

PHYSICAL EDUCATION PROGRESSION OF SKILLS AND KNOWLEDGE



ATHLETICS

YR	Y1	Y2	Y3	Y4	Y5	Y6
Shows increased control when throwing object. Runs skilfully, negotiating space, adjusting speed and direction	Can run at different speeds. Can jump from standing position. Jumps over low hurdles. Perform variety of throws with basic control. Begins to understand correct vocabulary	Changes speed and direction when running. Can jump from standing position with accuracy. Shows control with take-off and landing. Throws into targets. Performs variety of throws with control and coordination; rolling, underarm, overarm (prep field events) Uses correct vocabulary in context	Runs at speeds appropriate for distance. Can perform a running jump with some accuracy. Make some recordings. Performs variety of throws using equipment; pulling, pushing slinging (field events) Uses appropriate vocabulary.	Beginning to build variety of running techniques with confidence. Can perform running jump with more than one component hop, skip, jump Begin to record peers work. Demonstrates accuracy in throwing and catching. Can set realistic targets when throwing (with help) Identify athletic performance using correct vocabulary	Build variety of running techniques with confidence. Perform combinations of jumps showing control and consistency. Make and evaluate recordings. Demonstrates accuracy in throwing and catching. Sets realistic targets when throwing. Describes athletic performance using correct vocabulary.	Confident use of variety of running techniques. Demonstrates range of jumps showing power, control and consistency with take-off and landings. Can select appropriate ways of recording. Demonstrates accuracy in throwing and catching. Sets realistic targets when throwing over distance. Evaluate own athletic performance using correct vocabulary.

GYMNASTICS

YR	Y1	Y2	Y3	Y4	Y5	Y6
Stands momentarily on one foot. Jumps and lands appropriately. Travels with confidence and	Move safely and confidently in own space showing changes of speed and direction. Use stillness Copy/create	Remember, repeat and link sequences of gymnastic actions showing balance and precision. Choose, use and vary	Consolidate and improve quality of work using smooth transitions. Improve ability to select actions and compositional	Develop range of actions, balances and shapes used in a sequence. Perform with increased accuracy	Develop range of actions, balances and shapes used in a sequence. Improve fluency and consistency. Choose, apply	Combine and perform effectively and fluently gymnastic sequences. Develop own sequences by

skill; around, under, over, through equipment Show good control and coordination in large movements	sequences using range of body actions/parts with beginning, middle and end. Watch, copy and describe others work.	simple compositional ideas in sequences. Improve work using feedback	ideas. Evaluate effectiveness and quality of a performance Recognise how own performance has improved.	consistently. Create and evaluate sequences based on a criteria.	compositional ideas to sequences adapting them to new situations. Be able to evaluate own and others work using criteria.	using a range of compositional principles Evaluate own and others work suggesting improvements.
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INVASION GAMES

YR	Y1	Y2	Y3	Y4	Y5	Y6
Runs skilfully, negotiating space successfully, adjusting speed or direction to avoid obstacles when playing racing or chasing games Can catch large ball Shows increased control over an object; pushing, parting, throwing, catching, kicking Can move confidently, safely in range of ways.	Masters basic movements: running, jumping, throwing, catching Develops balance, agility, co-ordination Begins to apply these to a range of activities Participates in team games; developing simple tactics for attack and defence.	Masters basic movements: running, jumping, throwing, catching Develops balance, agility, coordination Begins to apply these to a range of activities Participates in team games; developing simple tactics for attack and defence.	Begins to understand and apply simple tactics. Begin to communicate during a game Begin to link skills. Work in a group to develop a game; selecting appropriate resources with minimal help. Develop understanding of different rules of invasion games.	Shows a good understanding of tactics and is beginning to apply them. Shows good communication in a game. Shows increased control and coordination of skills. Can work in pairs. Work in a group to develop a game; selecting appropriate resources with minimal help. Begins to observe others to evaluate success. Applies basic skill of attack and defence. Begins to show understanding of the need to intercept and possess a ball. Able to use two elements of jumping, throwing, catching, running in isolation or combination.	Confident use of tactics which enables an individual to take part successfully. Strong communication in a game. Fluent coordination and control of skills. Works independently to develop a game. Can select resources appropriately. Consolidating skills for attack and defence. Consistent understanding of need to intercept/possess a ball. Use running, jumping, catching in isolation and combination. Confidently make suggestions how to improve own skills. Have confident	Confident use of tactics and applying them as mini coaches. Strong continual communication I a game. Fluent coordination and control enabling them to maintain possession in a game. Can adapt a game independently. Can select resources appropriately. Able to coach using strong knowledge of tactics. Can apply in attack or defence correctly. Consistent understanding of need to intercept/take possession of a ball in a range of games. Use running, jumping, throwing, catching

				Begin to suggest improvements to skills. Develop an understanding of different rules for games.	knowledge of rules of different games.	successfully. Confidently suggest improvements to self and others. Be able to referee a game using knowledge of rules.
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STRIKING AND FIELDING

YR	Y1	Y2	Y3	Y4	Y5	Y6
Runs skilfully and negotiates space, adjusting speed or direction Experiments with different ways of moving. Shows increased control over throwing and catching an object.	Explores skills and space. Travels in different way; running, jumping Watch, copy and describe others work. Receive a ball with some control. Begins to develop hand eye coordination. Participates in simple games.	Remember and repeat series of moves. Sends a ball in range ways; rolling, passing Changes speed when running. Can jump from standing position with some accuracy. Send and receive a ball in different ways with some control. Some understanding of what tactics are; attacking and defending. Understands basic feedback.	Understand how different equipment is used for different games. Can strike a ball with some success using different equipment. Investigates different ways to throw a ball in fielding positions. Basic understanding of communication in fielding position.	Understand how different equipment is used for different games. Can strike a ball with some success using appropriate equipment. Can chose appropriate way to throw when fielding. Understands importance of communicating when fielding.	Select appropriate striking equipment based on ability and game. Can strike a ball with increases success and accuracy. Uses tactical awareness to select correct throw when fielding. Communicate effectively to apply tactics when fielding.	Select appropriate striking equipment based on ability and game. Can strike a ball with increases success and accuracy. Uses tactical awareness to select correct throw when fielding. Communicate effectively to apply tactics to coach or captain a team in a strong game.

WALL AND NET GAMES (as invasion with additional skills detailed below)

YR	Y1	Y2	Y3	Y4	Y5	Y6
Catch a large ball. Demonstrate good control and coordination in large and small movements. Pass a ball: chest pass	Focus on throwing a ball with control both over and underarm with prompts. Focus on catching a ball from shorter and longer distances,	Use their skills to play end to end games, games over a barrier and fielding games. Use their ability to solve problems and make	Practise throwing and catching with a variety of different balls and using different types of throwing. Hit the ball with a racket. Use	Play games using throwing and catching skills. Vary strength, length and direction of throw. Understand how they can make it difficult for	Hold and swing racket and where to stand on the court when hitting, catching and receiving. Hit the ball on both sides of the body and	Devise a scoring system. Hit the ball in the court away from opponent, how to outwit them using speed height and direction of ball.

	on their own and in groups. Play games based on net games (tennis, badminton) children have the opportunity to play 1v1, 1v2, 2v2, 1v3, 3v3.	decisions. S&A Watch others and describe what is happening. Talk about what they have done and how they did it. Participate in team games. Pass and receive a ball in different ways with control and increased accuracy. Perform fielding techniques with increased control and coordination.	different shots. A&D Play games using throwing and catching skills. Vary strength, length and direction of throw. Know how can they make it difficult for opponent to receive ball.	opponent to receive ball. Understand where to stand when receiving. Understand attack and defence tactics. Understand rules about the games. S&A	above head. Use different types of shots during a game. Improve accuracy. Explain why they or others are playing well in the games. Know what they need to get better at and what to practice. Know how to change court to make easier. Understand practices to help with precision and consistency and speed about the court.	Know where to stand when attacking and defending. S&A Explain why they or others are playing well in the games. Know what they need to get better at and what to practice. Understand how to change court to make easier. Understand practices to help with precision and consistency and speed about the court.
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KNOWLEDGE OF FITNESS AND HEALTH

YR	Y1	Y2	Y3	Y4	Y5	Y6
Observe effect of activity on their bodies. Recognise when they need a rest. Dresses with help. Shows some understanding that exercise can be good for you. Beginning to understand the need for safety when tackling new challenges. Shows understanding of how to move equipment safely. Beginning to know that exercise is important.	Recognise how their body feels before and after exercise.	Recognise and describe what their bodies feel like during different activities. Move equipment safely.	Recognise and describe short term effects of exercise on the body. Know the importance of suppleness and strength.	Describe how the body reacts during exercise and how it affects performance	Understand importance of a warm up. Understand why exercise is good for health.	Understand importance of a warm and cool down. Carry out warm ups safely and effectively. Understand why exercise is good for health, fitness and wellbeing.