KS2 PE Skills Progression

	Dance	Gymnastics	Invasion Games	Net/Wall	Striking/Fielding	Athletics	OAA	Health and Evaluation
Year 3	Begin to improvise both independently and with a partner to create a simple dance. Translate ideas from stimuli into movement with support. Begin to compare and adapt movements and motifs to create a longer sequence. Use simple dance vocabulary to compare and improve work	Work independently and with others to create a sequence. Copy, explore and remember a variety of movements and use these to create their own sequence. Describe own work using simple gymnastics vocabulary. Begin to notice similarities and differences between sequences. Use turns whilst travelling in a variety of ways. Begin to show flexibility in movements. Begin to develop good technique when travelling, balancing, using equipment etc.	Understand tactics and composition by starting to vary how they respond. Vary skills, actions and ideas and link these in ways that suit the games activity. Begin to communicate with others during game situations. Use skills with coordination and control. Develop own rules for new games. Make imaginative pathways using equipment. Work well in a group to develop various games. Begin to understand how to compete with each other in a controlled manner	(Mini Tennis and Badminton) Practise throwing and catching with a variety of different balls and shuttles and using different types of throwing. Hit a range of balls with a racket as well as shuttles. Use different shots. Such as serve and forehand. Play games using throwing and catching skills. Understand and apply attack and defence tactics.	Consolidate and develop the range and consistency of their skills in striking and fielding games. To develop and investigate different ways of throwing and to know when it is appropriate to use them. To practise the correct technique for catching a ball and use it in a game. Children can bowl underarm. Children can strike a static ball and sometimes a moving ball.	Begin to run at speeds appropriate for the distance. Can perform a running jump with some accuracy. Perform a variety of throws using a selection of equipment. Can use equipment safely and with good control.	Develop listening skills. Create simple body shapes. Listen to instructions from a partner/ adult. Begin to think activities through and problem solve. Discuss and work with others in a group. Demonstrate an understanding of how to stay safe.	Watch and describe performances accurately. Begin to think about how they can improve their own work. Work with a partner or small group to improve their skills. Make suggestions on how to improve their work, commenting on similarities and differences Can describe the effect exercise has on the body. Can explain the importance of exercise and a healthy lifestyle. Understand the need to warm up and cool down.

KS2 PE Skills Progression

	Dance	Gymnastics	Invasion Games	Net/Wall	Striking/Fielding	Athletics	OAA	Health and Evaluation
Year 4	Confidently improvise with a partner or independently. Begin to create longer dance sequences in a larger group. Demonstrate precision and some control in response to stimuli. Begin to vary dynamics and develop actions and motifs. Demonstrate rhythm and spatial awareness. Modify parts of a sequence as a result of self-evaluation. Use simple dance vocabulary to compare and improve work.	Link skills with control, technique, coordination and fluency. Understand composition by performing more complex sequences. Begin to use gymnastics vocabulary to describe how to improve and refine performances. Develop strength, technique and flexibility throughout performances. Create sequences using various body shapes and equipment. Combine equipment with movement to create sequences	Show confidence in using ball skills in various ways, and can link these together. e.g. dribbling, bouncing, kicking, passing Use skills with coordination, control and fluency. Take part in competitive games with a strong understanding of tactics and composition Can create their own games using knowledge and skills. Work well in a group to develop various games. Apply basic skills for attacking and defending.	(Mini Tennis and Badminton) Practise throwing and catching with a variety of different balls and shuttles and using different types of throwing. Hit a range of balls with a racket as well as shuttles. Use different shots. Such as serve and forehand and volleying. Play games using throwing and catching skills and attempt to play small sided 2v2 games. Understand and apply attack and defence tactics.	Consolidate and develop the range and consistency of their skills in striking and fielding games. To develop and investigate different ways of throwing and to know when it is appropriate to use them. To practise the correct technique for catching a ball and use it in a game. Children can bowl underarm with accuracy. Children can strike a static ball and can strike a bouncing ball. Children begin to think about tactical shots identifying space.	Begin to build a variety of running techniques and use with confidence. Can perform a running jump with more than one component. e.g. hop skip jump (triple jump). Demonstrate accuracy in throwing and catching activities. Describe good athletic performance using correct vocabulary. Can use equipment safely and with good control.	Develop strong listening skills. Use simple maps. Begin to think activities through and problem solve. Choose and apply strategies to solve problems with support. Discuss and work with others in a group. Demonstrate an understanding of how to stay safe.	Watch and describe performances accurately. Begin to think about how they can improve their own work. Work with a partner or small group to improve their skills. Make suggestions on how to improve their work, commenting on similarities and differences. Can describe the effect exercise has on the body. Can explain the importance of exercise and a healthy lifestyle. Understand the need to warm up and cool down.

KS2 PE Skills Progression

	Dance	Gymnastics	Invasion Games	Net/Wall	Striking/Fielding	Athletics	OAA	Swimming	Health and Evaluation
Year 5	Begin to exaggerate dance movements and motifs (using expression when moving). Demonstrate strong movements throughout a dance sequence. Combine flexibility, techniques and movements to create a fluent sequence. Move appropriately and with the required style in relation to the stimulus. e.g. using various levels, ways of travelling and motifs. Begin to show a change of pace and timing in movements. Use the space provided effectively. Improvise with confidence, still demonstrating fluency across the sequence.	Select and combine skills, techniques and ideas. Apply combined skills accurately and appropriately, consistently showing precision, control and fluency. Analyse and comment on skills and techniques and how these are applied in their own and others' work. Use more complex gymnastics vocabulary to describe how to improve and refine performances. Develop strength, technique and flexibility throughout performances. Link skills with control, technique, coordination	Vary skills, actions and ideas and link these in ways that suit the games activity. Show confidence in using ball skills in various ways, and can link these together. Use skills with coordination, control and fluency. Take part in competitive games with a strong understanding of tactics and composition. Can create their own games using knowledge and skills. Can make suggestions as to what resources can be used to differentiate a game using defending and attacking.	Hit Tennis balls with a racket as well as shuttles with accuracy and spatial awareness. Use different shots. Such as serve and forehand and volleying as well as backhand. Play games using throwing and catching skills and attempt to play small sided 2v2 and 1v1 games. In Tennis can begin to serve overhead with some accuracy. Understand and apply attack and defence tactics.	To develop and investigate different ways of throwing and to know when it is appropriate to use them. Children can catch and return a ball with accuracy and precision. Children can bowl underarm with accuracy and begin to bowl overarm with the correct technique. Children can strike a strike a bouncing ball and bowled ball. Children begin to think about tactical shots identifying space.	Begin to build a variety of running techniques and use with confidence. Can perform a running jump with more than one component. e.g. hop skip jump (triple jump) Begin to record peer's performances, and evaluate these. Demonstrate accuracy and confidence in throwing and catching activities. Describe good athletic performance using correct vocabulary. Can use equipment safely and with good control.	Develop strong listening skills. Use and interpret simple maps. Think activities through and problem solve using general knowledge. Choose and apply strategies to solve problems with support. Discuss and work with others in a group. Demonstrate an understanding of how to stay safe	Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively e.g. front crawl, backstroke and breaststroke. Perform safe self-rescue in different water-based situations.	Watch and describe performances accurately. Learn from others how they can improve their skills. Comment on tactics and techniques to help improve performance. Make suggestions on how to improve their work, commenting on similarities and differences. Can describe the effect exercise has on the body. Can explain the importance of exercise and a healthy lifestyle. Understand the need to warm up and cool down.

KS2 PE Skills Progression

	Dance	Gymnastics	Invasion Games	Net/Wall	Striking/Fielding	Athletics	OAA	Swimming	Health and Education
Year 6	Exaggerate dance movements and motifs (using expression when moving). Perform with confidence, using a range of movement patterns. Demonstrate a strong imagination when creating own dance sequences and motifs. Demonstrate strong movements throughout a dance sequence. Combine flexibility, techniques and movements to create a fluent sequence. Move appropriately and with the required style in relation to the stimulus. Begin to show a change of pace and timing in movements. Move accurately to the beat. Improvise with confidence, still demonstrating fluency across the sequence. Dance with fluency, linking all movements.	Plan and perform with precision, control and fluency, a movement sequence showing a wide range of actions including variations in speed, levels and directions. Perform difficult actions, with an emphasis on extension, clear body shape and changes in direction. Adapt sequences to include a partner or a small group. Gradually increase the length of sequence work with a partner to make up a short sequence using the floor, mats and apparatus, showing consistency, fluency and clarity of movement. Analyse and comment on skills and techniques and how these are applied in their own and others' work. Use more complex gymnastics vocabulary to describe how to improve and refine performances. Develop strength, technique and flexibility throughout performances.	Vary skills, actions and ideas and link these in ways that suit the games activity. Show confidence in using ball skills in various ways, and can link these together effectively. e.g. dribbling, bouncing, kicking Keep possession of balls during games situations. Consistently use skills with coordination, control and fluency. Take part in competitive games with a strong understanding of tactics and composition. Can create their own games using knowledge and skills. Modify competitive games. Compare and comment on skills to support creation of new games. Can make suggestions as to what resources can be used to differentiate a game	Hit Tennis balls with a racket as well as shuttles with accuracy and spatial awareness. Use different shots. Such as serve and forehand and volleying as well as backhand. Play games using throwing and catching skills and attempt to play small sided tennis and badminton 2v2 and 1v1 games. In Tennis can begin to serve overhead with some accuracy and consistency Understand and apply attack and defence tactics.	To develop and investigate different ways of throwing and to know when it is appropriate to use them. Children can catch and return a ball with accuracy and precision using long barrier technique. Children can bowl underarm with accuracy and can now bowl overarm with some accuracy and precision. Children can strike a strike a bouncing ball and bowled ball from an under arm or over arm bowl. Children begin to think about tactical shots identifying space and differentiate their bowling.	Begin to build a variety of running techniques and use with confidence. Understand the tactics of long distance running and sprinting. Can perform a running jump with more than one component. e.g. hop skip jump (triple jump) Can consistently perform the triple jump technique. Begin to record peer's performances, and evaluate these. Demonstrate accuracy and confidence in throwing and catching activities. Describe good athletic performance using correct vocabulary. Can use equipment safely and with good control.	Develop strong listening skills. Use and interpret simple maps. Think activities through and problem solve using general knowledge. Choose and apply strategies to solve problems with support. Discuss and work with others in a group. Demonstrate an understanding of how to stay safe.	Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively e.g. front crawl, backstroke and breaststroke. Perform safe self-rescue in different water-based situations.	Watch and describe performances accurately. Learn from others how they can improve their skills. Comment on tactics and techniques to help improve performance. Make suggestions on how to improve their work, commenting on similarities and differences. Can describe the effect exercise has on the body. Can explain the importance of exercise and a healthy lifestyle. Understand the need to warm up and cool down. Begin to understand how to develop body parts and how that can affect our performance.