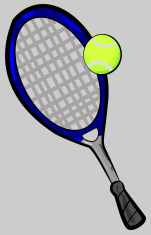
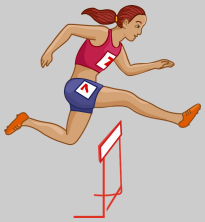
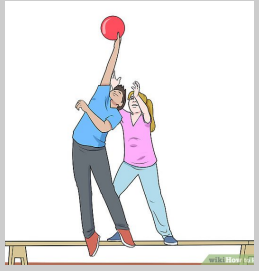
PE Progression of knowledge and skills

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Multi-skills	• Demonstrate strength, balance and coordination when playing. • Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group. • Progress towards a more fluent style of moving, with developing control and grace.	• Develop balance, agility and coordination. • Use basic movements such as running, jumping, throwing and catching. • Aim a variety of balls accurately. • Travel in different directions with control and fluency.					
Games - net and wall 	• Demonstrate strength, balance and coordination when playing. • Progress towards a more fluent style of moving, with developing control and grace. • Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group.	• Play running and dodging games. • Pass and receive a ball in different ways with some control and accuracy. • Hit a ball with a bat or mini-racket. • Play net games, such as tennis with others. • Show the ability to work with a partner. • Use basic tactics suited to the game to develop skill and accuracy.		• Throw and catch with increasing control and accuracy. • Develop hand-eye coordination. • Hit a ball with a racket and return a ball to a partner. • Develop knowledge of a range of different shots, including an underarm serve. • Understand and use attack and defence tactics. • Understand game rules. • Move quickly around a court. • Be able to sustain a short	• Develop a wider range of shots, including those that make it difficult for an opponent to return the ball. • Use both forehand and backhand shots with increasing accuracy. • Make tactical decisions when making shots in a game. • Demonstrate good gamesmanship. • Cover the court well showing good footwork. • Understand and use a simple scoring system. • Begin to use an overhead

			rally. • Play cooperatively with a partner.	serve. • Understand the basic differences between singles and doubles games.
Athletics 	• Travels with confidence and skills around, under, over and through balancing and climbing equipment. • Progress towards a more fluent style of moving, with developing control and grace.	• Run with agility and confidence. • Hurdle an obstacle whilst maintaining the flow of running. • Throw a variety of objects with some accuracy towards a target. • Develop balance, agility and coordination.	• Run in different directions and at different speeds. • Develop jumping for distance and height. • Jump a hurdle whilst maintaining an effective running technique. • Take part in relay activities. • Understand the difference between sprinting and long-distance running. • Experience a long distance running activity such as cross country. • Practise throwing with power and accuracy. • Practise jump combinations. • Transport equipment safely.	• Perform a triple jump. • Show accuracy and good technique when throwing for distance. • Understand how practice leads to greater strength, power and stamina. • Sustain pace over longer distances. • Increase sprinting speed. • Run competitively over long and short distances. • Refine hurdling technique. • Set personal targets to achieve. • Understand and lead warm-up activities for a group.
Gymnastics 	• Explore and engage in music making and dance, performing solo or in groups. • Travels with confidence and skills around, under, over and through balancing and climbing equipment. • Progress towards a more fluent style of moving, with developing control and	• Remember and repeat simple gymnastic movements. • Balance and hold balance on different parts of the body. • Link gymnastic actions into a short sequence. • Explore ways of travelling on the floor and large apparatus. • Explore making your body tense, relaxed, stretched and curled.	• Identify and practise symmetrical and asymmetrical body shapes. • Transfer weight smoothly from one part of the body to another. • Develop sequences of movements on floor and apparatus. • Explore stillness and balance as part of sequences of movements.	• Control movements and combine them fluently. • Use changes in dynamics, speed and level in movement sequences. • Demonstrate counterbalance in working with a partner on movement sequences. • Perform movements in canon or unison with a partner or group. • Rehearse and perform

	grace.		• Include a change of dynamics in movement sequences. • Perform movements in unison with a partner or group. • Recognise, with support, how gymnastic techniques could be improved.	increasingly complex and polished gymnastic sequences. • Analyse improvements that could be made in precision, strength and fluency and techniques to achieve this.
Dance 	• Explore and engage in music making and dance, performing solo or in groups. • Travels with confidence and skills around, under, over and through balancing and climbing equipment. • Progress towards a more fluent style of moving, with developing control and grace. • Combine different movements with ease and fluency.	• Explore basic movements and body patterns. • Remember and perform simple movements and dance steps. • Link movements to sound and music. • Respond imaginatively, with movement to a range of stimuli, such as music, art, poetry or rhythms. • Negotiate space clearly. • Choose movements to link in a short sequence. • Rehearse and perform dance sequences.	• Develop dance movements and patterns of movements over time. • Develop dances with rhythm and expression, individually and with others. • Begin to improvise dance in response to different stimuli, such as music, art, poetry or rhythms. • Work cooperatively to create a group dance. • Perform to an audience. • Include a change of dynamics in dance sequences. • Begin to create dances that reflect a chosen dancing style.	• Improve flexibility, techniques and fluency over time. • Demonstrate an awareness of the music's rhythm and phrasing when improvising dance movements, individually and with others. • Explore a range of dance styles, such as street dance, jazz and contemporary. • Experiment with props in a dance. • Evaluate, refine and develop your own and others' dance sequences. • Rehearse and perform increasingly complex and polished dances.

Invasion games 	• Demonstrate strength, balance and coordination when playing. • Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. • Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.	• Understand simple rules and tactics needed for games. • Work in combination with others as a team. • Use space confidently and safely while a game is being played. • Throw, catch and kick a ball with increasing accuracy. • Understand simple attacking and defending tactics.	• Pass, receive and shoot the ball with increasing accuracy. • Understand the roles of attacker and defender. • Play as part of a team using appropriate and fair team tactics. • Identify and follow the rules of the game. • Use increasingly accurate passing and dribbling within a game. • Remain in control of a ball whilst travelling. • Take part in competitive games.	• Show confidence in using a variety of ball skills in ways that suit the game being played. • Understand and use space to aid the team. • Consistently use skills with coordination, control and fluency within a game. • Use marking, interception and tackling to improve defensive play. • Apply knowledge and skills to modify or develop your own invasion games. • Use good technique in competitive games.
Modified invasion games 	• Demonstrate strength, balance and coordination when playing. • Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. • Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.	• Understand simple rules and tactics needed for games. • Work in combination with others as a team. • Use space confidently and safely while a game is being played. • Throw, catch and kick a ball with increasing accuracy. • Understand simple attacking and defending tactics.	• Pass, receive and shoot the ball with increasing accuracy. • Understand the roles of attacker and defender. • Play as part of a team using appropriate and fair team tactics. • Identify and follow the rules of the game. • Use increasingly accurate passing and dribbling within a game. • Remain in control of a ball whilst travelling. • Take part in competitive games.	• Show confidence in using a variety of ball skills in ways that suit the game being played. • Understand and use space to aid the team. • Consistently use skills with coordination, control and fluency within a game. • Use marking, interception and tackling to improve defensive play. • Apply knowledge and skills to modify or develop your own invasion games. • Use good technique in competitive games.
Games - Striking and fielding	• Demonstrate strength, balance and coordination when	• Understand simple rules and tactics needed for games. • Work in combination with others	• Develop skills for striking and fielding with increasing accuracy.	• Use an increasingly effective overarm throw over distance.

	playing. • Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. • Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.	as a team. • Use space confidently and safely while a game is being played. • Throw, catch and kick a ball with increasing accuracy. • Understand simple attacking and defending tactics. • Understand and use simple fielding techniques.	• Use both underarm and overarm throwing and catching skills. • Increasingly strike a bowled ball and a ball after a bounce. • Learn and practise the correct bowling and batting technique. • Play as part of a team using appropriate and fair tactics. • Identify and follow the rules of the game. • Take part in competitive games.	• Use correct bowling and batting technique with control and accuracy. • Understand the roles of batter, bowler and fielder within a game. • Learn the role of the backstop. • Understand and use space to aid the team. • Understand and be able to explain the rules of the game. • Use good technique in competitive games.
Outdoor Adventurous Activity (OAA) 	N/A	• Show good listening skills. • Follow a simple map. • Know that a compass tells you which direction you are going in. • Read a simple compass. • Follow and give simple instructions. • Work together with others on a task. • Solve simple problems with support. • Demonstrate understanding about how to stay safe outdoors.	• Follow and give instructions accurately. • Communicate ideas to others. • Work collaboratively to fulfil a task. • Plan to solve problems with increasing independence. • Read a map, using key symbols. • Begin to read an eight point compass with support. • Orienteer around a simple trail. • Recognise features of an orienteering course. • Begin to make decisions about the equipment needed to complete a task. • Experience some of the	• Communicate effectively to fulfil a role within the team. • Complete orienteering activities both independently and as part of a team. • Use a range of maps effectively. • Read an eight point compass independently. • Choose the best equipment for the activity or task. • Be able to identify the quickest route to navigate a course accurately. • Effectively evaluate the performance of individuals or teams in order to improve performance. • Plan and prepare an orienteering course for others to follow.

			roles within a team and know the key skills required for each role.	• Generate ideas to increase the challenge of an orienteering course.
Swimming 	N/A		• Develop basic pool safety skills and confidence in water. • Learn and develop a push and glide technique and kick action on front and back, with or without support aids. • Be able to enter and exit the water safely. • Float and submerge confidently. • Begin to show breath control. • Begin to tread water. • Learn and use a range of strokes with increasing confidence such as breast stroke, front crawl and backstroke. • Travel a distance of at least 25m in the water without support aids.	• Show competent pool safety skills and confidence in the water. • Use a range of strokes to swim confidently and proficiently over a distance of at least 25m. • Develop and perfect the technique required for different strokes. • Tread water effectively. • Show good breath control while swimming. • Understand and explain water safety. • Perform safe self-rescue in different water-based situations.