



PE Knowledge and Skills Progression Document

Key Areas	EYFS	Year 1 and 2	Year 3 and 4	Year 5 and 6
Dance	<ul style="list-style-type: none"> •Physical •Development Gross •Motor Skills ELG •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. 	<ul style="list-style-type: none"> •Copies and explores basic movements and body patterns •Remembers simple movements and dance steps •Follow adult led instructions •Responds to range of stimuli. •Know how to change body shape •Varies levels and speed in sequence •Can vary the size of their body shapes •Add change of direction to a sequence •Uses space well and negotiates space clearly and know reasons why. 	<ul style="list-style-type: none"> • Beginning to improvise independently to create a simple dance. •Beginning to improvise with a partner to create a simple dance. •Translates ideas from stimuli into movement with support. •Beginning to compare and adapt movements and motifs to create a larger sequence. •Uses simple dance vocabulary to compare and improve work. • Confidently improvises with a partner or on their own. 	<ul style="list-style-type: none"> • Beginning to exaggerate dance movements and motifs (using expression when moving) •Demonstrates strong movements throughout a dance sequence. •Combines flexibility, techniques and movements to create a fluent sequence. •Moves appropriately and with the required style in relation to the stimulus. <i>e.g using various levels, ways of travelling and motifs.</i> •Beginning to show a change of pace and timing in their movements. •Uses the space provided to his maximum potential. •Improvises with confidence, still

		<ul style="list-style-type: none"> •Can describe a short dance using appropriate vocabulary. •Responds imaginatively to stimuli. 	<ul style="list-style-type: none"> •Beginning to create longer dance sequences in a larger group. •Demonstrating precision and some control in response to stimuli. •Beginning to vary dynamics and develop actions and motifs. •Demonstrates rhythm and spatial awareness. •Modifies parts of a sequence as a result of self-evaluation. 	<p>demonstrating fluency across their sequence.</p> <ul style="list-style-type: none"> •Modifies parts of a sequence as a result of self and peer evaluation. •Uses more complex dance vocabulary to compare and improve work. • Performs with confidence, using a range of movement patterns. •Demonstrates a strong imagination when creating own dance sequences and motifs. •Demonstrates strong movements throughout a dance sequence. • Beginning to show a change of pace and timing in their movements. •Is able to move to the beat accurately in dance sequences. •Improvises with confidence, still demonstrating fluency across their sequence. •Demonstrates consistent precision when performing dance sequences.
Gymnastics	<ul style="list-style-type: none"> •Physical •Development Gross •Motor Skills ELG •Negotiate space and obstacles safely, with consideration for themselves and others; - •Demonstrate strength, balance and coordination when 	<ul style="list-style-type: none"> •Copies and explores basic movements with some control and coordination. •Can perform different body shapes •Performs at different levels •Can perform 2 footed jump •Can use equipment safely •Balances with some control •Can link 2-3 simple movements •Can go upstairs, climb on apparatus using alternate feet. • Able to copy and explore different 	<ul style="list-style-type: none"> •Applies compositional ideas independently and with others to create a sequence. •Copies, explores and remembers a variety of movements and uses these to create their own sequence. •Describes their own work using simple gym vocabulary. •Beginning to notice similarities and differences between sequences. •Uses turns whilst travelling in a variety of 	<ul style="list-style-type: none"> •Select and combine their skills, techniques and ideas. •Apply combined skills accurately and appropriately, consistently showing precision, control and fluency. •Draw on what they know about strategy, tactics and composition when performing and evaluating. •Analyse and comment on skills and techniques and how these are

	<p>playing; -</p> <ul style="list-style-type: none"> •Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 	<p>pathways and patterns.</p> <ul style="list-style-type: none"> •Uses equipment in a variety of ways •Link movements together to create a sequence • Know how to copy simple techniques. •Maintain balance using hands and body. 	<p>ways.</p> <ul style="list-style-type: none"> •Beginning to show flexibility in movements •Beginning to develop good technique when travelling, balancing, using equipment etc •Uses equipment in a variety of ways to create a sequence. •Links skills with control, technique, co-ordination and fluency. •Understands composition by performing more complex sequences. •Beginning to use gym vocabulary to describe how to improve and refine performances. •Develops strength, technique and flexibility throughout performances. •Creates sequences using various body shapes and equipment. •Combines equipment with movement to create sequences. •Following rules •Know how to start and finish sequences using gymnastics positions. 	<p>applied in their own and others' work.</p> <ul style="list-style-type: none"> •Uses more complex gym vocabulary to describe how to improve and refine performances. •Develops strength, technique and flexibility throughout performances. •Links skills with control, technique, co-ordination and fluency. •Understands composition by performing more complex sequences. •Plan and perform with precision, control and fluency, a movement sequence showing a wide range of actions including variations in speed, levels and directions. •Performs difficult actions, with an emphasis on extension, clear body shape and changes in direction. •Adapts sequences to include a partner or a small group. •Gradually increases the length of sequence work with a partner to make up a short sequence using the floor, mats and apparatus, showing consistency, fluency and clarity of movement. •Draw on what they know about strategy, tactics and composition when performing and evaluating. •Analyse and comment on skills and techniques and how these are applied in their own and others' work.
--	---	---	---	---

				<ul style="list-style-type: none"> •Uses more complex gym vocabulary to describe how to improve and refine performances. •Develops strength, technique and flexibility throughout performances.
Games	<ul style="list-style-type: none"> •Physical •Development Gross •Motor Skills ELG •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. 	<ul style="list-style-type: none"> •Can travel in a variety of ways including running and jumping. •Beginning to perform a range of throws. •Receives a ball with basic control •Beginning to develop hand-eye coordination •Participates in simple games •Know how to catch using two hands •Know how to kick a stationary ball •Balance with some control •Know how to change speed •Confident to send the ball to others in a range of ways. •Beginning to apply and combine a variety of skills (to a game situation) •Develop strong spatial awareness. •Beginning to develop own games with peers. •Understand the importance of rules in games. •Develop simple tactics and use them appropriately. •Beginning to develop an understanding of attacking/ defending •Know how to hit, kick, throw or roll in a game. •Understand accuracy and distances. 	<ul style="list-style-type: none"> • Understands tactics and composition by starting to vary how they respond. •Vary skills, actions and ideas and link these in ways that suit the games activity. •Beginning to communicate with others during game situations. •Uses skills with co-ordination and control. •Develops own rules for new games. •Makes imaginative pathways using equipment. •Works well in a group to develop various games. •Beginning to understand how to compete with each other in a controlled manner. •Beginning to select resources independently to carry out different skills. • Vary skills, actions and ideas and link these in ways that suit the games activity. • Shows confidence in using ball skills in various ways, and can link these together. <i>e.g. dribbling, bouncing, kicking</i> • Uses skills with co-ordination, control and fluency. • Takes part in competitive games with a strong understanding of tactics and composition. • Can create their own games using knowledge and skills. • Works well in a group to develop various 	<ul style="list-style-type: none"> • Vary skills, actions and ideas and link these in ways that suit the games activity. • Shows confidence in using ball skills in various ways, and can link these together effectively. <i>e.g. dribbling, bouncing, kicking</i> • Keeps possession of balls during games situations. • Consistently uses skills with co-ordination, control and fluency. • Takes part in competitive games with a strong understanding of tactics and composition. • Can create their own games using knowledge and skills. • Modifies competitive games. Compares and comments on skills to support creation of new games. • Can make suggestions as to what resources can be used to differentiate a game. • Apply knowledge of skills for attacking and defending. • Uses running, jumping, throwing and catching in isolation and in combination.

			<p>games.</p> <ul style="list-style-type: none"> • Compares and comments on skills to support creation of new games. • Can make suggestions as to what resources can be used to differentiate a game. • Apply basic skills for attacking and defending. • Uses running, jumping, throwing and catching in isolation and combination. • Understand rules for each sport. 	<ul style="list-style-type: none"> • Know how to strike a ball with varied pieces of equipment. • Understand rules in game situations
Athletics	<ul style="list-style-type: none"> •Physical •Development Gross •Motor Skills ELG •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. 	<ul style="list-style-type: none"> •Can change speed and direction whilst running. •Can jump from a standing position with accuracy. •Performs a variety of throws with control and co-ordination. <i>preparation for shot put and javelin</i> •Can use equipment safely 	<ul style="list-style-type: none"> • Performs a variety of throws using a selection of equipment. • Beginning to build a variety of running techniques and use with confidence. • Can perform a running jump with more than one component. <i>e.g. hop skip jump (triple jump)</i> • Demonstrates accuracy in throwing and catching activities. • Describes good athletic performance using correct vocabulary. • Can use equipment safely and with good control. • Know how to change speed and direction 	<ul style="list-style-type: none"> •Beginning to build a variety of running techniques and use with confidence. •Can perform a running jump with more than one component. <i>e.g. hop skip jump (triple jump)</i> •Beginning to record peers performances, and evaluate these. •Demonstrates accuracy and confidence in throwing and catching activities. •Describes good athletic performance using correct vocabulary. •Can use equipment safely and with good control. •Know how to break down techniques to develop each part improving overall performance
Outdoor adventure			<ul style="list-style-type: none"> •Develops strong listening skills. Uses simple maps. •Beginning to think activities through and problem solve. 	<ul style="list-style-type: none"> •Develops strong listening skills. Use s and interprets simple maps. •Think activities through and problem solve using general

			<ul style="list-style-type: none"> •Choose and apply strategies to solve problems with support. •Discuss and work with others in a group. Demonstrates an understanding of how to stay safe. •Know how to follow a map in a familiar context •Know how to follow clues to follow a route 	<p>knowledge.</p> <ul style="list-style-type: none"> •Choose and apply strategies to solve problems with support. •Discuss and work with others in a group. •Demonstrates an understanding of how to stay safe. •Know how to follow a route within a time limit •Know how to use new information to change a route •Understand basic keys on a map
Swimming		<ul style="list-style-type: none"> •Swims competently, confidently and proficiently over a distance of at least 25 metres •Uses a range of strokes effectively e.g. front crawl, backstroke and breaststroke. •Performs safe self-rescue in different water-based situations. 	No Swimming for Y3/4 children	<ul style="list-style-type: none"> •Swims competently, confidently and proficiently over a distance of at least 25 metres •Uses a range of strokes effectively e.g. front crawl, backstroke and breaststroke. •Performs safe self-rescue in different water-based situations.
Evaluation		<ul style="list-style-type: none"> •Can comment on own and others performance •Can give comments on how to improve performance. •Use appropriate vocabulary when giving feedback. 	<ul style="list-style-type: none"> •Watches and describes performances accurately. •Beginning to think about how they can improve their own work. •Work with a partner or small group to improve their skills. •Make suggestions on how to improve their work, commenting on similarities and differences. 	<ul style="list-style-type: none"> •Watches and describes performances accurately. •Learn from others how they can improve their skills. •Comment on tactics and techniques to help improve performances. •Make suggestions on how to improve their work, commenting on similarities and differences. •Know how to provide support and advice

Managing Healthy Lifestyles		<ul style="list-style-type: none">•Can describe the effect exercise has on the body•Can explain the importance of exercise and a healthy lifestyle.	<ul style="list-style-type: none">•Can describe the effect exercise has on the body•Can explain the importance of exercise and a healthy lifestyle.•Understands the need to warm up and cool down.	<ul style="list-style-type: none">•Can describe the effect exercise has on the body•Can explain the importance of exercise and a healthy lifestyle. Understands the need to warm up and cool down. <ul style="list-style-type: none">•Understand the importance of strenuous exercise and the impact this has on the body and other health
------------------------------------	--	--	--	---