



P.E. Progression of Skill and Knowledge

Early Years	Physical Development		Expressive Arts	
	Health and Selfcare	Moving and Handling	Exploring and using media and materials	Being imaginative
30-50 months	<p>To observe the effects of activity on their bodies.</p> <p>To understand that equipment and tools have to be used safely.</p>	<p>To move freely and with pleasure and confidence in a range of ways such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</p> <p>To mount stairs, steps or climbing equipment using alternate feet.</p> <p>To run skillfully and negotiate space successfully, adjusting speed or direction, to avoid obstacles.</p> <p>To stand momentarily on one foot when shown.</p> <p>To catch a large ball.</p>	<p>To enjoy joining in with dancing and ring games.</p> <p>To begin to move rhythmically.</p> <p>To imitate movement in response to music.</p> <p>To tap out simple repeated rhythms.</p>	<p>To develop preference for forms of expression.</p> <p>To use movement to express feeling.</p> <p>To create movement in response to music.</p> <p>To capture experiences and responses with a range of media such as music, dance and paint and other materials or words.</p>
40-60 months	<p>To show understanding of the need for safety when tackling new challenges and consider and manage some risks.</p> <p>To show understanding of how to transport and store equipment safely.</p> <p>To practice some appropriate safety measures without direct supervision.</p>	<p>To experiment with different ways of moving.</p> <p>To jump off the object and land appropriately.</p> <p>To negotiate space successfully when playing, racing and chasing games with other children, adjusting speed or changing direction, to avoid obstacles.</p> <p>To travel with confidence and scale around, under, over and through balancing and climbing equipment.</p> <p>To show an increasing control over an object in pushing, patting, throwing, catching or kicking it.</p>		<p>To initiate new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences.</p>
ELG	<p>The importance of good health, of physical exercise and a healthy diet and talk about ways to keep healthy and safe.</p>	<p>To show good control and co-ordination in large and small movements.</p> <p>To move confidently in a range of ways, safely negotiating space.</p>		<p>To represent their own ideas, thoughts and feelings through dance.</p>



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Key Stage 1	Basic movement	Developing balance	Agility and coordination	Team games	Movement patterns
Year 1	Gymnastics and Running move in a variety of ways in and out of cones and obstacles jump with both feet leaving floor stop on command Sprint and run hop skip without a rope jump for height	Gymnastics single balance balancing on one foot be able to balance on a piece of apparatus side roll climb line walk	Ball Skills, Team Games; Throwing and Catching be able to throw and catch a large ball - overarm and underarm roll a ball to an end target kickable with increasing accuracy to an end target dribble a ball balance table on a racket two handed	Team Games, Ball Skills be able to participate in a game with an opposing side be able to control a ball within a game setting use hands to control a ball with increasing accuracy be able to play a game following a set of rules	Dance dance to linking with learning theme copy a dance pattern move to a beat link two dance movements together
Year 2	Gymnastics and Running As year one plus Gallup Side gallop jump for distance	Gymnastics As year one plus Bench walk	Ball Skills, Team Games; Throwing and Catching As year one plus Be able to throw and catch a medium sized ball accurately Kick a ball Balance a ball on a bat Dribble a ball in and out of a set of obstacles Hit a ball with some accuracy using a racket or bat Throw a bean bag into a given target	Team Games, Ball Skills be able to participate in a game with an opposing side Be able to control a ball within a game setting Play a game with a set of rules Play as part of a team Cooperate with teammates Work as a team in order to score goals Control a ball accurately Use both hands and feet in order to control a ball	Dance Dance to link with learning themes Copy a dance pattern Move to a beat Link a short series of dance sequences together.



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Key Stage 2	Swimming	Control and balance	Competitive games	Movement patterns
Year 3	<p>Swimming Put face in water and blow bubbles fully submerged underwater. Be able to swim 10 metres across the pool without support.</p>	<p>Netball Can bounce a ball on the spot with consistency.</p> <p>Gymnastics Can perform a basic log, egg, shoulder and forward roll.</p>	<p>Team Games, Athletics Participate in team games. Develop simple tactics for attacking and defending. Succeed and excel (in competitive sport) and other physically demanding activities. Can run and compete in competitive events, individually and as a team.</p>	<p>Gymnastics/Dance Create and perform a short sequence, linking basic actions with a clear beginning, middle and end. Choose and link actions to create an expressive dance phrase which shows some sensitivity to accompaniment.</p>
Year 4	<p>Swimming as Year 3 plus: To develop swimming strokes of backstroke and front stroke over the distance of 10 metres.</p>	<p>Netball as year 3 plus: Can vary dynamics, speed, direction and level of their movements.</p> <p>Gymnastics as year 3 plus: Responds imaginatively and with control and co-ordination. Uses different body parts. Can vary dynamics, speed, direction and level of their movements.</p>	<p>Team Games, Athletics as year 3 plus: Play competitive games, modified where appropriate.</p>	<p>Gymnastics, Dance as year 3 plus: Plan and perform a movement sequence showing contrasts in speed/level and direction. Apply basic compositional ideas to create dance phrases with a partner and in a small group.</p>
Year 5	<p>Swimming as Year 4 plus: Be able to swim 20 metres across the pool without support. To swim 10 metres front crawl and backstroke.</p>	<p>Basketball Can bounce a ball on the spot with consistency. Responds imaginatively and with control and co-ordination. Uses different body parts. Can vary dynamics, speed, direction.</p>	<p>Team Games, Athletics as Year 4 plus: Participate in team games. Play competitive games, modified where appropriate through team and individual games.</p>	<p>Gymnastics, Dance as Year 4 plus: Create and perform a short sequence linking basic actions with a clear beginning middle and end.</p>



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	<p>To dive down below the water surface to pick up an item.</p>	<p>Can travel whilst bouncing a ball showing control. Perform a competent forward roll, log roll, egg roll, shoulder roll, curled roll and progress to backward roll. Improvise freely, individually and with a partner. Can translate ideas from a stimulus into a movement.</p>	<p>Develop and apply simple tactics for attacking and defending. Participate in physically demanding activities. Compete in a range of increasingly challenging situations.</p>	<p>Create an expressive dance. Plan and perform a movement sequence showing contrasts in speed, level and direction. Apply basic compositional ideas to create dance phrases with a partner and in a small group. Can describe and comment on their own performance and that of others and make simple suggestions to improve quality and performance. Develop a longer and more varied movement sequence demonstrating smooth transitions. Refine own performance in response to others and self-analysis.</p>
<p>Year 6</p>	<p>Swimming as Year 5 plus: To be able to swim 25 metres any style unsupported. To be able to swim in the deep end of the pool with confidence.</p>	<p>Basketball as year 5 plus: Using either hand can dribble showing changes of speed and direction. Responds imaginatively to a variety of stimuli. Demonstrating a wide range of actions with precision, control and fluency. Can incorporate different dynamics and develop new actions with a partner and in a group.</p>	<p>Team Games, Athletics as Year 5 plus: Use a range of tactics and strategies to overcome opponents in direct competition. Apply basic principles suitable for attacking and defending. Participate in physically demanding activities. Develop an understanding of how to improve in different physical activities and sports.</p>	<p>Gymnastics, Dance as Year 5 plus: Choose and link actions to create an expressive dance phrase which shows some sensitivity to accompaniment. Develop a longer and more varied movement sequence demonstrating smooth transitions between actions. Compare, develop and adapt movement motifs to create</p>



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				longer dances. From observations of others, describe constructively how to refine, improve and modify performance.
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