

SKILLS PROGRESSION IN PE AT THE FOUNDATION STAGE

EARLY LEARNING GOALS FOR PHYSICAL DEVELOPMENT

HEALTH AND SELF-CARE

<p>Early Learning Goals</p>	<ul style="list-style-type: none"> • Children show good control and co-ordination in large and small movements. • They move confidently in a range of ways, safely negotiating space. • They handle equipment and tools effectively, including pencils for writing.
<p>Early Years Foundation Stage</p>	<ul style="list-style-type: none"> • Balance showing tension and control on large body parts. • Show a fluent and coordinated running style. • Show an awareness of space away from other children and/or objects. Show an awareness of space whilst on the move. Find space away from other children. • Perform a variety of different jumps showing good take-off and landing • Send a ball/beanbag to a target or partner with increasing accuracy. • Strike an object with their hands and feet towards an object with good accuracy. Strike an object using an implement with good fluid movements. • Trap a ball/object with a good success rate. Trap an object using an implement with good success. • Perform a variety of movements in space. Perform movements while in a group/with a partner. • Hop showing increasing balance and control in space. • Perform a variety of different crawls showing control. Crawl under/over objects showing control. • Perform various actions/movements while finding space. • Walk with a tall posture, looking around for others and space. Walk in other directions while also looking where they are going. • Skip around an area showing control, balance and a good jump. Skip at various speeds and stop suddenly. Co-ordinate their movements to perform a successful skip. • Bounce a ball towards a target with increasing accuracy • Perform an underarm throw using correct technique. Perform an underarm throw over an obstacle with success. • Perform an overarm throw. Overarm throw over a variety of distances. • Successfully throw to hit a static target. Show use of both underarm and overarm throws to aim at static targets. Throw to hit moving targets. • Choose and understand which types of throws to use in game scenarios • Catch an object using correct technique. Catch an object that is thrown by another person/people. Catch large balls with increasing success. • Kick an object showing increasing control. Kick an object using either foot. Trap an item using both hands with control and good technique.

SKILLS PROGRESSION IN PE AT KEY STAGE ONE						
	Travelling forwards, backwards, side to side.	Run, jump, balance and finding space.	Hop, skip and underarm throw.	Overarm throw, catching and throwing to a target.	Rolling, dribbling and kicking.	Striking with one and two hands.
National Curriculum	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending
Year One	<ul style="list-style-type: none"> • Demonstrate accuracy when travelling forward using gross motor skills. • Demonstrate a sound technique for travelling backwards accurately. • Display increasing ability to move side to side. • Develop proprioception in order to avoid others and/ or equipment whilst travelling. 	<ul style="list-style-type: none"> • Balance consistently on large body parts and attempting to balance on small body parts with increased control. • Mirror the teacher or educator with increased accuracy. • Show a fluent running style demonstrating speed and agility. • Show an efficient running style in game situations. 	<ul style="list-style-type: none"> • Hop on both feet showing good control and balance. • Hop effectively in one direction or a straight line. • Show an effective landing when hopping to then perform successive hops. • Skip around an area showing control, balance and a good jump. 	<ul style="list-style-type: none"> • Demonstrate an effective overarm throw technique and accuracy. • Perform an overarm throw showing correct technique. • Perform an overarm throw showing good distance. • Accurately throw an overarm throw to hit a target zone/area. • Catch a ball that has been bounced by themselves. 	<ul style="list-style-type: none"> • Demonstrate an effective kicking action with good technique and accuracy. • Show an effective kicking style in a game situation. • Kick/ dribble a ball into a space showing good control. • Kick/dribble a ball around. • Kick a ball accurately into a space/target with good technique. 	<ul style="list-style-type: none"> • Strike objects using two hands with good success and technique. • Strike objects using one hand with good success and technique. • Strike objects towards target zone/ area with increased control. • Apply striking techniques to a catch situation. • Trap a ball using two hands displaying control and accuracy.

	<ul style="list-style-type: none"> • Successfully navigate way around a designated area using a variety of movements and directions. • Change direction quickly and effectively. • Use change of direction within a game situation. • Work well with others in pairs/small groups. • Perform a variety of crawls showing strength, control and speed. 	<ul style="list-style-type: none"> • Show an effective jumping style for both distance and height. • Jump over/onto objects with increased control. • Jump over a large distance showing control when landing. • Identifies good space quickly and accurately. • Uses the space available in game situations. • Actively seeking out good space with minimal prompting. 	<ul style="list-style-type: none"> • Co-ordinate their movements to perform a successful skip. • Perform a skip at speed during a race situation. • Demonstrate an effective underarm throw with a good technique and accuracy. • Show an effective underthrow technique in a game situation. • Accurately throw an item to a target using an underarm throw. • Perform an underarm throw to avoid an obstacle. 	<ul style="list-style-type: none"> • Catch a small ball that has been thrown by another person. • Catch a large ball that has been thrown by another person. • Catch a beanbag that has been thrown by another person. • Demonstrate effective throwing and catching techniques in a game situation. 	<ul style="list-style-type: none"> • Demonstrate effective dribbling technique showing control. • Demonstrate an increased awareness of space whilst dribbling around a designated area. • Demonstrate a good rolling technique showing increased accuracy. • Roll ball accurately into target zone/area. 	<ul style="list-style-type: none"> • Trap a ball using one hand displaying control and accuracy. • Trap a ball using equipment showing control and accuracy
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SKILLS PROGRESSION IN PE AT KEY STAGE ONE						
	Travelling forwards, backwards, side to side.	Run, jump, balance and finding space.	Hop, skip and underarm throw.	Overarm throw, catching and throwing to a target.	Rolling, dribbling and kicking.	Striking with one and two hands. Introduce attacking and defending/ problem solving
National Curriculum	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending • perform dances using simple movement patterns 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending
Year Two	<ul style="list-style-type: none"> • Show a fluent travelling style and showing an increase in speed & agility. • Show an efficient travelling style in game scenarios. • Demonstrate accuracy when travelling both 	<ul style="list-style-type: none"> • Show a fluent running style demonstrating speed and agility. • Show an efficient running style in game situations. • Show an effective jumping style for both distance and height. 	<ul style="list-style-type: none"> • Hop on both feet showing good control and balance. • Hop effectively in one direction or a straight line. • Show an effective landing when hopping to then perform successive hops. 	<ul style="list-style-type: none"> • Demonstrate an effective overarm throw technique and accuracy. • Perform an overarm throw showing correct technique. • Perform an overarm throw showing good distance. 	<ul style="list-style-type: none"> • Demonstrate an effective kicking action with good technique and accuracy. • Show an effective kicking style in a game situation. • Kick/ dribble a ball into a space showing good control. 	<ul style="list-style-type: none"> • Strike objects using two hands with good success and technique. • Strike objects using one hand with good success and technique. • Strike objects towards target zone/ area with increased control.

	<p>forwards and backwards with increased accuracy.</p> <ul style="list-style-type: none"> • Frequently dodges others, showing a sharp change of direction. • Display ability to accurately change direction with speed. • Perform a variety of crawls showing strength, control and speed • Develop proprioception in order to avoid others and/ or equipment whilst travelling. • Successfully navigate way around a designated area using a variety of movements and directions. • Effectively use change of direction game situations. • Work well with others in pairs/ small groups. 	<ul style="list-style-type: none"> • Jump over/onto objects with increased control. • Jump over a large distance showing control when landing. • Identifies good space quickly and accurately. • Uses the space available in game situations. • Actively seeking out good space with minimal prompting. • Balance well & consistently on large body parts showing very good balance on small body parts with improving control. • Balance on the move (dynamically) on various different objects. • Balance, reach, stretch, turn, bend and express both basic gross and fine motor skills. • Balance with tension and control on large body parts only. • Mirror the teacher or educator fluently. • Perform movements 	<ul style="list-style-type: none"> • Skip around an area showing control, balance and a good jump. • Co-ordinate their movements to perform a successful skip. • Perform a skip at speed during a race situation. • Demonstrate an effective underarm throw with a good technique and accuracy. • Show an effective underthrow technique in a game situation. • Accurately throw an item to a target using an underarm throw. • Perform an underarm throw to avoid an obstacle. 	<ul style="list-style-type: none"> • Accurately throw an overarm throw to hit a target zone/area. • Catch a ball that has been bounced by themselves. • Catch a small ball that has been thrown by another person. • Catch a large ball that has been thrown by another person. • Catch a beanbag that has been thrown by another person. • Demonstrate effective throwing and catching techniques in a game situation 	<ul style="list-style-type: none"> • Kick/dribble a ball around. • Kick a ball accurately into a space/target with good technique. • Demonstrate effective dribbling technique showing control. • Demonstrate an increased awareness of space whilst dribbling around a designated area. • Demonstrate a good rolling technique showing increased accuracy. • Roll ball accurately into target zone/area. 	<ul style="list-style-type: none"> • Apply striking techniques to a catch situation. • Trap a ball using two hands displaying control and accuracy. • Trap a ball using one hand displaying control and accuracy. • Trap a ball using equipment showing control and accuracy. • To understand basic attacking and defending principles. • To develop different skills in some game scenarios. • To develop social skills to complete tasks. • To work well with others in problem solving situations. • To develop decision making skills and make good choices.
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		<p>individually or in pairs/with others.</p> <ul style="list-style-type: none">• Keep up momentum, rhythm or speed, getting out of breath and giving up.• Perform movements and exercise to music, with self and with others				
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SKILLS PROGRESSION IN PE AT LOWER KEY STAGE TWO

	Project Based Learning & Problem Solving	Movement & Fitness to Music	Principles of Tactics, Attacking & Defending	Principles of Tactics, Attacking & Defending	Physical Competitions & Challenges	Outdoor Adventure & Active Learning
National Curriculum	<ul style="list-style-type: none"> • play competitive games, modified where appropriate • compare their performances with previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> • develop flexibility, strength, technique, control and balance • perform dances using a range of movement patterns • compare their performances with previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> • play competitive games, modified where appropriate • use running, jumping, throwing and catching in isolation and in combination • compare their performances with previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> • play competitive games, modified where appropriate • use running, jumping, throwing and catching in isolation and in combination • compare their performances with previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> • play competitive games, modified where appropriate • use running, jumping, throwing and catching in isolation and in combination • compare their performances with previous ones and demonstrate improvement to achieve their personal best • play competitive games, modified where appropriate • use running, jumping, throwing and catching in isolation and in combination • compare their performances with previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> • play competitive games, modified where appropriate • use running, jumping, throwing and catching in isolation and in combination • compare their performances with previous ones and demonstrate improvement to achieve their personal best • take part in outdoor and adventurous activity challenges both individually and within a team

<p>Year Three</p>	<ul style="list-style-type: none"> • Communicate effectively alone, in teams. • Understand the different mediums/ ways of communication. • Improve their communication and listening skills. • Deal with conflicting situations and bounce back individually or as a team. • Understand the expectations of working together as a team. • Help others around them that might need help. • Use the resources around them effectively. • Give feedback to others individually or as a team. • Respect others opinions and their feelings. • Help others to bounce back and be happy again. • Organise themselves and others around them. 	<ul style="list-style-type: none"> • Stand still and balance for short periods of time. • Understand movement, exercise / fitness and what affects this has on our bodies. • Show the different movements / exercises fluently and in time with the music beat. • Take part in high and low intensity movement/exercises • Sync movements/ exercises to the beat of the music • Develop their core health and fitness. • Raise their heart rates to high and low levels during physical exercise. • Perform dances and movements individually and in pairs 	<ul style="list-style-type: none"> • Understand the basic principles of attacking and defending. • Take part in competitive games confidently alone and with others. • Use a broader range of skills/tactics in games and/or competitive situations. • Understand effective space and why this is important in small-sided games. • Find and attack space with purpose individually or as a team. • Outwit their opponent maximising space in pairs or in small-sided games. • Understand marking and will be able to mark their opponents effectively. • Play games in larger groups working effectively (Attacking & Defending) as a team. • Perform movements in space individually or as a team. 	<ul style="list-style-type: none"> • Understand the basic principles of moving using equipment. • Successfully dribble a ball around using effective space. • Perform several successful passes and traps with a teammate. • Show good accuracy in passes to teammates. • Use a variety of passes to keep possession away from opposing teams. • Shield a ball from a defender to protect it from being tackled. • Use their body to protect a space from an opponent. • Successfully defend a space either as an individual/group/team. • Mark an opponent closely to prevent them taking part. • Use effective decision making skills to keep the ball away from defenders. • Use effective communication skills to pass a ball and also move into a space. 	<ul style="list-style-type: none"> • Deal with winning gracefully as an individual or as part of a group. • Handle losing a game as an individual or as part of a group. • Work well in a team with others. • Encourage, support and motivate others in games. • Follow rules even if they are unfair. • Assist in making rules to make a game more fun and engaging for others. • Overcome difficult challenges to succeed in a team. • Share and include ideas with others in a challenge. • Overcome a physical challenge and showing excellent determination to continue. • Perform various skills effectively to complete a skills challenge. • Use effective communication skills to talk and listen to people. 	<ul style="list-style-type: none"> • Work together in teams to create maps of their school/yard. • Use roles effectively to complete a simple task. • Plan a treasure hunt effectively with others. • Understands how to find different compass points. • Successfully decipher secret codes as a team. • Work effectively in teams. • Make tough decisions based on difficult survival scenarios. • Complete an assault course showing determination. • Support others during difficult challenges. • Seek effectively in a group • Hide and tactically move to an objective. • Shows good leadership skills when working in groups. • Able to explain basic survival needs
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			<ul style="list-style-type: none">• Score goals against their opponents understanding success.• Evade, escape, dodge or get away from defenders most of the time.		<ul style="list-style-type: none">• Use problem solving skills to overcome a challenge with others.	
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SKILLS PROGRESSION IN PE AT LOWER KEY STAGE TWO

	Project Based Learning & Problem Solving	Movement & Fitness to Music	Principles of Tactics, Attacking & Defending	Principles of Tactics, Attacking & Defending	Physical Competitions & Challenges	Outdoor Adventure & Active Learning
National Curriculum	<ul style="list-style-type: none"> • play competitive games, modified where appropriate • compare their performances with previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> • develop flexibility, strength, technique, control and balance • perform dances using a range of movement patterns • compare their performances with previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> • play competitive games, modified where appropriate • use running, jumping, throwing and catching in isolation and in combination • compare their performances with previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> • play competitive games, modified where appropriate • use running, jumping, throwing and catching in isolation and in combination • compare their performances with previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> • play competitive games, modified where appropriate • use running, jumping, throwing and catching in isolation and in combination • compare their performances with previous ones and demonstrate improvement to achieve their personal best • play competitive games, modified where appropriate • use running, jumping, throwing and catching in isolation and in combination • compare their performances with previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> • play competitive games, modified where appropriate • use running, jumping, throwing and catching in isolation and in combination • compare their performances with previous ones and demonstrate improvement to achieve their personal best • take part in outdoor and adventurous activity challenges both individually and within a team

<p>Year Four</p>	<ul style="list-style-type: none"> • Communicate effectively alone, in teams. • Understand the different mediums/ ways of communication. • Improve their communication and listening skills. • Deal with conflicting situations and bounce back individually or as a team. • Show confident signs of effective decision-making. • Understand the expectations of working together as a team. • Help others around them that might need help. • Use the resources around them effectively. • Give feedback to others individually or as a team. • Respect others opinions and their feelings. • Help others to bounce back and be happy again. 	<ul style="list-style-type: none"> • Listen to the teacher's/educators command showing good timing when moving / exercising. • Stand still and balance for short periods of time. • Improve their fitness levels. • Understand why speed and reaction time is important for games, activities and fitness. • Understand movement / exercise / fitness and what affects this has on our bodies. • Show the different movements / exercises fluently and in time with the music beat. • Take part in high and low intensity movement / exercises. • Synchronise movements/exercises to the beat of the music. • Develop their core movements, health and fitness. • Raise their heart rates to high and low 	<ul style="list-style-type: none"> • Use a broader range of skills/tactics in games and/or competitive situations. • Understand effective space and why this is important in small-sided games. • Find and attack space with purpose individually or as a team. • Outwit their opponent maximising space in pairs or in small-sided games. • Understand marking and will be able to mark their opponents effectively. • Play games in larger groups working effectively (Attacking & Defending). • Perform movements in space individually or as a team. • Score goals against their opponents understanding success. • Understand the difference between winning and losing. • Communicate with others whilst attacking and defending 	<ul style="list-style-type: none"> • Dribble effectively into a space by using their feet. • Successfully pass to a teammate in space. • Trap/receive a pass from a teammate, maintaining control. • Pass to open teammates while avoiding a defender. • Pass to a teammate and move into another open space. • Work in a team to successfully maintain possession. • Able to apply pressure to an attacker to successfully tackle them. • Able to defend a space to make it difficult for attackers to score. • Work in a team to defend against attackers. • Attack a goal/space as an individual/pair/team. • Pass to a variety of teammates in open spaces. • Use a wide variety of attacking tactics/skills 	<ul style="list-style-type: none"> • Participate in fun games or activities and are able to win and lose. • Show good sportsmanship towards others at the end of a game. • Support others during an activity if they are struggling. • Help make new rules which are fun and engaging for others. • Deal with unfair rules and find ways to overcome them. • Share ideas with others. • Work effectively in teams to overcome various activities. • Use effective communication skills during activities. • Perform difficult exercises to improve fitness. • Motivate, encourage, and support others with success. • Perform a variety of skills as part of a skills challenge showing accuracy and technique. 	<ul style="list-style-type: none"> • Create a map listing several important locations. • Work effectively in a team to complete a simple task. • Create a treasure hunt using compass points. • Follow navigational clues leading to items. • Successfully decipher a tricky code to build a base. • Successfully create a secret code for another team. • Make difficult decisions to survive in a real life situation. • Work effectively in a team in a decision making activity. • Complete an assault course and explain why they are used. • Support team members during difficult challenges. • Successfully defend/attack bases using effective team work. • Plan creative tactics to be successful in team activities.
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	<ul style="list-style-type: none"> • Show effective preparation and organisation skills. • Understand the importance of respecting others feelings. 	<p>levels during physical exercise.</p> <ul style="list-style-type: none"> • Perform dances and movements individually and in pairs. 	<p>individually or as a team.</p> <ul style="list-style-type: none"> • Mark their opponent preventing them from scoring goals or taking part. 	<p>in small game scenarios.</p> <ul style="list-style-type: none"> • Communicate with others whilst attacking and defending 	<ul style="list-style-type: none"> • Communicate effectively with others. Show empathy with others 	
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SKILLS PROGRESSION IN PE AT UPPER KEY STAGE TWO

	Project Based Learning & Problem Solving	Movement & Fitness to Music	Principles of Tactics, Attacking & Defending	Principles of Tactics, Attacking & Defending	Physical Competitions & Challenges	Outdoor Adventure & Active Learning
National Curriculum	<ul style="list-style-type: none"> • play competitive games, modified where appropriate • compare their performances with previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> • develop flexibility, strength, technique, control and balance • perform dances using a range of movement patterns • compare their performances with previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> • play competitive games, modified where appropriate • use running, jumping, throwing and catching in isolation and in combination • compare their performances with previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> • play competitive games, modified where appropriate • use running, jumping, throwing and catching in isolation and in combination • compare their performances with previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> • play competitive games, modified where appropriate • use running, jumping, throwing and catching in isolation and in combination • compare their performances with previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> • play competitive games, modified where appropriate • use running, jumping, throwing and catching in isolation and in combination • compare their performances with previous ones and demonstrate improvement to achieve their personal best • take part in outdoor and adventurous activity challenges both individually and within a team
Year Five	<ul style="list-style-type: none"> • Understand the different team roles and responsibilities. • Show confident signs of critical and creative thinking skills. • Show confident signs of effective decision-making. • Take part in all the different challenges 	<ul style="list-style-type: none"> • Listen to the teacher's/ educators command showing good timing when moving/exercising. • Improve their fitness levels. • Perform a core strength exercise. • Understand what core strength is. 	<ul style="list-style-type: none"> • Understand effective space and why this is important in small-sided games. • Outwit their opponent maximising space in pairs or in small-sided games. • Attack space with an object or piece of 	<ul style="list-style-type: none"> • Hold a striking implement with good grip and technique. • Move around a playing area successfully covering space. • Strike a ball with a control towards a partner. 	<ul style="list-style-type: none"> • Use effective teamwork to deal with problems. • Communicate effectively to overcome a problem. • Motivate, encourage, and support others with success. • Perform various difficult exercises to 	<ul style="list-style-type: none"> • Accurately design a map of the school/yard highlight several important features. • Understand why maps details are important in everyday life. • Clearly read instructions/directions

	<p>and solve problems together.</p> <ul style="list-style-type: none"> • Understand the expectations of working together as a team. • Explain and demonstrate what the expectations; look, sound and feel like. • Help others around them that might need help. • Use the resources around them effectively. • Understand the basic critical skills. • Give feedback to others individually or as a team. • Present ideas individually or as a team. 	<ul style="list-style-type: none"> • Develop their stability and strength. • Take part in all the different types of movements/exercises with purpose. • Show the different movements / exercises fluently and in time with the music beat. • Take part in high and low intensity movement/exercises • Synchronise movements/exercises to the beat of the music. • Perform dances and movements individually and in pairs. • Mirror the educator or teacher's movements at the front of the session. • Sing along to the music, get active and have some fun. 	<p>equipment individually or as a team.</p> <ul style="list-style-type: none"> • Defend space with an object or piece of equipment individually or as a team. • Score goals against their opponents understanding success. • Understand the difference between winning and losing. • Communicate with others whilst attacking and defending individually or as a team. • Perform a wide range of varied throws/passes accurately and comfortably. • Get from A to Z fast with or without equipment/objects. 	<ul style="list-style-type: none"> • Experiment with using forehand/backhand strikes. • Strike a ball with accuracy towards a target/space • Swing their arm to strike a ball with a controlled movement. • Strike a ball with accuracy towards a target/space. • Strike a ball using forehand and backhand with better accuracy to a space. • Effectively perform a lob shot. • Effectively perform a drop shot. • Effectively perform a volley. • Effectively perform a smash shot. • Perform a variety of shots into an open space. • Understand when to use different shots in a game situation. 	<p>improve fitness and succeed.</p> <ul style="list-style-type: none"> • Perform a variety of skills as part of a skills challenge showing accuracy and technique. • Effectively show a development of skills to overcome a challenge. • Evade and dodge objects thrown at them. • Use different tactics as a team to protect targets. • Work effectively in a team with different players. • Involve others in team games / competitions. • Understand the use of substitutions and why they are used. • Evaluate their own performance highlighting strengths & weaknesses. 	<p>leading to certain locations.</p> <ul style="list-style-type: none"> • Able to plan directions for others. • Show patience, resilience, determination and a can-do attitude during tricky situations. • Perform difficult knots using a variety of items. • Effectively work in a group to plan an event. • Discuss setbacks and be able to make changes to improve. • Participate in an assault course showing excellent use of skills. • Work effectively in a team to complete an objective. • Successfully capture players in defend and capture activities. • Shows good leadership in a team.
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SKILLS PROGRESSION IN PE AT UPPER KEY STAGE TWO

	Project Based Learning & Problem Solving	Movement & Fitness to Music	Principles of Tactics, Attacking & Defending	Principles of Tactics, Attacking & Defending	Physical Competitions & Challenges	Outdoor Adventure & Active Learning
National Curriculum	<ul style="list-style-type: none"> • play competitive games, modified where appropriate • compare their performances with previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> • develop flexibility, strength, technique, control and balance • perform dances using a range of movement patterns • compare their performances with previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> • play competitive games, modified where appropriate • use running, jumping, throwing and catching in isolation and in combination • compare their performances with previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> • play competitive games, modified where appropriate • use running, jumping, throwing and catching in isolation and in combination • compare their performances with previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> • play competitive games, modified where appropriate • use running, jumping, throwing and catching in isolation and in combination • compare their performances with previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> • play competitive games, modified where appropriate • use running, jumping, throwing and catching in isolation and in combination • compare their performances with previous ones and demonstrate improvement to achieve their personal best • take part in outdoor and adventurous activity challenges both individually and within a team
Year Six	<ul style="list-style-type: none"> • Improve their communication and listening skills. • Show confident signs of critical and creative thinking skills. • Deal with conflicting situations and bounce back individually or as a team. 	<ul style="list-style-type: none"> • Improve their fitness levels. • Understand why speed and reaction time is important for games, activities and fitness. • Understand movement, exercise/fitness and 	<ul style="list-style-type: none"> • Understand the basic principles of attacking and defending with a ball. • Take part in competitive games confidently alone and with others. • Understand effective space and why this is 	<ul style="list-style-type: none"> • Strike a ball without using an implement. • Swing their arms in a smooth controlled motion. • Strike a ball successfully while using an implement. • Can play a variety of attacking and defensive shots. 	<ul style="list-style-type: none"> • Work effectively with others to overcome a difficult challenge. • Use other forms of communication to overcome challenges. • Use different motivational skills to encourage others to perform well. 	<ul style="list-style-type: none"> • Create a well-detailed map of school/yard listing important features. • Understand the importance of minor details required for a map. • Navigate team members to a location.

	<ul style="list-style-type: none"> • Show confident signs of effective decision-making. • Take part in all the different challenges and solve problems together. • Understand the expectations of working together as a team. • Explain and demonstrate what the expectations; look, sound and feel like. • Perform each team role competently and confidently. • Help others around them that might need help. • Perform and demonstrate some of the 21st century/ critical skills. • Use the resources around them effectively. • Understand the basic critical skills. • Give feedback to others individually or as a team. 	<p>what affects this has on our bodies.</p> <ul style="list-style-type: none"> • Show the different movements / exercises fluently and in time. • Take part in high and low intensity movement/exercises • Keep exercising when tired, trying hard never to give up • Synchronise movements/exercises to the beat of the music • Develop their core movements, health and fitness. • Raise their heart rates to high and low levels during physical exercise. • Perform dances and movements individually and in pairs. • Mirror the educator or teacher's movements at the front of the session. • Balance, reach, stretch, turn, bend and express both basic gross and fine motor skills 	<p>important in small-sided games.</p> <ul style="list-style-type: none"> • Find and attack space with purpose individually or as a team. • Outwit their opponent maximising space in pairs or in small-sided games. • Understand marking and will be able to mark their opponents effectively. • Play games in larger groups working effectively (Attacking & Defending) as a team. • Attack space with an object or piece of equipment individually or as a team. • Defend space with an object or piece of equipment individually or as a team. • Score goals against their opponents understanding success. • Understand the difference between winning and losing. • Mark their opponent preventing them from scoring goals or taking part. 	<ul style="list-style-type: none"> • Perform a successful over-arm bowl with accuracy. • Perform a variety of different distance bowls to test a batter. • Strike a ball that is travelling at speed. • Understand how to field a space as an individual/team. • Use a range of throws to aid in fielding. • Understand how to be on your toes and be ready to catch. • Understand how to use bases and attack bases to stop batters. • Can play a variety of attacking and defensive shots. • Attack a space by striking a ball to an open area. • Spread out into an open space to provide a good fielding option. 	<ul style="list-style-type: none"> • Perform difficult exercises with others and improve strength and fitness. • Perform a variety of skills as part of a skills challenge showing accuracy and technique. • Show a development of skills whilst being able to support others. • Understand the use of substitutions and team selection in games and competitions. • Improve dodging and evading skills when items are thrown at them. • Improve spatial awareness skills to protect themselves and teammates. • Use effective communication skills when working in a team. • Can reflect on performances thinking of positives and ways to improve. • Can feedback on others performance 	<ul style="list-style-type: none"> • Follows navigations effectively leading to an end goal/area. • Work effectively in teams to complete an objective. • Show patience, resilience, determination and a "can do" attitude during tricky situations. • Successfully plan an assault course while using team member's roles effectively. • Understand how to plan an event and successfully realise how to improve on setbacks. • Participate in an assault course and be able to excel in various activities. • Successfully develop code breaking and problem solving skills. • Shows good leadership skills. • Communicates effectively with team members to complete tasks.
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