



Physical Education Skills Progression

[Declarative Knowledge \(Knowing What\)](#)

[Procedural Knowledge \(Knowing How\)](#)

Early Years Foundation Stage					
Movement Development	Dance	Throwing and Catching	Ball Skills	Fun and Games	Working With Others
Shows understanding of the need for safety when tackling new challenges and considers and manages some risks.	Understand the concept of playing characters and taking on different roles and perform in character to the music.	Able to respond to simple instructions, showing a good understanding of safety when using tools and equipment.	Shows understanding of the need for safety when tackling new challenges and considers and manages some risks when using equipment.	Shows understanding of the need for safety when tackling new challenges and considers and manages some risks when using equipment.	Shows some understanding that good practices regarding exercise, eating, sleeping and hygiene can contribute to good health.
Shows some understanding towards the effects of activity on their body.	Explore different movements – keeping good balance and coordination.	Aware of the boundaries set, and of behavioural expectations in the setting, and can respond to simple instructions	Shows some understanding towards the effects of activity on their body.	Aware of the boundaries set, and of behavioural expectations in the setting, and can respond to simple instructions	Aware of the boundaries set, and of behavioural expectations in the setting, and can respond to simple instructions.
Aware of the boundaries set, and of behavioural expectations in the setting, and can respond to simple instructions	Show different emotions, impressions and expressions depending on the stimuli.	Showing increased control when catching a ball.	Can play in a group, extending and elaborating play ideas within the group.	Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles.	Can play in a group.
Travels with confidence and skill in a range of movements when using equipment.	Listen to the music and move in time with it.	Shows increasing control over an object, pushing, pasting, throwing, catching, or kicking it.	Shows increasing control when throwing and catching a large ball.	Begins to accept the needs of others and can take turns and share, sometimes with the support of others.	Keeps play going by responding to what others are saying or doing.
Moves freely and with pleasure and confidence in a range of skilful ways.	Work well with a partner, copying and mirroring movements.	Moves freely and with pleasure and confidence in a range of skilful ways.	Begins to accept the needs of others and can take turns and share, sometimes with the support of others.	Begins to accept the needs of others and can take turns and share, sometimes with the support of others.	Begins to accept the needs of others and can take turns and share, sometimes with the support of others.
	Work well with others.				

Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles.		Can play fairly in a group. Show the ability to accept the needs of others and can take turns and share resources, sometimes with support from others		Moves freely and with pleasure and confidence in a range of skilful ways.	Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles
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	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Dance	<p>Understand that dance phrases are small sections of a dance that make a complete routine.</p> <p>Begin to understand that dance can be used to express and communicate mood, ideas, and feelings, and characters.</p> <p>Watch and describe a performance accurately and recognise what is successful.</p> <p>Respond imaginatively to a range of stimuli.</p>		<p>Describe phrases and expressive qualities.</p> <p>Respond imaginatively to a range of stimuli.</p> <p>Move confidently and safely in your own and general space, using changes of speed, level, and direction.</p> <p>Perform movement phrases using a range of different body actions and body parts – with control and accuracy.</p>		<p>Identify which aspects were performed consistently, accurately, fluently, and clearly and be able to provide feedback.</p> <p>Work effectively as part of a team.</p> <p>Explain how their bodies reacts and feels when taking part in different activities and undertaking different roles.</p> <p>Share ideas in small groups, working together to create a routine incorporating different elements.</p>	

	<p>Move confidently and safely in your own and general space, using changes of speed, level, and direction.</p> <p>Perform movement phrases using a range of different body actions and body parts – with control and accuracy.</p> <p>Create linked movements, combining different ways of travelling, with beginnings, middles and ends.</p> <p>Compose short dances that express and communicate mood, ideas, and feelings, varying simple compositional ideas.</p> <p>Explore, remember, and repeat short dance phrases, showing greater control and spatial awareness.</p> <p>Describe phrases and expressive qualities.</p>	<p>Create linked movements, combining different ways of travelling, with beginnings, middles and ends.</p> <p>Compose short dances that express and communicate mood, ideas, and feelings, varying simple compositional ideas.</p> <p>Explore, remember, and repeat short dance phrases, showing greater control and spatial awareness.</p>	<p>Use imagination to develop dances to music and develop expressive qualities.</p> <p>Continue to develop a broader range of skills and movement patterns, exploring and practicing movement ideas inspired by a stimulus.</p> <p>Use basic compositional principles when creating dances – combining movements fluently and effectively.</p> <p>Perform a range of movements accurately with a sense of rhythm.</p> <p>Create and structure dance motifs, phrases, and sections of dances, developing expressive qualities.</p> <p>Move in a way that reflects the music.</p> <p>Perform dances in both canon and unison, with clarity and confidence.</p> <p>Explore and practice movement ideas inspired by a stimulus.</p> <p>Explore, improvise, and combine movement ideas fluently and effectively.</p> <p>Perform movements to an audience with rhythm and confidence.</p>
<p>Gymnastics</p>	<p>Understand the importance of landing safely and practise safe landing.</p> <p>Develop knowledge of Key Shapes.</p> <p>To describe what they have done or seen others doing.</p>	<p>Devise suitable warm-up activities for the upcoming activities.</p> <p>Learn the names of muscles in the body.</p> <p>Identify what they need to practice to improve their performance.</p>	<p>Understand the meaning of travelling with purpose, control and finesse.</p> <p>Describe the key technique points of a variety of different gymnastics rolls.</p>

	<p>Demonstrate quality of movement when standing and stepping.</p> <p>To copy, create and explore different ways of travelling and link a range of movements and shapes, safely.</p> <p>Learn and develop the quality of the cat, split and stag leap.</p> <p>Explore small point balances.</p> <p>Perform basic jumps with quality and control.</p> <p>Experiment with different pieces of hand apparatus and link with gymnastics travelling.</p> <p>Remember and repeat sequences of gymnastic actions, including the 5 key shapes.</p>	<p>Perform a combination of actions with a change in speed, level or direction.</p> <p>To perform a turn in the air whilst jumping</p> <p>Find different ways of using shape, travel and direction.</p> <p>Combine actions to create sequence of movements thinking about quality and performance.</p> <p>Work well in small groups to create roll sequences, sharing ideas and listening to others.</p> <p>Improve the quality of key shape jumps, turn jumps, and rebound jumps.</p> <p>Learn and develop the quality of a front support roll and tuck roll to standing.</p>	<p>Evaluate performance, recognising what is successful and what could be improved.</p> <p>Perform more complex balances, including balances that require supporting own body weight.</p> <p>Link a range of movements with fluency and finesse.</p> <p>Perform more complex jumps and jump combinations.</p> <p>Create large group balances up to 8 people.</p> <p>Develop communication and teamwork skills, such as sharing own ideas and valuing others' ideas.</p> <p>Work in a group to build sequences using apparatus.</p> <p>Perform in front of an audience showing confidence, rhythm and fluency of movement.</p>
<p>Fitness</p>			<p>Understand and explain the importance of good upper body strength.</p> <p>Recognise the physical and mental benefits of increased activity and develop an appreciation of physical activity as a lifelong habit.</p> <p>Select an area of physical activity that you want to improve.</p> <p>Take responsibility for your own warm up, know the importance of warming up.</p> <p>Compare own and others' performances to previous ones, recognise and explain what went</p>

					<p>well and discuss what you find easy and difficult.</p> <p>Understand why core strength is important.</p> <p>Develop and demonstrate upper and lower body and core strength, fitness, speed, aerobic endurance, and stamina.</p> <p>Apply and link learned fundamental movement skills.</p> <p>Show determination to complete tasks using the correct techniques.</p>	
<p>Invasion Games</p>	<p>Use skills in different ways when playing games.</p> <p>Recognise space in games and use it to your advantage.</p> <p>Recognise what is successful. Use actions and ideas you have seen to improve your own skills.</p> <p>React to situations to make it difficult for opponents – using simple tactics. E.g. Move to defend a goal.</p> <p>Understand how to play in a safe way.</p> <p>Copy actions and ideas and use the</p>	<p>Understand and follow the rules of the game.</p> <p>Recognise what is successful.</p> <p>Pass/send a ball and catch/stop a ball with control and increasing accuracy and consistency.</p> <p>Develop fundamental movement skills, becoming increasingly confident and competent, moving fluently, changing direction and speed – with and without a ball.</p> <p>Explore different ways to use and move with a ball. Perform a range of skills with control of the ball.</p>	<p>Apply basic principles for attacking and defending – finding space (attacking), challenge a player in possession (defending.)</p> <p>Employ and explain simple tactics in game situations.</p> <p>Keep and follow the rules of the game.</p> <p>Choose and adapt techniques and tactics to keep possession of the ball and give you a chance to shoot or score</p> <p>Move the ball keeping it under control whilst changing direction.</p>	<p>Use a range of tactics, including finding and using space, to keep possession of the ball, to shoot/score, and to make it difficult for opponents.</p> <p>Select passes that keep possession.</p> <p>Move to support teammates, getting into good positions to pass, receive, and shoot the ball.</p> <p>Pass the ball using different techniques.</p> <p>Shoot and score with increasing accuracy.</p> <p>Develop the understanding of the importance of speed</p>	<p>Explain how your body reacts and feels when taking part in different activities and undertaking different roles.</p> <p>Learn how to evaluate and recognise success, explain why a performance is good.</p> <p>Understand how physical activity can contribute to a healthy lifestyle.</p> <p>Create short warm up routines that follow the basic principles e.g. raising body temperature, mobilise joints and muscles.</p> <p>Understand how to improve in different</p>	<p>Begin to understand the importance of lines in tag rugby – both for attack and defence.</p> <p>Use simple tactics in games to achieve success as a team.</p> <p>Understand the defensive duties in tag rugby and the process of tagging.</p> <p>To understand the rules of the game and participate in full games.</p> <p>Understand the importance of keeping in a line in both attacking and defending plays.</p>

	<p>information to improve their skills</p> <p>Explore different ways to use, move and with a ball and send a ball. Show control of a ball with basic actions.</p> <p>Send/ pass a ball and successfully catch/stop a ball.</p> <p>Move fluently, changing direction and speed – with and without a ball.</p> <p>Develop fundamental movement skills, becoming increasingly confident and competent.</p> <p>Perform a variety of skills keeping the ball under control.</p> <p>Participate in team games – showing good awareness of others.</p> <p>Develop skills such as sending an object to a target, catching, and gathering, rolling and basic ball control.</p>	<p>Use skills in different ways when playing games.</p> <p>Choose and use simple tactics to suit different situations in small sided games. React to situations in ways that make it difficult for opponents.</p> <p>Recognise space in games and use it to your advantage</p>	<p>Pass/send a ball with increasing accuracy and at different speeds. Shoot/ score with some success</p> <p>Challenge a player in possession of the ball.</p> <p>Receive a ball under control.</p> <p>Get into good positions to pass and receive the ball. Pass the ball using different techniques.</p> <p>Develop set moves that can be used in attacking play.</p> <p>Showing growing control and consistency during games.</p> <p>Keep the ball under control, passing and receiving with increasing accuracy. Choose space/ positions where you can receive a pass or to support a teammate.</p>	<p>when playing invasion games.</p> <p>Pass and receive the ball with control</p>	<p>physical activities and sport.</p> <p>Perform skills (e.g. passing) with accuracy, confidence and control, and increasing speed.</p> <p>Work effectively as part of a team and keep possession of the ball when faced with opponents.</p> <p>Apply basic principle for attacking – Using skills to keep possession of the ball.</p> <p>Begin to apply defending principles in games; Communicating well as a team to regain possession of the ball.</p> <p>Use the defending principles in game situations, including marking, tracking and covering, to gain possession.</p> <p>Choose different formations to suit the need of the game.</p> <p>Use different skills to keep possession of the</p>	<p>Increase accuracy and control when passing and catching whilst moving at speed.</p> <p>Participate in competitive games, following the rules and playing fair.</p> <p>Continue to improve different ways to pass – fast, slow, high, low.</p> <p>Incorporate the rules of the game into small sided games like passing backwards.</p> <p>To pass and catch the ball whilst running at different speeds. Keep control of the ball when running and passing, ensuring passing is accurate.</p> <p>Carefully consider the best way to score a try and win the game, remembering to find and use space when running.</p> <p>Successfully remove tags in accordance with the rules.</p>
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	<p>Show good awareness of others when playing games.</p>				<p>ball. Develop control whilst performing skills at speed.</p> <p>Show good awareness of others in game situations and work effectively as a team, adapting games if needed so everyone has a role to play.</p>	
<p>Target Games</p>	<p>I know that the ball moves in different ways.</p> <p>I know that control and accuracy is needed when aiming for a target.</p> <p>I can choose skills needed when competing in games.</p> <p>I know when to throw the ball to a partner or opponent.</p> <p>I know how to catch a large ball.</p> <p>I know how to move a ball in different ways.</p> <p>I know how to pass, send, and roll a ball in different ways.</p> <p>I know how to run, jump, balance, hop, leap, and skip.</p> <p>I know how to send a ball towards a target.</p> <p>I know how to safely and correctly use a golf putter (golf).</p>	<p>I know the importance of accuracy in games.</p> <p>I know that ball handling, striking, dodging, and catching are important skills needed to win games (dodgeball).</p> <p>I know when to move to get in position to both receive and throw the ball.</p> <p>I can discuss tactics and strategies to try and win games.</p> <p>I know when and how to use space in game situations (dodgeball).</p> <p>I know how to catch a variety of different throws/shots.</p> <p>I know how to control my body whilst moving at speed.</p> <p>I know how to move the ball with control whilst on the move.</p> <p>I know how to perform an underarm throw.</p> <p>I know how to work well as part of a team.</p>	<p>I know that speed and power applied when hitting/throwing a ball will need to change depending on the target distance.</p> <p>I know the importance of quick reactions (dodgeball).</p> <p>I know the concept of the game of golf, the basic rules of the game, and some key phrases (golf).</p> <p>I know which skills to choose in game situations.</p> <p>I know when to change the pace of the ball depending on the target distance.</p> <p>I know when to apply tactics and strategies into games to try win.</p> <p>I know how to throw the ball in different ways, showing good accuracy, pace and consistently.</p> <p>I know how to catch a ball at different heights and speeds.</p>			

		<p>I know how to perform a side shot throw (dodgeball).</p> <p>I know how to dodge and jockey (dodgeball).</p> <p>I know how to putt accurately and effectively (golf).</p> <p>I know how to chip the ball safely and correctly using a chipping club (golf).</p>	<p>I know how to take part in competitive game, working together as a team, following rules, and playing fairly.</p> <p>I know how to move quickly and use different ways to dodge to ball – jump, skip, jockey, gallop (dodgeball).</p> <p>I know how to play a drive shot (golf).</p> <p>I know how to putt accurately (golf).</p> <p>I know how to chip for height and drive for distance (golf)</p>
<p>Net and Wall</p>	<p>Choose and use skills and simple tactics to suit different situations.</p> <p>Understand and follow the rules of the game.</p> <p>Watch and describe a performance accurately. Use actions and ideas you have seen to improve your own skills.</p> <p>Engage in cooperative and competitive physical activities (both against self and against others).</p> <p>Explore different ways to use and move with the ball – showing control with simple actions and basic control when striking a ball. (Then add a tennis racket.)</p> <p>Perform a range actions including catching/ gathering skills and sending/passing with control and throw/ hit a ball in different ways e.g. high, low, fast, slow.</p> <p>Understand the concept of moving to get in line with a ball to receive it.</p>	<p>Apply basic principles for attacking including finding and using space in game situations.</p> <p>Perform basic skills needed for the games with control and accuracy, including hitting a ball towards a target, throwing, and stopping the ball.</p> <p>Perform a basic forehand action with control and accuracy.</p> <p>Throw/send/ hit a ball into space, at different speeds and heights to make it difficult for your opponent.</p> <p>Begin to apply basic movements in a range of activities and in combination.</p> <p>Keep a rally going using a range of shots.</p> <p>Compete with others – Keeping and following the rules of the game.</p>	<p>Identify spaces and understand the tactic of hitting into gaps.</p> <p>Watch and evaluate the success of games, being able to explain why a performance is good, and what part of a performance could be improved and why.</p> <p>Explain how your body reacts and feels when taking part in different activities and undertaking different roles.</p> <p>Evaluate your own success and areas of improvement, as well as others.</p> <p>Create short warm up routines that follow basic principles e.g. raise body temperature, mobilise joints and muscles.</p> <p>Use good footwork that allows the ball to be hit with good technique.</p> <p>Play shots on the forehand and backhand side of your body. Direct the ball towards the opponent's court or target area.</p>

	<p>Move fluently, changing direction and speed – showing good awareness of others.</p> <p>Use correct skills and basic tactics in games to meet the challenges of the game, or in response to your opponent's actions.</p>		<p>Hit the ball with purpose, varying speed, height, and direction. Direct the ball towards the opponent's court or target area. Perform skills such as forehand and backhand shots with control and confidence.</p> <p>Apply the principles of attacking.</p> <p>Participate in competitive games, modified where appropriate.</p> <p>Adopt a good ready position and show good position on court.</p>
<p>Striking and Fielding</p>	<p>Understand and follow simple rules for games and compete in physical activities both against self and against others.</p> <p>Apply skills and tactics in simple games, including recognizing space and using it to your advantage.</p> <p>React to situations in ways that make it difficult for opponents, applying simple tactics like hitting the ball into space to help score more points.</p> <p>Develop fundamental movement skills, becoming increasingly confident and competent, moving fluently, changing direction and speed,</p> <p>Throw/hit a ball in different ways e.g. high, low, fast, slow showing basic control.</p> <p>Successfully receive (catch/stop) a ball, understanding the concept of moving to get in line with the ball to receive it.</p> <p>Show good awareness of others when playing games.</p>	<p>Chose both fielding and striking skills which make it difficult for your opponent.</p> <p>Explain the tactics you have used in games.</p> <p>Apply and develop a broader range of skills, whilst ensuring basic skills are performed with control and accuracy.</p> <p>Throw a ball increasing distances, catch a ball with increasing consistency and hit a ball with correct technique and increasing control.</p> <p>Intercept and stop the ball consistently.</p> <p>Work well as part of a team, employing simple tactics, particularly when fielding to make it harder for the batter.</p> <p>Communicate, collaborate, and compete with others, following the rules of the game.</p> <p>Chose both fielding and striking skills which make it difficult for your opponent. Explain the tactics you have used in games.</p>	<p>Choose skills and tactics to meet the needs of the situation. (i.e. to outwit opponents when fielding).</p> <p>Watch and evaluate the success of games and good performance.</p> <p>Understand how physical activity can contribute to a healthy lifestyle and explain how your body reacts and feels when taking part in physical activity.</p> <p>Create short warm up routines that follow basic principles e.g. raising body temperature, mobilise joints and muscles.</p> <p>Learn how to evaluate and recognise your own success and areas for improvement.</p> <p>Develop an understanding of how to improve in different physical activities and sports</p> <p>Develop control and technique whilst performing skills at speed and showing good awareness of others in game situations.</p>

		<p>Show control, coordination and consistency when throwing and catching a ball.</p>	<p>Hit the ball with purpose, varying speed height and direction, as well as thinking of tactics needed to score more runs.</p> <p>Work as part of a team, adapting games and activities making sure everyone has a role to play.</p> <p>Perform skills, including retrieve, intercept and stop a ball, with accuracy, confidence, and control.</p> <p>Bowl using an overarm technique, beginning to vary speed and length of delivery.</p> <p>Use skills and tactics to outwit opponents when fielding, bowling, and batting.</p> <p>Use team work when defending to cover areas and make it hard for the batter to score runs.</p> <p>Perform skills with accuracy, confidence, and control.</p> <p>Participate in competitive games, modified where appropriate.</p>
<p>Athletics</p>	<p>Develop the distance running technique, understanding the difference between sprinting, and running over longer distances.</p> <p>Show understanding and a basic level of control, coordination and consistency when running.</p> <p>Begin to evaluate and improve own performance</p> <p>Explore and practice a variety of athletic movements and apply athletic skills and techniques to a variety of activities.</p>	<p>Choose the appropriate running speed to meet the demand of the task.</p> <p>Understand the pace judgement when running over an increased distance, choosing the appropriate speed to meet the demand of the task</p> <p>Apply and develop a broad range of athletic skills in different ways.</p> <p>Show control, coordination and consistency when running, throwing, and jumping.</p>	<p>Choose the appropriate speed to run at for the distance to be covered.</p> <p>Create short warm up routines that follow basic principle e.g. raise body temperature, mobilise joints and muscles.</p> <p>Understand how physical activity can contribute to a healthy lifestyle and the importance of being physically fit.</p> <p>Explain how their body reacts and feels when taking part in different activities and</p>

Experiment with different jumping techniques, showing control, coordination, and consistency throughout.

Develop coordination and balance whilst exploring different running, jumping, and throwing techniques.

Develop the overarm, underarm and pull throw technique, throwing accurately towards a target

Combine basic jump actions to form a jump combination, using a controlled jumping technique.

undertaking different roles and understanding how this effects the muscles.

Understand appropriate pace judgement for the running distance to be covered.

Understand the appropriate throwing and jumping technique to achieve maximum distance and height.

Share and discuss athletic techniques with others.

Compare their performance with previous ones and demonstrate improvement to achieve their personal best.

Be able to describe the importance of being physically fit and explain how their body reacts and feels when taking part in different activities and undertaking different roles

Run, jump, catch, and throw in isolation and combination. Combine and perform skills with control.

Communicate, collaborate, and compete with others. Working effectively as part of a team.

Demonstrate a range of throwing actions e.g. push, pull, sling, using different equipment.

Select and apply skills that meet the needs of the situation, combining and performing each skill with control at speed.

Work effectively as part of a team.

			<p>Successfully run, jump, and throw in isolation and in combination – applying appropriate techniques to achieve personal bests.</p>
<p>Outdoor Adventure Activities</p>		<p>Recognise that activities need thinking through and planning.</p> <p>Have knowledge of safety rules and procedures for taking part in orienteering event</p> <p>Recognise where you are on a map.</p> <p>Demonstrate all the physical skills needed for orienteering: agility, balance, and co-ordination.</p> <p>Move confidently in different ways, developing agility, balance, and co-ordination.</p> <p>Participate in competitive orienteering events, following instructions of the game</p> <p>Develop a basic understanding of map reading/making and apply these skills and techniques in games</p>	<p>Understand relevant techniques to navigate to and from control points.</p> <p>Understand elements and scaling confidently.</p> <p>Identify what they have done well and adapt plans for future challenges.</p> <p>Plan strategies to complete tasks. Choose sensible skills and approaches for the challenge.</p> <p>To orientate themselves and map correctly keeping track of their position with increasing accuracy.</p> <p>Work within a team trusting and valuing each other.</p> <p>Develop communication skills and use these skills to achieve success.</p> <p>Make a map with symbols and legend and begin to understand scale.</p> <p>Compete in orienteering events, problem solving with team members.</p> <p>Build confidence during team activities.</p> <p>Takes part in orienteering events, such as picture orienteering and control orienteering, with success.</p> <p>Use a map to confidently orientate yourself around - Use previous knowledge to navigate and design a route to the controls.</p>

			<p>Develop map reading and map building skills.</p> <p>Develop physical fitness and be able to describe its importance in orienteering</p>
Swimming		<p>Swim competently, confidently, and proficiently over a distance of at least 25 metres.</p> <p>Use a range of strokes effectively.</p> <p>Perform safe self-rescue in different water-based situations.</p>	