PE

Progression of Skills

Key:
Black- steps of progression and attainment targets
Red- National curriculum statements covered when teaching each sport

Aspect	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5
Multi Skills			Follow the leader- jumps, hops, skips. Can link movements together. Throw and catch a ball with a partner. Move fluently, changing direction and speed easily avoiding collisions. 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.	Can link several movements together.			
Matball / Netball			Choose and use skills effectively showing concepts of aiming and taking the ball into a good position for aiming.	Pass a ball accurately to a partner over a range of distances.	Use a range of skills to help keep possession and control of the ball.	Know and use a range of skills that allow them to keep hold of the ball, before passing to a member of their team.	Use a range of techniques when passing, eg high, low, bounced, fast, slow.

	Participate in team games, developing simple tactics for attacking and defending.	Perform a range of throwing, catching and gathering skills with control.	Choose good places to stand when receiving the ball and give good reasons.	Use running, jumping, throwing and catching in isolation and in combination.	Judge how far they can run to score points
		Participate in team games, developing simple tactics for attacking and defending.	Choose where they should position themselves to be a defender and an attacker. Choose the best skills to use to play the different sides within a game, knowing the skills that they should use to be successful	Apply basic skills of attacking and defending.	Use running, jumping, throwing and catching in isolation and in combination.
			Use running, jumping, throwing and catching in isolation and in combination. Apply basic skills of attacking and defending.		Apply basic skills of attacking and defending.
Badminton / Tennis	Hit the shuttlecock with the racquet	Learn how to hit the ball at varying speeds and distances	Identify and describe some rules of tennis. Serve to begin a game	Explore different shots (forehand, backhand) Work to return serve	Introduce Volley shots and Overhead shots Apply new shots into game situations
			Explore forehand hitting	Know positions in game play	Play with others to score and defend points in competitive games
			Use running, jumping, throwing and catching in isolation and in combination.	Use running, jumping, throwing and catching in isolation and in combination.	Further explore Tennis service rules
			Play competitive games, modified where appropriate.	Play competitive games, modified where appropriate.	Play competitive games, modified where appropriate.
Basketball			Travel whilst bouncing a ball showing control.	Travel with ball with increased consistency, showing understanding of teamwork	Travel with the ball showing changes in speed and direction.

			Use a range of skills to help keep possession and control of the ball. Choose where they should position themselves to be a defender and an attacker. Choose the best skills to use to play the different sides within a game, knowing the skills that they should use to be successful Use a range of techniques when passing, *eg high, low, bounced, fast, slow*. Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate. Apply basic skills of attacking and defending.	Know and use a range of skills that allow them to keep hold of the ball, before passing to a member of their team. Choose where they should position themselves to be a defender and an attacker. Choose the best skills to use to play the different sides within a game, knowing the skills that they should use to be successful. Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate. Apply basic skills of attacking and defending.	Use a range of techniques when passing, *eg high, low, bounced, fast, slow* Play competitive games, modified where appropriate. Apply basic skills of attacking and defending.
Athletics	Run at different speeds, jump with accuracy, use a small range of techniques 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.	Change speed and direction, link running and jumping, throw accurately	Throw with accuracy and power, into a target, difference between sprinting and running, different roles in groups Develop flexibility, strength, technique, control and balance	Increase the distance when they are running, organizing and preparing themselves, take different roles within a running sequence. Develop flexibility, strength, technique, control and balance	Sustain and maintain running speed, improve on personal target, organize and manage an athletic event well Develop flexibility, strength, technique, control and balance

		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.	Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Cricket / Rounders	Throw and catch a ball with a partner	Choose and use tactics to suit different situations	Choose good places to stand when receiving, and give reasons for their choice	Perform an advancing range of skills with accuracy and control, repeatedly in a range of situations.	Strike a ball with intent and throw it more accurately when bowling and/or fielding.
	Choose and use skills effectively for particular games understand the concepts of aiming, hitting into space, and taking the ball to a good position for aiming.	react to situations in a way that helps their partners and makes it difficult for their opponents.	choose and use batting or throwing skills to make the game hard for their opponents	Use a range of different skills with increasing control and skill	Play competitive games, modified where appropriate.
	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.	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.	Play competitive games, modified where appropriate.	Play competitive games, modified where appropriate.	
Gymnastics	Manage the space safely, showing good awareness of each other, mats and apparatus	Choose, use and vary simple compositional ideas to create and perform a sequence	Plan and perform a movement sequence showing contrasts in speed, level and direction. devise and perform a gymnastic sequence, showing a clear beginning, middle and end	Begin to develop a longer and more varied movement phrase with smooth, planned links between actions.	Develop a longer and more varied movement sequence demonstrating smooth transitions between actions combine actions to make a sequence.

	Link & repeat basic gymnastic actions	Devise, repeat and perform a short sequence in which there is a clear be-ginning, middle and end Develop flexibility, strength, technique, control and balance	Develop flexibility, strength, technique, control and balance	Perform a sequence where the children combine speed, level, direction and a variety of shapes. Work within different groups to contribute to a variety of different sequences.	Design sequences with changes of speed, level and di-rection, and clarity of shape. Develop flexibility, strength, technique, control and balance
	perform movement phrases with control and accuracy Develop flexibility, strength, technique, control and balance			Develop flexibility, strength, technique, control and balance	
Dance	Follow the leader- jumps, hops, skips.	Can link several movements together.	Respond to stimuli using the correct movements.	Respond and perform with a partner, demonstrating actions that link with fluency and accuracy.	Respond to a range of stimuli showing a range of actions performed with control and fluency.
	Can link movements together. Perform dances using simple movement patterns.	Explore actions in response to stimuli. Explore ideas, moods, actions and direction. Perform dances using simple movement patterns.	Apply basic compositional ideas to create a dance Develop flexibility, strength, technique, control and balance Perform dances using a range of movement patterns	Remember, perform and evaluate a short dance phase. Develop flexibility, strength, technique, control and balance Perform dances using a range of movement patterns	Develop flexibility, strength, technique, control and balance Perform dances using a range of movement patterns

National curriculum statement that fall beyond the sports above.
Take part in outdoor and adventurous activity challenges both individually and within a team (Covered by Archery, Fencing and Orienteering activities)

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

§ 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. (Service provided by Volair Knowsley)

Year 6

Play, choosing and using skills which meet the needs of the situation

choose when to pass or dribble, so that they keep possession and make progress towards the goal.

Use running, jumping, throwing and catching in isolation and in combination.

Apply basic skills of attacking and defending.

Develop backhand shots

Introduce the lob

〈 Begin to use full tennis scoring systems

〈 Continue developing doubles play and tactics to improve

Play competitive games, modified where appropriate.

Dribble effectively around obstacles. Show precision and accuracy when receiving.

Play, choosing and using skills which meet the needs of the situation

Play competitive games, modified where appropriate.

Apply basic skills of attacking and defending.

Strength, stamina and speed when running, jumping and throwing, know rules, judge events

Develop flexibility, strength, technique, control and balance

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

Hit the ball with purpose, varying the speed, height and direction

hit the ball from both sides of the body

Play competitive games, modified where appropriate.

Plan and perform with precision, control and fluency, a movement sequence showing a wide range of actions including variations in speed, levels and directions.

Develop flexibility, strength, technique, control and balance

Perform a range of style with accurate consistency.

Extend composition incorporating a wider range of dance styles and forms.

Develop flexibility, strength, technique, control and balance

Perform dances using a range of movement patterns