



## Progression of Knowledge & Skills - PE

	<b>N</b>	<b>R</b>	<b>Y1</b>	<b>Y2</b>	<b>Y3</b>	<b>Y4</b>	<b>Y5</b>	<b>Y6</b>
<b>Games</b> <b>Invasion, Net/Wall, Striking &amp; Fielding</b>	Exploration of movement with equipment.	Developing coordination and simple games.	Fundamental ball and object control.	Application of skills and simple team games.	Refining techniques and tactics.	Combining skills in competitive play.	Strategy and teamwork.	Mastery and leadership.
	Roll, push, throw and catch large soft balls.	Throw, catch and kick larger balls with more control.	Throw and catch a range of equipment with control.	Throw, catch, kick, and strike with increasing accuracy.	Use a range of sending, receiving and striking skills with control.	Use a range of attacking and defending skills.	Demonstrate accuracy, control and fluency in games	Perform consistently with control and precision.
	Begin to aim towards a large target.	Move into space to receive.	Move safely into space during games.	Understand basic attack and defence – space and direction.	Apply tactics in small-sided games.	Select and apply appropriate techniques.	Apply tactical awareness and make strategic decisions	Adapt tactics to changing situations.
	Move safely in shared spaces.	Begin to play simple chasing and aiming games.	Begin to use simple tactics e.g. passing to space.	Follow game rules independently.	Develop positional awareness.	Understand roles within a team.	Communicate effectively with teammates.	Show leadership and organisational skills.
	Begin to understand taking turns.	Start to follow very simple rules.	Work cooperatively with a partner or small group.	Begin to communicate and cooperate in teams.	Begin to evaluate effectiveness of tactics.	Begin to officiate small games fairly.	Lead small team activities.	Analyse and evaluate performance of self and others.
<b>Gymnastics</b>	Exploring body shapes and movement.	Balance and control.	Fundamental balance and travel.	Developing sequences.	Linking actions with flow.	Control and precision.	Performance and complexity.	Mastery and evaluation.
	Experiment with body shapes e.g.	Travel, balance, and roll with control.	Show contrasting shapes e.g.	Create and perform short sequences on	Create sequences using	Perform more complex	Combine movements with extended	

	<p>wide, narrow, curled. Move safely on mats and low apparatus. Begin to balance using different body parts.</p>	<p>Copy and repeat simple shapes and sequences. Begin to use small and large apparatus safely.</p>	<p>tall/small, wide/narrow. Link 2-3 actions smoothly. Begin to jump and land safely. Use apparatus confidently and safely.</p>	<p>the floor and using apparatus. Demonstrate control in balances and rolls. Change direction, speed and level. Recognise good performance.</p>	<p>travel, roll, jump and balance. Move smoothly between actions. Use pathways, directions and levels. Work cooperatively with a partner.</p>	<p>balances, rolls, and jumps. Include symmetrical/asymmetrical elements. Show control and extension in all movements. Evaluate and refine sequences.</p>	<p>flow, precision and control. Incorporate apparatus creatively. Vary dynamics e.g. speed, height, level. Perform in front of others with confidence.</p>	<p>sequences with fluency. Adapt routines for apparatus or theme. Demonstrate strength, flexibility, and control. Lead warm-ups and provide feedback to peers.</p>
<b>Dance</b>	<p>Moving to music. Respond to rhythms and sounds through movement. Explore body parts and levels. Copy simple actions.</p>	<p>Expressive movement. Move with rhythm and coordination. Copy and repeat movement patterns. Express ideas and feelings through movement.</p>	<p>Basic movement and rhythm. Create simple movement phrases. Move in time with a beat. Use simple dynamics e.g. fast/slow, big/small. Work individually and with a partner.</p>	<p>Pattern and expression. Copy, remember and repeat short dance phrases. Link movements to music or theme. Vary dynamics and direction. Perform with control and expression.</p>	<p>Structure and interpretation. Improvise and create sequences to a stimulus. Use shape, direction and timing effectively. Perform and evaluate with peers.</p>	<p>Group choreography. Create longer routines with formations and patterns. Vary tempo, dynamics, and levels. Perform with confidence and awareness of others.</p>	<p>Performance and style. Refine and adapt sequences to show style or mood. Synchronise movement with music. Collaborate effectively in groups.</p>	<p>Composition and performance. Create complex choreography showing expression and fluency. Use motifs, repetition, and contrast. Evaluate and improve performance. Perform confidently to an audience.</p>

<b>Athletics</b> <b>Running, jumping, throwing.</b>	Exploring movement. Run, jump, and throw freely. Develop coordination and balance.	Coordination and control. Run in different ways e.g. fast/slow, direction changes. Jump off two feet. Throw towards a target.	Basic techniques. Run in straight lines, stop/start safely. Jump for height and distance. Throw underarm with accuracy.	Control and measurement. Develop overarm throwing. Combine running and jumping. Begin to measure and compare results.	Refining technique. Run with good posture and stride. Jump using correct take-off and landing. Throw with control and coordination.	Developing power and consistency. Improve sprinting technique. Develop standing long jump and javelin-style throws. Record and improve performances.	Performance and stamina. Refine sprint, relay, and distance running. Throw for distance using correct technique. Use feedback to improve personal bests.	Mastery and competition. Perform at maximum effort with efficiency. Apply strategies for pacing and relay changeovers. Analyse and improve own and others' techniques.
<b>OAA</b> <b>Outdoor and Adventurous Activities</b>			Basic problem solving. Work cooperatively to complete simple challenges. Follow instructions and simple maps. Begin to navigate around space.	Basic problem solving. Work cooperatively to complete simple challenges. Follow instructions and simple maps. Begin to navigate around space.	Teamwork and navigation. Use simple maps and compasses. Develop communication and leadership skills. Solve problems collaboratively.	Teamwork and navigation. Use simple maps and compasses. Develop communication and leadership skills. Solve problems collaboratively.	Independence and strategy. Plan and complete challenges requiring teamwork and decision making. Navigate routes using coordinates and maps. Show resilience, trust, and cooperation.	Independence and strategy. Plan and complete challenges requiring teamwork and decision making. Navigate routes using coordinates and maps. Show resilience, trust, and cooperation.
<b>Swimming</b>					Water confidence.	Basic strokes.	Proficiency.	Mastery.

					Enter and exit water safely.  Move confidently in the water.  Submerge and retrieve objects.	Develop front crawl, backstroke and breaststroke.  Float and glide with control.  Begin to swim short distances.	Swim 25 metres using efficient stroke technique.  Perform safe self-rescue.  Refine breathing and timing.	Swim confidently and competently over 25m.  Perform a range of strokes effectively.  Demonstrate safe water entry, exit, and survival skills.
<b>Health, Fitness and Personal Development</b>	Enjoyment and awareness.  Recognise that exercise makes us feel good.  Talk about being active and healthy.	Enjoyment and awareness.  Recognise that exercise makes us feel good.  Talk about being active and healthy.	Understanding fitness.  Identify how exercise affects our body e.g. heart rate, breathing.  Take part in warm-ups and cool-downs.  Begin to talk about healthy choices.	Understanding fitness.  Identify how exercise affects our body e.g. heart rate, breathing.  Take part in warm-ups and cool-downs.  Begin to talk about healthy choices.	Building fitness and reflection.  Understand importance of flexibility, strength, and stamina.  Begin to set personal goals.  Describe how to improve performance.	Building fitness and reflection.  Understand importance of flexibility, strength, and stamina.  Begin to set personal goals.  Describe how to improve performance.	Responsibility and lifestyle.  Take responsibility for personal fitness.  Lead warm-ups and explain purpose of exercises.	Responsibility and lifestyle.  Take responsibility for personal fitness.  Lead warm-ups and explain purpose of exercises.
<b>Gross Motor Skills</b>	Move confidently in a range of ways e.g. running, jumping, balancing, hopping, climbing.	Move confidently in a range of ways e.g. running, jumping, balancing, hopping, climbing.						

	<p>Develop coordination, control, and spatial awareness.</p> <p>Use equipment safely e.g. bikes, balls, bats, climbing frames.</p> <p>Build strength, balance, agility, and core stability.</p> <p>Engage in activities that promote physical confidence e.g. obstacle courses, dance, games.</p>	<p>Develop coordination, control, and spatial awareness.</p> <p>Use equipment safely e.g. bikes, balls, bats, climbing frames.</p> <p>Build strength, balance, agility, and core stability.</p> <p>Engage in activities that promote physical confidence e.g. obstacle courses, dance, games.</p>						
<p><b>Fine Motor Skills</b></p> <p>Use hands and fingers for precise actions e.g. threading, building, cutting, painting.</p> <p>Develop hand-eye coordination and dexterity.</p> <p>Handle tools and equipment effectively e.g. pencils, scissors, brushes.</p> <p>Strengthen muscles needed</p>	<p>Use hands and fingers for precise actions e.g. threading, building, cutting, painting.</p> <p>Develop hand-eye coordination and dexterity.</p> <p>Handle tools and equipment effectively e.g. pencils, scissors, brushes.</p> <p>Strengthen muscles needed</p>							

	for writing and manipulating small objects.	for writing and manipulating small objects.							
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