



PE progression of skills –2022

Skills	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and fitness	I can describe how my body feels before, during and after an activity. I can show how to exercise safely.	I can show how to exercise safely. I can describe how my body feels during different activities. I can explain what my body needs to stay healthy.	I can explain why it is important to warm up and cool down. I can identify some muscle groups used in gymnastic activities.	I can explain why warming up is important. I can explain why keeping fit is good for my health. I can explain what effect exercise has on my body.	I can explain some important safety principles when preparing for exercise. I can explain why exercise is important. I can choose appropriate warm ups and cool downs.	I can explain how the body reacts to different exercises. I can explain why we need regular and safe exercise.
Acquiring and developing skills.	I can copy actions. I can repeat actions and skills. I can move with control and care. I can copy and remember actions. I can move equipment carefully.	I can copy and remember actions. I can repeat and explore actions with control and coordination.	I can select and use the most appropriate skills, actions or ideas. I can move and use actions with co-ordination and control. I can make up my own small sided game.	I can select and use the most appropriate skills, actions or ideas. I can make up my own small-sided game. I can show good control in my movements.	I can link skills, techniques and ideas and apply them accurately and appropriately. I can show good control in my movements.	I can apply my skills, techniques and ideas consistently. I can show precision, control and fluency.
Evaluating and improving	I can talk about what I have done. I can describe what other people did. I can say how I could improve.	With help, I can recognise how performances could be improved. I can explain how my work is similar and different from that of others. I can use my comparison to improve my work.	I can explain how my work is similar and different from that of others. I can use my observations to improve my work.	I can compare and comment on skills, techniques and ideas that I and others have used. I can modify use of skills or techniques to improve my work.	I can analyse and explain why I have used specific skills or techniques. I can create my own success criteria for evaluating.	Pupils should be taught to compare their performances with previous ones to achieve their personal best.
Dance	I can move to music. I can copy dance moves. I can perform some dance moves. I can move around the space safely. I can dance imaginatively.	I can change rhythm, speed, level and direction. I can dance with control and co-ordination. I can make a sequence by linking sections together. I can link some movement to show a mood or feeling. I can make up a short dance.	I can improvise freely, translating ideas from a stimulus into movement. I can share and create phrases with a partner and in small groups. I can repeat, remember and perform these phrases in a dance. I can use dance to communicate an idea. I can take the lead when working with a partner or group.	I can work on my movements and refine them. I can compose my own dances in a creative and imaginative way. My movements are controlled. I can make sure my dance moves are clear and fluent.	I can perform to an accompaniment, expressively and sensitively. My movements are controlled. My dance shows clarity, fluency, accuracy and consistency.	I can develop imaginative dances in a specific style. I can choose my own music, style and dance.

Games	<p>I can throw underarm.</p> <p>I can roll a piece of equipment.</p> <p>I can move and stop safely.</p> <p>I can catch with both hands.</p> <p>I can kick in different ways.</p> <p>I can hit a ball with a bat.</p> <p>I can follow rules.</p>	<p>I can stay in a 'zone' during a game.</p> <p>I can decide where the best place to be is during a game.</p> <p>I can use one tactic in a game.</p> <p>I can follow rules.</p> <p>I can use hitting, kicking and/or rolling in a game.</p>	<p>I can throw and catch with control when under limited pressure.</p> <p>I know and use rules fairly to keep games going.</p> <p>I can keep possession with some success when using equipment that is not used for throwing and catching skills.</p> <p>I am aware of space and use it to support team mates and cause problems for the opposition.</p>	<p>I can hit a ball accurately and with control.</p> <p>I can keep possession of the ball.</p> <p>I can vary tactics and adapt skills according to what is happening.</p> <p>I can choose the best tactics for attacking and defending.</p> <p>I can catch with one hand.</p>	<p>I can gain possession by working as a team.</p> <p>I can pass in different ways.</p> <p>I can use forehand and backhand with a racquet.</p> <p>I can field.</p> <p>I can use a number of techniques to pass, dribble and shoot.</p>	<p>I can explain complicated rules.</p> <p>I can make a team plan and communicate it to others.</p> <p>I can lead others in a game situation.</p> <p>I can umpire.</p>
Gymnastics	<p>I can make my body tense, relaxed, curled and stretched.</p> <p>I can copy sequences and repeat them.</p> <p>I can roll in different ways.</p> <p>I can travel in different ways.</p> <p>I can balance in different ways.</p> <p>I can stretch in different ways.</p> <p>I can curl in different ways.</p> <p>I can climb safely.</p>	<p>I can use contrast in my sequences.</p> <p>My movements are controlled.</p> <p>I can think of more than one way to create a sequence which follows a set of 'rules'.</p> <p>I can work on my own and with a partner to create a sequence.</p> <p>I can plan and show a sequence of moves.</p> <p>I can improve my sequence.</p>	<p>I can use a greater number of my own ideas for movement in response to a task.</p> <p>I can explain how strength and suppleness affect performances.</p> <p>I can compare and contrast gymnastic sequences, commenting on similarities and differences.</p> <p>I can work in a controlled way.</p> <p>I can adapt sequences to suit different apparatus.</p>	<p>I can include change of speed.</p> <p>I can include change of direction.</p> <p>I can include a range of shapes.</p> <p>I can follow a set of 'rules' to produce a sequence.</p> <p>I can combine action, balance and shape.</p> <p>I can work with a partner to create, repeat and improve a sequence with at least three phases.</p>	<p>I can make complex or extended sequences.</p> <p>I can perform consistently to different audiences.</p> <p>My movements are accurate, clear and consistent.</p>	<p>I can combine my own work with that of others.</p> <p>I can link my sequences to specific timings.</p>
Athletics			<p>I can run at fast, medium and slow speeds, changing speed and direction.</p> <p>I can make up and repeat a short sequence of linked jumps.</p> <p>I can take part in a relay activity, remembering when to run and what to do.</p> <p>I can throw a variety of objects, changing my action.</p>	<p>I can sprint over a short distance.</p> <p>I can throw in different ways.</p> <p>I can hit a target.</p> <p>I can jump in different ways.</p> <p>I can combine running and jumping.</p> <p>I can run over a long distance.</p>	<p>I am controlled when taking off and landing in a jump.</p> <p>I can throw with accuracy.</p> <p>I can follow specific rules.</p>	<p>I can demonstrate stamina.</p> <p>I can use my skills in different situations.</p>
Outdoor and adventure			<p>I can follow a map in a familiar context.</p> <p>I can move from one location to another following a map.</p> <p>I can use clues to follow a route.</p> <p>I can follow a route accurately, safely and within a time limit.</p>	<p>I can follow a map in a more demanding familiar context.</p> <p>I can move from one location to another following a map.</p> <p>I can use clues to follow a route.</p> <p>I can follow a route accurately, safely and within a time limit.</p>	<p>I can follow a map in an unknown location.</p> <p>I can use clues and compass directions to navigate a route.</p> <p>I can change my route if there is a problem.</p> <p>I can change my plan if I get new information.</p>	<p>I can plan a route and series of clues for someone else.</p> <p>I can plan with others taking account of safety and danger.</p>

Swimming	Keystage 1 low attainers I can jump in with help. I can swivel enter the pool. I can blow bubbles at the surface. I can swim 5m with aids (front/back). I can perform a star float with aids.	Keystage 1 core I can jump in on my own. I can submerge completely. I can swim 5m without aids. I can perform a star float without aids. I can push and glide on my front.	Keystage 1 high attainers I can push and glide on my front and back. I can swim 10m or more with a fair stroke action on my front and back. I can perform a star float on my front and back. I can pick an object off the bottom of the pool.
Swimming	Keystage 2 low attainers I can swim between 25 and 50metres unaided. I can keep swimming for 30 to 45 seconds, using swimming aids and support I can use a variety of basic arm and leg actions when on my front and on my back. I can swim on the surface and lower myself under water. I can take part in group problem-solving activities on personal survival. I can recognise how my body reacts and feels when swimming. I can recognise and concentrate on what I need to improve.	Keystage 2 core I can swim between 50 and 100 metres and keep swimming for 45 to 90 seconds? I can use 3 different strokes, swimming on my front and back. I can control my breathing. I can swim confidently and fluently on the surface and under water. I can work well in groups to solve specific problems and challenges, sharing out the work fairly. I can recognise how swimming affects my body, and pace my efforts to meet different challenges. I can suggest activities and practices to help improve my own performance.	Keystage 2 high attainers I can swim further than 100 metres? I can swim fluently and confidently for over 90 seconds. I can use all 3 strokes with control. I can swim short distances using butterfly. I can breathe so that the pattern of my swimming is not interrupted. I can perform a wide range of personal survival techniques confidently. I know what the different tasks demand of my body and pace my efforts well to meet challenges. I can describe good swimming technique and show and explain it to others.