

PE Progression of Skills and knowledge

Year 1

Develop practical skills in order to participate, compete and lead a healthy lifestyle.

Games

Expected

Beginning to understand the words 'opponent' and 'team-mate'.

Use rolling, hitting, running, jumping, catching and kicking skills.

Beginning to understand the rules of a game.

Might progress further

Know how to use the words 'opponent' and 'team-mate'.

Use rolling, hitting, running, jumping, catching and kicking skills in combination.

Be able to explain how to play a game.

Gymnastics

Expected

Copy actions.

Begin to have an awareness of space.

Might progress further

Copy and remember actions.

Have an awareness of space and use it appropriately.

<p>Begin to link two or more actions to make a sequence, thinking about opposites: tall / small, straight / curved and wide / narrow.</p> <p>Travel by rolling forwards, backwards and sideways.</p> <p>Beginning to balance using different parts of the body.</p> <p>Beginning to climb safely on equipment.</p> <p>Use stretch and curl movements.</p> <p>Begin to jump in different ways and land safely.</p>	<p>Independently link two or more actions to make a sequence, thinking about opposites: tall / small, straight / curved and wide / narrow.</p> <p>Balance using different parts of the body.</p> <p>Climb safely on equipment.</p> <p>Stretch and curl to increase flexibility.</p> <p>Jump in different ways and land safely.</p>
Dance	
Expected	Might progress further
<p>Copy and remember moves and positions.</p> <p>Move with careful control and coordination.</p>	<p>Link two or more actions to perform a sequence.</p>
Swimming	
Expected	Might progress further
<p>Enter the water safely</p> <p>Move forwards for a distance of 5 metres</p> <p>Move backwards for a distance of 5 metres</p>	<p>Able to swim 5 metre unaided front and back</p> <p>Able to rotate from front to back with float feet off the floor in a floating position</p>

<p>Move sideways for distance of 5 metres</p> <p>Scoop the water and wash face</p> <p>Be at ease with water showered from overhead</p> <p>Move into a stretched floating position using aids,equipment or support</p> <p>Regain an upright position from on the back with support</p> <p>Regain an upright position from on the front with support</p> <p>Push and glide in a horizontal position to or from a wall</p> <p>Take part in a teacher-led partner orientated game</p> <p>Demonstrate an understanding of pool rules</p> <p>Exit the water safely</p>	<p>Push and glide with face in the water with arms and legs extended</p>
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<p>Year 2</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle.</p>	
Games	
Expected	Might progress further
Know how to use the words 'opponent' and 'team-mate'.	<p>Throw and catch with more control.</p> <p>Strike a ball and field with more control.</p>

<p>Use rolling, hitting, running, jumping, catching and kicking skills in combination.</p> <p>Develop tactics.</p> <p>Lead others when needed.</p>	<p>Follow rules of the game and play fairly.</p> <p>Pass to team mates at appropriate times.</p> <p>Act as a respectful team member</p>
Dance	
Expected	Might progress further
<p>Link two or more actions to perform a sequence.</p> <p>Choose movements to communicate a mood, feeling or idea.</p>	<p>Plan, perform and repeat sequences.</p> <p>Move in a clear, fluent and expressive manner.</p>
Gymnastics	
Expected	Might progress further
<p>Copy and remember actions.</p> <p>Move with control.</p> <p>Have an awareness of space.</p> <p>Link two or more actions to make a sequence, thinking about opposites: tall / small, straight / curved and wide / narrow.</p>	<p>Plan and perform sequences</p> <p>Move smoothly</p> <p>Show changes of direction, speed and heights in a performance.</p> <p>Include jumps in a sequence</p> <p>Create interesting and 'gymnast-like' body shapes.</p>

<p>Travel by rolling forwards, backwards and sideways.</p> <p>Balance using different parts of the body.</p> <p>Climb safely on equipment.</p> <p>Stretch and curl to increase flexibility.</p> <p>Jump in different ways and land safely.</p>	
Swimming	
Expected	Might progress further
<p>Jump in from poolside safely</p> <p>Blow bubbles a minimum of three times rhythmically with nose and mouth submerged</p> <p>Regain upright position from the back without support</p> <p>Regain an upright position from the front without support</p> <p>Push from wall and glide on the back</p> <p>Push from wall and glide on the front</p> <p>Travel on the back for 5 metres, aids or equipment may be used</p>	<p>Swimming 5m front crawl and backstroke using arms swimming unaided.</p> <p>Picking up sinkers from floor in pool</p> <p>Star floats rotation from front to back</p>

<p>Travel on the front for 5 metres, aids or equipment may be used</p> <p>Perform a rotation from the front to the back to gain an upright position</p> <p>Perform a rotation from the back to the front to gain an upright position</p>	
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<p>Year 3</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle.</p>	
Games	
Expected	Might progress further
<p>Throw and catch with more control.</p> <p>Strike a ball and field with more control.</p> <p>Follow rules of the game and play fairly.</p> <p>Pass to team mates at appropriate times.</p> <p>Act as a respectful team member</p>	<p>Throw and catch with complete control and accuracy.</p> <p>Strike a ball and field with control.</p> <p>Choose appropriate tactics to cause problems for the opposition.</p> <p>Follow rules of the game and play fairly.</p> <p>Begin to maintain possession of the ball.</p> <p>Pass to team mates at appropriate times.</p>

	Act as a respectful team member.
Gymnastics	
Expected	Might progress further
Plan and perform sequences Move smoothly Show changes of direction, speed and heights in a performance. Include jumps in a sequence Create interesting and 'gymnast-like' body shapes.	Plan, perform and repeat sequences. Move in a clear and fluent manner. Show changes of direction, speed and level during a performance. Travel in a variety of ways.
Dance	
Expected	Might progress further
Plan, perform and repeat sequences. Move in a clear, fluent and expressive manner. Refine movements into sequences	Create dances and movements that convey a definite idea. Change speeds and levels within a performance.
Swimming	
Expected	Might progress further
Jump in from poolside and submerge (min depth 0.9m) Sink, push away from wall on side and maintain a	Progress to arm action on front and back.

<p>streamlined position</p> <p>Push and glide on the front with arms extended and log roll onto the back</p> <p>Push and glide on the back with arms extended and log roll onto the front</p> <p>Travel on the front, tuck to rotate around the horizontal axis to return on the back.</p> <p>Fully submerge to pick up an object</p> <p>Answer correctly three questions on the Water Safety Code</p> <p>Travel 10 metres on the back</p> <p>Travel 10 metres on the front</p>	<p>Picking up objects from the pool floor - submergence themselves in the water.</p> <p>Looking at breaststroke leg kick - legs straight, drop feet, turn feet out, kick out and round to finish with legs straight again to repeat.</p>
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<p>Year 4</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle.</p>
<p>Games</p>

Expected	Might progress further
<p>Throw and catch with complete control and accuracy.</p> <p>Strike a ball and field with control.</p> <p>Follow rules of the game carefully and play fairly.</p> <p>Choose tactics to cause problems for your opposition.</p> <p>Maintain possession of a ball for a period of time.</p> <p>Lead others with confidence.</p> <p>Pass to team mates at appropriate times.</p>	<p>Begin to choose and combine techniques in a game situation.</p> <p>Begin to work with your teammates to gain points or possession.</p> <p>Begin to strike a bowled or volleyed ball.</p> <p>Begin to choose appropriate tactics for a game.</p> <p>Begin to use forehand and backhand when playing a racket sport.</p> <p>Uphold the spirit of fair play.</p>
Gymnastics	
Expected	Might progress further
<p>Move in a clear, fluent and expressive manner.</p> <p>Confidently plan, perform and repeat sequences.</p> <p>Refine movements into sequences.</p> <p>Travel by rolling forwards, backwards and sideways.</p> <p>Clearly show changes of direction, speed and heights in a performance.</p>	<p>Begin to create complex sequences.</p> <p>Begin to hold shapes that are strong, fluent and expressive.</p> <p>Vary speed, direction, level and body rotation.</p> <p>Practise and refine gymnastic techniques.</p>

<p>Travel confidently in a variety of different ways.</p> <p>Create interesting body shapes.</p> <p>Swing and hang from equipment safely.</p>	
Dance	
Expected	Might progress further
<p>Plan, perform and repeat sequences.</p> <p>Move in a clear, fluent and expressive manner.</p> <p>Develop physical strength and suppleness by practising moves and stretching.</p>	<p>Compose creative and imaginative dance sequences.</p>
Swimming	
Expected	Might progress further
<p>Jump in from poolside and submerge (min depth 0.9m)</p> <p>Sink, push away from wall on side and maintain a streamlined position</p> <p>Push and glide on the front with arms extended and log roll onto the back</p> <p>Push and glide on the back with arms extended and log roll onto the front</p>	<p>Progress in to stage 5</p> <p>Perform a feet first sculling action for 5 metres in a flat position on the back.</p> <p>Perform a sculling sequence with a partner for 30-45 seconds to include a rotation.</p> <p>Tread water for 30 seconds.</p> <p>Perform three different shaped jumps into deep water.</p>

<p>Travel on the front, tuck to rotate around the horizontal axis to return on the back.</p> <p>Fully submerge to pick up an object</p> <p>Answer correctly three questions on the Water Safety Code</p> <p>Travel 10 metres on the back</p> <p>Travel 10 metres on the front</p>	
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<p>Year 5</p> <p>Develop practical skills to participate, compete and lead a healthy lifestyle.</p>	
Games	
Expected	Might progress further
<p>Begin to choose and combine techniques in game situations.</p> <p>Work alone, or with team mates in order to gain points or possession.</p> <p>Strike a bowled or volleyed ball with some accuracy.</p> <p>Use forehand and backhand when playing racket games.</p> <p>Begin to think about direction of play and tactics for a game.</p>	<p>Choose and adapt techniques in game situations.</p> <p>Strike a bowled or volleyed ball with accuracy.</p> <p>Field, defend and attack tactically by anticipating the direction of play.</p> <p>Maintain possession, pass and strike a ball with control and accuracy.</p> <p>Lead others when called upon and act as a good role model within a team.</p>
Athletics	
Expected	Might progress further

Begin to combine sprinting with low hurdles over 60m. Throw and jump showing some control and adapting techniques for improvement.	Combine sprinting with low hurdles over 60m. Analyse techniques and body shapes for throwing. Analyse techniques and show control in take off and landings when jumping. Compete with others and keep track of personal best performances, setting targets for improvement.
Gymnastics	
Expected	Might progress further
Plan, practise and create sequences that explore a range of movements including speed, direction, rotations, linking movements and levels. Hold most shapes that are strong, fluent and expressive.	Create and perform complex and well-executed sequences that include a full range of movements holding shapes that are strong, fluent and expressive. Performed using a variety of speeds, directions, levels and body rotations during floor performances.
Dance	
Expected	Might progress further
Compose and create some imaginative, complex dance sequences. Move in a clear, fluent and expressive manner. Plan and begin to perform with either high energy or slow grace or other themes, and maintain this throughout the performance.	Perform expressively and hold precise and strong body posture. Perform complex moves that combine both strength and stamina with high energy, slow grace or other themes and maintain this throughout a piece.
Swimming	
Expected	Might progress further
Swim up to 25m unaided.	Swim 50m and beyond unaided.

Use breast stroke, front crawl and backstroke, ensuring that breathing is correct.	Swim fluently with controlled strokes. Turn efficiently at the end of a length.
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Year 6 Develop practical skills to participate, compete and lead a healthy lifestyle.	
Games	
Expected	Might progress further
Field, defend and attack tactically by anticipating the direction of play Maintain possession, pass and strike a ball with control and accuracy.	Attack and defend successfully showing appropriate positional play and awareness of opponent. Lead others when called upon and be aware of fair play in team games.
Gymnastics	
Expected	Might progress further
Plan and perform with precision, control and fluency a movement or sequence showing a wide range of actions including variations in levels, speed and directions. Describe the characteristic features of the past including ideas, beliefs, attitudes and expectations of men, women and children.	Create an original movement sequence, demonstrating an extensive range of gymnastic actions. Perform this sequence with control, fluency and clarity showing contrasts in speed, level and direction. Describe and compare the characteristic features of the past including ideas, beliefs, attitudes and expectations of men, women and children.
Dance	
Expected	Might progress further
Compose and create some imaginative, complex dance sequences. Move in a clear, fluent and expressive manner.	Perform expressively and hold precise and strong body posture.

Plan and begin to perform with either high energy or slow grace or other themes, and maintain this throughout the performance.	Perform complex moves that combine both strength and stamina with high energy, slow grace or other themes and maintain this throughout a piece.
Athletics	
Expected	Might progress further
Begin to combine sprinting with low hurdles over 60m. Throw and jump showing some control and adapting techniques for improvement.	Combine sprinting with low hurdles over 60m. Analyse techniques and body shapes for throwing. Analyse techniques and show control in take off and landings when jumping. Compete with others and keep track of personal best performances, setting targets for improvement.
Swimming	
Expected	Might progress further
Swim up to 50m unaided. Use breast stroke, front crawl and backstroke, life saving leg kicks, sculling and water safety awareness training and assessments.	Swim 100m plus unaided. Swim fluently with controlled strokes & breathing, sculling, lifesaving leg kick Turn efficiently at the end of a length, pass water safety training