

## Poverest Primary School Progression in PE Skills

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Games</b>	<ul style="list-style-type: none"> <li>-Roll equipment in different ways.</li> <li>- Throw underarm.</li> <li>-Throw an object at a target.</li> <li>-Catch equipment using two hands.</li> <li>-Move a ball in different ways, including bouncing and kicking.</li> <li>-Use equipment to control a ball.</li> <li>-Kick an object at a target.</li> <li>-Move safely around the space and equipment.</li> <li>-Travel in different ways, including sideways and backwards.</li> <li>-Follow simple rules.</li> </ul>	<ul style="list-style-type: none"> <li>• I show control when rolling a ball.</li> <li>• I can hit a ball with control, using appropriate equipment.</li> <li>• I can run with control.</li> <li>• I can jump with control.</li> <li>• I can catch a ball or moving object.</li> <li>• I can kick with control.</li> </ul>	<ul style="list-style-type: none"> <li>• I understand the terms 'opponent' and 'teammate'.</li> <li>• I can develop basic tactics for small team games.</li> <li>• I can lead others in small game situations.</li> <li>• I can set myself targets to improve my performance.</li> </ul>	<ul style="list-style-type: none"> <li>• I can throw and catch various objects/balls with control and accuracy.</li> <li>• I follow the rules of the games and play fairly.</li> <li>• I can maintain possession of a ball.</li> <li>• I can pass to teammates when appropriate.</li> </ul>	<ul style="list-style-type: none"> <li>• I can strike a ball and field with control.</li> <li>• I can choose appropriate tactics to cause problems for the opposition.</li> <li>• I am an effective team member.</li> <li>• I can lead a team effectively.</li> </ul>	<ul style="list-style-type: none"> <li>• I can choose and combine techniques in games (eg: running, throwing, catching, passing, jumping and kicking).</li> <li>• I can work alone or with team mates in order to gain points or possessions.</li> <li>• I can strike a bowled or volleyed ball with some accuracy.</li> <li>• I uphold the spirit of fair play and respect in all competitive situations.</li> </ul>	<ul style="list-style-type: none"> <li>• I can strike a bowled or volleyed ball with increasing accuracy.</li> <li>• I can use forehand and backhand strokes in racket games.</li> <li>• I can field, defend and attack tactically by anticipating the direction of play.</li> <li>• I can lead others when called upon.</li> <li>• I am a good role model to others.</li> </ul>
<b>Dance</b>	<ul style="list-style-type: none"> <li>- Join a range of different movements together.</li> <li>-Change the speed of their actions.</li> <li>-Change the style of their movements.</li> <li>-Create a short movement phrase which demonstrates their own ideas.</li> <li>-Control my body when performing a sequence of movements.</li> </ul>	<ul style="list-style-type: none"> <li>• I can move with control and coordination.</li> <li>• I can link two or more actions in a sequence.</li> <li>• I can respond imaginatively to a stimuli.</li> </ul>	<ul style="list-style-type: none"> <li>• I can copy and remember moves and positions.</li> <li>• I can choose appropriate movements to communicate mood/feelings/ideas.</li> <li>• I can use various speeds and levels in sequence.</li> <li>• I can use space well and negotiate space clearly.</li> <li>• I can describe a short dance using appropriate vocabulary.</li> </ul>	<ul style="list-style-type: none"> <li>• I can refine movements into sequences.</li> <li>• I can change speed and level within a performance.</li> <li>• I can develop suppleness through stretching.</li> <li>• I can use simple dance vocabulary to compare and improve my work.</li> </ul>	<ul style="list-style-type: none"> <li>• I can plan, perform and repeat sequences.</li> <li>• I can move in a clear, fluent, and expressive manner.</li> <li>• I can create dances and movements that convey a clear idea.</li> <li>• I can develop physical strength by practicing moves.</li> <li>• I can use simple dance vocabulary to compare and improve my work.</li> </ul>	<ul style="list-style-type: none"> <li>• I can compose creative and imaginative dance sequences.</li> <li>• I can express an idea in original or imaginative ways.</li> <li>• I can combine flexibility, techniques and movements to create a fluent sequence.</li> <li>• I can begin to show a change of pace and timing in my movements.</li> <li>• I can modify parts of a sequence as a result of self and peer evaluation.</li> </ul>	<ul style="list-style-type: none"> <li>• I can perform expressively and hold a precise and strong body posture.</li> <li>• I can create and perform complex sequences.</li> <li>• I can perform with high energy, slow grace or other themes and maintain this throughout a performance.</li> <li>• I can perform complex moves that combine strength and stamina gained through gymnastics, (eg: cartwheels and handstands).</li> <li>• I can move appropriately and with the required style in relation to the stimulus.</li> <li>• I can modify parts of a sequence as a result of self and peer evaluation.</li> </ul>

Gymnastics	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	<ul style="list-style-type: none"> <li>-Create a short sequence of movements.</li> <li>-Roll in different ways with control.</li> <li>-Travel in different ways.</li> <li>- Stretch in different ways.</li> <li>- Jump in a range of ways from one space to another with control.</li> <li>-Begin to balance with control.</li> <li>-Move around, under, over, and through different objects and equipment.</li> </ul>	<ul style="list-style-type: none"> <li>• I can move with some control and awareness of space.</li> <li>- I can link two or more actions to make a sequence.</li> <li>• I can show contrasts (e.g.curved, small, tall, straight, wide, narrow).</li> <li>• I can climb safely on low level equipment.</li> <li>• I can stretch and curl to develop flexibility.</li> <li>• I can jump in a variety of ways and land with some control and balance.</li> </ul>	<ul style="list-style-type: none"> <li>• I can copy and remember actions.</li> <li>• I can travel by rolling forwards, backwards and sideways.</li> <li>• I can hold a position whilst balancing on different points of my body.</li> <li>• I can climb safely on large equipment.</li> <li>• I can stretch and curl to develop increasing flexibility.</li> <li>• I can jump in a variety of ways and land with increasing control and balance.</li> </ul>	<ul style="list-style-type: none"> <li>• I can refine movements into sequences.</li> <li>• I can show changes in direction, speed and level during a performance.</li> <li>• I can swing and hang from equipment safely using my hands.</li> <li>• I can use turns whilst traveling in a variety of ways.</li> <li>• I can describe my own work using simple gymnastics vocabulary.</li> </ul>	<ul style="list-style-type: none"> <li>• I can plan, perform, and repeat sequences.</li> <li>• I can move in a clear, fluent and expressive manner.</li> <li>• I can travel in a variety of ways (e.g. flight by transferring weight to generate power in movement).</li> <li>• I understand center and gravity, and can use this to create interesting body shapes.</li> <li>• I am beginning to use gymnastics vocabulary to describe, improve and refine performances.</li> <li>• I can combine equipment with movement to create sequences.</li> </ul>	<ul style="list-style-type: none"> <li>• I can create complex and well executed sequences that include a range of movements: <ul style="list-style-type: none"> <li>- Travelling</li> <li>- Balances</li> <li>- Swinging</li> <li>- Bending</li> <li>- Stretching</li> <li>- Twisting</li> <li>- Gestures</li> <li>- Linking shapes</li> </ul> </li> <li>• I can link sequences of movements effectively.</li> <li>-I can practice and refine gymnastics technique.</li> <li>• I demonstrate good kinaesthetic awareness.</li> <li>• I can comment on skills and techniques, and how they are applied in my own and others work.</li> <li>• I can use more complex gymnastics vocabulary to describe how to improve and refine performances.</li> </ul>	<ul style="list-style-type: none"> <li>• I can create complex and well executed sequences that include a range of movements: <ul style="list-style-type: none"> <li>• Springing</li> <li>• Flight</li> <li>• Vaults</li> <li>• Inversions</li> <li>• Rotations</li> <li>• Shapes that are strong, fluent and expressive.</li> </ul> </li> <li>• I can vary speed, direction, level and body rotation during floor performances.</li> <li>• I can practice and refine the gymnastics techniques listed above.</li> <li>• I can use equipment to vault and to swing, remaining upright.</li> <li>• I can comment on skills and techniques, and how they are applied in my own and others work.</li> </ul>

Athletics	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	<ul style="list-style-type: none"> <li>-run in different ways for a variety of purposes</li> <li>-jump in a range of ways, landing safely.</li> <li>-roll &amp; throw at a target</li> </ul>	<ul style="list-style-type: none"> <li>• I can run at different speeds.</li> <li>• I can jump from a standing position.</li> <li>• I can perform a variety of throws with basic control.</li> </ul>	<ul style="list-style-type: none"> <li>• I can change speed and direction whilst running.</li> <li>• I can jump from a standing position with accuracy.</li> <li>• I can perform a variety of throws with control and coordination.</li> </ul>	<ul style="list-style-type: none"> <li>• I can sprint over a short distance up to 60m.</li> <li>• I can use a range of throwing techniques (underarm/overarm).</li> <li>• I can compete with others.</li> <li>• I can improve my personal best performances.</li> </ul>	<ul style="list-style-type: none"> <li>• I can run over a longer distance, conserving energy to sustain performance.</li> <li>• I can throw with accuracy to hit a target or cover a distance.</li> <li>-I can jump in a number of ways, using a run up if appropriate.</li> <li>• I can compete with others and aim to improve personal best performances.</li> </ul>	<ul style="list-style-type: none"> <li>• I can combine sprinting with low hurdles over 60m.</li> <li>• I can throw accurately and refine performance by analysing technique and body shape.</li> <li>• I can compete with others and keep track of personal best performances, setting targets for improvement.</li> </ul>	<ul style="list-style-type: none"> <li>• I can choose the best place for running over a variety of distances.</li> <li>• I show control in take off and landing when jumping.</li> <li>• I compete with others and keep track of personal best performances, setting challenging targets for improvement.</li> </ul>
OAA	Outdoor Adventurous Activities			Year 3	Year 4	Year 5	Year 6
				<ul style="list-style-type: none"> <li>• I can listen to instructions from a partner/adult.</li> <li>• I can think activities through and problem solve.</li> <li>• I can discuss and work with others in a group.</li> <li>• I can demonstrate an understanding of how to stay safe.</li> </ul>	<ul style="list-style-type: none"> <li>• I can support others.</li> <li>• I can seek support when I need it.</li> <li>• I can orientate a simple map.</li> <li>• I can lead a team.</li> <li>• I am an effective team member.</li> <li>• I show resilience when plans do not work.</li> <li>• I use my initiative to try new ways of working.</li> <li>• I can use a compass to orientate myself.</li> </ul>	<ul style="list-style-type: none"> <li>• I can support others.</li> <li>• I can seek support when I need it.</li> <li>• I can orientate a map. • I can lead a team effectively.</li> <li>• I am an effective team member.</li> <li>• I show resilience when plans do not work.</li> <li>• I use my initiative to try new ways of working.</li> <li>• I can use a compass and digital devices to orientate myself.</li> <li>• I remain aware of changing conditions and will know to change plans.</li> </ul>	<ul style="list-style-type: none"> <li>• I can select appropriate equipment for OAA.</li> <li>• I can identify possible risks and think of ways to manage them.</li> <li>• I ask for and listen to expert advice.</li> <li>• I embrace leadership and team roles.</li> <li>• I can gain the commitment and respect of my team.</li> <li>• I remain positive even in the most challenging of circumstances.</li> <li>• I show empathy towards others and offer support without being asked.</li> <li>• I seek support from the team and experts if in any doubt.</li> <li>• I can use a range of devices in order to orientate myself.</li> </ul>

<b>Swimming</b>			<b>Year 6</b>	
			<ul style="list-style-type: none"> <li>• I can swim competently and proficiently over a distance of at least 25 meters.</li> <li>• I can use a range of strokes effectively e.g. front crawl, backstroke and breaststroke.</li> <li>• I can perform safe self rescue in different water based situations.</li> </ul>	
<b>Healthy Lifestyles</b>	<b>EYFS</b>	<b>Years 1 &amp; 2</b>	<b>Years 3 &amp; 4</b>	<b>Years 5 &amp; 6</b>
	-Describe how the body feels when still and when exercising.	<ul style="list-style-type: none"> <li>• I can describe the effect exercise has on the body.</li> <li>• I can explain the importance of exercise and a healthy lifestyle.</li> </ul>	<ul style="list-style-type: none"> <li>• I can describe the effect exercise has on the body.</li> <li>- I can explain the importance of exercise and a healthy lifestyle.</li> <li>• I understand the need to warm up and cool down.</li> </ul>	<ul style="list-style-type: none"> <li>• I can describe the effect exercise has on the body.</li> <li>• I can explain the importance of exercise and a healthy lifestyle.</li> <li>• I understand the need to warm up and cool down.</li> </ul>
<b>Evaluation</b>	<b>EYFS</b>	<b>Years 1 &amp; 2</b>	<b>Years 3 &amp; 4</b>	<b>Years 5 &amp; 6</b>
	-talk about what they have done -talk about what others have done	<ul style="list-style-type: none"> <li>• I can comment on my own and others' performances.</li> <li>• I can give comments on how to improve performance.</li> <li>• I can use appropriate vocabulary when giving feedback.</li> </ul>	<ul style="list-style-type: none"> <li>• I can watch and describe performances accurately.</li> <li>• I am beginning to think about how I can improve my own work.</li> <li>• I can work with a partner or small group to improve my skills.</li> <li>• I can make suggestions on how to improve my work.</li> </ul>	<ul style="list-style-type: none"> <li>• I can watch and describe performances accurately.</li> <li>• I learn from others and say how they can improve their skills.</li> <li>• I can comment on tactics and techniques to help improve performances.</li> <li>• I can make suggestions on how to improve my work, commenting on similarities and differences to others.</li> </ul>
<b>Vocabulary</b>	<b>EYFS &amp; KS1</b>		<b>KS2</b>	
	Attacking, Agility, Balance, Coordination, Dance, Defending, Games, Jumping, Movement, Patterns, Running, Team, Tactics, Throwing		Actions, Apply, Collaborating, Control, Communicating, Competing, Develop, Evaluate, Flexibility, Intensity, Interval, Isolation, Personal best, Sequences, Skills, Strength, Technique	