

PE SKILLS PROGRESSION	Year 1/ 2	Year 3/4	Year 5/ 6
Acquiring and developing	<ul style="list-style-type: none"> Copy, repeat and explore simple skills and actions in PE activities showing basic control and coordination Copy, remember, repeat and explore simple skills and actions in PE activities with increasing control and coordination 	<ul style="list-style-type: none"> Copy, remember, repeat, mirror and explore skills and actions in PE activities Select and use skills, actions and ideas appropriately in PE activities Perform actions and skills with more consistent control and quality 	<ul style="list-style-type: none"> Link skills together appropriately in PE activities Link actions and ideas together and use them accurately and appropriately in PE activities Perform PE skills precisely, showing control and fluency Combine skills, techniques and ideas consistently showing precision, control and fluency
Selecting and applying skills	<ul style="list-style-type: none"> Start to link skills and actions together which suit different PE activities Vary skills, actions and ideas in PE by using simple tactics and movement phrases Link skills, actions and ideas in ways that suit different activities in PE. 	<ul style="list-style-type: none"> Start to show some understanding of simple tactics in games Start to show some understanding of simple compositional ideas in dance and gymnastic activities Select skills, actions and ideas in PE activities and apply them with coordination and control Plan and use strategies, tactics and compositional ideas for pair, small-group and small team activities 	<ul style="list-style-type: none"> Show an understanding of compositional elements and the use of speed, level and direction in creative PE activities by starting to vary how you respond Show an understanding of tactics in team games by varying how you respond Select and apply skills, techniques and ideas accurately and appropriately in all areas of PE Perform in all areas of PE, drawing on knowledge of strategy, tactics and composition
Evaluating and Improving	<ul style="list-style-type: none"> Describe their own and the actions of others Comment on their own and the work of others Talk about differences in their own and other's work Use what they have learned to improve the quality and control of their own work 	<ul style="list-style-type: none"> Suggest improvements in their own and others' work Compare their work to others' and use this comparison to improve their own performance Compare their own work with others' commenting on similarities and differences Comment on this work and suggest how it could be used to improve own performance 	<ul style="list-style-type: none"> Compare and comment on skills, techniques and ideas used in their own and others' work Use this understanding to improve their own performance Analyse and comment on skills and techniques and how these are applied in their own and others' work Modify and refine skills and techniques to improve their performance
Knowledge and Understanding of fitness and health	<ul style="list-style-type: none"> Talk about how to exercise safely in PE Talk about how your body feels during a range of activities in PE To recognise how important it is to be active Talk about the importance of warming up properly for PE, gymnastics, dance and athletics activities 	<ul style="list-style-type: none"> Show how to exercise safely in PE activities Describe how your body feels during different PE activities Give reasons why warming up PE activities is important Know why PE activities are good for your health 	<ul style="list-style-type: none"> Explain and use basic safety rules in preparing for PE activities Describe what effect PE activities have on your body Know and describe how PE activities are valuable to your fitness and health Warm up and cool down in ways that suit the activity and explain how the body reacts during different types of exercise