

Progression of Skills and Knowledge: Physical Education

Lessons produced via GetSet4PE.



Gymnastics

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
KS1 PE National Curriculum 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		KS2 PE National Curriculum Develop flexibility, strength, technique, control and balance			
Recognise and copy basic actions - travelling, rolling, jumping and staying still. Perform different body shapes at different levels, speed and directions. Hold still shapes and simple balances with some control. Perform a 2 footed jump landing safely. Move around, under over and through different objects and equipment.	Copy and explore and remember actions to link a number of gymnastic actions into own sequence. Hold a still shape while balancing on different points of the body. Jump in a variety of ways and land safely with increasing control. Perform movement phrases using a range of different body parts. Use equipment in a variety of ways to create a sequence. Climb on and off equipment safely	Copy, explore and remember a variety of movements. Work independently and with others to create a sequence using own ideas. Travel in a variety of ways and begin to develop good technique when travelling, balancing. Describe own work using simple gymnastics vocabulary. Begin to notice similarities and differences between sequences. Use turns whilst travelling in a variety of ways. Begin to show flexibility in movements.	Link skills with control, technique, coordination and fluency using a range of directions and levels. Begin to use gymnastics vocabulary to describe how to improve and refine performances. Develop strength, technique and flexibility throughout performances. Recognise how the position of their centre of gravity affects their balance. To perform movements in canon and unison. Create more complex sequences using various body shapes and equipment.	Select ideas to compose specific sequences of movements, shapes and balances. To identify and practise symmetrical and asymmetrical body shapes. Use and refine flexibility, strength, balance and power. Develop skills for movement including rolling, bridging and dynamic movement. To perform and evaluate own and others sequences using gymnastics vocabulary.	Create their own complex sequences involving the full range of actions and movements: balancing, travelling, holding shapes, jumping, leaping, swinging and stretching. Demonstrate precise and controlled placement of body parts in their actions, shapes and balances Confidently use equipment and incorporate into sequences. Apply skills and techniques consistently, showing precision and control. Develop strength, technique and flexibility throughout a performance.
Jumps					
Straight jump Tuck jump Jumping Jack Half turn jump	Straight jump Tuck jump Jumping Jack Half turn jump	Straight jump Tuck jump Jumping Jack Star jump	Straight jump Tuck jump Jumping jack Star jump	Straight jump Tuck jump Jumping jack Star jump	Straight jump Tuck jump Jumping jack Star jump

Cat spring	Cat spring with straddle	Straddle jump Pike jump Straight jump half-turn Cat leap	Straddle jump Pike jump Straight jump half-turn Straight jump full-turn Cat leap Cat leap half-turn	Straddle jump Pike jump Stag jump Straight jump half-turn Straight jump full-turn Cat leap Cat leap half-turn Split leap	Straddle jump Pike jump Stag jump Straight jump half-turn Straight jump full-turn Cat leap Cat leap half-turn Cat leap full-turn Split leap Stag leap
Rolls					
Log roll (controlled) Curled side roll (controlled) Teddy bear roll (controlled)	Log roll (controlled) Curled side roll (controlled) Teddy bear roll (controlled) Rocking for forward roll Crouched forward roll	Crouched forward roll Forward roll from standing Tucked backward roll	Forward roll from standing Straddle forward roll Tucked backward roll Backward roll to straddle	Forward roll from standing Straddle forward roll Pike forward roll Tucked backward roll Backward roll to straddle	Forward roll from standing Straddle forward roll Pike forward roll Dive forward roll Tucked backward roll Backward roll to straddle Backward roll to standing Pike backward roll

Dance

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
KS1 PE National Curriculum Perform dances using simple movement patterns		KS2 PE National Curriculum Perform dances using a range of movement patterns			
Respond to a range of stimuli. Perform movement phrases using a range of different body parts. Copy and repeat actions and vary their speed. Put a sequence of actions together to create a motif. Begin to improvise independently to create a simple dance. Explore, remember and repeat short dance phrases.	Copy, remember and repeat actions to create a motif. Perform movement phrases using a range of different body parts with control and accuracy. Explore different speeds and levels of actions. Put a sequence of actions together with clear beginning, middle and end. Move in time to music using movements that show rhythm and control.	Create motifs in response to different stimuli. Begin to improvise and work cooperatively with a partner to create a simple dance. Begin to compare and adapt movements and motifs to create a larger sequence. Use simple dance vocabulary to compare and improve work. Perform with some awareness of rhythm and expression.	Create characters and narratives in response to arrange of stimuli. Identify and repeat the movement patterns and actions of a chosen dance style. Compose a dance that reflects the chosen dance style, demonstrating an awareness of the music's rhythm. Confidently improvise with a partner or on their own to compose longer dance sequences. Demonstrate rhythm and spatial awareness. Change parts of a dance as a result of self-evaluation. Use simple dance vocabulary when comparing and improving work.	Demonstrate imagination and creativity in the movements they devise in response to stimuli. Use transitions to link motifs smoothly together. Improvise with confidence, still demonstrating fluency across the sequence. Ensure their actions fit the rhythm of the music. Modify parts of a sequence as a result of self and peer evaluation. Use more complex dance vocabulary to compare and improve work.	Demonstrate strong and controlled movements throughout a dance sequence. Combine flexibility, techniques and movements to create a fluent sequence. Move appropriately and with the required style in relation to the stimulus, e.g. using various levels, ways of travelling and motifs. Move rhythmically and confidently in dance sequences. Improvise with confidence, still demonstrating fluency across their sequence, ensuring transitions flow. Modify some elements of a sequence as a result of self and peer evaluation.

					Use complex dance vocabulary to compare and improve work.
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Games

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
KS1 PE National Curriculum Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending		KS2 PE National Curriculum 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			
Striking and hitting a ball					
Use hitting skills in a game. Practise basic striking, sending and receiving.	Strike or hit a ball with increasing control. Learn skills for playing striking and fielding games. Position the body to strike a ball.	Demonstrate successful hitting and striking skills. Develop a range of skills in striking (and fielding where appropriate). Practise the correct batting technique and use it in a game. Strike the ball for distance.	Use a bat, racquet or stick (hockey) to hit a ball or shuttlecock with accuracy and control. Accurately serve underarm. Build a rally with a partner. Use at least two different shots in a game situation. Use hand-eye coordination to strike a moving and a stationary ball.	Use different techniques to hit a ball. Identify and apply techniques for hitting a tennis ball. Explore when different shots are best used. Develop a backhand technique and use it in a game. Practise techniques for all strokes. Play a tennis game using an overhead serve.	Hit a bowled ball over longer distances. Use good hand-eye coordination to be able to direct a ball when striking or hitting. Understand how to serve in order to start a game.
Throwing and catching a ball					
Throw underarm and overarm. Catch and bounce a ball. Use rolling skills in a game. Practise accurate throwing and consistent catching.	Throw different types of equipment in different ways, for accuracy and distance. Throw, catch and bounce a ball with a partner. Use throwing and catching skills in a game. Throw a ball for distance. Use hand-eye coordination to control a ball. Vary types of throw used.	Throw and catch with greater control and accuracy. Practise the correct technique for catching a ball and use it in a game. Perform a range of catching and gathering skills with control. Catch with increasing control and accuracy. Throw a ball indifferent ways (e.g. high, low, fast or slow). Develop a safe and effective overarm bowl.	Develop different ways of throwing and catching.	Consolidate different ways of throwing and catching, and know when each inappropriate in a game	Throw and catch accurately and successfully under pressure in a game.

Travelling with a ball

Travel with a ball indifferent ways. Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency.	Bounce and kick a ball whilst moving. Use kicking skills in a game. Use dribbling skills in a game.	Move with the ball in a variety of ways with some control. Use two different ways of moving with a ball in a game.	Move with the ball using a range of techniques showing control and fluency.	Use a variety of ways to dribble in a game with success. Use ball skills in various ways and begin to link together.	Show confidence in using ball skills in various ways in a game situation, and link these together effectively.
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Passing a ball

Pass the ball to another player in a game. Use kicking skills in a game	Know how to pass the ball in different ways.	Pass the ball in two different ways in a game situation with some success	Pass the ball with increasing speed, accuracy, and success in a game situation.	Pass a ball with speed and accuracy using appropriate techniques in a game situation.	Choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move.
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Possession

		Keep and win back possession of the ball effectively in a team game.	Keep and win back possession of the ball effectively and in a variety of ways in a team game.	Know how to keep and win back possession of the ball in a team game.	Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.
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Using Space

Use different ways of travelling in different directions or pathways. Run at different speeds. Begin to use space in a game.	Use different ways of travelling at different speeds and following different pathways, directions or courses. Change speed and direction whilst running. Begin to choose and use the best space in a game.	Find a useful space and get into it to support teammates.	Make the best use of space to pass and receive the ball.	Demonstrate an increasing awareness of space.	Demonstrate a good awareness of space.
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Attacking and defending

Begin to use the terms attacking and defending. Use simple defensive skills such as marking a player or defending a space. Use simple attacking skills such as dodging to get past a defender.	Begin to use and understand the terms attacking and defending. Use at least one technique to attack or defend to play a game successfully.	Use simple attacking and defending skills in a game. Use fielding skills to stop a ball from travelling past them	Use a range of attacking and defending skills and techniques in a game. Use fielding skills as an individual to prevent a player from scoring	Choose the best tactics for attacking and defending. Shoot in a game. Use fielding skills as a team to prevent the opposition from scoring.	Think ahead and create a plan of attack or defence. Apply knowledge of skills for attacking and defending. Work as a team to develop fielding strategies to prevent the opposition from scoring
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Athletics

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
KS1 PE National Curriculum 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		KS2 PE National Curriculum Use running, jumping, throwing and catching in isolation and in combination			
Perform and practise a variety of athletic movements and apply athletic skills and techniques to a variety of activities. Show understanding and a basic level of control, combination and consistency when running. Experiment with different jumping techniques showing control, coordination or consistency throughout. Develop coordination and balance whilst exploring different running, throwing and jumping techniques. Develop the distance running technique, understanding the difference between sprinting and running over long distances.		Apply and develop a broad range of athletic skills in different ways. Show control, coordination and consistency when running, jumping and throwing. Choose the appropriate running speed to meet the demands of the task. Understand the pace judgement when running over an increased distance, choosing the appropriate speed to meet the demand of the task. Combine basic jump actions to form a jump combination, using a controlled jumping technique.		Understand and apply appropriate age judgement for the running distance to be covered. Run, jump, throw and catch in combination and in isolation. Combine and perform skills with control. Demonstrate a range of throwing actions eg. Push, pull, sling using different equipment. Choose the appropriate speed to run at for the distance to be covered. Understand and apply the appropriate throwing and jumping technique to achieve maximum distance and height. Select and apply skills that meet the needs of the situation, combining and performing each skill with control and speed.	

Outdoor Adventurous Activities

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
KS1 PE National Curriculum		KS2 PE National Curriculum Take part in outdoor and adventurous activity challenges both individually and within a team			
		Orientate themselves with increasing confidence and accurately around a short trail. Identify and use effective communication to begin to work as a team. Begin to choose equipment that is appropriate for an activity.	Orientate themselves with accuracy around a short trail. Create a short trail for others with a challenge. Communicate clearly with other people in a team. Experience a range of roles within a team and identify the key skills required to succeed at each Create a simple plan of activity for others to follow and choose the appropriate equipment	Start to orientate themselves with increasing accuracy around a large trail. Use clear communication to effectively complete a particular role in a team. Complete orienteering activities as part of a team and independently. Create a plan of activity for others to follow and choose the appropriate equipment for a route that challenges others	Orientate themselves with increasing accuracy around a large trail whilst under pressure Use clear communication to effectively complete a particular role in a team. Complete orienteering activities as part of a team and independently, identifying the quickest route. Manage an orienteering event for others to compete in.

Swimming

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
KS1 PE National Curriculum		KS2 PE National Curriculum			
		Swim competently, confidently and proficiently over a distance of at least 25 metres			
		Use a range of strokes effectively			
		Perform safe self-rescue in different water-based situations			
		Develop basic pool safety skills and confidence in water.			
		Develop travel in vertical or horizontal position and introduce floats.			
		Develop push and glides, any kick action on front and back with or without support aids.			
		Develop entry and exit, travel further, float and submerge.			
		Develop balance, link activities and travel further on whole stroke.			
		Show breath control.			
		Introduction to deeper water.			
		Treading water.			

Vocabulary Development

Year 1/2	Year 3/4	Year 5/6
-Use PE vocabulary to describe movements, actions and skills. -Use terms such as balance, control, space, direction and teamwork appropriately. -Begin to describe physical performance using simple PE language.	-Use increasingly precise PE vocabulary when discussing techniques, tactics and performance. -Apply subject-specific language when evaluating movements and physical activities. -Use appropriate terminology across a range of sports and activities.	-Confidently use technical PE vocabulary when analysing performance and tactics. -Apply precise language when explaining techniques and evaluating strengths and areas for improvement. -Use subject-specific terminology confidently across a range of physical activities and sports.

Oracy Development

Year 1/2	Year 3/4	Year 5/6
-Talk about movements and physical activities using appropriate vocabulary. -Explain simple ideas and choices during activities. -Share observations respectfully about their own and others' performances.	-Explain techniques and tactics using subject-specific language. -Discuss strengths and areas for improvement in performance. -Provide constructive feedback to support improvement.	-Evaluate and discuss performance confidently using PE vocabulary. -Justify decisions relating to tactics, techniques and strategies. -Communicate effectively when leading, coaching or working within a team.

Character Development

Year 1/2	Year 3/4	Year 5/6
-Demonstrate determination when learning and practising new skills. -Show respect for others during physical activities and games. -Begin to understand teamwork and responsibility within activities.	-Work collaboratively demonstrating teamwork across a range of physical activities. -Show honesty when evaluating performances and competing fairly. -Demonstrate responsibility for equipment, safety and learning.	-Demonstrate resilience and determination when facing physical challenges. -Show honesty through fair play, self-evaluation and sportsmanship. -Demonstrate leadership, teamwork and responsibility during activities and competition. -Show respect for others, celebrating success and supporting improvement.