PE Skills Progression

Year 3				
Invasion Games	Net & Wall Games	Striking and Fielding Games	Athletics	Gymnastics/Dance
Throw and catch with control when under limited pressure to keep possession and score goals. Choose and use a range of simple tactics for defending and attacking. Use simple rules fairly and extend them to devise their own games. Identify that playing extended games improves their stamina. Know and describe the effects of different exercise activities on the body and how to improve stamina. Begin to understand the importance of warming up. Recognise good performances in themselves and others and use what they have learned to improve their own work.	Strike with control when under limited pressure to score points. Choose and use a range of simple tactics for defending and challenging their opponent for net games. Use simple rules fairly and extend them to devise their own games. Identify that playing extended games improves their stamina. Know and describe the effects of different exercise activities on the body and how to improve stamina. Begin to understand the importance of warming up. Recognise good performances in themselves and others and use what they have learned to improve their own work.	Throw, catch and strike with control when under limited pressure to limit and score runs. Choose and use a range of simple tactics for defending and challenging their opponent for striking and fielding games. Use simple rules fairly and extend them to devise their own games. Identify that playing extended games improves their stamina. Know and describe the effects of different exercise activities on the body and how to improve stamina. Begin to understand the importance of warming up. Recognise good performances in themselves and others and use what they have learned to improve their own work.	Select running speed for appropriate activity. Make up repeat a short sequence of linked jumps. Throw a variety of objects, changing their action for accuracy and distance. Take part in relay activities remembering when to run and what to do. Recognise when their body is warmer or cooler and when their heart beats faster and slower. Recognise good performances in themselves and others to improve their own.	Consolidate and improve the quality of their actions, body shapes and balances, and their ability to link movements. Improve their ability to select appropriate actions and use simple compositional ideas Recognise and describe the short term effects of exercise on the body during different activities. Know the importance of suppleness and strength. Describe and evaluate the effectiveness and quality of a performance. Recognise how their performance has improved.

Year 4				
Invasion Games	Net & Wall Games	Striking and Fielding Games	Athletics	Gymnastics/Dance
Change pace, length and direction to outwit their opponent. Choose and use a range of ball skills with a good degree of accuracy. Use a variety of techniques and tactics to attack, keep possession and score. Appreciate that rules need to be consistent and fair, using this knowledge to create rules and teach them to others. Understand how strength, stamina and speed can be improved by playing games. Identify good performances and suggest ideas for practices that will improve their play.	Change pace, length and direction to outwit their opponent. Choose and use a range of ball skills with a good degree of accuracy. Use a variety of techniques and tactics to attack and score. Appreciate that rules need to be consistent and fair, using this knowledge to create rules and teach them to others. Understand how strength, stamina and speed can be improved by playing games. Identify good performances and suggest ideas for practices that will improve their play.	Change pace, length and direction to outwit their opponent. Choose and use a range of ball skills with a good degree of accuracy. Use a variety of techniques and tactics to attack and score. Appreciate that rules need to be consistent and fair, using this knowledge to create rules and teach them to others. Understand how strength, stamina and speed can be improved by playing games. Identify good performances and suggest ideas for practices that will improve their play.	Show some control when using a range of basic running, jumping and throwing actions. Perform a range of jumps showing contrasting techniques and sometimes using a short run up. Throw with some accuracy and power into a target area. Work in cooperative groups to use different techniques, speeds and effort to meet challenges. Relate different athletic activities to changes in heart rate, breathing and temperature. Identify and describe different aspects of athletic styles and use to improve own performance.	Develop the range of actions, body shapes and balances which include in a performance. Perform skills and actions more accurately and consistently. Create gymnastic/dance sequences that meet a theme or set of conditions. Use compositional devices when creating their sequences, such as changes in speed, level and direction. Describe how the body reacts during different types of activity and how this affects the way they perform. Describe their own and others' work, making simple judgments about the quality of performances and suggesting ways they could be improved.

Year 5				
Invasion Games	Net & Wall Games	Striking and Fielding Games	Athletics	Gymnastics/Dance
Use a small range of sending, receiving and travelling techniques in games, with varied control. Develop a broad range of techniques and skills for attacking and defending, using them with consistent accuracy, confidence and control. Know and apply the basic strategic and tactical principles of a various games and adapt them to different situations. Understand why exercise is good for their fitness, health and wellbeing. With help, devise warm up and cool down activities and justify their choices.	Use a small range of sending, receiving and travelling techniques in games, with varied control. Develop a broad range of techniques and skills for attacking and defending, using them with consistent accuracy, confidence and control. Know and apply the basic strategic and tactical principles of a various games and adapt them to different situations. Understand why exercise is good for their fitness, health and wellbeing. With help, devise warm up and cool down activities and justify their choices.	Use a small range of sending, receiving and travelling techniques in games, with varied control. Develop a broad range of techniques and skills for attacking and defending, using them with consistent accuracy, confidence and control. Know and apply the basic strategic and tactical principles of a various games and adapt them to different situations. Understand why exercise is good for their fitness, health and wellbeing. With help, devise warm up and cool down activities and justify their choices.	Understand and demonstrate the differences between sprinting and distance running. Show control in take-off activities. Demonstrate a range of throwing actions using modified equipment with some accuracy and control. Predict how different activities will affect heart rate, temperature and performance. Watch partner's performance and identify strengths. Understand the basic principles of warming up. Understand fully why exercise is good for fitness, health and wellbeing.	Perform actions, shapes and balances consistently and fluently in specific activities. Choose and apply basic compositional ideas to the sequences they create, and adapt them to new situations. Know and understand the basic principles of warming up and why it is important for good quality performance. Understand why physical activity is good for their health. Choose and use information and basic criteria to evaluate their own and others' work.

Year 6				
Invasion Games	Net & Wall Games	Striking and Fielding Games	Athletics	Gymnastics/Dance
Perform skills with greater speed, fluency and accuracy in invasion games. Understand, choose and apply a range of tactics and strategies for defence and attack. Know the importance and types of fitness and how playing games contributes to a healthy lifestyle. Develop their ability to evaluate their own and others' work, and to suggest ways to improve it.	Perform skills with greater speed, fluency and accuracy in net games. Understand, choose and apply a range of tactics and strategies for defence and attack. Know the importance and types of fitness and how playing games contributes to a healthy lifestyle. Develop their ability to evaluate their own and others' work, and to suggest ways to improve it.	Perform skills with greater speed, fluency and accuracy in striking and fielding games. Understand, choose and apply a range of tactics and strategies for defence and attack. Know the importance and types of fitness and how playing games contributes to a healthy lifestyle. Develop their ability to evaluate their own and others' work, and to suggest ways to improve it.	Choose the best pace for a running event, in order to sustain running and improve their personal target. Show control and power in take-off and landing activities. Show accuracy and good technique when throwing for distance. Choose appropriate techniques for specific events. Organise and judge events and challenges well. Identify activities that help develop stamina or power and suggest how some can be used in other types of activities. Identify parts of a partner's performance that need to be practised and refined and suggest improvements.	Combine and perform gymnastic and dance actions, shape and balances more fluently and effectively across the activity areas. Develop their own gymnastic/dance sequences by understanding, choosing and applying a range of compositional principles. Understand why warming up and cooling down are important. Understand why exercise is good for health, fitness and wellbeing and how to become healthier themselves. Carry out warm ups safely and effectively. Evaluate their own and others' work. Suggest ways of making improvements.

PE End of Key Stage Expectations	
Key Stage 1	Key Stage 2
Pupils should be taught to master basic movements such as running, jumping, throwing, catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.	Pupils should be taught to use running, jumping, catching and throwing in isolation and in combination.
Pupils should be taught to participate in team games, developing simple tactics for attacking and defending.	Pupils should be taught to compare their performances with previous ones to achieve their personal best.
Pupils should develop core movement, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.	Pupils should continue to implement and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to succeed in different activities and sports and learn how to evaluate and recognise their own success.
	Pupils should be taught to play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply basic principles suitable for attacking and defending.