

PE Skills Progression

	Sports and Games	Gymnastics	Dance
EYFS Sports and Games introduction Gymnastics introduction Dance introduction	Send and receive a ball by rolling from hand and striking with foot Aim and throw an object underarm Catch balloon/bean bag/scarf and a bouncing ball Move and stop safely in a specific area Play a passing and target game alone and with a partner Play simple 1v1 or 2v2 invasion	Make body tense, relaxed, curled, and stretched Balance on small/large body parts and understand stillness Make large and small body shapes Climb and hang from apparatus Perform basic travelling actions on various body parts Perform a roll and basic jumps	Move to music Copy dance moves Perform some dance moves Move around the space safely
Key Vocabulary	Roll Kick Hit Aim Throw Catch Move Stop Pass Fast Slow Freeze Clap Stamp Hop Movement Safely Control		

	Sports and Games	Gymnastics	Dance
Year 1	Explore different ways of using a ball	Respond to instructions and commands	Learn basic movements relating to feelings
Invasion Games	Explore ways to send a ball or other equipment	Move between mats and small apparatus and change speed of movement	Show a clear starting and finishing position
Striking and Fielding	Participate in team games	Learn a variety of basic gym actions	Respond to different music, showing a range of emotions
Net and Wall Games	Develop simple attacking and defending techniques	Be still in different body shapes and balances and combine different ways of travelling	Perform dance movements and simple routines, using simple movement patterns
Athletics	Be confident and safe in the spaces they use to play games	Handle apparatus safely	
Outdoor and Adventurous Activity	Explore and use skills, actions, and ideas individually and in combination to suit the game played	Develop balance, agility and coordination of travel, stillness, jumping, changing shape, size, and direction	
Gymnastics	Pass and receive a ball in different ways with control and increased accuracy		
Dance	Perform fielding techniques with increased control and coordination		
	Focus on throwing and catching		
	Play games based on net games		
	Play 'running and avoiding' games		
	Perform fielding techniques with increased control and coordination		
	Develop fundamental movement skills of agility, coordination, and balance		
	Use varying speeds when running		
	Explore footwork patterns		

	Explore different throwing methods Practise short distance running Explain how practice can help you feel warmer and why it is good to play and get out of breath Complete simple tasks with support Showing awareness of safety of others and when using equipment Evaluate own/others' work Work together in a group Know when to ask for help and know to do it without asking an adult Be more independent and help themselves without relying overly on adults Complete simple tasks Follow rules and know why this is important		
Key Vocabulary	Pass Attack Defend Space Catch Control Accuracy Throw Field Coordination Practice Independent Levels Repetition Balance Travelling Rolling Weight on hands Jumping Mat Movement Balance Points Demonstrate Observe Evaluate		

	Sports and Games	Gymnastics	Dance
Year 2	Recognise the best ways to score points and stop points being scored	Develop short individual sequences	Evaluate and improve a dance performance
Invasion Games	Recognise how to work best with a partner	Use imagination to find different ways of using apparatus	Use a range of vocabulary to describe moods and how dances make them feel
Striking and Fielding	Use different rules and tactics for invasion games	Form simple sequences of different actions using floor and apparatus, with a clear start, middle and end	Remember and repeat simple dance phrases
Net and Wall Games	Make it difficult for opponents	Have a clear focus when watching others perform	Perform dances using simple movement patterns
Athletics	Keep the ball and find the best places to score	Develop balance, agility and coordination of travel, stillness, jumping, changing shape, size, and direction	Use a variety of moves that change speed and direction
Outdoor and Adventurous Activity	Understand and develop tactics for attacking and defending		Link together dance moves with gestures and change direction in time to the music
Gymnastics	Choose, use, and vary simple tactics for net and wall games		Practise taking off from different positions
Dance	Recognise good quality in performance		
	Use information to improve their work		
	Participate in team games		
	Pass and receive a ball in different ways with control and increased accuracy		
	Perform fielding techniques with increased control and coordination		
	Use their skills to play end to end games, games over a barrier and fielding games		
	Use their ability to solve problems and make decisions		
	Watch others and describe what is happening		

	Talk about what they do and how they are doing it Continue to develop fundamental movement skills of agility, coordination, and balance Explore movement techniques with increased control How to run, throw and jump with increased coordination Learn the best jumping techniques for distance Throw different objects in various ways Hurdle an obstacle, maintaining an effective running style		
Key Vocabulary	Score Stop Attack Defend Tactics Quality Accuracy Field Control Coordination Technique Levels Repetition Balance Dynamics (speed) Leaps Turn Travelling Rolling Weight on hands Jumping Mat Movement		

	Sports and Games	Gymnastics	Dance
Year 3	Practise passing to a partner using several sending and receiving techniques	Link different balances, moving in and out of positions of stillness	Improve freely on their own and with a partner, translating ideas from a stimulus to a movement
Invasion Games	Improve passing accuracy and use space to keep possession better	Transfer weight smoothly from one body part to another	Keep up an activity over a period, and know they need to warm up and cool down for dance sessions
Striking and Fielding	Remain in control of the ball when travelling	Travel on the floor and over/through/across/along apparatus	Explore dance movements and create patterns of movement
Net and Wall Games	Use communication skills to help others know where to go. Look when travelling and note what happens after they have passed the ball	Vary and apply actions on floor and apparatus	Develop precision of movement
Athletics	Play games that involve keeping possession and scoring in targets. Know which pass is best and which tactics keep possession	Copy a partner's sequence on floor and apparatus	Work co-operatively with a group to create a dance piece
Outdoor and Adventurous Activity	Find space to receive and support	Perform easy combinations of contrasting actions	Perform in front of others with confidence
Gymnastics	Consolidate and develop the range and consistency of their skills in striking and fielding games	Choose combinations that work in the sequences they make	
Dance	Recognise how specific activities affect their bodies		
	Understand the importance of keeping warm		
	Practise throwing and catching with a variety of different balls and using different types of throw		
	Strike the ball with a racket and use different shots		
	Play games using throwing and catching skills		
	Vary length, strength, and direction of throw		
	Understand how to make it difficult for an opponent to receive the ball		

	Know where to stand when receiving Understand attack and defend tactics. Understand the rules of games Use different techniques, speed, and effort to meet running, jumping, and throwing challenges Recognise and describe what their bodies feel like during different types of activity Describe what is happening to their heart, breathing and temperature during different types of athletic activity Perform tasks safely Follow a map in a familiar context Use clues to follow a route Understand the importance of teamwork and taking a team member role Understand how self-discipline and determination can help us achieve new things		
Key Vocabulary	Accuracy Control Communication Possession Space Consistency Length Attack Defend Teamwork Determination Levels Repetition Balance Dynamics (speed) Leaps Turns Unison Canon Spacing Travelling Rolling Weight on hands Jumping Mat Movement Wide Narrow Quarter jump Half jump Balance Points Demonstrate Observe Evaluate		

	Sports and Games	Gymnastics	Dance
Year 4	Play 3 v 1 and 4 v 1 – know how to use the space to help team-mates	Devise, perform and repeat sequences that include travel, body shapes and balances	Children will be taught to:
Invasion Games	Choose and adapt techniques to keep possession and give the team a chance to shoot	Work with a partner/small group, adapting sequences to include apparatus and to suit partner or a small group	Explore and create characters and narratives in response to a range of stimuli
Striking and Fielding	Plan ideas and tactics across invasion games – know what rules are required to make a game fair	Ask which parts of a task they have completed and those they still need to practise	Describe, interpret, and evaluate their own and others' dances, taking account of character and narrative
Net and Wall Games	Understand simple patterns of play	Compare and contrast similar performances	Identify and practise the patterns and actions of the chosen dance style
Athletics	Evaluate success of tactics, use appropriate language to describe performance and identify how to make things difficult for opponents	Suggest ways to improve the quality of a sequence	Demonstrate an awareness of the music's rhythm and phrasing when improvising
Outdoor and Adventurous Activity	Choose and use a range of simple tactics and strategies. Keep, adapt, and make rules for striking and fielding games		Perform dance using a range of movement patterns
Gymnastics	Recognise good performance and identify what needs improving		
Dance	Play games using throwing and catching skills		
	Vary length, strength, and direction of throw		
	Understand how to make it difficult for an opponent to receive the ball		
	Know where to stand when receiving		
	Understand attack and defend tactics		
	Understand the rules of games		

	Describe what they are doing and what they find hard Talk about how to alter the court to make games simpler/harder Run for short distances and short periods and run longer distances and longer periods Keep a steady pace Practise 5 basic steps in combination Form simple jump combinations Throw to a target using a pushing action Describe and evaluate the effectiveness of performance and recognise aspects that need improving Follow a map in a more demanding familiar context Follow a route within a time limit Be able to articulate strengths and needs Understand you can learn from mistakes Be able to take time to solve problems/find solutions		
Key Vocabulary	Space Possession Tactics Adapt, Length, Steady, Combination, Articulate, Levels Repetition Balance Dynamics (speed) Leaps Turns Unison Canon Spacing Motif Phrase Call and response Travelling Rolling Weight on hands Jumping Mat Movement Wide Narrow Quarter jump Half jump Balance Points Demonstrate Observe Evaluate		

	Sports and Games	Gymnastics	Dance
Year 5	Keep the ball away from defenders	Explore a range of symmetric and asymmetric actions, shapes, and balances	Explore and improvise ideas for dances in different styles, working on their own, with a partner and in a group
Invasion Games	Change speed and direction with the ball to get away from a defender	Control and combine actions fluently	Organise their own warm up and cool down activities to suit the dance
Striking and Fielding	Shoot accurately in a variety of ways	Move from floor to apparatus, changing levels and moving safely	Identify and practise the patterns and actions of the dance style
Net and Wall Games	Identify parts of the game that are going well and those that need improvement	Match and mirror movements with a partner/small group	Demonstrate an awareness of the music's rhythm and phrasing when improvising
Athletics	Explain how confident they are in different positions	Watch a performance and evaluate its success	Create group dances that reflect the dance style
Outdoor and Adventurous Activity	Explain why practise can lead to more enjoyment within the game	Identify what was performed well and what needs improving	Perform/evaluate own and others' work
Gymnastics	Develop the range and consistency of their skills in striking and fielding		
Dance	Know how to warm up		
	Understand what to include in the warm-up to improve performance		
	Understand why exercise is good for fitness, health, and well-being		
	Hold and swing a racket and know where to stand on court when hitting, catching, and receiving		
	Strike the ball on both sides of the body and above the head		
	Use a variety of shots in the game		
	Improve accuracy		

	Analyse and explain why they or others are playing well Know what they need to practise to get better Understand how to alter the court and make other changes to make games simpler/harder Plan a run to pace themselves evenly/unevenly Plan to cover distances as a team to get the best results possible Mark a run up for jumping or throwing Set targets for themselves and others Watch a partner's performance and identify strengths Suggest improvements, refinements, and areas to practise in a partner's performance Follow a map in an unknown location Use clues/compass to navigate a route Change a route to overcome a problem Use new information to change a route Be able to identify qualities needed to be successful in a task		
Key Vocabulary	Consistency, Variety, Accuracy, Analyse, Evenly, Unevenly, Refinement, Levels Repetition Balance Dynamics (speed) Leaps Turns Unison Canon Spacing Motif Phrase Call and response Weight bearing Formations Dynamics Travelling Rolling Weight on hands Actions Symmetrical Asymmetrical Linear Zig-Zag Sequence Stable Contrast Balance Points Demonstrate Observe Evaluate		

	Sports and Games	Gymnastics	Dance
Year 6	Understand that when they have the ball they are attacking and when they do not have it, they are defending	Make up a sequence and adapt it to different apparatus layouts	Explore, improvise, and combine movement ideas fluently and effectively
Invasion Games	Understand different ways of attacking and use positional sense to benefit the team	Use combinations of pathways to use space effectively	Understand how a dance is formed and performed
Striking and Fielding	Understand different ways to attack and defend	Plan a sequence and adapt it to limited equipment	Evaluate, refine, and develop their own work and that of others
Net and Wall Games	Choose appropriate formations and tactics for attack and defence	Work as a group – share roles fairly. Investigate different ways of working with a partner or small group	Identify and practise patterns and actions of the dance
Athletics	Use and adapt rules, strategies, and tactics, using their knowledge of basic principles of batting and fielding	Understand the importance of warming up. Devise own effective warm-ups	Perform/evaluate own and others' work
Outdoor and Adventurous Activity	Evaluate strengths and weaknesses in their own performance and that of others and suggest improvements	Set out and make risk assessments on apparatus	
Swimming	Devise scoring systems. Strike the ball away from an opponent, outwitting them with speed, height, and direction		
Gymnastics	Know where to stand when attacking and defending		
Dance	Explain why they or others are playing well		
	Know what they need to practise to get better		
	Understand how to alter the court and make other changes to make games simpler/harder		
	Understand suitable practice to aid precision, speed, and consistency on court		
	Develop consistency of actions in events		

	Sustain pace over longer periods (short and long distance) Throw with greater control, accuracy, and efficiency Perform a range of jumps, showing power, control and consistency at take-off and landing Understand why exercise is good for fitness, health, and well-being Say why athletics can improve strength, power, and stamina. Explain how these can help other activities Plan a route and a series of clues for others Plan with others, taking account of safety and danger Be able to support others in team-building activity Understand the importance of self-discipline when under pressure Swim 25m Learn basic life-saving skills		
Key Vocabulary	Formation, Tactics, Rules, Precision, Consistency, Sustain, Control, Efficiency, Stamina, Team-building, Self-discipline, Levels Repetition Balance Dynamics (speed) Leaps Turns Unison Canon Spacing Motif Phrase Call and response Weight bearing Formations Lifts Travelling Rolling Weight on hands Actions Symmetrical Asymmetrical Linear Zig-Zag Sequence Stable Contrast Acceleration Deceleration Balance Points Demonstrate Observe Evaluate		