



Physical Education Progression

Progression of Skills

	Agility	Balance	Co-ordination	Games
Year 1	<ul style="list-style-type: none"> Roll a ball, chase it and catch it When a partner drops a ball, catch it after two bounces 	<ul style="list-style-type: none"> Balance on one foot Seated balance On hands and knees, point one hand to the ceiling Sustain balance on a line of the balls of feet Sustain balance on a line on the balls of the feet On a line, walk backwards On two feet, jump side-to-side and backwards/forwards Seated rocking backwards Roll a ball against a wall and collect it Explore tricky shape skills Explore tricky flight skills 	<ul style="list-style-type: none"> While sitting on the floor, roll a ball large ball around the body (two hands or one) Sidestep in both directions Explore tricky travel skills 	<ul style="list-style-type: none"> Develop simple tactics for attacking and defending Perform dances using simple movement patterns that include running, jumping, throwing and catching
Year 2	<ul style="list-style-type: none"> Throw a bouncing ball, chase it and catch it When a partner drops one of two tennis balls, catch the dropped one after one bounce 	<ul style="list-style-type: none"> One-footed mini squat Picking up cones during seated balance Make a bridge with bent knees and place a cone on stomach Sustain balance on a low beam of the balls of feet On a line, walk backwards lifting your knees up to bottom On two feet, jump with a quarter-turn in different directions With a partner, hold hands and lean backwards with a long base Throw a tennis ball against a wall and catch it with one hand Perform (consolidated) tricky shape skills on the floor Perform (consolidated) tricky rotation skills on the floor 	<ul style="list-style-type: none"> Roll a large ball up legs, around upper body and back down legs using only one hand at a time (hand transfer when required) Hop (both sides) Perform (consolidated) tricky travel skills on the floor Perform (consolidated) tricky flight skills on the floor 	<ul style="list-style-type: none"> Embed simple tactics for attacking and defending Link dances to learning about other cultures in Geography Engage in competitive and co-operative physical activities
Year 3	<ul style="list-style-type: none"> Roll a ball, chase it, let it run through legs, chase and catch it When a partner drops one of two tennis balls, catch the dropped one after one bounce while balancing on one leg 	<ul style="list-style-type: none"> One-legged stand-still with eyes closed Pick up a cone from one side and place it on the other side with same hand Sustain a full front support position Receive a small force from various angles March on a line, lifting knees and elbows up to a 90° angle (forwards and backwards) On two feet, jump with a half-turn (180°) in different directions With a partner, lean backwards with a one-handed grip and a short base Strike a ball with alternate hands against a wall five times Explore tricky rotation skills combined with apparatus and/or partner 	<ul style="list-style-type: none"> Standing with legs apart, move a large ball around one leg 16 times in 20 seconds or less (do both legs) Hopscotch forwards and backwards Perform (consolidated) tricky travel skills combined with apparatus and/or partner 	<ul style="list-style-type: none"> Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively Perform safe self-rescue in different water-based situations



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Year 4	<ul style="list-style-type: none"> Throw a bouncing ball, chase it, let it run through legs, chase and catch it When a partner drops one of two tennis balls, catch the dropped one after one bounce while stepping across body with hand across body 	<ul style="list-style-type: none"> One-legged squats Making and holding a dish shape Transfer a cone on and off back in a full front support position Staying on a line, catch a ball at chest height and chest-pass it back to a partner Lunge walk forwards (heel to bottom, knees up, extend leg, sink hips, heel to toe landing) On two feet, tuck jump with a half-turn (180°) in different directions With a partner and eyes closed, lean backwards with a one-handed grip and a short base With a ball in each hand, alternately roll the balls, sending one as the other is returning 	<ul style="list-style-type: none"> Standing with legs apart, move a large ball in a figure-of-eight between legs 10 times in 20 seconds or less Perform a continuous three-step zigzag pattern using sidesteps at under control with increasing speed Perform (consolidated) trickier flight skills on the floor Perform (consolidated) trickier travel skills on the floor 	<ul style="list-style-type: none"> Perform dances using a range of movement patterns Play competitive games (hockey)
Year 5	<ul style="list-style-type: none"> Roll a large ball, chase it, then stop it using head in the front support position (facing opposite direction) 	<ul style="list-style-type: none"> Squats to ankle extensions with eyes closed Move a cone from side to side during seated balance with feet and hands off the ground Transfer a cone on and off stomach in a full back support position 	<ul style="list-style-type: none"> Throw tennis balls alternately with both hands against a wall Perform (Consolidated) trickier travel skills combined with apparatus and/or partner Perform (Consolidated) trickier flight skills combined with apparatus and/or partner 	<ul style="list-style-type: none"> Perform dances using a range of movement patterns linked to other work Play competitive games (netball, athletics, cricket)
Year 6	<ul style="list-style-type: none"> Hop forwards and backwards, freezing on landing When a partner feeds a ball overhead, turn quickly and collect it after one bounce. Stand with back to partner. When they drop one of two tennis balls (and call as they drop), turn and catch the dropped ball after one bounce 	<ul style="list-style-type: none"> Transfer between front and back support positions keeping straight arms during transfer Stay balanced while throwing and catching two balls (using both hands) Lunge walk while staying on a line with your eyes closed Holding your partner's hands on a bench, lean back Perform (Consolidated) trickier rotation skills combined with apparatus and/or partner Perform (Consolidated) trickier shape skills combined with apparatus and/or partner 	<ul style="list-style-type: none"> With a partner, simultaneously pass a big ball along the floor using feet while throwing a tennis ball with hands Standing with legs apart, hold the ball with one hand in front and the other behind, then swap front and back hands (letting the ball bounce once or not at all for more challenge) in 20 seconds or less Perform a continuous three-step zigzag pattern using sidesteps that include lifting heel before changing direction under control with increasing speed 	<ul style="list-style-type: none"> Play competitive games (tag-rugby, athletics)



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Progression of Knowledge

	Personal	Social	Physical	Cognitive	Creative	Health & Fitness
Year 1	<ul style="list-style-type: none"> Follow simple instructions, practise safely and work independently 	<ul style="list-style-type: none"> Work sensibly with others, taking turns and sharing 	<ul style="list-style-type: none"> Perform simple movements with control and link two movements together 	<ul style="list-style-type: none"> Follow simple rules and articulate strengths 	<ul style="list-style-type: none"> Explore and describe different movements 	<ul style="list-style-type: none"> Understand why exercise is important for good health
Year 2	<ul style="list-style-type: none"> Try several times to try to succeed and ask for help when appropriate 	<ul style="list-style-type: none"> Help, praise and encourage others in their learning 	<ul style="list-style-type: none"> Perform a sequence of skills with control, consistency and with some change in level, direction or speed 	<ul style="list-style-type: none"> Recognise elements of good practice by others (with support) 	<ul style="list-style-type: none"> Begin to compare movements and skills of self with others 	<ul style="list-style-type: none"> Articulate and recognise how the body feels before, during and after exercise.
Year 3	<ul style="list-style-type: none"> Beginning to be aware of current level and next steps to improve 	<ul style="list-style-type: none"> Can show patience and support others, listening carefully to them about our work. Happy to show and tell them about my ideas 	<ul style="list-style-type: none"> Can perform and repeat longer sequences with clear shapes and controlled movement 	<ul style="list-style-type: none"> Can understand the simple tactics of attacking and defending 	<ul style="list-style-type: none"> Can make up my own rules and versions of activities 	<ul style="list-style-type: none"> Beginning to describe how and why body changes during and after exercise, and the need to warm up and cool down
Year 4	<ul style="list-style-type: none"> Take control of own progress by being aware of current level and next steps to improve 	<ul style="list-style-type: none"> Work well with others, and communicate ideas clearly to them 	<ul style="list-style-type: none"> Can select and apply a range of skills with good control and consistency 	<ul style="list-style-type: none"> Can explain what is being done well and begin to identify areas for improvement 	<ul style="list-style-type: none"> Can respond differently to a variety of tasks or music and can recognise similarities and differences in movements and expression 	<ul style="list-style-type: none"> Can clearly describe how and why body changes during and after exercise, and the need to warm up and cool down
Year 5	<ul style="list-style-type: none"> React positively when things become difficult 	<ul style="list-style-type: none"> Negotiate and collaborate appropriately 	<ul style="list-style-type: none"> Can perform a variety of movements and skills with good body tension 	<ul style="list-style-type: none"> Can understand ways (criteria) to judge performance and I can identify specific parts to continue to work upon 	<ul style="list-style-type: none"> Can link actions and develop sequences of movements that express own ideas 	<ul style="list-style-type: none"> Can link swimming to body health and safety
Year 6	<ul style="list-style-type: none"> React positively when things become difficult 	<ul style="list-style-type: none"> Co-operate well with others and give helpful feedback 	<ul style="list-style-type: none"> Can perform a variety of movements and skills with good body tension 	<ul style="list-style-type: none"> Can understand ways (criteria) to judge performance and I can identify specific parts to continue to work upon 	<ul style="list-style-type: none"> Can link actions and develop sequences of movements that express own ideas 	<ul style="list-style-type: none"> Can identify possible dangers when planning an activity Can self-select and perform appropriate warm-up and cool down activities