the ball using two hands and attempt a long barrier.</p> <p>Adapted games, with variations of rules, begin to apply some basic principles, through striking and fielding.</p>	<p>Throw under/over arm over varying distances and catch a ball with control and accuracy.</p> <p>Beginning to bowl from the correct bowling distance 7.5 metres.</p> <p>Stepping into the hit when striking the ball with a rounders bat.</p> <p>Play adapted games, Children encouraged to think of tactics when striking and fielding</p>	<p>Throw and catch the ball, sometimes making the correct decisions in a game situation.</p> <p>Introduce a donkey drop bowl.</p> <p>Begin to hit the ball in different directions.</p> <p>Field the ball using long barrier and attempting the run and scoop.</p> <p>In a team, discuss tactics of striking and fielding.</p>	<p>Throw and catch, making correct tactical decisions having an impact in a game situation.</p> <p>Use a variety of bowling techniques, beginning to add speed to the underarm bowl.</p> <p>Hit it in a variety of directions and look for space in a game situation.</p> <p>Use techniques learned and apply in a game situation.</p> <p>Apply basic principles for striking and fielding.</p>

<p>Tennis</p>	<p>Move body position to catch a ball Control a ball on racket when moving - varying speed.</p> <p>Hit a ball into a target (with one bounce).</p> <p>Hit a ball across the floor with forehand/backhand position.</p> <p>Play a modified game using skills e.g forehand.</p> <p>Adapted games, with variations of rules, begin to apply some basic principles.</p>	<p>Move with balance and control to catch a ball.</p> <p>Hit a ball into a target from a variety of distances/ angles with no bounce.</p> <p>Hit/bounce ball on racket when moving.</p> <p>Hit ball in forehand/ backhand position with drop feed.</p> <p>Play a game communicating as a team.</p> <p>Play adapted games, Children encouraged to think of tactics.</p>	<p>Move to hit a ball with some control.</p> <p>Hit/ bounce a ball with control when moving at different speeds.</p> <p>Serve diagonally with underarm/overarm throwing into target/game. Begin to use a racket to serve into a target.</p> <p>Moving into position to hit a ball with forehand/ backhand.</p> <p>Communicate and collaborate as a pair to beat opponents.</p> <p>Developing tactics e.g working as a team, supporting each other, communicating.</p>	<p>Move in a variety of directions (using footwork) when hitting a ball.</p> <p>Hit/bounce ball to a partner with control.</p> <p>Serve diagonally under/overarm in a game of mini tennis.</p> <p>Keep on toes using quick feet to hit a ball in game in forehand/ backhand position.</p> <p>Use techniques learned and apply in a game situation..</p>
<p>Rugby</p>	<p>Follow a partner to steal their bib - introducing tag games.</p> <p>Passing an object to another child.</p> <p>Move with different objects in their hands.</p> <p>Trying to get around a static player in a coned area.</p> <p>Scoring points with beanbag treasure in a simple hoop invasion game.</p>	<p>Follow a partner to steal their bib - introducing tag games.</p> <p>Passing an object to another child.</p> <p>Move with different objects in their hands.</p> <p>Trying to get around a static player in a coned area.</p> <p>Scoring points with beanbag treasure in a simple hoop invasion game.</p>	<p>Follow a partner to steal their bib - introducing tag games.</p> <p>Passing an object to another child.</p> <p>Move with different objects in their hands.</p> <p>Trying to get around a static player in a coned area.</p> <p>Scoring points with beanbag treasure in a simple hoop invasion game.</p> <p>In teams discuss tactics of attacking e.g diagonal line when attacking Developing tactics for attacking e.g working as a team, supporting each other.</p> <p>In a team, discuss tactics of defending e.g make a wall or flat line as a team when defending.</p>	<p>Tag a player using either hand when moving at full speed in a game situation.</p> <p>Dodge around a defender at speed with a ball in hands avoiding being tagged.</p> <p>Bring in pass and loop into a game situation.</p> <p>Looping around your teammate- to try and trick an opponent in a game situation.</p> <p>Working together as a team to score a try in a tag rugby game, e.g supporting diagonal runs.</p> <p>Use techniques learned and apply in a game situation.</p> <p>Apply basic principles for attacking and defending.</p>

				In a team, discuss tactics of attacking and defending (communicate and collaborate)
Football	<p>Control a ball using the inside, outside and sole of feet.</p> <p>Pass the ball with the inside of feet with accuracy. Pass the ball to someone in a space.</p> <p>Dribble the ball, beginning to turn with some control (inside and outside hook).</p> <p>Shooting - Kick a stationary ball past a goalkeeper.</p> <p>Defend making a tackle in isolation (a conditioned game).</p> <p>Adapted games, begin to apply some basic principles for attacking & defending in small sided games.</p> <p>Small sided games 6v6.</p>	<p>Move your body to the correct position to stop and control a ball.</p> <p>Pass the ball with inside of feet, whist on the move.</p> <p>Dribble the ball using inside, outside hook and drag back, beginning to accelerate.</p> <p>Defend- moving forward to close down space to tackle in a conditioned game. Intercept a pass.</p> <p>Shooting- Strike a moving ball (past a goalkeeper) with some accuracy</p> <p>Encourage children to talk about tactics when attacking and defending.</p> <p>Small sided games - up to 7v7</p>	<p>Control the ball using either foot when moving.</p> <p>Pass the ball with inside, front or laces on the foot.</p> <p>Dribble the ball using inside, outside hook and drag back beginning to accelerate.</p> <p>Show good body position to defend and press in a 2v2 game.</p> <p>Scoring using top of foot (laces)- aiming for corners of the goal.</p> <p>Begin to use attacking and defending techniques learned in a game situation.</p> <p>In teams, begin to discuss tactics and how to work as a team (communicate and collaborate).</p>	<p>Move into space to receive the ball and control with either foot in a game.</p> <p>Select the correct pass for various distances in a game situation.</p> <p>Dribble the ball in a game situation around a defender.</p> <p>Communicate with team when defending in a game -making interceptions, cover space.</p> <p>To work as a team to score, shooting from various angles.</p> <p>In a team, discuss tactics and how to win as a team (communicate and collaborate).</p> <p>Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending</p> <p>Understanding the positions and rules of the game</p>