



# PE Progression of Skills – 2024/2025

	Dance	Gymnastics	Invasion: Netball	Invasion: Hockey	Invasion: Football	Net and Wall: Tennis	Striking and Fielding: Cricket	Athletics
<b>EYFS</b>	<p>Copy and repeat basic movements.</p> <p>Use counting patterns.</p> <p>Follow simple pathways and use mirror actions.</p> <p>Respond to simple stimuli and use mirror actions.</p> <p>Begin to express simple feelings during a dance.</p> <p>Give simple guided feedback on quality of actions in a whole class setting.</p>	<p>Travel with some control and coordination. Show some agility by changing direction at speed.</p> <p>Attempt simple rolls, such as log and egg rolls with some body tension and control.</p> <p>Balance in some simple shapes.</p> <p>Jump and land safely using 'magic chair' technique.</p> <p>Start to take some weight on hands for a short period of time.</p> <p>Link some simple 'like' actions to create a short sequence as an individual.</p>					<p>Send an object by pushing with a baton.</p> <p>Start to send and stop different objects with a partner.</p> <p>Try to stop a rolling ball from getting past you.</p> <p>Start to run quickly with some control.</p> <p>Play a simple game with a partner, following basic rules, guided by an adult.</p>	<p>Move in different directions with control at speed.</p> <p>Recognise and perform with some control movements at different speeds.</p> <p>Begin by jumping short distancing while maintaining control.</p> <p>Begin to send and receive various objects with a partner.</p> <p>Co-operate with others in small group activities.</p>
<b>Year 1</b>	<p>Copy dance moves</p> <p>Make up a short dance, after watching one</p> <p>Dance imaginatively. Change rhythm, speed, level and direction</p> <p>Say something I like and something that could be improved about a dance</p>	<p>Make body tense, relaxed, curled and stretched, showing some tension.</p> <p>Begin to work alone/with someone to make a sequence of shapes/travels.</p> <p>Climb safely, showing some shapes and balances when climbing.</p> <p>Keep balance travelling in a range of ways along bench, spots, mat etc</p> <p>Roll in stretched/curled positions e.g. 'log</p> <p>Describe and comment on performance.</p>	<p>Understand the role of defenders and attackers.</p> <p>To recognise who to pass to and why.</p> <p>Move towards goal with the ball.</p> <p>Support a team mate when playing in attack.</p> <p>Move into a space showing awareness of defenders.</p> <p>Stay with a plater when defending.</p>			<p>defend space using the ready position.</p> <p>play against an opponent and keep the score.</p> <p>explore hitting with a racket.</p> <p>develop sending a ball using a racket.</p> <p>develop hitting over a net.</p>	<p>Develop underarm throwing and catching and apply these in small-sided games.</p> <p>Develop overarm throwing.</p> <p>Develop striking a ball with my hand and equipment.</p> <p>Collect a ball when fielding.</p> <p>Understand how to get a batter out.</p> <p>Develop decision making and understand</p>	<p>Move at different speeds over varying distances.</p> <p>Develop balance.</p> <p>Develop agility and coordination.</p> <p>Explore hopping jumping and leaping for distance.</p> <p>Develop throwing for distance.</p> <p>Develop throwing for accuracy.</p>

						how to score in points.	
<b>Year 2</b>	<p>Change rhythm, speed, level and direction with consistency</p> <p>Dance with control and co-ordination</p> <p>Make a sequence by linking sections together</p> <p>Link some movement to show a mood or feeling</p> <p>Compare his/her performance with others</p>	<p>Make body tense, relaxed, curled and stretched, in a range of movements.</p> <p>Perform a sequence with changes in speed &amp; direction including 3 different actions (sometimes giving advice to others).</p> <p>Be still on single/two + points of contact on floor/apparatus showing tension &amp; control.</p> <p>Link known shape/travel/roll/jump to a balance using floor &amp; on apparatus.</p> <p>Jump/land with control using different body shapes in flight.</p>	<p>Understand what being in possession means and support a team mate to do this.</p> <p>Understand that scoring goals is attacking skills and exploring ways to do this.</p> <p>Understand that stopping goals is defending skills and exploring ways to do this.</p> <p>Explore how to gain possession.</p> <p>Mark and opponent and understand that this is a defending skill.</p> <p>Learn to apply simple tactics for attacking and defending.</p>			<p>Use the ready position to defend a space on court.</p> <p>Develop returning a ball with hands.</p> <p>Play against a partner.</p> <p>Develop racket skills and use them to return a ball.</p> <p>Develop returning a ball using a racket.</p> <p>Play against an opponent using a racket.</p>	<p>Develop the sprinting action.</p> <p>Develop jumping for distance.</p> <p>Develop technique when jumping for height.</p> <p>Develop throwing for distance.</p> <p>Develop throwing for accuracy.</p> <p>Select and apply knowledge and technique in an athletics carousel.</p>
<b>Year 3</b>	<p>Perform pair/group dance involving canon &amp; unison, meet &amp; part</p> <p>Respond to music in time &amp; rhythm to show like/unlike actions</p> <p>Respond to music to express a variety of moods &amp; feelings</p> <p>Give and respond to peer feedback to improve (compare and contrast)</p>	<p>Use a greater number of own ideas for movement in response to a task.</p> <p>Combine arm actions with skips/leaps/steps/jumps &amp; spins in travel.</p> <p>Travel while using various hand apparatus, (ribbon/hoop/rope/ball).</p> <p>Know principles of balance and apply them on floor &amp; apparatus.</p>	<p>Make a series of passes to team mates moving towards a scoring area.</p> <p>Show some signs of using a chest pass and shoulder pass.</p> <p>Show a target to indicate where I'd like to pass to.</p> <p>Know where space is and try to move into it.</p> <p>Mark another player and defend when needed.</p>	<p>Begin to show how to hold a hockey stick and which side to use.</p> <p>Use a simple push pass to another team mate.</p> <p>Dribble the ball keeping it close to me using the correct side of stick.</p> <p>Show some signs of an approaching a player to tackle and cause pressure.</p> <p>Begin to attempt to score a goal from anywhere.</p>	<p>Begin to dribble a ball making small touches</p> <p>Begin to send a football to someone on team.</p> <p>Keep a ball under control.</p> <p>Know where space is and try to move into it.</p> <p>Mark another player and defend when needed.</p>	<p>Tap the ball off racquet (tapping it to the ground, tapping it up off the racket, tapping it up with one bounce etc)</p> <p>Tap the ball back and forth to partner.</p> <p>Stand in a ready position holding racquet correctly</p> <p>Change from a ready.</p> <p>position before tapping the ball to a partner.</p> <p>Begin to know what it means by a forehand and backhand position.</p> <p>Begin to attempt to serve the tennis ball straight from hands, sometimes using one bounce if needed.</p>	<p>Run in different directions and at different speeds, using a good technique.</p> <p>Improve throwing technique. Reinforce jumping techniques. Understand the relay and passing the baton.</p> <p>Choose and understand appropriate running techniques. Compete in a mini competition, recording scores.</p>
<b>Year 4</b>	<p>Respond imaginatively to stimuli related to character/music/story</p> <p>Perform clear &amp; fluent dances that show sensitivity to idea/stimuli</p> <p>Make up dance within a small group</p> <p>Give peer feedback to improve with suitable dance terminology.</p>	<p>Share ideas and give positive criticism/advice to self &amp; others.</p> <p>Create &amp; perform matching/mirroring sequences explaining how it could be improved.</p> <p>Perform at least 3 different rolls (shoulder, forward, back) with some control.</p> <p>Link a roll with travel and balance using floor and</p>	<p>Use a chest pass and shoulder pass to support team in scoring.</p> <p>Make decisions regarding which is the best type of pass to use.</p> <p>Begin to use a bounce pass, which only bounces once. Identify space to move into and show a clear target to receive a pass.</p>	<p>Sometimes change direction of travel by rotating and turning stick to support this.</p> <p>Use a push pass to make a direct pass.</p> <p>Begin to use a slap pass (bringing stick back and causing more power).</p> <p>Use speed to dribble the ball into space.</p>	<p>Dribble with small touches into space. Send a football to someone on the team, using different parts of foot.</p> <p>Keep a ball under control when receiving a range of passes from team.</p> <p>Understand where the space is and can move into it.</p>	<p>Tap the ball back and forth to a partner over a small space.</p> <p>Begin to tap a ball over a net allowing for a bounce, hit technique.</p> <p>Move from a ready position into a forehand.</p> <p>position/backhand position quickly.</p>	<p>Select and maintain a running pace for different distances.</p> <p>Practise throwing with power and accuracy.</p> <p>Throw safely and with understanding. Demonstrate good running technique in a competitive situation.</p>

		apparatus with good body control.	Mark another player and begin to attempt interceptions. Know where positions are allowed on a court.	Maintain defence and keep the pressure until possession is gained.  Attempt to score inside a designated scoring area.	Mark another player and begin to attempt interceptions.	Bring racquet to meet the ball for a forehand and backhand hit.  Know to use two hands for an effective backhand.  Move racquet in a low to high swing for an effective tap Serve the ball straight from hands to racquet making sure it lands 'in' on the other side.		Explore different footwork patterns. Understand which technique is most effective when jumping for distance. Utilise all the skills learned in this unit in a competitive situation.
<b>Year 5</b>	<p>Show fluency/control in chosen dances in response to stimuli</p> <p>Perform fluent dances with characteristics of different styles/eras</p> <p>Adapt &amp; refine (in pair/group), dances that vary direction, space &amp; rhythm</p> <p>Give peer feedback to improve with suitable dance terminology</p>	<p>Combine own work with that of others, identifying strengths &amp; weaknesses.</p> <p>Include change of speed, direction and shape in movements.</p> <p>Follow a set of 'rules' to produce a sequence, possibly made by peers.</p> <p>Create mirror/matching /cannon (pair) sequence varying dynamics/levels /direction etc.</p>	<p>Use all three passes (chest, shoulder &amp; bounce) correctly. Use a range of speeds within a game to support a team in scoring.</p> <p>Begin to use square (across the court) &amp; straight (up &amp; down the court) passes to achieve pace.</p> <p>Lose a defender to receive a pass.</p> <p>Defend a player and make some successful interceptions (snatch &amp; catch) when playing as a team.</p>	<p>Change direction and use the correct side of stick, sometimes using Indian dribbling (alternating sides of stick while dribbling) to avoid defenders.</p> <p>Choose between the two passes (push/slap) and explain simply why.</p> <p>Make a direct pass while dribbling.</p> <p>Begin to use stick to mark a player from the side line causing them difficulty.</p> <p>Successfully score while in the scoring area.</p>	<p>Dribble making small touches into space with speed.</p> <p>Send a football to someone on the team, using different parts of foot accurately.</p> <p>Use a range of ways to keep a ball under control (foot, knee, head, and knowing which one due to where ball is coming from). See space, and use it effectively.</p> <p>Lose a defender to receive a pass.</p> <p>Defend a player and make some successful interceptions for team.</p>	<p>Tap the ball using either a fore hand or back hand motion.</p> <p>Move towards the ball from 'ready' position choosing either forehand or backhand depending on where the ball is.</p> <p>Set racquet back in its ready position quickly upon recovery</p> <p>Demonstrate the correct swing technique when hitting the ball over a net sometimes showing control over the hit.</p> <p>Serve the ball correctly beginning to purposely aim for space to score.</p>		<p>Use correct technique to run at speed.</p> <p>Develop the ability to run for distance.</p> <p>Throw with accuracy and power.</p> <p>Identify and apply techniques of relay running. Explore different footwork patterns.</p> <p>Understand which technique is most effective when jumping for distance.</p> <p>Learn how to use skills to improve the distance of a pull throw. Demonstrate good techniques in a competitive situation.</p>
<b>Year 6</b>	<p>Create &amp; perform dances in a variety of styles consistently</p> <p>Be aware of &amp; use musical structure, rhythm &amp; mood &amp; can dance accordingly</p> <p>Use appropriate criteria &amp; terminology to evaluate performances</p>	<p>Select a suitable routine to perform to different audiences, bearing in mind who the audience is.</p> <p>Transfer sequence above onto suitably arranged apparatus &amp; floor</p> <p>Perform 6-8-part floor sequence as individual, pair &amp; small group to a piece of music</p> <p>Demonstrate 3 paired balances in sequence using various skills/actions</p> <p>Consider how specific aspects of an activity or performance can influence the outcome and</p>	<p>Turn and run to the ball getting into a forehand or backhand position en route.</p> <p>Use 'move-hit-recover' approach within a game showing facing forward on recovery.</p> <p>Show a range of grips when demonstrating a backhand (continental, chopper, hammer grip).</p> <p>Use the correct swing technique and control with smooth swings keeping the path of the racquet the same.</p>	<p>Use speed, changing of direction and Indian dribbling to advance towards team's goal.</p> <p>Use a range of passes knowing which one depending on the distance of the pass.</p> <p>Dribble and change direction by making a square pass (across the pitch) or straight pass (up/down the pitch).</p> <p>Know when to defend and what defence skills could be used.</p>	<p>Dribble making small touches into space with speed, to beat defenders. Make decisions regarding how and when to send a football to someone in team.</p> <p>Use a range of ways to keep a ball under control (foot, knee, head, and knowing which one due to where ball is coming from) when under pressure from a defender.</p> <p>Know how space changes within a game and when and how to move into changing spaces.</p>	<p>Tap the ball using either a fore hand or back hand motion.</p> <p>Move towards the ball from 'ready' position choosing either forehand or backhand depending on where the ball is.</p> <p>Set racquet back in its ready position quickly upon recovery</p> <p>Demonstrate the correct swing technique when hitting the ball over a net sometimes showing control over the hit.</p>		<p>Investigate running styles and changes of speed.</p> <p>Practise throwing with power and accuracy.</p> <p>Throw safely and with understanding.</p> <p>Demonstrate good running technique in a competitive situation.</p> <p>Explore different footwork patterns.</p> <p>Understand which technique is most</p>

		suggest the best possible strategy.	Serve the ball accurately making team mates have to move to send it back.	Seize an opportunity to score, sometimes quite quickly.	Draw defender away to create space.	Serve the ball correctly beginning to purposely aim for space to score.		effective when jumping for distance.  Utilise all the skills learned in this unit in a competitive situation.
<p><b>MORE ABLE</b>  <b>If a child is secure with all skills within their year group band, they can be assessed by the following more able strands:</b>  <b>Creative Me</b> – I am phased by any opposition and can adapt my strategies in order to achieve success.  <b>Leader Me</b> – I can evaluate performances, indicating strengths and areas for development, and be able to give some positive feedback.  <b>Social Me</b> – I can confidently take a leading role in lessons, showing knowledge, organisation and communication. I have advanced understanding of rules and regulations allowing me to officiate games.  <b>Thinking Me</b> – I can critically evaluate my own and other’s work, showing I understand the effect of skills, tactics, ideas and fitness on the quality of performance.  <b>Healthy Me</b> – I can demonstrate physical strength, speed, stamina and flexibility in all activities to the highest standard.  <b>Physical Me</b> - I can distinguish between different techniques and select appropriately in a competitive situation.</p>								

**Swimming Year 4**

- 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.