

**Progression in Key PE Skills (Year 1-6)**

Year 1 and 2		
Dance	Gymnastics	Games
<ul style="list-style-type: none"> <li>• Copy and remember moves and positions.</li> <li>• Move with careful control and coordination.</li> <li>• Link two or more actions to perform a sequence.</li> <li>• Choose movements to communicate a mood, feeling or idea.</li> <li>• Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination and begin to apply these in a range of activities. (NC)</li> <li>• Perform dances using simple movement patterns. (NC)</li> <li>• I can copy simple dances. (Y1 LL)</li> <li>• I can develop balance, agility and co-ordination. (Y1 LL)</li> <li>• I can perform a dance that I have learned or created. (Y2 LL)</li> <li>• I can continue to develop balance, agility and co-ordination. (Y2 LL)</li> </ul>	<ul style="list-style-type: none"> <li>• Copy and remember actions.</li> <li>• Move with some control and awareness of space.</li> <li>• Link two or more actions to make a sequence.</li> <li>• Show contrasts (such as small/tall, straight/curved and wide/narrow).</li> <li>• Travel by rolling forwards, backwards and sideways.</li> <li>• Hold a position whilst balancing on different points of the body.</li> <li>• Climb safely on equipment.</li> <li>• Stretch and curl to develop flexibility.</li> <li>• Jump in a variety of ways and land with increasing control and balance.</li> <li>• Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination and begin to apply these in a range of activities. (NC)</li> <li>• I can develop balance, agility and co-ordination. (Y1 LL)</li> <li>• I can continue to develop balance, agility and co-ordination. (Y2 LL)</li> </ul>	<ul style="list-style-type: none"> <li>• Use the terms 'opponent' and 'team-mate'.</li> <li>• Use rolling, hitting, running, jumping, catching and kicking skills in combination.</li> <li>• Develop tactics.</li> <li>• Lead others when appropriate.</li> <li>• Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination and begin to apply these in a range of activities. (NC)</li> <li>• Participate in team games, developing simple tactics for attacking and defending. (NC)</li> <li>• I can run, jump, throw and catch. ( Y1 LL)</li> <li>• I can participate in team games respecting the people on my team and other teams. (Y1 LL)</li> <li>• I can develop balance, agility and co-ordination. (Y1 LL)</li> <li>• I can develop simple tactics for attacking and defending. (Y2 LL)</li> <li>• I can communicate with my team mates. (Y2 LL)</li> <li>• I can continue to develop balance, agility and co-ordination. (Y2 LL)</li> </ul>

## Year 3 and 4

Dance	Gymnastics	Games
<ul style="list-style-type: none"> <li>• Plan, perform and repeat sequences.</li> <li>• Move in a clear, fluent and expressive manner.</li> <li>• Refine movements into sequences.</li> <li>• Create dances and movements that convey a definite idea.</li> <li>• Change speed and levels within a performance.</li> <li>• Develop physical strength and suppleness by practising moves and stretching..</li> <li>• Perform dances using a range of movement patterns (NC).</li> <li>• I can demonstrate a wider range of dance movements. (Y3 LL)</li> <li>• I can take part in activities that develop flexibility, strength, control and balance. (Y3 LL)</li> <li>• I can continue to develop my flexibility, strength, control and balance through relevant activities. (Y4 LL)</li> <li>• I can create my own dances and suggest improvements. (Y4 LL)</li> </ul>	<ul style="list-style-type: none"> <li>• Plan, perform and repeat sequences.</li> <li>• Move in a clear, fluent and expressive manner.</li> <li>• Refine movements into sequences.</li> <li>• Show changes of direction, speed and level during a performance.</li> <li>• Travel in a variety of ways, including flight, by transferring weight to generate power in movements.</li> <li>• Show a kinesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape).</li> <li>• Swing and hang from equipment safely (using hands).</li> <li>• Develop flexibility, strength, technique, control and balance. (NC)</li> <li>• I can take part in activities that develop flexibility, strength, control and balance. (Y3 LL)</li> <li>• I can continue to develop my flexibility, strength, control and balance through relevant activities. (Y4 LL)</li> </ul>	<ul style="list-style-type: none"> <li>• Throw and catch with control and accuracy.</li> <li>• Strike a ball and field with control.</li> <li>• Choose appropriate tactics to cause problems for the opposition.</li> <li>• Follow the rules of the game and play fairly.</li> <li>• Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).</li> <li>• Pass to team mates at appropriate times.</li> <li>• Lead others and act as a respectful team member.</li> <li>• Use running, jumping, throwing and catching in isolation and in combination. (NC) (Y3 LL)</li> <li>• Play competitive games, modified where appropriate. (NC)</li> <li>• I can play competitive games c-and explain the rules and how to succeed. (Y3 LL)</li> <li>• I can continue to run, jump, throw and catch in isolation and in combination. (NC) (Y4 LL)</li> <li>• I can apply the principles of defending and attacking when playing team sports. (Y4 LL)</li> </ul>

Swimming	Athletics	Outdoor and Adventurous Activities (OAA)
<ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25 metres. (NC)</li> <li>Use a range of strokes effectively. (NC)</li> <li>Perform safe self-rescue in different water-based situations. (NC)</li> </ul>	<ul style="list-style-type: none"> <li>Sprint over a short distance up to 60 metres.</li> <li>Run over a longer distance, conserving energy in order to sustain performance.</li> <li>Use a range of throwing techniques (such as under arm, over arm).</li> <li>Throw with accuracy to hit a target or cover a distance.</li> <li>Jump in a number of ways, using a run up where appropriate.</li> <li>Compete with others and aim to improve personal best performances.</li> <li>Develop flexibility, strength, technique, control and balance. (NC)</li> <li>I can take part in activities that develop flexibility, strength, control and balance. (Y3 LL)</li> <li>I can continue to develop my flexibility, strength, control and balance through relevant activities. (Y4 LL)</li> </ul>	<ul style="list-style-type: none"> <li>Arrive properly equipped for outdoor and adventurous activity.</li> <li>Understand the need to show accomplishment in managing risks.</li> <li>Show an ability to both lead and form part of a team.</li> <li>Support others and seek support if required when the situation dictates.</li> <li>Show resilience when plans do not work and initiative to try new ways of working.</li> <li>Use maps, compasses and digital devices to orientate themselves.</li> <li>Remain aware of changing conditions and change plans if necessary.</li> <li>Take part in outdoor and adventurous activity challenges both individually and within a team. (NC)</li> <li>I can take part in OAA both individually and in a team. (Y4 LL)</li> </ul>

Year 5 and 6

Dance	Gymnastics	Games
<ul style="list-style-type: none"> <li>• Compose creative and imaginative dance sequences.</li> <li>• Perform expressively and hold a precise and strong body posture.</li> <li>• Perform and create complex sequences.</li> <li>• Express an idea in original and imaginative ways.</li> <li>• Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece.</li> <li>• Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).</li> <li>• Perform dances using a range of movement patterns. (NC)</li> <li>• Compare their performances with previous ones and demonstrate improvement to achieve personal best. (NC)</li> <li>• I can compare my performance with previous achievements and suggest how to improve my personal best. (Y5 and Y6 LL)</li> <li>• I can support other team members. (Y6 LL)</li> </ul>	<ul style="list-style-type: none"> <li>• Create complex and well-executed sequences that include a full range of movements including: travelling, balances, swinging, springing, flight, vaults, inversions, rotations, bending, stretching and twisting, gestures and linking skills.</li> <li>• Hold shapes that are strong, fluent and expressive.</li> <li>• Include in a sequence set pieces, choosing the most appropriate linking elements.</li> <li>• Vary speed, direction, level and body rotation during floor performances.</li> <li>• Practise and refine the gymnastic techniques used in performances (listed above).</li> <li>• Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions).</li> <li>• Use equipment to vault and to swing (remaining upright).</li> <li>• Develop flexibility, strength, technique, control and balance. (NC)</li> <li>• Compare their performances with previous ones and demonstrate improvement to achieve personal best. (NC)</li> <li>• I can compare my performance with previous achievements and suggest how to improve my personal best. (Y5 and Y6 LL)</li> </ul>	<ul style="list-style-type: none"> <li>• Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</li> <li>• Work alone, or with team mates in order to gain points or possession.</li> <li>• Strike a bowled or volleyed ball with accuracy.</li> <li>• Use forehand and backhand when playing racket games.</li> <li>• Field, defend and attack tactically by anticipating the direction of play.</li> <li>• Choose the most appropriate tactics for a game.</li> <li>• Uphold the spirit of fair play and respect in all competitive situations.</li> <li>• Lead others when called upon and act as a good role model within a team.</li> <li>• Use running, jumping, throwing and catching in isolation and in combination. (NC)</li> <li>• Play competitive game, modified where appropriate. (NC)</li> <li>• Compare their performances with previous ones and demonstrate improvement to achieve personal best. (NC)</li> <li>• I can discuss a strategy for my team to follow during a team activity. (Y5 LL)</li> </ul>

	<ul style="list-style-type: none"><li>• I can support other team members. (Y6 LL)</li></ul>	<ul style="list-style-type: none"><li>• I can learn from my team's previous performance in a competitive sport and offer suggestions to improve. (Y6 LL)</li><li>• I can support other team members. (Y6 LL)</li><li>• I can compare my performance with previous achievements and suggest how to improve my personal best. (Y5 and Y6 LL)</li></ul>
Swimming	Athletics	Outdoor and Adventurous Activities

<ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25 metres. (NC)</li> <li>Use a range of strokes effectively. (NC)</li> <li>Perform safe self-rescue in different water-based situations. (NC)</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve personal best. (NC)</li> <li>I can compare my performance with previous achievements and suggest how to improve my personal best. (Y5 and Y6 LL)</li> </ul>	<ul style="list-style-type: none"> <li>Combine sprinting with low hurdles over 60 metres.</li> <li>Choose the best place for running over a variety of distances.</li> <li>Throw accurately and refine performance by analysing technique and body shape.</li> <li>Show control in take off and landings when jumping.</li> <li>Compete with others and keep track of personal best performances, setting targets for improvement.</li> <li>Develop flexibility, strength, technique, control and balance. (NC)</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve personal best. (NC)</li> <li>I can compare my performance with previous achievements and suggest how to improve my personal best. (Y5 and Y6 LL)</li> <li>I can support other team members. (Y6 LL)</li> </ul>	<ul style="list-style-type: none"> <li>Select appropriate equipment for outdoor and adventurous activity.</li> <li>Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.</li> <li>Embrace both leadership and team roles and gain the commitment and respect of a team.</li> <li>Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt.</li> <li>Remain positive even in the most challenging circumstances, rallying others if need be.</li> <li>Use a range of devices in order to orientate themselves.</li> <li>Quickly assess changing conditions and adapt plans to ensure safety comes first.</li> <li>Take part in outdoor and adventurous activity challenges both individually and within a team. (NC)</li> <li>I can take part in outdoor and adventurous activity challenges both individually and in a team. (Y5 LL)</li> <li>I can support other team members. (Y6 LL)</li> </ul>
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