

PE Skills Progression Year 1 – Year 6

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Dance	<ul style="list-style-type: none"> To move in different ways. To move to music showing expressive qualities of dance. To move with control. To be creative and compose short dances. To work individually and with others. To participate in a performance. 		<ul style="list-style-type: none"> Perform dances using a range of movement patterns. Create, practice and perform more complex dances. Link movement patterns together. Perform as various characters when moving to music. Work on your own, with a partner and in a group. Communicate feeling through Dance. 			<ul style="list-style-type: none"> To be inspired by music and different stimuli. To apply the principles of dance to a routine. To show ideas through dance. To combine movements – keeping to the beat. To create sections of dance on your own, and in a group. To perform to an audience.

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Netball	<ul style="list-style-type: none"> To move with a ball. To throw a ball. To roll a ball. To play in games against each other. To bounce a ball. To try find ways to win games. 		<ul style="list-style-type: none"> To pass / send a ball with increasing accuracy. To find and use space well to keep possession. To move with the ball keeping it under control. To apply basic attacking and defending principles. To pass the ball in different ways. Play in small sided games, employing simple tactics. 			<ul style="list-style-type: none"> To pass the ball in a variety of ways with confidence and control. To keep possession of the ball when faced with opponents. To move with the ball at speed. To work together as a team, showing good awareness of others. To mark, track and cover when defending. To apply attacking and defending skills in game situations.

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Football	<ul style="list-style-type: none"> To move into space. To stop a ball using your foot. To move with a ball. To move towards a goal to defend it. To roll, kick, and carry a ball. To compete against others trying to score. 		<ul style="list-style-type: none"> To stop the ball with my feet. To make a standing tackle. To pass the ball with the inside of my feet. To shoot a stationary football. To dribble using my feet. To participate in a group football game. 			<ul style="list-style-type: none"> To pass the ball to team mates in game situations. To compete in games. To dribble with the ball whilst under pressure. To decide on ways to attack when playing games. To defend in a team. To decide on ways to defend in games.

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Basketball	<ul style="list-style-type: none"> To move into a space. To throw and catch a ball with others. To move with a ball. To move towards a goal to defend it. To bounce, roll, and carry a ball. To compete against others trying to score. 		<ul style="list-style-type: none"> To pass / send a ball with increasing accuracy. To find and use space well to keep possession. To move with the ball keeping it under control. To apply basic attacking and defending principles. To pass the ball in different ways. To play in small sided games, employing simple tactics. 			<ul style="list-style-type: none"> To pass the ball in different ways with confidence and control. To keep possession of the ball when faced with opponents. To move with the ball at speed. To work together as a team, showing good awareness of others. To mark, track and cover when defending. Apply basic principles for attacking and defending in game situations.

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Hockey	<ul style="list-style-type: none"> To negotiate space. To move a ball using a hockey stick. To use equipment safely and correctly. To stop a ball using a hockey stick. To use a hockey stick with two hands. To compete in games with others trying to win. 		<ul style="list-style-type: none"> To hold a hockey stick correctly and safely. To dribble a ball whilst changing direction. To use a push pass. To use a slap pass. To get on a low position when dribbling and/or passing. To play hockey games against others. 			<ul style="list-style-type: none"> To play games understanding different positions and roles. To dribble a ball at speed whilst changing direction. To use different passes whilst on the move. To decide the best way to defend in a game situation. To shoot with confidence and control. To decide the best way to attack in a game situation.

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Rounders	<ul style="list-style-type: none"> To move in different ways. To move into space. To use an underarm throwing technique. To hit a ball. To try and find ways to win games. To compete with others. 		<ul style="list-style-type: none"> To throw a ball with increasing accuracy. To hit a ball towards a target. To catch a ball with increasing control. To choose fielding skills to make it difficult for an opponent. To successfully hit a ball from a tee. To participate in modified competitive games, showing good teamwork. 			<ul style="list-style-type: none"> To throw a ball and bowl in different ways. To use skills and tactics to outwit opponents when fielding. To play shots into different spaces of the field. To use skills and tactics to outwit opponents when batting. To retrieve, catch, intercept and stop a ball when fielding. To participate in competitive games.

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Tennis	<ul style="list-style-type: none"> To throw a ball to a target. To receive a ball and return it. To hit a ball to a target. To move confidently in different ways. To hold a racket with the correct grip. To play games. 		<ul style="list-style-type: none"> To watch, track, and catch a tennis ball successfully. To hit a ball into space (at different speeds and heights) to try beat an opponent. To perform a basic forehand action with increasing accuracy. To keep a rally going using a range of shots. To perform a basic backhand shot with increasing control. To compete with others. 		<ul style="list-style-type: none"> To know and describe the correct grip and stance when holding a racket. To adopt a good ready position. To use a variety of different shots, and serves, hitting with increased consistency. To employ tactics in games. To play shots on the forehand and backhand side of the body. To follow the rules and score correctly. 		

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Tag Rugby	<ul style="list-style-type: none"> To hold and move with a rugby ball. To run with the ball. To pass the ball pointing the nose of the ball. To play tag games. To pass accurately to a partner. To try and score goals by getting past opponents. 		<ul style="list-style-type: none"> To travel with the ball. To defend by removing a player's tag. To keep a horizontal line with others when running. To work together with others. To catch the ball whilst on the move. To play games against others that require tactics to be used to try score. 		<ul style="list-style-type: none"> To travel at speed with the ball. To watch and evaluate the professional games. To dodge and fake passes when running with the ball. To decide on ways to attack when playing games. To catch the ball whilst under pressure. To decide on the best ways to defend in games. 		

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Handball	<ul style="list-style-type: none"> To move into space with a ball. To shoot accurately at a target. To bounce, roll, and carry a ball. To move towards a goal to defend it. To throw and catch a ball with others. To compete against others trying to score. 		<ul style="list-style-type: none"> To pass/send a ball with increasing accuracy. To dribble when under pressure. To move with the ball keeping it under control. To defend by marking. To pass the ball over different distances. To play handball games against others. 		<ul style="list-style-type: none"> To pass/send a ball whilst on the move. To decide on ways to attack during games. To shoot whilst under pressure. To decide on ways to defend during games. To pass the ball over different distances whilst moving. To play handball games against others. 	

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Dodgeball	<ul style="list-style-type: none"> To move in different ways, changing speed and direction. To send a ball at different speed. To practice throwing using underarm technique. To catch a ball. To practice throwing using overarm technique. To participate in basic dodgeball games. 		<ul style="list-style-type: none"> To throw the ball underarm. To use body positioning and control to help when catching. To use a side shot throw. To discuss and apply tactics needed in dodgeball games. To move in different ways - at speed. To participate in dodgeball games. 		<ul style="list-style-type: none"> To throw a ball at a moving target. To dodge a ball by jumping and skipping. To use the most appropriate throwing technique for the situation. To dodge a ball by jockeying and galloping. To play catching games. To use peer evaluation to discuss strategies and tactics and apply these to my own game. 	

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Fitness	<ul style="list-style-type: none"> To move at speed with control and in a safe way. To move on and across apparatus. To change direction with coordination. To balance with control – both when staying still and on the move. To perform a variety of jump combinations. To play and compete against others. 		<ul style="list-style-type: none"> To move at speed with control. To perform exercises such as lunges, sit ups and crunches. To move with control when tired. To skip using a skipping rope. To perform exercises holding your own body weight. To perform exercises for sustained periods of time. 			<ul style="list-style-type: none"> To perform squat jumps and lunge jumps with good technique. To skip using a skipping rope with coordination. To hold a plank position and plank walk with control. To compete against others and yourself. To perform a number of press ups. To perform physical tasks for long periods of time.

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Cricket	<ul style="list-style-type: none"> To move a ball. To hit a ball. To throw a ball at a target. To work with others. To catch a ball. To compete against others. 		<ul style="list-style-type: none"> Throw a ball with increasing accuracy. Hit a ball towards the target. Catch a ball with increasing control. Choose fielding skills to make it difficult for an opponent. Successfully hit a ball from a tee. Participate in modified competitive games, showing good teamwork. 			<ul style="list-style-type: none"> To throw and bowl in different ways. To use skills and tactics to outwit opponents when fielding. To play shots into different areas of the field. To use skills and tactics to outwit opponents when batting. To retrieve, catch, intercept, and stop a ball when fielding. To participate in competitive games.

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Athletics	<ul style="list-style-type: none"> To move into space. To show a correct pull throw technique. To control my body and equipment when throwing, running and jumping. To land safely when jumping. To run and jump on the balls of my feet. To compete against myself and others. 		<ul style="list-style-type: none"> To throw an object by overarm, underarm, pulling, pushing and slinging. To run in races of varied distances. To combine different types of jumping. To take part in athletic events. To run for distance. To perform competitively with others. 		<ul style="list-style-type: none"> To use the correct combination of jumps to complete the triple jump. To use a run up when throwing. To compete in long distance running. To practise to improve throwing distance. To compete in short distance races. To use a run up when jumping. 	

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Gymnastics	<ul style="list-style-type: none"> To be able to perform 5 key shapes. To link movements. To move with control. To use different pieces of equipment and apparatus. To balance using different parts of my body. To participate in a performance. 		<ul style="list-style-type: none"> To perform 9 key shapes. To create sequences of movements, shapes, balances, and rolls. To travel using different body parts. To work with others mirroring and cannoning. To travel on different levels at different speeds. To perform in front of others. 		<ul style="list-style-type: none"> To show flexibility and technique when performing gymnastic elements. To create longer sequences. To travel fluently on the floor and on/off apparatus. To show rhythm and creativity when working with others. To travel with confidence choosing different pathways. To perform in front of an audience. 	

 Invasion Games (attacking/defending, keeping possession)

Football


Netball

Basketball

Hockey

Tag Rugby

Handball

 Net/Wall Games (hitting over a net or against a wall)

Tennis

 Striking & Fielding Games (batting, bowling, fielding)


Rounders


Cricket

 Gymnastics (movement, balance, control)

 Dance (expression, rhythm, movement patterns)

 Athletics (running, jumping, throwing)

 Health & Fitness (physical conditioning)

 Target / Ball Skills (aiming, throwing, coordination)
Dodgeball