



Physical Education Skills Progression



	EYFS	KS1	Lower KS2	Upper KS2
Fundamental Movements ABC (Agility, Balance, Coordination)	<p>Revise and refine the fundamental movement skills they have already acquired:</p> <ul style="list-style-type: none"> • rolling • crawling • walking • jumping • running • hopping • skipping • climbing <p>Progress towards a more fluent style of moving, with developing control and grace.</p> <p>Develop the overall body strength, coordination, balance, and agility needed to engage successfully with future physical education sessions.</p> <p>Develop their small motor skills so that they can use a range of tools competently, safely and confidently.</p> <p>Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons.</p>	<p>Demonstrate quick changes of direction whilst maintaining coordination and balance.</p> <p>Demonstrate changes of direction whilst maintaining control of equipment (balls).</p> <p>Maintaining control when completing small and large foot patterns/movements</p> <p>Apply effective changes of directions of speed when competing against others.</p> <p>Master fundamental movements (running, hopping, jumping and skipping).</p> <p>Show control when travelling through equipment.</p> <p>Apply effective decision making when competing against others.</p> <p>Select and apply correct running techniques when travelling.</p>	<p>Travel with awareness of others when travelling at speed, in small spaces, large spaces and during a game.</p> <p>Negotiate space within a game to make quick decisions.</p> <p>Know and explain when to speed up and when to slow down when faced with a variety of equipment.</p> <p>Recognise when to use effective changes of speed and direction when competing in a game.</p> <p>Demonstrate control, coordination, agility and balance when travelling through equipment, while performing a variety of gross-motor movements.</p> <p>Work with others to identify techniques and demonstrate how to improve performance.</p> <p>Know, apply and understand key skills of a good performance.</p>	<p>Travel with awareness of others when travelling at speed and complete more complex foot patterns.</p> <p>Demonstrate good awareness when travelling through equipment whilst maintaining control of a bouncing ball.</p> <p>Recognise when to use effective changes of speed when competing in a game.</p> <p>Help/support others to play at their best.</p> <p>Apply a range of skills that could offset defenders.</p> <p>Adapt movements in response to other children's actions, movements/locations.</p> <p>Combine SAQ skills when travelling through a range of equipment and demonstrate good body control.</p>



Physical Education Skills Progression



	<p>Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</p> <p>Develop overall body-strength, balance, coordination and agility.</p>	<p>Know, apply and understand key skills of a good performance.</p> <p>Show determination and begin to show resilience when competing against self and others.</p>	<p>Link hopping, jumping and running together when travelling through a variety of equipment.</p>	<p>Identify and evaluate others/own performances when travelling through SAQ equipment.</p> <p>Demonstrate fast reactions, control and balance and good body posture when travelling past others.</p>
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Physical Education Skills Progression



<p>Fundamental Movements SAQ (Speed, Agility, Quickness)</p>	<p>Awareness Travel with speed avoiding contact with other children</p> <p>Use a variety of equipment to travel</p> <p>Negotiate space avoiding equipment and obstacles</p> <p>Recognise when to travel slow or fast in tight or large areas</p> <p>Show an awareness of space and distance when sending/receiving with a partner</p> <p>Work cooperatively and share/take turns with others</p>	<p>Show body control when travelling</p> <p>Travel with awareness of others</p> <p>Recognise when to speed up and when to slow down when using equipment</p> <p>Show coordination and balance within small and big movements.</p> <p>Show coordination, control and balance when travelling through equipment.</p> <p>Master basic movements, including running and jumping.</p> <p>Travel with control when travelling through equipment.</p> <p>Know, apply and understand key skills of a good performance.</p>	<p>Change speed and direction showing body control and balance</p> <p>Travel with awareness of others</p> <p>Recognise when to speed up and when to slow down when using equipment</p> <p>Show coordination and balance within small and big movements .</p> <p>Apply agility, balance and coordination, individually and with others.</p> <p>Demonstrate how to speed up, slow down, change direction and stop, with control and balance.</p> <p>Understanding what their best looks like and how to achieve it.</p> <p>Know and understand key skills of a good performance.</p> <p>Show effective changes of speed and direction to travel past the defender.</p>	<p>Recognise when to speed up and when to slow down when using equipment</p> <p>Show coordination and balance within small and large movements</p> <p>Show coordination, control and balance when travelling through equipment</p> <p>Apply agility, balance and coordination, individually and with others</p> <p>Know, apply and explain key skills of a good performance</p> <p>Show effective changes of speed and direction to travel past the defender</p> <p>Explain a variety of skills that could be transferred into mainstream sports</p> <p>Create new ways to travel through equipment whilst applying SAQ skills from previous lessons.</p> <p>Show perseverance to achieve personal bests.</p>
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Physical Education Skills Progression



			<p>Make good decisions in When competing in teams.</p>	<p>Share ideas and work together to approach different tasks.</p> <p>Compete within the rules showing fair play and honesty when playing independently.</p>
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Physical Education Skills Progression



Gymnastics	<p>Develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>Combine different movements with ease and fluency.</p>	<p>Move confidently and safely around others and apparatus/equipment.</p> <p>Apply balance agility and coordination whilst performing gymnastic skills</p> <p>Performed a variety of gymnastic skills:</p> <ul style="list-style-type: none"> •Pencil roll •Star shape •Tuck •Straddle •Pike •Front and back support •Jumps <p>Perform simple movement patterns</p> <p>Demonstrate a variety of rolls: pencil roll, tuck roll, teddy bear roll, rock and roll and forward roll</p> <p>Perform simple sequences as an individual and with a partner</p> <p>Develop competence to excel in a broad range of physical activities</p> <p>Know, apply and understand key skills of a good performance</p>	<p>Move confidently and safely around others and apparatus/equipment.</p> <p>Apply balance agility and coordination whilst performing gymnastic skills.</p> <p>Evaluate own and others performances and make suggestions for improvement.</p> <p>Link actions to create sequences of movements, including:</p> <ul style="list-style-type: none"> • Rolls • Cartwheels • Variety of jumps • Balances • Different heights • Ways of travelling <p>Show a good understanding of how to improve and evaluate your own performance/s.</p> <p>Work with others to self-manage performances.</p> <p>Make good decisions when exploring apparatus, demonstrate control, balance and coordination.</p> <p>Perform a forward roll from a high start position and finishing in a high finish.</p>	<p>Transition from skill to skill with good flow and balance incorporating canon.</p> <p>Develop more complex use of apparatus into a sequence.</p> <p>Master a variety of gymnastics skills and include them in a routine, including:</p> <ul style="list-style-type: none"> • Rolls with different start and finish positions • Cartwheels • Handstands • Movements /transitions • Leaps, jumps and twists. • Canon, synchronise d, and symmetry • Taking weight on hands and different body parts • Counter balance and counter tension in groups. <p>Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</p> <p>Work collaboratively with others to improve a performance.</p>
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Physical Education Skills Progression



			<p>Combine movements, actions, and balances individually or collaboratively to create a routine</p>	<p>Reflect, suggest and demonstrate an understanding of how to improve and evaluate own/others performances.</p> <p>Create, combine, and perform more complex balances and movements, with fluency and control.</p> <p>Lead others and show consideration of including all within a group.</p>
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Physical Education Skills Progression



<p>Dance</p>	<p>Develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>Combine different movements with ease and fluency.</p>	<p>Follow simple dance patterns</p> <p>Perform basic dance actions</p> <p>Apply control and fluency to actions</p> <p>Use expression when dancing</p> <p>Combine actions to make simple dance patterns</p> <p>Master simple fundamental movements</p> <p>Create short sequences with a partner</p> <p>Develop competence to excel in a broad range of physical activities</p> <p>Know, apply and understand key skills of a good performance</p>	<p>Create appropriate actions/movements relating to a chosen song</p> <p>Create appropriate actions to represent characters within a dance</p> <p>Perform basic dance actions in timing to a song/rhythm/beat</p> <p>Perform small sequences with fluency</p> <p>Complete dance actions using counts of 4 and 8</p> <p>Begin to compare and adapt movements and motifs to create a larger sequence.</p> <p>Use simple dance vocabulary to compare and improve work.</p> <p>Use expression when dancing</p> <p>Create short sequences with a partner or a small group</p> <p>Know, apply and understand key skills of a good performance and make recommendations of how to make improvements</p>	<p>Create a dance routine with a partner or as a small group that includes:</p> <ul style="list-style-type: none"> • Gymnastic skills • Rhythmic moves • Floor timing • Flow • Timing • Imagination. <p>Combine dance actions to a series of different songs that include different tempos and beats.</p> <p>Compose individual, partner and group dances that reflect the chosen dance style.</p> <p>Show creativity through the use of dramatic expression, emotion and feelings, and a wide range of dance styles Perform with confidence, using a range of movements, styles, techniques and ideas in front of an audience.</p> <p>Compose different dance styles adopting different dance styles from different era's.</p>
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Physical Education Skills Progression



			Dance with confidence and a freedom to take risks.	
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Physical Education Skills Progression



<p>Sending and Receiving</p>	<p>Develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>Further develop and refine a range of ball skills including throwing, catching, kicking, passing, batting, and aiming.</p> <p>Develop confidence, competence, precision, and accuracy when engaging in activities that involve a ball.</p>	<p>Throw to a target over a longer distance.</p> <p>Throw a wide range of equipment at different targets.</p> <p>Use a variety of equipment to send and receive to a partner.</p> <p>Demonstrate and understand receiving techniques.</p> <p>Demonstrate and understand sending techniques.</p> <p>Know and understand how to use equipment safely and with control.</p> <p>Master throwing and catching techniques.</p> <p>Know, apply and understand key skills of a good performance.</p> <p>Work effectively in small groups when competing as a team.</p>	<p>Use a variety of equipment to send and receive to a partner with consistency and over a variety of distances.</p> <p>Master throwing and catching techniques.</p> <p>Know, apply and understand key skills of a good performance when maintaining possession.</p> <p>Send and receive from a variety of heights, speeds, distances and angles.</p> <p>Maintain control when travelling with equipment during a game.</p> <p>Identify space when sending and receiving.</p> <p>Make good decisions to maintain possession through use of space.</p> <p>Explain and apply a variety of receiving techniques.</p> <p>Effective communication/signals to help maintain possession.</p>	<p>Master a variety of sending and receiving techniques through a range of in game situations and scenarios.</p> <p>Know, apply and understand key skills when regaining possession and maintaining possession in a game situation.</p> <p>Maintain control when dribbling with equipment, selecting the best time to pass, and selecting the best choice of pass to make.</p> <p>Identify space when sending and receiving, allowing your team to create the best chances to score.</p> <p>Identify, explain, apply and suggest improvements on different sending and receiving techniques in a variety of sports.</p> <p>Effective communication/signals to help maintain possession.</p>
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Physical Education Skills Progression



			Start to recognise when to travel or when to pass.	
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Physical Education Skills Progression



<p>Competitive</p>	<p>Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</p> <p>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p>	<p>Develop an understanding of how rules affect the way a game is played.</p> <p>Defend an area when faced with an opponent.</p> <p>Attack an area when faced with an opponent.</p> <p>Compete against yourself and/or others.</p> <p>Apply ABC skills where appropriate.</p> <p>Compete against others using a variety of equipment.</p> <p>Start to develop a knowledge of a variety of skills.</p> <p>Develop competence to excel in a broad range of physical activities.</p> <p>Know, apply and understand key skills of a good performance.</p> <p>Begin to play with confidence and a freedom to take risks.</p>	<p>As a team defend a goal when faced with opponents.</p> <p>As a team attack a goal when faced with opponents.</p> <p>Compete against yourself or others using a variety of equipment, across several different sports.</p> <p>Start to develop a knowledge of a variety of skills and how to improve performances.</p> <p>Develop competence to excel in a broad range of physical activities.</p> <p>Start to create ideas for simple strategies and tactics.</p> <p>Compare own performances with previous ones and identify areas for improvement.</p> <p>Demonstrate resilience when participating in activities.</p> <p>Play with confidence and a freedom to take risks.</p> <p>Make quicker decisions when selecting and applying skills.</p>	<p>Defend as a team in a chosen sport.</p> <p>Adapt strategies and tactics to combat the oppositions attacks.</p> <p>Attack as a team in a chosen sport.</p> <p>Create ideas of how to counter attack/attack quickly.</p> <p>Demonstrate resilience when participating in activities and encourage others to do the same.</p> <p>Play with confidence and know when/where to take risks.</p> <p>Compete within the rules, showing fair play and honesty, when playing independently.</p>
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Physical Education Skills Progression



Tactics and Strategies	n/a	n/a	<p>Identify and apply a variety of skills that are suitable for different attacking and defending strategies.</p> <p>Change tactics within a game in relation to the oppositions play/approach.</p> <p>Change tactics to win a game, adapting and improving own teams, areas for development.</p> <p>Defend an area as part of a small team.</p> <p>Attack an area as part of a small team.</p> <p>Use effective communication during a game to help maintain focus of tactics and strategies.</p> <p>Work with others and show an awareness of how other people feel, to complete a shared goal.</p>	<p>Identify, explain, and apply different ideas of how to improve a range of tactics and strategies that could be used in a variety of different sports.</p> <p>Highlight what worked well in the following areas: Own performance (as an individual) Teams performance Opposition performance.</p> <p>Defend a goal as a small team, identifying and applying individuals' roles and responsibilities, when outnumbered.</p> <p>Attack a goal as a small team, identifying and applying individuals' roles and responsibilities when outnumbered.</p> <p>Use effective communication during a game to help maintain focus of tactics and strategies.</p> <p>Effectively create and use space for self and others to outwit an opponent.</p>
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Physical Education Skills Progression



Athletics	<p>Develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>Combine different movements with ease and fluency.</p>	<p>Understand running speeds depending on distance and equipment.</p> <p>Throw with coordination force, distance, control and Accuracy.</p> <p>Select appropriate speed when travelling at a variety of distances.</p> <p>Compete against others in a variety of distances.</p> <p>Apply effective use of balance, agility and coordination when competing against others.</p> <p>Become increasingly competent and confident in a broad range of activities.</p> <p>Develop competence to excel in a broad range of physical activities.</p> <p>Know, apply and understand key skills of a good performance</p>	<p>Develop an awareness of time, speed and distance.</p> <p>Select appropriate speed when travelling at a variety of distances.</p> <p>Apply running techniques to improve performance.</p> <p>Apply throwing techniques to improve performance.</p> <p>Throw with coordination force, distance, control and accuracy.</p> <p>Take off, jump and land using one foot, two feet and alternate feet, demonstrating control and balance.</p> <p>Compete against others in a variety of events/games.</p> <p>Know, identify and apply running and jumping techniques, in combination, when attacking hurdles.</p> <p>Watch and compare own/others performances with previous ones.</p> <p>Develop an understanding of how to improve and evaluate own/others performance.</p>	<p>Apply an awareness of time, speed and distance.</p> <p>Select appropriate speed when travelling at a variety of distances.</p> <p>Accelerate from a start position.</p> <p>Run over hurdles with fluency and consistency with a concise and consistent stride pattern.</p> <p>Apply, refine and identify correct throwing techniques for distance and accuracy.</p> <p>Throw with coordination, force, distance, control and accuracy.</p> <p>Take off, jump and land demonstrating control and balance.</p> <p>Compete against others in a variety of events/games.</p> <p>Learn how to hop, step and jump from a running start.</p> <p>Develop an understanding, through working with others, of how to improve and evaluate own/others performances.</p>
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Physical Education Skills Progression



			<p>Demonstrate resilience when participating in activities.</p> <p>Compete in a relay race and be able to describe and explain techniques for a good changeover.</p>	<p>Demonstrate resilience when participating in activities.</p> <p>Compete in a relay race, maintaining speed, endurance, and fluent changeovers.</p> <p>Create and develop tactics and strategies for when competing as an individual and as a team when competing in a variety of athletic events.</p> <p>Apply throwing techniques to develop power and accuracy.</p>
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Physical Education Skills Progression



Outdoor Adventurous Activities	n/a	n/a	<p>Identify how to improve a performance in the following areas:</p> <ul style="list-style-type: none"> • Planning • Time management • Accuracy • Group support. <p>Recognise skills that are important to the game/activity and select the appropriate time to use them.</p> <p>Compete in an orienteering course.</p> <p>Create a course with accuracy for others to follow/complete.</p> <p>Consider health and safety as well as travelling time when locating possible routes to locations.</p> <p>Explain techniques when pinpointing locations and support others when working in small groups.</p> <p>Recognise and know the importance of team work, when communicating clearly with others in a team.</p>	<p>Discuss and plan an activity and consider the most effective approach for successful completion of an orienteering course.</p> <p>Complete a more complex orienteering course, individually and as a group.</p> <p>Can use a compass to identify location and direction of travel.</p> <p>Explain techniques for identifying locations on a map if you are lost.</p> <p>Orientate myself, partner and team with confidence and accuracy around an orienteering course when under pressure (time constraint/race against others).</p> <p>Use clear and effective communication to make a positive contribution to a team.</p> <p>Show leadership qualities where appropriate, when working in a team.</p>
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Physical Education Skills Progression



Striking and Fielding	n/a	<p>Apply receiving techniques. (getting in line with the ball)</p> <p>Demonstrate quick decisions when striking and fielding.</p> <p>Send and receive with some accuracy.</p> <p>Strike a ball off a tee and a drop feed.</p> <p>Explain and demonstrate the importance of weight when sending and receiving.</p> <p>Develop competence to excel in a broad range of physical activities.</p> <p>Know, apply and understand key skills of a good performance.</p>	<p>Apply a variety of strategies when fielding. (Identifying and exploiting batters weakness).</p> <p>Apply a variety of strategies when batting. (identifying and exploiting fielding teams weakness).</p> <p>Consistently strike a ball from a bowler's delivery. (one bounce).</p> <p>Identify and apply correct footwork and body position when attacking a moving ball.</p> <p>Can throw accurately over different distances.</p> <p>Take up appropriate fielding position in relation to other children and the batter.</p> <p>Affect others with good communication and organisation skills when taking up fielding positions in relation to the batter.</p> <p>Describe and explain batting techniques.</p>	<p>React to situations presented by batting children. (left hand batters/right hand batters/weakness in previous shot selections/ batting techniques).</p> <p>Show good awareness of bowling and fielding strategies when striking a ball (shot selection/areas to exploit).</p> <p>Set up appropriate fielding positions as a team and as an individual.</p> <p>Identify, explain, and suggests ways to improve a variety of batting techniques.</p> <p>Perform an over arm bowl at a variety of lengths still maintaining good weight, speed and accuracy.</p> <p>Use effective communication when batting and make quick decisions as a per/group.</p> <p>Play with confidence and a freedom to take risks .</p>
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Physical Education Skills Progression



			Know when and how to take risks when batting.	
Attack and Defend	n/a	<p>Defend an area 1 V 1 Attack an area 1v1 Apply simple attacking and defending techniques.</p> <p>Demonstrate an awareness of others and space to attack</p>	<p>Pass and move maintaining control of the ball, in small spaces and during games, with increased pressure.</p> <p>Start to show control of equipment when travelling at speed or competing against others.</p> <p>Explain, apply and adapt basic strategies/tactics suitable for attacking and defending.</p> <p>Make quick decisions whilst competing against others, individually and as a team.</p> <p>Defend an area 1 V 1 or 2 v 2, individually and as a team.</p> <p>Attack an area 1 V 1 or 2 v 2, individually and as a team.</p>	<p>Make quick decisions whilst competing against others.</p> <p>Defend an area when face with opposition with a higher number (overload).</p> <p>Attack an area when face with opposition with a higher number (overload)</p> <p>Create opportunities to set traps when defending as a team.</p> <p>Create opportunities to shoot/score when competing as a team.</p> <p>Recognise when to tackle or when to defend a space.</p>



Physical Education Skills Progression



	All year groups
Active lifestyle	<ul style="list-style-type: none"> •Lead healthy active lives. •Healthy snack and dinner choices •Meet the 60mins expected time for being active •Explain the benefits of being active. •Explain the benefits of eating healthy. •Know and explain the benefits of a healthy mindset
	End of KS2
Swimming	<ul style="list-style-type: none"> • Swim competently, confidently, and proficiently over a distance of at least 25 metres. • Swim up to 100 meters using front crawl, backstroke, and breaststroke. • Swim between 50 and 100m using three strokes, sustaining swimming over an extended time. • Swim over 100m using three strokes, at a sustainable pace. • Perform safe self-rescue in different water-based situations. • Show a problem-solving approach to survival. • Perform safe self-rescue in different water-based situations. • Perform a wide range of survival techniques.
	KS1 &KS2
Team Building/ Problem solving	<ul style="list-style-type: none"> • Be able to use effective communication in groups. • Be able to create effective strategies to complete tasks as an individual or in a group. • Show resilience when working individually or as a group on a task. • Compete against yourself and others with positivity. • Show teamwork and cooperation while solving puzzles. • Collaborate with team mates to complete challenges. • Demonstrate a climate of joy and freedom when working with others.