

## Physical Education Knowledge & Skill Progression

	Gymnastics	Dance	Games	Athletics	Swimming	Orienteering OAA	Health and Well being
Nursery	<p>Beginning to balance on raised apparatus, with some support if needed. Beginning to copy some gymnastics shapes including pencil and star. Beginning to move in different ways including different levels and speeds.</p>	<p>To enjoy moving in different ways to music.</p>	<p>Beginning to catch a large ball. Beginning to bounce, roll and kick a ball with some success.</p>	<p>Beginning to move in different ways. Beginning to jump and land effectively. Beginning to throw underarm and overarm</p>			<p>Observes and can describe in words or actions the effects of physical activity on their bodies.</p>
Reception	<p>Balance on raised apparatus. Begin to create different gymnastics shapes, including pencil and star. Begin to roll in different ways, including pencil and egg. To move in different ways, including different levels and speeds.</p>	<p>To enjoy moving in different ways to music</p>	<p>Bounce a ball on the ground and catch it. Hit a target with some accuracy. Run and kick moving ball. Can catch a large and small ball</p>	<p>Jump and turn in the air. Jump over a skipping rope- beginning to skip. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.  Negotiate space and obstacles safely, with consideration for</p>			<p>Takes part in simple team games with rules. Observes and can describe in words or actions the effects of physical activity on their bodies.</p>

				<p>themselves and others.</p> <p>Hits targets with a small ball using an underarm throw.</p>			
Year 1	<p>I can create simple shapes (e.g. pike, straddle, pencil, star, tuck) and perform simple rolls (e.g. forward, pencil and teddy bear). I am beginning to combine balance, shapes and rolls in a short sequence (e.g. roll – balance – shape jump)</p>	<p>I can perform with some control a copied dance using simple movement patterns e.g. travel and change direction, turn, jump, gesture, balance/stillness, change of size and shape.</p>	<p>I am beginning to use skills including kicking, throwing, catching, hitting a ball (using equipment like bat, racquet, etc) to be able to participate in a game situation. I can show some awareness of attacking and defending skills and tactics within a game.</p> <p>I am beginning to use my balance, co-ordination and agility skills within a range of situations.</p>	<p>I can travel in different ways, including skipping, hopping, jumping, running, with good control and balance.</p> <p>I can change speed and direction where needed with some control and balance.</p> <p>I can catch with some consistency whilst moving, using some of the correct technique.</p> <p>I can throw using some of the correct technique for distance or to hit a target.</p>			<p>I am beginning to show the values of respect and fairness.</p> <p>I am beginning to describe how I use some of the school's values within a PE lesson.</p> <p>I am able to be physically active during the course of a PE lesson and beyond.</p>

<p style="text-align: center;">Year 2</p>	<p>I can create simple shapes (e.g. pike, straddle, pencil, star, tuck) and perform simple rolls (e.g. forward, pencil and teddy bear). I am beginning to combine balance, shapes and rolls in a short sequence (e.g. roll – balance – shape jump)</p>	<p>I can perform with some control a copied dance using simple movement patterns e.g. travel and change direction, turn, jump, gesture, balance/stillness, change of size and shape.</p>	<p>I am beginning to use skills including kicking, throwing, catching, hitting a ball (using equipment like bat, racquet, etc) to be able to participate in a game situation. I can show some awareness of attacking and defending skills and tactics within a game. I am beginning to use my balance, co-ordination and agility skills within a range of situations.</p>	<p>I can travel in different ways, including skipping, hopping, jumping, running, with good control and balance. I can change speed and direction where needed with some control and balance. I can catch with some consistency whilst moving, using some of the correct technique. I can throw using some of the correct technique for distance or to hit a target.</p>			<p>I am beginning to show the values of respect and fairness. I am beginning to describe how I use some of the school's values within a PE lesson. I am able to be physically active during the course of a PE lesson and beyond.</p>
---	--	--	---	--	--	--	---

Year 3	<p>I can combine balances, shapes (e.g. pike, straddle, pencil, star, tuck) and rolls (e.g. forward, pencil and teddy bear) to produce a short sequence.</p> <p>I can create simple shapes (e.g. pike, straddle, pencil, star, tuck) and perform simple rolls (e.g. forward, pencil and teddy bear).</p>	<p>I am beginning to choreograph motifs using repetition, direction, level, speed &amp; space.</p> <p>I can explore movement to different styles of music and copy steps/moves with increasing accuracy.</p>	<p>I use agility, balance and co-ordination skills with some control within game situations.</p> <p>I can throw overarm, underarm and catch with some consistency using the correct technique and I am beginning to do this in game situations.</p> <p>I am beginning to describe and put into action some attacking and defending skills in a variety of game contexts.</p>	<p>I can travel in different ways using the whole body.</p> <p>I can use some correct technique when running at different speeds.</p> <p>I am beginning to link key skills together (e.g. run and throw, run and jump, run and catch).</p> <p>I can jump one foot to 2 feet (long jump) and one foot to one foot (high jump).</p>			<p>I am able to be physically active during the course of a PE lesson and beyond.</p> <p>I am beginning to challenge myself to do my best individually and within a team.</p> <p>I can give some reasons why physical activity is good for my health.</p> <p>I can describe how I use the school values within PE lessons, and I can use them consistently.</p>
Year 4	<p>I can combine balances, shapes (e.g. pike, straddle, pencil, star, tuck) and rolls (e.g. forward, pencil and teddy bear) to produce a short sequence.</p>	<p>I am beginning to choreograph motifs using repetition, direction, level, speed &amp; space.</p>	<p>I use agility, balance and co-ordination skills with some control within game situations.</p>	<p>I can travel in different ways using the whole body.</p> <p>I can use some correct technique when running at different</p>	<p>I can swim competently, confidently and proficiently over a distance of at least 25</p>		<p>I am able to be physically active during the course of a PE lesson and beyond.</p>

	<p>I can create simple shapes (e.g. pike, straddle, pencil, star, tuck) and perform simple rolls (e.g. forward, pencil and teddy bear).</p>	<p>I can explore movement to different styles of music and copy steps/moves with increasing accuracy.</p>	<p>I can throw overarm, underarm and catch with some consistency using the correct technique and I am beginning to do this in game situations. I am beginning to describe and put into action some attacking and defending skills in a variety of game contexts.</p>	<p>speeds. I am beginning to link key skills together (e.g. run and throw, run and jump, run and catch). I can jump one foot to 2 feet (long jump) and one foot to one foot (high jump).</p>	<p>metres. I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. I can perform safe self-rescue in different water-based situations.</p>		<p>I am beginning to challenge myself to do my best individually and within a team. I can give some reasons why physical activity is good for my health. I can describe how I use the school values within PE lessons, and I can use them consistently.</p>
<p>Year 5</p>	<p>I can use balance, shapes, jumps, rolls, change of levels and changes of speed to create and perform a routine. I can show flexibility, strength, balance and control in different movements.</p>	<p>I can develop short routines by exploring different styles of dance and mood. I can perform a variety of dance actions with good control and using some expression.</p>	<p>I can catch, throw, pass and hit with some accuracy and with increasing success in a game's context. I use agility, balance and co-ordination skills effectively within a game's</p>	<p>I can link skills and different techniques and apply them with some accuracy and consistency. I can show good technique when throwing, jumping and running at different speeds.</p>		<p>I have taken part in an orienteering challenge involving map reading and following specific instructions. I have taken part in outdoor and</p>	<p>I can use observations to improve my performance individually and within a team. I can describe how I use the school values within PE lessons, and I can use them consistently. I am able to be physically active during the course of a PE</p>

			<p>context.</p> <p>I can describe and put into action some attacking and defending skills in a variety of game's contexts.</p>			<p>adventurous activity challenges both individually and as part of a team.</p>	<p>lesson and beyond.</p> <p>I can describe how I can create a healthy lifestyle for myself.</p>
Year 6	<p>I can use balance, shapes, jumps, rolls, change of levels and changes of speed to create and perform a routine.</p> <p>I can show flexibility, strength, balance and control in different movements.</p>	<p>I can develop short routines by exploring different styles of dance and mood.</p> <p>I can perform a variety of dance actions with good control and using some expression.</p>	<p>I can catch, throw, pass and hit with some accuracy and with increasing success in a game's context.</p> <p>I use agility, balance and co-ordination skills effectively within a game's context.</p> <p>I can describe and put into action some attacking and defending skills in a variety of game's contexts.</p>	<p>I can link skills and different techniques and apply them with some accuracy and consistency.</p> <p>I can show good technique when throwing, jumping and running at different speeds.</p>		<p>I have taken part in an orienteering challenge involving map reading and following specific instructions.</p> <p>I have taken part in outdoor and adventurous activity challenges both individually and as part of a team.</p>	<p>I can use observations to improve my performance individually and within a team.</p> <p>I can describe how I use the school values within PE lessons, and I can use them consistently.</p> <p>I am able to be physically active during the course of a PE lesson and beyond.</p> <p>I can describe how I can create a healthy lifestyle for myself.</p>