

PE Progression of Knowledge and Skills

Dance						
EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Move to music with an awareness of different rhythms and beats.</p> <p>Use body actions and gestures to communicate feelings and ideas.</p> <p>Move with control and coordination, exploring a range of movements and shapes.</p> <p>Respond to different stimuli, such as music, stories, and images, through movement.</p>	<p>Perform simple movement patterns and sequences with control and coordination.</p> <p>Use simple actions and gestures to express ideas and emotions.</p> <p>Respond to different stimuli, including music, with increased sensitivity and awareness.</p> <p>Work collaboratively in groups to create and perform simple dances.</p>	<p>Perform more complex movement patterns and sequences with control, coordination, and fluency.</p> <p>Use a range of actions, gestures, and facial expressions to communicate ideas and emotions.</p> <p>Use different stimuli, including music and visual images, to inspire movement.</p> <p>Work collaboratively in groups to create and perform dances with a beginning, middle, and end.</p>	<p>Perform more complex sequences with control, coordination, and fluency, including turns, jumps, and balances.</p> <p>Use a range of actions, gestures, and facial expressions to communicate ideas and emotions effectively.</p> <p>Create and perform dances that use a variety of formations, including unison, canon, and symmetry.</p> <p>Evaluate their own and others' work, identifying areas for improvement and making appropriate changes.</p>	<p>Perform more complex sequences with increased accuracy and musicality, incorporating a range of dynamics, levels, and directions.</p> <p>Use a wider range of stimuli, including different styles of music, to inspire movement and create different moods and atmospheres.</p> <p>Create and perform dances that use a range of styles and genres, including folk, social, and street dance.</p> <p>Analyse and evaluate their own and others' work, using appropriate dance vocabulary to describe and explain movement choices.</p>	<p>Perform longer and more complex sequences with technical accuracy, expression, and creativity.</p> <p>Use a range of stimuli, including non-musical sounds and abstract ideas, to create and perform dances that convey a clear message or story.</p> <p>Work collaboratively in groups to create and perform dances that use different levels, dynamics, and relationships between dancers.</p> <p>Analyse and evaluate their own and others' work, using a range of criteria to make informed judgements and suggest improvements.</p>	<p>Perform highly complex and challenging sequences with confidence, precision, and artistic expression.</p> <p>Use a range of stimuli, including personal experiences and current issues, to create and perform dances that have a clear purpose and message.</p> <p>Collaborate with others to create and perform dances that are original and innovative, using a range of choreographic devices and techniques.</p> <p>Critically analyse and evaluate their own and others' work, using a range of criteria and informed opinions to make meaningful improvements.</p>
Gymnastics						
EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Explore different ways of moving, balancing, and using equipment.</p>	<p>Develop basic skills in rolling, jumping, and balancing, with an</p>	<p>Develop more advanced skills in rolling, jumping, and balancing,</p>	<p>Develop more advanced skills in rolling, jumping, and balancing,</p>	<p>Develop more advanced skills in rolling, jumping, and balancing,</p>	<p>Develop advanced skills in rolling, jumping, and balancing, with an</p>	<p>Develop mastery-level skills in different forms of movement, with a focus</p>

<p>Develop basic coordination, control, and spatial awareness.</p> <p>Use different parts of the body to perform basic movements and shapes.</p> <p>Begin to understand basic safety principles related to gymnastics.</p>	<p>emphasis on control, coordination, and accuracy.</p> <p>Explore different ways of travelling, such as crawling, skipping, and galloping.</p> <p>Use equipment, such as benches, mats, and hoops, to support and enhance movements.</p> <p>Understand basic principles of safe practice, including how to warm up and cool down effectively.</p>	<p>with a focus on linking movements together in short sequences.</p> <p>Explore different ways of creating and performing balances, such as on one leg or on hands and feet.</p> <p>Use equipment, such as ropes, bars, and beams, to perform more complex movements and sequences.</p> <p>Understand more advanced principles of safe practice, such as the importance of correct body alignment and spotting techniques.</p>	<p>with an emphasis on combining these skills in longer and more complex sequences.</p> <p>Explore different ways of travelling, such as running, hurdling, and vaulting.</p> <p>Use equipment, such as trampolines, parallel bars, and springboards, to perform more challenging movements and sequences.</p> <p>Understand how to use feedback to improve performance and refine technique.</p>	<p>with a focus on performing these skills with greater speed, power, and accuracy.</p> <p>Explore different ways of creating and performing dynamic movements, such as somersaults and handstands.</p> <p>Use equipment, such as vaulting boxes, wall bars, and ropes, to perform complex and demanding movements and sequences.</p> <p>Understand how to use strategies to overcome challenges and solve problems related to gymnastics.</p>	<p>emphasis on combining these skills into fluid and expressive sequences.</p> <p>Explore different ways of creating and performing sequences that showcase strength, flexibility, and artistic expression.</p> <p>Use equipment to perform highly challenging and technical movements and sequences.</p> <p>Understand how to analyse and evaluate their own and others' performances, using appropriate gymnastics terminology and criteria.</p>	<p>on performing these skills with control, precision, and artistry.</p> <p>Explore different ways of creating and performing sequences that demonstrate high levels of physical and artistic excellence and body control.</p> <p>Use equipment to perform complex and innovative movements and sequences.</p> <p>Understand how to create, perform, and evaluate their own choreographed routines, using advanced skills and techniques, sometimes with partners or in small groups.</p>
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Games/Sport

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Participate in simple games and physical activities with others.</p> <p>Develop basic coordination, control, and spatial awareness.</p> <p>Understand and follow basic rules related to games and sports.</p>	<p>Develop basic skills in moving/travelling, jumping, throwing, and catching, with an emphasis on accuracy, coordination and motor skills.</p> <p>Begin to participate in team games, such as tag and relay races, to develop basic teamwork</p>	<p>Develop more advanced skills in travelling, running, jumping, throwing, and catching, with greater accuracy and consistency.</p> <p>Participate in team games and competitive sports, such as football and netball, to develop</p>	<p>Develop more advanced skills in running, jumping, throwing, and catching, with an emphasis on performing these skills with greater speed, power, and accuracy.</p> <p>Participate in team games and competitive sports, such as basketball</p>	<p>Develop advanced skills in running, jumping, throwing, and catching, with a focus on performing these skills with effective technique, power and precision.</p> <p>Participate in team games and competitive sports, such as cricket and rugby, to</p>	<p>Develop mastery-level skills in running, jumping, throwing, and catching, with an emphasis on applying these skills in a variety of game and sports situations.</p> <p>Participate in team games and competitive sports, such as athletics and tennis, to</p>	<p>Apply mastery-level skills in running, jumping, throwing, and catching, with a focus on demonstrating high levels of consistency, precision, and adaptability.</p> <p>Participate in team games and competitive sports, such as football</p>

<p>Begin to develop basic fitness and stamina through play.</p>	<p>and cooperation skills.</p> <p>Understand basic rules and strategies related to certain games and sports.</p> <p>Begin to develop basic fitness and stamina through physical activity.</p>	<p>more advanced teamwork and cooperation skills.</p> <p>Understand more advanced rules and strategies related to games and sports.</p> <p>Begin to develop more advanced fitness and stamina through physical activity.</p>	<p>and hockey, to develop more advanced teamwork and cooperation skills.</p> <p>Understand how to apply more advanced rules and strategies related to games and sports.</p> <p>Develop more advanced fitness and stamina through physical activity, training and exercise.</p>	<p>demonstrate advanced teamwork and cooperation skills.</p> <p>Understand how to analyse their own performances in games and sports, using appropriate criteria.</p> <p>Develop a basic understanding of attacking and defending.</p> <p>Develop advanced fitness and stamina through physical activity, training and exercise.</p>	<p>demonstrate effective teamwork, tactics and cooperation skills.</p> <p>Understand how to design and implement advanced strategies related to games and sports, and analyse their own performance.</p> <p>Demonstrate a more advanced understanding of attacking and defending.</p> <p>Develop effective fitness and stamina through more intensive physical activity and training.</p>	<p>and rugby, to showcase high levels of teamwork and cooperation skills.</p> <p>Understand how to analyse and evaluate complex game and sports situations, using advanced criteria and techniques.</p> <p>Demonstrate advanced understanding of sport strategy, attacking and defending.</p> <p>Develop highly advanced fitness and stamina through intensive and specialised physical activity and training.</p>
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Athletics

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Participate in running, jumping, and throwing activities.</p> <p>Develop basic coordination, control, and spatial awareness.</p> <p>Understand and follow basic rules related to athletics activities.</p> <p>Begin to develop basic fitness and stamina through play and other</p>	<p>Develop basic skills in running, jumping, and throwing, with an emphasis on improving accuracy and coordination.</p> <p>Participate in relay races and obstacle courses to develop basic speed and agility.</p> <p>Understand basic rules related to athletics events.</p>	<p>Develop more basic skills in running, jumping, and throwing, with a focus on performing these skills under pressure and with some accuracy and consistency.</p> <p>Participate in more complex relay races and obstacle courses to develop more advanced speed and agility.</p>	<p>Begin to develop more advanced skills in running, jumping, and throwing, with an emphasis on performing these skills with greater speed, power, and accuracy.</p> <p>Participate in sprint races and long jump events to develop more advanced speed and jumping abilities.</p>	<p>Develop advanced skills in running, jumping, and throwing, with a focus on performing these skills with mastery-level technique and precision.</p> <p>Participate in high jump and shot put events to demonstrate highly advanced jumping and throwing abilities.</p> <p>Understand how to analyse and evaluate</p>	<p>Begin to develop mastery-level skills in running, jumping, and throwing, with an emphasis on applying these skills in a variety of athletics events.</p> <p>Participate in middle distance and hurdles events to begin demonstrating mastery-level running abilities.</p>	<p>Apply mastery-level skills in running, jumping, and throwing, with a focus on demonstrating high levels of consistency, precision, and adaptability.</p> <p>Participate in a variety of athletics events to showcase a range of more advanced abilities.</p> <p>Understand how to analyse and evaluate</p>

activities.	Begin to develop basic fitness and stamina through regular physical activity and play.	Understand more advanced rules related to athletics events. Begin to develop more advanced fitness and stamina through physical activity.	Understand how to apply more advanced rules related to athletics events. Develop more advanced fitness and stamina through physical activity and training.	their own and others' performances in athletics events, using appropriate criteria. Develop highly advanced fitness and stamina through rigorous physical activity and training.	Understand how to design and implement advanced strategies related to athletics events. Develop mastery-level fitness and stamina through intensive physical activity and training.	complex athletics events, using advanced criteria and techniques. Begin to develop highly advanced fitness and stamina through intensive and specialised physical activity and training.
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Outdoor Adventure Activities

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Explore and play in a range of outdoor environments, including natural spaces like parks and gardens.</p> <p>Develop basic gross motor skills, such as climbing, balancing, and jumping.</p> <p>Begin to understand basic concepts related to outdoor safety, such as staying within designated play areas and avoiding hazards like busy roads and bodies of water.</p>	<p>Develop more advanced gross motor skills, such as crawling, running, and hopping, through play and structured activities.</p> <p>Participate in basic team games and problem-solving activities in outdoor spaces, such as relay races and scavenger hunts.</p> <p>Understand basic safety rules related to outdoor activities, such as wearing appropriate clothing and footwear, and following instructions from adults.</p>	<p>Develop more advanced gross motor skills, such as throwing, catching, and kicking, through structured games and activities.</p> <p>Participate in more complex team games and problem-solving activities in outdoor spaces, such as treasure hunts.</p> <p>Understand more advanced safety rules related to outdoor activities, such as identifying and avoiding potential hazards, and working collaboratively to stay safe.</p>	<p>Begin to develop advanced gross motor skills, such as cycling,, and climbing, through structured and supervised activities.</p> <p>Participate in outdoor team games and problem-solving activities that involve more advanced rules and strategies, such as outdoor team building challenges.</p> <p>Understand how to work collaboratively and communicate effectively with others during outdoor activities, and how to adapt to changing situations and challenges.</p>	<p>Develop advanced gross motor skills, such as rock climbing and high ropes courses, through training and supervision.</p> <p>Participate in outdoor activities that involve greater physical and mental challenges, such as outdoor problem-solving challenges.</p> <p>Understand how to apply advanced safety rules and assess risk to outdoor activities, and how to identify and mitigate potential hazards.</p>	<p>Apply more advanced skills in a range of outdoor activities, and to demonstrate higher levels of competence and confidence.</p> <p>Participate in outdoor activities that involve greater levels of independence and self-reliance, navigation challenges.</p> <p>Understand how to plan and prepare for outdoor activities, including packing appropriate gear and supplies, and following basic navigational and survival techniques.</p>	<p>Demonstrate mastery-level skills and knowledge in a range of outdoor activities,</p> <p>Participate in outdoor activities that require high levels of risk management, teamwork, and leadership, such as multi-day residentials and outdoor problem-solving challenges.</p> <p>Understand how to critically evaluate their own and others' performances in outdoor activities, using advanced criteria and techniques.</p>

Swimming

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
				<p>Learn how to enter the water safely, using the side, steps, or a ladder.</p> <p>Learn how to submerge and exhale underwater.</p> <p>Learn how to float on the front and back, using a range of equipment like noodles, kickboards, or woggles.</p> <p>Develop basic stroke techniques for front crawl and backstroke, using arms and legs in coordination.</p> <p>Learn basic water safety and survival skills, such as treading water and reaching for a rescue aid.</p>	<p>Develop more advanced stroke techniques and confidence for front crawl and backstroke, using a range of breathing patterns and increasing distance.</p> <p>Learn how to perform butterfly stroke, using correct technique and coordination.</p> <p>Learn how to perform a range of turns, such as tumble turns and open turns.</p> <p>Participate in basic swimming races and timed swims to develop speed and endurance.</p> <p>Develop advanced water safety skills, such as recognising hazards and responding to emergencies.</p>	<p>Develop advanced stroke techniques for all four strokes, using advanced breathing patterns, coordination, and speed.</p> <p>Participate in more advanced swimming races and timed swims, demonstrating high levels of speed and endurance.</p> <p>Learn how to perform starts and finishes, using correct technique and precision.</p> <p>Develop water rescue skills, such as throwing and retrieving rescue aids, and basic water first aid techniques.</p> <p>By the end of Year 6, pupils are expected to be able to swim 25m unaided, using a range of strokes and techniques.</p>