

## PE Skills Progression Map



	Year 3	Year 4	Year 5	Year 6
<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>○ Travel in a range of different ways using feet, hands and feet and without feet.</li> <li>○ Use all available space using different pathways and changes in direction.</li> <li>○ Repeat simple sequences accurately and consistently.</li> <li>○ Describe own and others movements, balances and body shapes, using appropriate vocabulary.</li> <li>○ Select, link and perform with control a variety of actions.</li> <li>○ Perform longer phrases containing a clear beginning, middle and end. Identify when the heart rate (pulse) and breathing quickens.</li> </ul>	<ul style="list-style-type: none"> <li>○ Perform actions, balances, body shapes and movements with control.</li> <li>○ Combine an increasing range of elements with a sequence.</li> <li>○ Combine own work with the work of others.</li> <li>○ Identify aspects of a performance that need to be practiced.</li> <li>○ Prepare well-structured sequences that can be performed alone or with a partner.</li> <li>○ Plan, perform and repeat sequences that include changes in speed, level, direction, with clear shapes and quality of movement.</li> </ul>	<ul style="list-style-type: none"> <li>○ Combine and perform increasingly complex gymnastic actions, shapes and balances.</li> <li>○ Develop an increasing range of solutions to tasks or stimulus.</li> <li>○ Create sequences with others.</li> <li>○ Recognise the key criteria needed to improve their own and others performance.</li> <li>○ Prepare complex and varied sequences to perform with a partner or as part of a group.</li> <li>○ Make longer, more complex sequences including changes of direction, level and speed.</li> </ul>	<ul style="list-style-type: none"> <li>○ Combine and perform a range of complex gymnastic actions, shapes and balances with control.</li> <li>○ Share and evaluate the solutions ideas of others.</li> <li>○ Create increasingly complex and varied sequences with others.</li> <li>○ Use criteria to judge the quality of ideas, actions, composition and sequences.</li> <li>○ Perform and choose from a wide range of complex and demanding actions, balances etc.</li> <li>○ Take the lead in the preparation of a performance including complex sequences to be performed by a group.</li> </ul>
<b>Dance</b>	<ul style="list-style-type: none"> <li>○ Perform increasingly complex combinations of movements and actions with control.</li> <li>○ Perform clearly and with expression showing an awareness of phrasing and music.</li> <li>○ Select movements that demonstrate an understanding of the dance, mood and feeling.</li> <li>○ Repeat dance phrases and simple dances with accuracy and control.</li> </ul>	<ul style="list-style-type: none"> <li>○ Explore, improvise and combine movements and ideas effectively.</li> <li>○ Perform with an awareness of rhythmic, dynamic and expressive qualities.</li> <li>○ Improvise freely alone/with a partner, translating ideas from stimuli and movement.</li> <li>○ Create and link simple dance phrases using dance structures and motifs.</li> </ul>	<ul style="list-style-type: none"> <li>○ Rehearse, refine and repeat short dance sequences with style and artistic intention.</li> <li>○ Perform to an accompaniment expressively and sensitively.</li> <li>○ Use an increasing range of complex composition principles to create dances.</li> <li>○ Create and structure motifs, phrases, sections and whole dances.</li> </ul>	<ul style="list-style-type: none"> <li>○ Refine and repeat a wide range of dances with style and artistic intention.</li> <li>○ Demonstrate a clear sense of own dance style.</li> <li>○ Use a range of technical and physical principles to create dances.</li> <li>○ Show an understanding of musical structure, rhythm, mood and phrasing.</li> </ul>
<b>Striking and Fielding</b>	<ul style="list-style-type: none"> <li>○ Use, with increasing accuracy, under arm and</li> </ul>	<ul style="list-style-type: none"> <li>○ Hit a bowled ball with intent and force. Bat, bowl and field with control.</li> </ul>	<ul style="list-style-type: none"> <li>○ Bat, bowl and field with control. Demonstrate a</li> </ul>	<ul style="list-style-type: none"> <li>○ Evaluate and suggest improvements for the</li> </ul>

	<ul style="list-style-type: none"> <li>over arm throwing and hitting skills.</li> <li>○ Track, intercept, stop and catch balls and beanbags with consistency.</li> <li>○ Track balls or other equipment sent to them and anticipate where it is going. Take a leading role in teams and have a significant impact on the games played.</li> <li>○ Choose a skill that suits the needs of the game and outwits their opponents.</li> <li>○ Describe simple tactics and skills they can use in games.</li> <li>○ Become familiar with and begin to apply rules consistently and fairly.</li> </ul>	<ul style="list-style-type: none"> <li>○ Use a range of fielding skills e.g. catching, throwing, bowling and intercepting with control and consistency.</li> <li>○ Make good tactical decisions quickly while remaining aware of what is going on around them.</li> <li>○ Understand and implement a range of tactics in a range of games.</li> <li>○ Identify their own strengths and suggest practices to help improve them.</li> <li>○ Identify and describe features successful game play.</li> </ul>	<ul style="list-style-type: none"> <li>range of effective techniques.</li> <li>○ Choose and apply a range of increasingly complex skills and techniques that are suited to a range of games.</li> <li>○ Use a range of tactics for attacking and defending as batters, bowlers and fielders.</li> <li>○ Plan and adapt team and individual tactics, vary them as the need arises.</li> <li>○ Identify their own and others' strengths and weaknesses and devise practices that lead to improvement.</li> <li>○ Use a sound understanding of the principles of play when planning their approaches to games.</li> </ul>	<ul style="list-style-type: none"> <li>batting, bowling and fielding skills of self and others.</li> <li>○ Suggest a range of complex skills and techniques that could be applied to improve a range of field games.</li> <li>○ Identify how team and individual tactics have been varied and the impact this will have / has had on the game.</li> <li>○ Identify their own and others strengths and weaknesses and devise practices that lead to improvement. Evaluate.</li> <li>○ Explain, in detail, their plans for, and approaches to, game play.</li> </ul>
<b>Net and Wall Games</b>	<ul style="list-style-type: none"> <li>○ Keep up a continuous game using simple throwing and catching skills and techniques.</li> <li>○ Choose and use a range of simple tactics for sending the ball different ways.</li> <li>○ Choose and use an increasing range of simple tactics for defending their own court.</li> <li>○ Gain and understanding of, and use, rules.</li> <li>○ Make up own net games.</li> </ul>	<ul style="list-style-type: none"> <li>○ Use a wide range of throwing, catching and hitting skills on both sides of the body.</li> <li>○ Change the pace, length and direction of throws and shots to outwit opponents.</li> <li>○ Know where to stand and how to defend their court.</li> <li>○ Use and interpret rules fairly.</li> <li>○ Make up own net games and their rules.</li> </ul>	<ul style="list-style-type: none"> <li>○ Use forehand, backhand and over arm shots, and volley when appropriate.</li> <li>○ Use preferred skills with competence and consistency.</li> <li>○ Understand the need for tactics, choose and use some tactics effectively.</li> <li>○ Apply rules consistently and fairly.</li> <li>○ Make up own net games that involve more than one player / team.</li> </ul>	<ul style="list-style-type: none"> <li>○ Play a full game of short tennis using the full range of racquet skills.</li> <li>○ Use a wide range of shots with consistency and accuracy.</li> <li>○ Understand the need for different tactics; give reasons for decisions and for tactics used.</li> <li>○ Analyse and make judgements about own and others ability to adhere to rules (umpire).</li> <li>○ Make up and share increasingly complex net games.</li> </ul>
<b>Invasion Games</b>	<ul style="list-style-type: none"> <li>○ Use a range of throwing and catching skills with control to keep possession and to score goals / points.</li> </ul>	<ul style="list-style-type: none"> <li>○ Use different techniques for passing, controlling, dribbling and shooting the ball in games.</li> <li>○ Mark opponents and support players in defence.</li> </ul>	<ul style="list-style-type: none"> <li>○ Explain and evaluate the different techniques used for passing, controlling, dribbling and shooting the ball in games.</li> </ul>	<ul style="list-style-type: none"> <li>○ Use a wide range of good quality skills effectively.</li> <li>○ Make and apply a range of decisions quickly and appropriately in games.</li> </ul>

	<ul style="list-style-type: none"> <li>○ Be aware of space and members of the opposition.</li> <li>○ Use a variety of simple tactics for attacking and keeping possession of the ball.</li> <li>○ Understand the need to defend and attack.</li> <li>○ Become increasingly familiar with the rules of the game.</li> </ul>	<ul style="list-style-type: none"> <li>○ Identify tactics to help the team to keep the ball and take it towards the opposition's end.</li> <li>○ Use a range of tactics to attack and defend.</li> <li>○ Use and interpret the rules of the game.</li> </ul>	<ul style="list-style-type: none"> <li>○ Use marking, tackling and / or interception to improve defence.</li> <li>○ Apply principles of team play to keep possession of the ball and score effectively.</li> <li>○ Know what position they are playing and how to contribute when attacking and defending.</li> <li>○ Apply rules consistently and fairly.</li> </ul>	<ul style="list-style-type: none"> <li>○ Choose skills and tactics that meet the needs of the situation.</li> <li>○ Play in a number of attacking and defending positions effectively.</li> <li>○ Take responsibility for judgements and decision making in game play (umpire).</li> </ul>
<b>Athletics</b>	<ul style="list-style-type: none"> <li>○ Run at fast, medium and slow speeds, changing speed and direction.</li> <li>○ Link running and jumping activities with fluency, control and consistency.</li> <li>○ Make up and repeat a short sequence of linked jumps.</li> <li>○ Take part in an athletic event, e.g. a relay activity.</li> <li>○ Know and demonstrate a range of throwing techniques. Throw with some accuracy and power into targets.</li> </ul>	<ul style="list-style-type: none"> <li>○ Understand and demonstrate the difference between sprinting and running for sustained periods.</li> <li>○ Increase the fluency and control of running and / or jumping activities.</li> <li>○ Perform a range of jumps showing consistent technique and where appropriate using a short run up.</li> <li>○ Effectively assume the role of a team member taking part in an athletic event, e.g. in a relay team.</li> <li>○ Throw objects, changing their action for accuracy and distance including the throwing of objects at targets.</li> </ul>	<ul style="list-style-type: none"> <li>○ Select the most appropriate pace for a running event, to sustain their running and improve upon personal targets.</li> <li>○ Demonstrate control and accuracy over running and / or jumping activities.</li> <li>○ Show control at take off in jumping activities.</li> <li>○ Participate in a range of athletic events, e.g. long jump, 100metres sprint etc.</li> <li>○ Show accuracy and good technique when throwing for distance.</li> </ul>	<ul style="list-style-type: none"> <li>○ Pace their efforts effectively.</li> <li>○ Adapt skills and techniques to different challenges and equipment.</li> <li>○ Show good control, speed, strength and stamina when running, jumping and throwing.</li> <li>○ Take part in a wide range of athletic events effectively.</li> <li>○ Use and apply effectively a range of throwing techniques.</li> </ul>
<b>Outdoor Adventurous Activity</b>	<ul style="list-style-type: none"> <li>○ Move from familiar to unfamiliar environments and pinpoint their positions.</li> <li>○ Use plans and diagrams to follow a short trail from one point to another.</li> <li>○ Respond to a set challenge or problem.</li> <li>○ Discuss how to follow trails and solve problems.</li> <li>○ Begin to work and behave safely.</li> </ul>	<ul style="list-style-type: none"> <li>○ Travel around a simple course; respond when the task or environment changes.</li> <li>○ Use more detailed plans and diagrams to pinpoint their position and plot a route.</li> <li>○ Solve problems by using and applying a range of approaches.</li> <li>○ Explain reasons for choosing the approach used to solve a problem, recognising other possible approaches.</li> </ul>	<ul style="list-style-type: none"> <li>○ Work confidently in familiar and changing environments.</li> <li>○ Using increasingly complex maps and diagrams select, and perform, skills and strategies effectively.</li> <li>○ Find own solutions to problems and challenges.</li> <li>○ Plan, implement and refine strategies, adapting strategies as necessary.</li> </ul>	<ul style="list-style-type: none"> <li>○ Work confidently in familiar and changing environments, adapting quickly to new situations.</li> <li>○ Using a range of different maps and tracking devices identify and respond to events as they happen.</li> <li>○ Devise, select and put into practice a range of solutions to problems and challenges.</li> </ul>

		<ul style="list-style-type: none"> <li>○ Work and behave safely, when working on own and in small groups.</li> </ul>	<ul style="list-style-type: none"> <li>○ Prepare physically and organisationally for challenges taking into account their own and others' safety.</li> </ul>	<ul style="list-style-type: none"> <li>○ Understand clearly the nature of a challenge or problem and what they want to achieve.</li> <li>○ Take a leading role when working with, and taking responsibility for, others.</li> </ul>
<b>Swimming</b>			<ul style="list-style-type: none"> <li>○ Swim competently, confidently and proficiently over a distance of at least 25m</li> <li>○ Use a range of strokes effectively (for example, front crawl, breaststroke and backstroke)</li> <li>○ Perform safe self-rescue in different water-based situations</li> </ul>	<ul style="list-style-type: none"> <li>○ Swim competently, confidently and proficiently over a distance of at least 25m</li> <li>○ Use a range of strokes effectively (for example, front crawl, breaststroke and backstroke)</li> <li>○ Perform safe self-rescue in different water-based situations</li> </ul>