

PE Progression of Skills

EYFS Early Learning goals				
Gross Motor Skills- - Negotiate space and obstacles safely, with consideration for themselves and others. - Demonstrate strength, balance and coordination when playing. - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	Gymnastic Skills: - Standing on tiptoes - Standing on one foot for a short period of time - Jump forward, taking off and landing on two feet - Jump and turn in the air - Hop up to 10 times on alternative feet	Dance : Express ideas through dance	Game Skills: - Throw a ball over head and underarm - Coordinate body to meet and kick a ball that is rolled to them from a distance. - Can usually hit a target with an overhead toss - Catch a tennis ball using only hands	
Fine Motor Skills- - Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases. - Use a range of small tools, including scissors, paintbrushes and cutlery. - Begin to show accuracy and care when drawing				

KS1 Curriculum Statements	Year 1	Year 2		
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	To begin to develop basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination.	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	To develop simple tactics for attacking and defending and to begin to apply these in team games.	To develop simple tactics as a team and individually for attacking and defending and apply these in team games.		
Perform dances using simple movement patterns	To begin to perform dances using simple movements in small groups.	To perform dances using simple movements to larger groups.		

KS2 Curriculum statements	Year 3	Year 4	Year 5	Year 6
Use running, jumping, throwing and catching in isolation and in combination	- To run in different directions and at different speeds, using a good technique. - To choose and understand appropriate running techniques. - To improve throwing technique and throw safely. - To reinforce jumping techniques.	- To select and maintain a running pace for different distances. - To demonstrate good running technique in a competitive situation. - To practise throwing safely and with power and accuracy. - To understand which technique is most effective when jumping for distance.	- To use correct technique to run at speed and the ability to run for distance. - To use a good running technique in a competitive situation. - To identify and apply techniques of relay running. - To throw safely with accuracy and power.	- To use correct technique to run at speed and the ability to run for distance at a good speed. - To use a chosen running technique in a competitive situation. - To throw safely with accuracy and power at a target. - Learn how to use skills to improve the distance of a pull and push throw.

			- Learn how to use skills to improve the distance of a pull throw. - To understand which technique is most effective when jumping for distance. - To understand which technique is most effective when jumping for height.	- To understand which technique is most effective when jumping for distance. - To understand which technique is most effective when jumping for height and in competitive situations.
Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	- To begin to play competitive games, introducing basic rules. - To begin to learn and apply basic attacking and defending skills	To more confidently play competitive games, introducing basic rules. - To more confidently learn and apply basic attacking and defending skills	- To play a range of competitive games with others. - To defend and attack using knowledge of basic principles in games.	- To use skills of competition to play competitive games - To confidently defend and attack using knowledge of basic principles in games.
Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	To begin to develop flexibility, strength, technique, control and balance through athletics activities.	To develop flexibility, strength, technique, control and balance through a range of gymnastics and athletics activities.	To develop flexibility, strength, technique, control and balance through a range of gymnastics and athletics activities.	To show flexibility, strength, technique, control and balance throughout a range of sports.
Perform dances using a range of movement patterns	To practise performing dances using a range of movement patterns within small groups.	To confidently perform dances using a range of movement patterns within small groups.	To practise performing dances using a range of movement patterns to larger groups.	To confidently perform dances using a range of movement patterns to larger groups.
Take part in outdoor and adventurous activity challenges both individually and within a team	To begin to take part in some outdoor and adventurous activity challenges within a team.	To confidently take part in some outdoor and adventurous activity challenges within a team.	To take part in some outdoor and adventurous activity challenges within a team and individually.	To confidently take part in outdoor and adventurous activity challenges within a team and individually.
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	To begin to compare performances with previous ones and discuss improvement opportunities within groups to set new personal goals.	To compare performances with previous ones and discuss improvement opportunities within groups to set new personal goals.	To confidently compare performances with previous ones and discuss improvement opportunities within groups to set new personal goals.	To confidently compare performances with previous ones and discuss improvement opportunities within groups and individually to set new personal goals.
Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] Perform safe self-rescue in different water-based situations.	- To develop basic pool safety skills and confidence in water. - To develop travel in vertical or horizontal position and introduce floats. - To develop push and glides, any kick action on front and back with or without support aids. - To develop entry and exit, travel further, float and submerge. - To develop balance, link activities and travel further on whole stroke. - To show breath control. - Introduction to deeper water. - To develop treading water.	- To develop basic pool safety skills and confidence in water. - To develop travel in vertical or horizontal position and introduce floats. - To develop push and glides, any kick action on front and back with or without support aids. - To develop entry and exit, travel further, float and submerge. - To develop balance, link activities and travel further on whole stroke. - To show breath control. - Introduction to deeper water. - To develop treading water.		