

Physical Education Progression of Skills

Games Progression of Skills

EYFS	KS1	Lower KS2	Upper KS2
Skills to provide base for playing games			
Move in different ways eg walking, running, hopping, galloping Change direction Avoid others and obstacles Roll, throw, bounce and catch a large ball	Run, sidestep, gallop, stop Change speed of movement Move in confined space Find space Roll, throw, bounce, catch with increasing accuracy Field a low ball		
Striking and fielding			
	Strike a ball off a tee Release a ball quickly	Field low and high balls Strike off a tee in different directions Strike bowled ball Select simple fielding tactics Vary direction and length of strike	Bowl competitively Over arm bowl Strike bowled ball to different directions One handed catch Consider factors making tactical decisions Adapt tactics to changing situations
Invasion games			
	Move into space to receive a pass Mark a player Mark the space	Bounce a ball – static and travelling Receive with feet and stick Kick, throw, hit with stick with varying length and direction Dribble, shoot and pass while travelling Organise a simple defence	Dribble around obstacles One and two touch passes Shoot at speed Touch tackle Maintain possession Support player with the ball Creating space in attack Team formations

		Choose best position to mark the space Deciding when to tackle	
Net games			
	Cover space in defence Place a send relative to the position of the opponent	Send with hand, bat or racquet Send over a divide Send a ball to aim at a target Anticipate the direction of a send	When to remain on baseline and when to approach net Move to intercept Hold a rally with a partner Vary direction and height of send Play for the point
Improving and evaluating			
Practise actions to improve	Assess their own performance and think about what they do well and what they find difficult	Compare own performance with that of others Describe what they need to do to improve performance Practise skills and tactics to improve performance Identify focus for improving team play	Observe and assess play Comment constructively on their own and others' work Adapt play to suit their own and others' play Recognise their own strengths and weaknesses and what they need to do to improve

Athletics Progression of Skills

EYFS	KS1	Lower KS2	Upper KS2
Travelling			
Walk, hop, bounce and run	Walk, hop, bounce and run at varying speeds and varying distances. Sprinting Working together in a team relay	Run with different styles Accelerate Using pacing over longer distances	Accelerate from a variety of starting positions and select their preferred position. Running over longer distances. Using pacing effectively
Jumping			
Jump and land safely	Perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot and one foot to the other. Land safely and with control. Perform a short jumping sequence.	Link two different types of jump Change length of approach Link two different jumps for approach	Combined jumps with approaches. Set up and lead jumping activities including measuring the jumps with confidence and accuracy.
Throwing			
Underarm throw	Underarm throw Overarm throw Best position for different throws	Underarm throw Overarm throw Throwing for distance	Underarm throw Overarm throw Throwing range of equipment for distance
Improving and evaluating			
Practise actions to improve	Practise actions to improve performance. Use observation to improve performance.	Identify a focus for individual improvement Devise practices to improve performance. Work constructively with others to improve combined performance.	Choose appropriate techniques for specific events. Explore effects on results of changing actions whilst travelling over specified distances.

Gymnastics Progression of Skills

EYFS	KS1	Lower KS2	Upper KS2
Rolls			
Pencil roll	Dish/arch roll Pencil roll Side roll Forward roll	Crouched forward roll Forward roll from standing Introduce variety of rolls with hand apparatus	Rolls with hand apparatus Rotation with hand apparatus
Jumps			
Jump and land safely Jump and land from different heights	Jump in a variety of ways and land with increasing control and balance. On floor and low apparatus Straight jump Star jump Cat leap	On floor and low apparatus Cat leap Jete Stag leap Tuck jump Split jump	On floor and low apparatus Supported jumps Stag leap Tuck jump Split jump Scissor jump Straddle jump
Balances			
Hold a stance to balance Balance keeping on a line	Hold a still shape whilst balancing on different points of the body. On floor, low apparatus and large apparatus balance on points and patches	Create interesting body shapes while holding balances with control and confidence. Variety of partner balances including support and counterbalances	Variety of partner balances including support and counterbalances Introduce hand apparatus to balances
Travel			
Travel over and under Move energetically keeping in a space	Skip Slide Gallop	Slide Crab Bunny hop	Slide Through apparatus Rotate away from low and large apparatus Linked partner work

Acquiring and developing skills

<p>Show strength, balance and co-ordination in movement</p>	<p>Copy, explore and remember actions and movements to create their own sequence. Link actions to make a sequence. Climb onto and jump off the equipment safely. Move with increasing control and care.</p>	<p>Choose ideas to compose a movement sequence independently and with others. Link combinations of actions with increasing confidence, including changes of direction, speed or level. Develop the quality of their actions, shapes and balances. Move with coordination, control and care. Begin to show flexibility in movements</p>	<p>Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping and swinging. Demonstrate precise and controlled placement of body parts in their actions, shapes and balances. Apply skills and techniques consistently, showing precision and control. Develop strength, technique and flexibility throughout performances.</p>
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Dance Progression of Skills

EYFS	KS1	Lower KS2	Upper KS2
<p>Move in different ways in response to music</p>	<p>Copy, remember and repeat actions. Put a sequence of actions together to create a simple movement pattern. Change the speed and level of their actions.</p>	<p>Begin to improvise with a partner to create a simple dance. Create movement patterns from different stimuli. Begin to compare and adapt movements and patterns to create a larger sequence. Perform with some awareness of rhythm and expression</p>	<p>Improvise with a partner or on their own. Compose longer dance sequences in a small group. Demonstrate precision and some control in response to stimuli. Demonstrate strong and controlled movements. Begin to vary dynamics and develop actions in response to stimuli. Demonstrate rhythm and spatial awareness. Change parts of a dance as a result of self and peer evaluation.</p>

OAA Progression of Skills

EYFS	KS1	Lower KS2	Upper KS2
Orienteering and trail skills			
Travel over obstacles safely	Use basic compass directions. Set a simple map. Use familiar signs, keys and symbols.	Follow simple directions and marked routes on the school site. Negotiate simple obstacles Use pictorial and diagrammatic map references	Follow simple plans/maps in school. Orientate a map to features within the immediate environment. Use and follow signs, diagrammatic references and simple compass bearings. Recognise, use and create symbols. Set map of imagined site.
Challenge and team building skills			
Play with others and take turns	Working together to solve simple problems. Leading, following, moving in turn and alongside others.	Working together to solve simple problems. Leading, following, moving in turn and alongside others. Negotiating obstacles Transporting equipment Simple trust activities	Trusting and supporting others Collaborative problem solving Co-operative and collaborative working with increasing levels of difficulty and complexity, duration, need for mutual inter-dependence.
Improving and evaluating			
	Identify simple comparisons in their own and others' responses to tasks and challenges.	Describe their own and other's work. Compare own performance with others. Use observations to improve performance. Practise actions to improve performance. Work constructively with others to improve.	Explore and assess the efficiency and effectiveness of different techniques. Make simple judgments on own work. Identify a focus for individual improvement and how to achieve it. Describe how they have improved. Observe, assess and comment on the work of other members of their team.

