



PE Skill Progression



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Multiskills I can explore running and stopping. I can change direction safely. I can begin to explore take off and landing safely. I can hop with both feet I can explore skipping as a locomotion.	Games I can explore sending an object with hands and feet. I can explore catching using a variety of larger balls and beanbags. I can explore stopping a ball with hands and feet. I can explore bouncing and catching.	Dance I can explore body movement in different ways. I can copy basic actions and rhythms. I can explore actions in response to the volume and pace of music. I can explore a pathway showing awareness of the space others occupy.	Cricket I can roll, throw and catch a ball. I can explore tracking and stopping a ball that is rolled to me. I can send a ball to a partner.	Athletics I can run at different speeds and stop. I can change direction when using different locomotion safely. I can balance during when still and on the move. I can move different body parts together. I can jump and land safely. I can throw to different equipment.	Football I can use my feet to kick a ball forwards. I can stop a ball that has been sent directly to me. I can explore changing direction.
Y1	Multiskills I can safely change direction and dodge.	Games I can send an object with some accuracy towards a target by rolling and throwing.	Dance I can copy, remember and repeat actions.	Cricket I can throw under arm and overarm.	Athletics I can run at different speeds and around obstacles safely.	Football I can dribble a ball using my feet with some control.

Striving for Excellence

	<p>I can move with some control and balance.</p> <p>I can show control in take off and landing when jumping.</p> <p>I can begin to hop in different directions on one and two feet.</p> <p>I can consistently jump using a rope for longer periods of time.</p>	<p>I can begin to catch different sized objects with two hands.</p> <p>I can stop a ball with my hands and feet when sent to me directly.</p> <p>I can begin to catch and bounce a large ball in pairs.</p>	<p>I can copy basic actions and rhythms.</p> <p>I can explore actions in response to the volume and pace of music.</p> <p>I can explore a pathway showing awareness of the space others occupy. I can do this with a partner.</p> <p>I can begin to show an awareness of timing by counting when watching a performance.</p>	<p>I can catch a ball from different heights and directions.</p> <p>I can track and collect a ball in small groups.</p> <p>I can strike a ball using my hands and equipment.</p>	<p>I can change direction when running.</p> <p>I can balance when jumping and landing for distance.</p> <p>I can throw for distance and accuracy.</p>	<p>I can receive a ball which has been sent directly to me.</p> <p>I can send a ball to a partner.</p> <p>I can change direction to move away from a partner.</p> <p>I can move to stay close to a partner.</p>
Y2	<p>Multiskills</p> <p>I can demonstrate balance when changing direction.</p> <p>I can demonstrate and maintain balance when moving.</p> <p>I can demonstrate control and choice when jumping</p>	<p>Games</p> <p>I can send an object with some accuracy towards a target by rolling and throwing at different distances.</p> <p>I can catch different sized objects with two hands and begin to catch a ball with one hand.</p>	<p>Dance</p> <p>I can copy, remember and repeat actions including adding simple actions of my own.</p> <p>I can explore matching and mirroring.</p>	<p>Cricket</p> <p>I can develop coordination and technique when using underarm and overarm throw.</p> <p>I can successfully catch a ball with two hands.</p>	<p>Athletics</p> <p>I am starting to show a sprinting action.</p> <p>I can safely run over and around different obstacles.</p> <p>I can safely jump for distance and height.</p> <p>I can overarm throw for distance.</p>	<p>Football</p> <p>I can dribble a ball using different parts of my feet with some control.</p> <p>I can consistently track and receive a ball which has been sent directly to me.</p> <p>I can send a ball with increased control.</p>

Striving for Excellence

	<p>different distances and heights.</p> <p>I can demonstrate control and choice when hopping in different directions, in particular on one foot.</p> <p>I can explore double bounces when jumping in a rope</p>	<p>I can track a ball and stop it with my hands and feet.</p> <p>I can catch and bounce different sized balls in pairs.</p>	<p>I can develop an understanding of dynamics.</p> <p>I can begin to use levels and travelling actions when developing the use of space.</p> <p>I can develop my use of facial expressions in a short performance.</p>	<p>I know there are different roles in the fielding team.</p> <p>I can strike a ball with equipment with more success.</p>		<p>I can decide when to move into a space away from defenders.</p> <p>I can explore staying close to others to stop them getting the ball.</p>
Y3	<p>Tag rugby</p> <p>I can send a ball to a target.</p> <p>I can catch whilst travelling at different speeds.</p> <p>I can plan to attack as a team.</p> <p>I can decide when to defend.</p>	<p>Basketball</p> <p>I can dribble a ball with control.</p> <p>I can catch a ball with increasing consistency over different distance and heights.</p> <p>I can send a ball to a target with accuracy and increasing consistency.</p> <p>I can abide by the rules.</p> <p>I can develop skills to lose a defender.</p>	<p>Dance</p> <p>I can create actions in response to a stimulus by myself and in groups.</p> <p>I can use dynamics to show an idea.</p> <p>I can use direction to transition between formations and shapes.</p> <p>I can show a developed understanding of formations.</p> <p>I can perform short self-choreographed</p>	<p>Swimming</p> <p>I can explore techniques for specific strokes.</p> <p>I can begin to explore front crawl breathing technique.</p> <p>I can explore techniques for personal survival strokes such as sculling and treading water.</p>	<p>Athletics</p> <p>I can use a sprinting technique in individual and team events.</p> <p>I can fluently move over and around obstacles.</p> <p>I am developing technique when landing and taking off, for both height and distance jumps.</p> <p>I am starting to show technique when performing a pull throw.</p>	<p>Tennis</p> <p>I can return a ball using both forehand and backhand shots.</p> <p>I can successfully participate in a rally.</p> <p>I can perform an underarm serve.</p> <p>I can return to the ready position in-between shots.</p>

Striving for Excellence

		I can shoot a ball from different positions.	sections showing a range of timing over a short period.			
Y4	Tag Rugby I can show technique when sending a ball to different targets. I can catch from a variety of distances and heights. I can make decisions that support my team to invade and attack the opposition. I can make decisions to support my team when defending.	Basketball I can show control when dribbling in game situations. I can pass to teammates using different techniques. I know when to shoot and when to pass in game situations. I can decide the best time to win the ball back. I can use the space to help my team keep possession and score.	Dance I can respond imaginatively to a range of music and begin to show an emotion. I can plan to change dynamics in a piece to express changes in character. I can use changes in level, direction and pathway. I can use action and reaction to represent an idea. I can perform longer pieces showing an emotion or feeling. I can do this with increasing confidence.	Cricket I can use overarm and underarm throw consistency over varied distances. I can use one and two handed catches with some consistency. I can bowl a ball with some consistency. I can show consistent technique when batting.	Athletics I am developing speed and power when taking part in different sprint events. I know what pace to run at during different medium and long distanced races. I can show technique when participating in the vertical jump event. I can show technique with increasing power when throwing a javelin.	Tennis I can return a ball using both forehand and backhand shots with increasing accuracy and in competitive situations. I can successfully participate in a rally using both forehand and backhand shots. I can perform an underarm serve with increased consistency. I can adjust my footwork to fluidly move across the court.

Striving for Excellence

			I can identify areas of my dance performances I wish to change.			
Y5	Tag rugby I can show technique when sending a ball showing some level of control, accuracy and power. I can catch with increasing consistency under pressure from defending teams when the ball has been thrown from a variety of distances and heights. I can work as a team to invade and attack the oppositions space. I can demonstrate a range of defensive techniques.	Netball I can send and receive a ball in different game situation when under pressure. I can change direction using the pivot technique. I can work as a team to create tactics and apply these in different game situations. I can track and mark the opposition using a variety of techniques when in different positions. I can create space for myself and other teammates.	Dance I can show planned, controlled movements which express emotion to different types of music. I can begin to improvise and use different dynamics to different dance styles both in unison and in groups. I can plan the use of space and direction to express different dance styles. I can use formations to express a dance idea. I can perform dance expressively developing accuracy in timing and fluency.	Cricket I can show clear technique and control when throwing a ball when under pressure. I can consistently catch a ball in different position with accuracy. I can show over and underarm bowling technique. I can use the long and short barrier in the correct situations. I can use different techniques when batting for defensive and direction.	Athletics I can successful pass the baton at speed in relay events. I can apply the correct speed and pace in different running events. I can show technique and fluidity participating in triple jump. I can show technique and increasing power in events such as javelin and shot put.	OAA I can explore strategic planning within a team to overcome increasingly challenging tasks. I can develop navigational skills and map reading in a variety of situations. I can explore a variety of communication methods with increasing success. I can evaluate my performance in problem solving activities and identify areas to improve.

Striving for Excellence

			I can identify areas of my dance performances I wish to change and make these ahead of following performances.			
Y6	Tag rugby I can show technique when sending a ball with developed control, accuracy and power. I can consistently catch under pressure from defending teams when the ball has been thrown from a variety of distances and heights. I can work as a team to invade and attack the oppositions space whilst considering the strengths and weaknesses of the opposition. I can demonstrate a range of defensive techniques in a	Netball I can quickly make decisions in game situation to know when and who to pass to. I can combine the pivot technique with an appropriate pass. I can create tactics with my team to attack and defend in response to the game. I can use space effectively when transitioning from attacking and defending.	Dance I can show planned, controlled movements which express emotion and feeling, creating atmosphere. I can improvise and fluently sequence events by combining dynamics to a set piece of music. I can do this both in unison and for a group. I can apply compositional principles when choreographing a piece. I can demonstrate an understanding of	Cricket I can make decision on who and when to pass the ball to in order to get the other team out. I can show good technique when catching the ball in pressured situation. I can select and apply the appropriate fielding technique in different game situations. I can strike a bowled ball with increasing accuracy and consistency.	Athletics I can improve my own and other performance by using my understanding of pace. I can hurdle with greater control and coordination. I can show technique, power and control when participating in a variety of jumping events. I can show technique, power and control when participating in a variety of throwing events.	OAA I can gather ideas in a group, selecting and applying the most effective method when problem solving. I can orientate a map effectively to navigate around a course. I can inclusively communicate with others, lead and share roles. I can evaluate my team's performance in problem solving activities and adapt in situ.

Striving for Excellence

	variety of game situations.		timing and rhythm to a performance. I can evaluate performances and make adaptations to choreography.			
--	-----------------------------	--	--	--	--	--