



Fernhill Primary Academy PE Progression of skills and knowledge

EYFS	Dance	Gym	Games	Athletics	
Skills	<p>Can move to music.</p> <p>Can copy dance moves.</p> <p>Can perform some dance moves.</p> <p>Can move around the space safely.</p>	<p>Can make my body tense, relaxed, curled and stretched.</p> <p>Can copy sequences and repeat them.</p> <p>Can roll in different ways.</p> <p>Can travel in different ways.</p> <p>Can balance in different ways.</p> <p>Can stretch in different ways.</p> <p>Can curl in different ways.</p>	<p>Can throw underarm.</p> <p>Can roll a piece of equipment.</p> <p>Can move and stop safely.</p> <p>Can catch with both hands.</p> <p>Can kick in different ways</p>	-	

Year 1	Dance	.Gym	Games	Athletics	
Skills	<p>Copies and explores basic movements and body patterns.</p> <p>Remembers simple movements and dance steps.</p> <p>Links movements to sounds and music.</p> <p>Responds to range of stimuli.</p>	<p><u>Copies and explores basic movements with some control and coordination.</u></p> <p><u>Can perform different body shapes.</u></p> <p><u>Performs at different levels.</u></p> <p><u>Can perform 2 footed jump.</u></p> <p><u>Can use equipment safely.</u></p> <p><u>Balances with some control.</u></p> <p><u>Can link 2-3 simple movements.</u></p>	<p>Can travel in a variety of ways including running and jumping.</p> <p>Beginning to perform a range of throws.</p> <p>Receives a ball with basic control.</p> <p>Beginning to develop hand-eye coordination.</p> <p>Participates in simple games.</p>	<p>. Can run at different speeds.</p> <p>Can jump from a standing position</p> <p>Performs a variety of throws with basic control</p>	

Year 2	Dance	Gym	Games	Athletics	
Skills	<p>Copies and explores basic movements with clear control.</p> <p>Varies levels and speed in sequence.</p> <p>Can vary the size of their body shapes.</p> <p>Add change of direction to a sequence.</p> <p>Uses space well and negotiates space clearly.</p> <p>Can describe a short dance using appropriate vocabulary.</p> <p>Responds imaginatively to stimuli.</p>	<p><u>Explores and creates different pathways and patterns.</u></p> <p><u>Uses equipment in a variety of ways to create a sequence.</u></p> <p><u>Link movements together to create a sequence.</u></p>	<p>Confident to send the ball to others in a range of ways.</p> <p>Beginning to apply and combine a variety of skills (to a game situation)</p> <p>Develop strong spatial awareness.</p> <p>Beginning to develop own games with peers.</p> <p>Understand the importance of rules in games.</p> <p>Develop simple tactics and use them appropriately.</p> <p>Beginning to develop an understanding of attacking/ defending.</p>	<p>Can change speed and direction whilst running.</p> <p>Can jump from a standing position with accuracy.</p> <p>Performs a variety of throws with control and co-ordination.</p> <p><i>preparation for shot put and javelin</i></p> <p>Can use equipment safely</p>	

Year 3	Dance	Gym	Games	Athletics	
Skills	<p>Beginning to improvise independently to create a simple dance.</p> <p>Beginning to improvise with a partner to create a simple dance.</p> <p>Translates ideas from stimuli into movement with support.</p> <p>Beginning to compare and adapt movements and motifs to create a larger sequence.</p> <p>Uses simple dance vocabulary to compare and improve work.</p>	<p><u>Applies compositional ideas independently and with others to create a sequence.</u></p> <p><u>Copies, explores and remembers a variety of movements and uses these to create their own sequence.</u></p> <p><u>Describes their own work using simple gym vocabulary.</u></p> <p><u>Beginning to notice similarities and differences between sequences.</u></p> <p><u>Uses turns whilst travelling in a variety of ways.</u></p> <p><u>Beginning to show flexibility in movements.</u></p> <p><u>Beginning to develop good technique when travelling, balancing, using equipment etc</u></p>	<p>Understands tactics and composition by starting to vary how they respond.</p> <p>Vary skills, actions and ideas and link these in ways that suit the games activity.</p> <p>Beginning to communicate with others during game situations.</p> <p>Uses skills with co-ordination and control.</p> <p>Develops own rules for new games.</p> <p>Makes imaginative pathways using equipment.</p> <p>Works well in a group to develop various games.</p> <p>Beginning to understand how to compete with each other in a controlled manner.</p> <p>Beginning to select resources independently to carry out different skills.</p>	<p>Beginning to run at speeds appropriate for the distance.</p> <p><i>e.g. sprinting and cross country</i></p> <p>Can perform a running jump with some accuracy</p> <p>Performs a variety of throws using a selection of equipment.</p> <p>Can use equipment safely and with good control.</p>	

Year 4	Dance	Gym	Games	Athletics	
Skills	<p>Confidently improvises with a partner or on their own.</p> <p>Beginning to create longer dance sequences in a larger group.</p> <p>Demonstrating precision and some control in response to a stimuli.</p> <p>Beginning to vary dynamics and develop actions and motifs.</p> <p>Demonstrates rhythm and spatial awareness.</p> <p>Modifies parts of a sequence as a result of self-evaluation.</p> <p>Uses simple dance vocabulary to compare and improve work.</p>	<p><u>Links skills with control, technique, co-ordination and fluency.</u></p> <p><u>Understands composition by performing more complex sequences.</u></p> <p><u>Beginning to use gym vocabulary to describe how to improve and refine performances.</u></p> <p><u>Develops strength, technique and flexibility throughout performances.</u></p> <p><u>Creates sequences using various body shapes and equipment.</u></p> <p><u>Combines equipment with movement to create sequences</u></p>	<p>Vary skills, actions and ideas and link these in ways that suit the games activity.</p> <p>Shows confidence in using ball skills in various ways, and can link these together.</p> <p><i>e.g. dribbling, bouncing, kicking</i></p> <p>Uses skills with co-ordination, control and fluency.</p> <p>Takes part in competitive games with a strong understanding of tactics and composition.</p> <p>Can create their own games using knowledge and skills.</p> <p>Works well in a group to develop various games.</p> <p>Compares and comments on skills to support creation of new games.</p> <p>Can make suggestions as to what resources can be used to differentiate a game.</p> <p>Apply basic skills for attacking and defending.</p> <p>Uses running, jumping, throwing and catching in isolation and combination.</p>	<p>Beginning to build a variety of running techniques and use with confidence.</p> <p>Can perform a running jump with more than one component.</p> <p><i>e.g. hop skip jump (triple jump)</i></p> <p>Demonstrates accuracy in throwing and catching activities.</p> <p>Describes good athletic performance using correct vocabulary.</p> <p>Can use equipment safely and with good control.</p>	

Year 5	Dance	Gym	Games	Athletics	
Skills	<p>Beginning to exaggerate dance movements and motifs (using expression when moving).</p> <p>Demonstrates strong movements throughout a dance sequence.</p> <p>Combines flexibility techniques and movements to create a fluent sequence.</p> <p>Moves appropriately and with the required style in relation to the stimulus.</p> <p>e.g. using various levels, ways of travelling and motifs.</p> <p>Beginning to show a change of pace and timing in their movements.</p> <p>Uses the space provided to its maximum potential.</p> <p>Improvises with confidence, still demonstrating fluency across their sequence.</p> <p>Modifies parts of a sequence as a result of self and peer evaluation.</p> <p>Uses more complex dance vocabulary to compare and improve work.</p>	<p><u>Select and combine their skills, techniques and ideas.</u></p> <p><u>Apply combined skills accurately and appropriately, consistently showing precision, control and fluency.</u></p> <p><u>Draw on what they know about strategy, tactics and composition when performing and evaluating.</u></p> <p><u>Analyse and comment on skills and techniques and how these are applied in their own and others' work.</u></p> <p><u>Uses more complex gym vocabulary to describe how to improve and refine performances.</u></p> <p><u>Develops strength, technique and flexibility throughout performances.</u></p> <p><u>Links skills with control, technique, co-ordination and fluency.</u></p> <p><u>Understands composition by performing more complex sequences.</u></p>	<p>Vary skills, actions and ideas and link these in ways that suit the games activity.</p> <p>Shows confidence in using ball skills in various ways, and can link these together.</p> <p>Uses skills with co-ordination, control and fluency.</p> <p>Takes part in competitive games with a strong understanding of tactics and composition.</p> <p>Can create their own games using knowledge and skills.</p> <p>Can make suggestions as to what resources can be used to differentiate a game.</p> <p>Apply basic skills for attacking and defending.</p> <p>Uses running, jumping, throwing and catching in isolation and combination.</p>	<p>Beginning to build a variety of running techniques and use with confidence.</p> <p>Can perform a running jump with more than one component.</p> <p><i>e.g. hop skip jump (triple jump)</i></p> <p>Beginning to record peers performances, and evaluate these.</p> <p>Demonstrates accuracy and confidence in throwing and catching activities.</p> <p>Describes good athletic performance using correct vocabulary.</p> <p>Can use equipment safely and with good control.</p> <p>Summer 2</p>	

Year 6	Dance	Gym	Games	Athletics	Swimming
Skills	<p>Exaggerate dance movements and motifs (using expression when moving)</p> <p>Performs with confidence, using a range of movement patterns.</p> <p>Demonstrates a strong imagination when creating own dance sequences and motifs.</p> <p>Demonstrates strong movements throughout a dance sequence.</p> <p>Combines flexibility, techniques and movements to create a fluent sequence.</p> <p>Moves appropriately and with the required style in relation to the stimulus.</p> <p><i>e.g using various levels, ways of travelling and motifs.</i></p> <p>Beginning to show a change of pace and timing in their movements.</p> <p>Is able to move to the beat accurately in dance sequences.</p> <p>Improvises with confidence, still demonstrating fluency across their sequence.</p> <p>Dances with fluency, linking all movements and ensuring they flow.</p>	<p><u>Plan and perform with precision, control and fluency, a movement sequence showing a wide range of actions including variations in speed, levels and directions.</u></p> <p><u>Performs difficult actions, with an emphasis on extension, clear body shape and changes in direction.</u></p> <p><u>Adapts sequences to include a partner or a small group.</u></p> <p><u>Gradually increases 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.</u></p> <p><u>Draw on what they know about strategy, tactics and composition when performing and evaluating.</u></p> <p><u>Analyse and comment on skills and techniques and how these are applied in their own and others' work.</u></p> <p><u>Uses more complex gym vocabulary to describe how to improve and refine performances.</u></p> <p><u>Develops strength, technique and flexibility throughout performances</u></p>	<p>Vary skills, actions and ideas and link these in ways that suit the games activity.</p> <p>Shows confidence in using ball skills in various ways, and can link these together effectively.</p> <p><i>e.g. dribbling, bouncing, kicking</i></p> <p>Keeps possession of balls during games situations.</p> <p>Consistently uses skills with co-ordination, control and fluency.</p> <p>Takes part in competitive games with a strong understanding of tactics and composition.</p> <p>Can create their own games using knowledge and skills.</p> <p>Modifies competitive games.</p> <p>Compares and comments on skills to support creation of new games.</p> <p>Can make suggestions as to what resources can be used to differentiate a game.</p> <p>Apply knowledge of skills for attacking and defending.</p> <p>Uses running, jumping, throwing and catching in isolation and in combination.</p>	<p>Beginning to build a variety of running techniques and use with confidence.</p> <p>Can perform a running jump with more than one component.</p> <p><i>e.g. hop skip jump (triple jump)</i></p> <p>Beginning to record peers performances, and evaluate these.</p> <p>Demonstrates accuracy and confidence in throwing and catching activities.</p> <p>Describes good athletic performance using correct vocabulary.</p> <p>Can use equipment safely and with good control.</p>	<p>Swims competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Uses a range of strokes effectively e.g. front crawl, backstroke and breaststroke.</p> <p>Performs safe self-rescue in different water-based situations.</p>

