

St Marys Catholic Primary School - PE Progression of Skills

This document aims to support and give guidance of PE progression across the year groups at St Mary's Catholic Primary School. It can be used to help differentiate activities and expectations appropriately for children working below and above the expected standards.

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics						
Copy actions and create a short sequence of movements Roll in different ways with control Travel in different ways Stretch in different ways Jump in a range of ways with control Begin to balance with control Move around, under, over and through different objects and equipment	Copy and remember actions with a beginning, middle and end. Create a perform a sequence. Move with some control and awareness of space Link two or more actions of make a sequence Show contrasts (such as small/ tall, straight/ curved and wide/narrow Travel by rolling forwards, backwards and sideways Travel in different ways by changing direction and speed Jump in a variety of ways with control and balance Climb onto and jump of equipment safely with balance and control	Copy, explore and remember actions and movements to create their own sequence. Link actions to make a sequence. Travel in a variety of ways, including rolling. Hold a still shape whilst balancing on different points of the body Jump in a variety of ways and land with increasing control and balance Climb onto and jump off the equipment safely Move with increasing control and care Stretch and curl to develop flexibility	Know the importance of strength and flexibility for physical activity Explain why it is important to warm up and cool down Plan, perform and repeat sequences independently and with others Link combinations of actions with increasing confidence, including changes of direction, speed, or level Develop the quality of their actions, shapes, and balances Move in a clear, fluent, and expressive manner Incorporate turns in travelling. Use a range of jumps in their sequences Begin to use equipment to vault. Create interesting body shapes while holding balances with control and confidence	Know the importance of strength and flexibility for physical activity Know some reasons for warming up and cooling down Use a range of actions, directions and levels to create sequences that fit a theme Travel in a variety of ways, including flight, by transferring weight to generate power in movements Show a kinaesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how centre of gravity affects balance) Move with clarity, fluency and expression. Use equipment with good technique when vaulting	Know and understand reasons for warming up and cooling down Formulate ideas to compose specific, complex sequences using a full range of movement: travelling, balancing, swinging, springing, flight, vaults, rotations, twisting. Adapt sequences based on feedback Perform jumps, shapes and balances with fluency and control Hold shapes that are strong, fluent and expressive Carry out balances recognising position of centre of gravity and where it should be when balancing Develop strength, flexibility and technique throughout performances Combine movement with equipment to create sequences Confidently use equipment to vault in a number of ways	Carry out warm-ups and cool-downs safely and effectively Create their own complex sequences with appropriate linking elements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching Use a variety of speed, direction, level and body rotation during floor performances Demonstrate good kinaesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions) Confidently use equipment to vault and incorporate this into sequences Apply skills and techniques consistently, showing precision and control Develop strength, technique and flexibility throughout performances.

Dance

Copy moves and positions	Copy and remember moves and positions Move with careful control and coordination	Link two or more actions to perform a sequence Choose movements to communicate a mood, feeling or idea	Plan, perform and repeat sequences Move in a clear, fluent and expressive manner Show changes of direction, speed and level during a performance	Create dances and movements that convey a definite idea Change speed and levels within a performance Develop physical strength and suppleness by practicing moves and stretching	Compose creative and imaginative dance sequences Perform expressively and hold a precise and strong body posture Perform and create complex sequences Express an idea in original and imaginative ways	Plan to perform with high energy, slow grace or other themes, maintaining this throughout a piece Perform complex moves that combine strength and stamina gained through gymnastics activities (handstands, cartwheels)
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Games: striking and fielding, net and invasion

Describe how the body feels when still and when exercising Hit a ball with a bat or racquet Throw a ball	Describe how the body feels before, during and after exercise Carry and place equipment safely Use rolling, hitting, running, jumping, catching and kicking skills in combination in a game Practice basic striking, sending and receiving. Use the terms 'opponent' and team-mate	Recognise and describe how the body feels before, during and after exercise Strike or hit a ball with increasing control Learn skills for playing striking and fielding games Position body to strike appropriately Develop tactics Lead others when appropriate	Recognise and describe the effects of exercise on the body Demonstrate successful hitting and striking skills Develop a range of skills in striking and fielding Practice the correct batting and throwing technique and use it in a game with control and accuracy Strike the ball from a distance Follow the rules of the game and play fairly	Describe how the body reacts at different times and how this affects performance Use a bat, racquet or stick to hit a ball with accuracy Build a rally with a partner Use at least two different shots in a game Use hand-eye coordination to strike a moving and stationary ball Maintain possession of the ball (with feet, a hockey stick or hands) Pass to teammates at appropriate times, lead others and act as a respectful team member	Know and understand reasons for warming up and cooling down Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking) Work alone or with teammates to gain points or possession Strike a bowelled or volleyed ball with accuracy Use forehand and backhand when playing racket games Explore when different shots are best used	Understanding the importance of warming up and cooling down and carry them out safely and effectively Field, strike and attack tactically by anticipating direction of play Hit a bowled ball over long distances Use good hand-eye coordination to be able to direct a ball when striking or hitting Understand how to serve in order to start a game Uphold the spirit of fair play and respect in competitive situations Lead others when called upon and act as a good role model within a team
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Athletics

Describe how the body feels when exercising Run in variety of ways for different purposes	Vary pace and speed when running Run with basic technique (in a straight line) Show good posture and balance Change direction when jogging and maintain control when doing so	Run at different paces, describing the different paces Begin to select the most appropriate speed and pace for the distance Complete an obstacle course	Focus on arm and leg action to improve sprinting technique Begin to combine running and jumping over hurdles Understand importance of adjusting speed depending on distance	Sprint over a short distance up to 60 s Run over longer distances, conserving energy in order to sustain performance Jump in a number of ways, using a run up where appropriate Perform a relay using a baton changeover technique Compete with others and aim to improve personal best performances	Combine sprinting with low hurdles over 60 metres Select appropriate pace for distance and level of fitness to maintain running Improve stamina when running longer distances Show control in take off and landing when jumping	Choose the best place for running over a variety of distances Choose technique to match equipment Apply appropriate technique to take-off when jumping to improve distance and height Run over hurdles with fluency and focus on lead leg and stride pattern
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			Use a range of throwing techniques (under arm, over arm) Compete and reflect on own performance		Compete with others and keep track of personal best performances, setting targets for improvement	Accelerate to pass other competitors and build up speed for sprint finish Compete against others and embed
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Outdoor and Adventurous

			Arrive properly equipped for outdoor and adventurous activity Use maps, compasses and digital devices to orientate themselves Remain aware of changing condition and change plans if necessary	Understand the need to sow accomplishment in managing risks Show an ability to lead and form part of a team Support others and seek support when required Show resilience and initiative when plan do not work and be willing to try different ways of working	Select appropriate equipment for outdoor and adventurous activity Identify possible risks and ways to manage them, asking for and listening carefully to expert advice Embrace leadership and team roles to gain respect from team members Empathise with others and offer support. Seek support when in doubt Remain positive in challenging circumstances	Use a range of devices in order to orientate themselves Quickly assess changing conditions and adapt plans to ensure safety comes first
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Swimming

		Use one basic stroke, breathing correctly Control leg movements	Swim unaided up to 25 metres	Swim between 25 and 50 metres unaided Use more than one stroke and coordinate breathing as appropriate for the stroke being used Coordinate leg and arm movements Swim at the surface and below water	Swim over 100 metres unaided Use breaststroke, front crawl and back stroke, ensuring that breathing is correct Swim fluently with controlled strokes Turn efficiently at the end of a length	Catch up programme if necessary
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