

Newfield Park Primary School

PE Skills Progression



	Year 1	Year 2
GAMES	Throw underarm and roll a ball. Hit a ball with a bat. Move and stop safely. Throw and catch with both hands. Throw and kick in different ways.	Use hitting, kicking or rolling in a game. Decide upon the best space to be in/equipment to use in a game. Use 1 tactic. Follow simple rules.
GYMNASTICS	Curl, tense, stretch and relax body. Control body when travelling and balancing. Copy sequences with 2 or more elements. Roll, curl, travel and balance in different ways.	Plan and perform a sequence of 3 or more movements. Improve sequence based upon simple feedback. Hold a balance on different points of the body. Create a sequence which involves some rules. Work independently and with a partner. Move with control and awareness of space including jumping.
DANCE	Move to music. Copy dance moves. Perform own dance moves. Create a short dance. Move safely in a space.	Change rhythm, speed, level and direction in dance. Dance with control and co-ordination. Make a sequence by linking sections together. Use dance to show a mood or feeling.
GENERAL	Copy actions. Repeat actions and skills. Move with control and care. Use equipment safely. Lead others.	Copy and remember actions. Compare and contrast my work with that of a peer.

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	Year 3	Year 4
GAMES	<p>Throw and catch with control. Show awareness of space and use it to support team-mates and to cause problems for the opposition. Strike and field with control and accuracy. Know and use rules fairly.</p>	<p>Catch with one hand. Throw and catch accurately. Hit a ball accurately with control. Keep possession of a ball. Vary tactics and adapt skills depending on what is happening in a game.</p>
GYMNASTICS	<p>Adapt sequences to suit different types of apparatus and criteria. Explain how strength and suppleness affect performance. Compare and contrast gymnastic sequences.</p>	<p>Work in a controlled way using strength and stamina. Include a change in speed and direction. Include a range of shapes. Work with a partner to create, repeat and improve a sequence with at least three phases.</p>
DANCE	<p>Improvise freely and translate ideas from a stimulus into movement. Share and create phrases with a partner and small group. Plan, repeat, remember and perform phrases.</p>	<p>Take the lead when working with a partner or group. Use dance to communicate an idea. Change speed and levels within a performance. Plan, perform and repeat sequences.</p>
ATHLETICS	<p>Run at fast, medium and slow speeds; changing speed and direction. Take part in a relay, remembering when to run and what to do. Jump in a number of ways, sometimes using a run up. Use a range of underarm and overarm throwing techniques.</p>	<p>Run over a long distance. Sprint over a short distance. Throw in different ways with increasing accuracy. Hit a target. Compete and aim to improve personal bests.</p>
SWIMMING	<p>Swim unaided for 25 metres. Use one basic stroke, breathing correctly. Control leg movements.</p>	<p>Swim between 25 and 50 metres Use more than one stroke and co-ordinate breathing. Co-ordinate arm and leg movements. Swim on the surface and below the water.</p>
OUTDOOR AND ADVENTUROUS	<p>Follow a map in a familiar context. Use clues to follow a route. Follow a route safely. Identify appropriate equipment for a given activity.</p>	<p>Follow a map in a more challenging familiar context. Follow a route within a time limit. Identify and manage problems/risks in an activity.</p>

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	Year 5	Year 6
GAMES	<p>Gain possession by working as a team.</p> <p>Pass in different ways.</p> <p>Use forehand and backhand with a racket.</p> <p>Field.</p> <p>Choose a tactic for defending and attacking.</p> <p>Use a number of techniques to pass, dribble and shoot.</p>	<p>Use a variety of striking techniques to hit balls (forehand and backhand)</p> <p>Choose and implement appropriate techniques for a given game.</p> <p>Play to agreed rules and explain them to others.</p> <p>Undertake the role of umpire.</p> <p>Build a team and communicate strategy.</p> <p>Lead others in a games situation.</p>
GYMNASTICS	<p>Make complex extended sequences.</p> <p>Combine action, balance and shape.</p> <p>Perform consistently to different audiences.</p>	<p>Combine my own work with that of others.</p> <p>Link sequences to specific timings.</p> <p>Use equipment to vault and spring.</p>
DANCE	<p>Compose own dances in a creative way.</p> <p>Perform to an accompaniment.</p> <p>Demonstrate clarity, fluency, accuracy and consistency.</p>	<p>Develop sequences in a specific style.</p> <p>Choose own music and interpret through movement.</p> <p>Hold precise and strong body posture.</p>
ATHLETICS	<p>Demonstrate control when taking off and landing.</p> <p>Throw with accuracy using a range of techniques, over a range of distances.</p> <p>Combine running and jumping.</p> <p>Run over short and longer distances.</p> <p>Compete and improve personal bests.</p>	<p>Demonstrate stamina.</p> <p>Show control during take-off and landings when jumping.</p> <p>Demonstrate an awareness of previous performance and aim to build on this.</p>
OUTDOOR AND ADVENTUROUS	<p>Follow a map in an unknown location.</p> <p>Use clues and compass to navigate a route.</p> <p>Change my route to overcome a problem using new information.</p>	<p>Plan a route and a series of clues for someone else.</p> <p>Plan with others taking account of safety and danger.</p> <p>Embrace leadership and team roles.</p>