



Progression of skills - PE

Knowledge (National Curriculum)

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.

They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- 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
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

	EYFS 3 & 4 year olds Reception ELG	Year 1	Year 2	End of key stage expectation
Physical development Gymnastics	<p>Can I continue to develop my movement, balancing, riding (scooters, trikes and bikes) and ball skills?</p> <p>Can I go up steps and stairs, or climb up apparatus, using alternate feet?</p> <p>Can I skip, hop, stand on one leg and hold a pose for a game like musical statues?</p> <p>Can I use large-muscle movements to wave flags and streamers, paint and make marks?</p> <p>Can I revise and refine the fundamental movement skills I have already acquired: • rolling • crawling • walking •</p>	<p>Can I make my body tense, relaxed, curled and stretched?</p> <p>Can I control my body when travelling?</p> <p>Can I control my body when balancing?</p> <p>Can I climb safely?</p> <p>Can I plan and show a sequence of movements?</p> <p>Can I make different shapes with my body?</p> <p>Can I identify techniques to improve balance?</p> <p>Can I hop? (same foot to same foot)</p> <p>Can I jump? (two feet to two feet)</p>	<p>Can I use contrast in my sequences?</p> <p>Can I confidently control my movements?</p> <p>Can I think of more than one way to create a sequence which follows a set of 'rules'?</p> <p>Can I work on my own and with a partner to create a sequence?</p> <p>Can I link my different body shapes to form a sequence?</p> <p>Can I identify techniques to improve balance?</p>	<p>To develop movement skills, becoming increasingly competent and confident in extending their agility, balance and coordination, individually and with others.</p>



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	<p>jumping • running • hopping • skipping • climbing?</p> <p>Can I progress towards a more fluent style of moving, with developing control and grace?</p> <p>ELG Can I move energetically, such as running, jumping, dancing, hopping, skipping and climbing?</p>	<p>Can I hop and jump on the move?</p>		
<p>Participate and engage</p> <p>Games</p>	<p>Can I start taking part in some group activities which I make up by myself, or in teams?</p> <p>Can I develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming?</p> <p>Can I confidently and safely use a range of large and small apparatus indoors and</p>	<p>Can I vary speeds when running?</p> <p>Can I hit a ball with a bat?</p> <p>Can I catch a large ball confidently?</p> <p>Can I throw in different ways?</p> <p>Can I use hitting, kicking and/or rolling in a game?</p> <p>Can I follow rules?</p> <p>Can I work on my own and with a partner, cooperatively?</p>	<p>Can I increase my stamina for running for longer distances?</p> <p>Can I hit a ball with different kinds of bats?</p> <p>Can I catch a variety of different balls (size and material)?</p> <p>Can I stay in a 'zone' during a game?</p> <p>Can I decide where the best place to be is during a game?</p> <p>Can I use one tactic in a game?</p> <p>Can I follow more than one rule in a game?</p>	<p>To master basic movements including running, jumping, throwing and catching</p> <p>To develop balance, agility and coordination.</p> <p>To apply these skills in a range of activities.</p> <p>To participate in team games developing simple tactics for attacking and defending.</p> <p>To engage in competitive and cooperative physical activities.</p>



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	<p>outside, alone and in a group? Can I develop overall body-strength, balance, co-ordination and agility? Can I further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming? Can I develop confidence, competence, precision and accuracy when engaging in activities that involve a ball?</p> <p>ELG Can I demonstrate strength, balance and coordination when playing?</p> <p>Can I negotiate space and obstacles safely, with consideration for myself and others?</p>		<p>Can I work on my own, with a partner and in a group cooperatively?</p>	
<p>Dance</p>	<p>Am I increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm?</p>	<p>Can I copy dance moves? Can I make up a short dance? Can I dance imaginatively? Can I change rhythm, speed, level and direction?</p>	<p>Can I change rhythm, speed, level and direction? Can I dance with control and co-ordination? Can I make a sequence by linking sections together? Can I link some movement to show a mood or feeling?</p>	<p>To perform dances using simple movement patterns.</p>



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Health and fitness		<p>Can I understand how to prepare the body for exercise?</p> <p>Can I understand what fitness means?</p> <p>Can I identify techniques to improve core strength and agility?</p>	<p>Can I understand how to prepare the body for exercise?</p> <p>Can I understand what fitness means?</p> <p>Can I identify how activities can improve my fitness and stamina?</p> <p>Can I identify techniques to improve core strength and agility?</p>	
Evaluating and improving	<p>Can I talk about what I have done?</p> <p>Can I describe what other people did?</p>	<p>Can I say what other people did?</p> <p>Can I say how I could improve?</p>	<p>Can I talk about what is different between what I did and what someone else did?</p> <p>Can I say how I could improve?</p>	