SKILLS PROGRESSION IN PE AT THE FOUNDATION STAGE							
	EARLY LEARNING GOALS FOR PHYSICAL DEVELOPMENT						
	GROSS MOTOR SKILLS and FINE MOTOR SKILLS						
Early Learning Goals	Gross Motor Skills Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically such as running, jumping, dancing, hopping, skipping and climbing. Fine Motor Skills Hold a pencil effectively in preparation for fluent writing- using the tripod grip in almost all cases. Use a range of small tools, including scissors, paint brushes and cutlery. Begin to show accuracy and care when drawing						
Early Years Foundation Stage	 Balance showing tension and control on large body parts. Show a fluent and coordinated running style. Show an awareness of space away from other children and/or objects. Show an awareness of space whilst on the move. Find space away from other children. Perform a variety of different jumps showing good take-off and landing Send a ball/beanbag to a target or partner with increasing accuracy. Strike an object with their hands and feet towards an object with good accuracy. Strike an object with a good success rate. Trap an object using an implement with good success. Perform a variety of movements in space. Perform movements while in a group/with a partner. Hop showing increasing balance and control in space. Perform a variety of different crawls showing control. Crawl under/over objects showing control. Perform a variety of different crawls showing control. Crawl under/over objects showing control. Perform a variety of different crawls on the ding space. Walk with a tall posture, looking around for others and space. Walk in other directions while also looking where they are going. Skip around an area showing control, balance and a good jump. Skip at various speeds and stop suddenly. Co-ordinate their movements to perform a successful skip. Bounce a ball towards a target with increasing accuracy Perform an overarm throw. Overarm throw over a variety of distances. Perform an overarm throw. Overarm throw over a variety of distances. Successfully throw to hit a static target. Show use of both underarm and overarm throws to aim at static targets. Throw to hit moving targets. Choose and understand which types of throws to use in game scenarios Catch an object using correct technique. Catch an object that is thrown by another person/people. Catch large balls with increasing success. 						

	Travelling forwards,	Run, jump, balance	Hop, skip and	Overarm throw,	Rolling, dribbling	Striking with one
	backwards, side to	and finding space.	underarm throw.	catching and	and kicking.	and two hands.
	side.			throwing to a target.		
National	 master basic 	 master basic 	 master basic 	master basic	 master basic 	 master basic
Curriculum	movements including	movements including	movements including	movements including	movements including	movements including
	running, jumping,	running, jumping,	running, jumping,	running, jumping,	running, jumping,	running, jumping,
	throwing and catching,	throwing and catching,	throwing and catching,	throwing and catching,	throwing and catching,	throwing and catching,
	as well as developing	as well as developing	as well as developing	as well as developing	as well as developing	as well as developing
	balance, agility and co-	balance, agility and co-	balance, agility and co-	balance, agility and co-	balance, agility and co-	balance, agility and co-
	ordination, and begin	ordination, and begin	ordination, and begin	ordination, and begin	ordination, and begin	ordination, and begin
	to apply these in a	to apply these in a	to apply these in a	to apply these in a	to apply these in a	to apply these in a
	range of activities	range of activities	range of activities	range of activities	range of activities	range of activities
	 participate in team 	 participate in team 	 participate in team 	 participate in team 	 participate in team 	 participate in team
	games, developing	games, developing	games, developing	games, developing	games, developing	games, developing
	simple tactics for	simple tactics for	simple tactics for	simple tactics for	simple tactics for	simple tactics for
	attacking and	attacking and	attacking and	attacking and	attacking and	attacking and
	defending	defending	defending	defending	defending	defending
Year One	 Demonstrate 	 Balance consistently 	 Hop on both feet 	 Demonstrate an 	 Demonstrate an 	 Strike objects using
	accuracy when	on large body parts	showing good control	effective overarm	effective kicking action	two hands with good
	travelling forward	and attempting to	and balance. Hop 	throw technique and	with good technique	success and technique
	using gross motor	balance on small body	effectively in one	accuracy.	and accuracy.	 Strike objects using
	skills.	parts with increased	direction or a straight	 Perform an overarm 	 Show an effective 	one hand with good
	 Demonstrate a sound 	control.	line.	throw showing correct	kicking style in a game	success and technique
	technique for travelling	 Mirror the teacher or 	 Show an effective 	technique.	situation.	 Strike objects
	backwards accurately.	educator with	landing when hopping	 Perform an overarm 	 Kick/ dribble a ball 	towards target zone/
	 Display increasing 	increased accuracy.	to then perform	throw showing good	into a space showing	area with increased
	ability to move side to	 Show a fluent 	successive hops.	distance.	good control.	control.
	side.	running style	 Skip around an area 		 Kick/dribble a ball 	
			showing control,		around.	

Develop	demonstrating speed	balance and a good	 Accurately throw an 	 Kick a ball accurately 	 Apply striking
•					
proprioception in order	and agility.	jump.	overarm throw to hit a	into a space/target	techniques to a catch
to avoid others and/ or	 Show an efficient 	 Co-ordinate their 	target zone/area.	with good technique.	situation.
equipment whilst	running style in game	movements to perform	 Catch a ball that has 	 Demonstrate 	 Trap a ball using two
travelling.	situations.	a successful skip.	been bounced by	effective dribbling	hands displaying
 Successfully navigate 	 Show an effective 	 Perform a skip at 	themselves.	technique showing	control and accuracy.
way around a	jumping style for both	speed during a race	 Catch a small ball 	control.	 Trap a ball using one
designated area using	distance and height.	situation.	that has been thrown	 Demonstrate an 	hand displaying control
a variety of	 Jump over/onto 	 Demonstrate an 	by another person.	increased awareness of	and accuracy.
movements and	objects with increased	effective underarm	• Catch a large ball that	space whilst dribbling	 Trap a ball using
directions.	control.	throw with a good	has been thrown by	around a designated	equipment showing
 Change direction 	 Jump over a large 	technique and	another person.	area.	control and accuracy
quickly and effectively.	distance showing	accuracy.	 Catch a beanbag that 	 Demonstrate a good 	
 Use change of 	control when landing.	 Show an effective 	has been thrown by	rolling technique	
direction within a	 Identifies good space 	underthrow technique	another person.	showing increased	
game situation.	quickly and accurately.	in a game situation.	Demonstrate	accuracy.	
 Work well with 	• Uses the space	 Accurately throw an 	effective throwing and	 Roll ball accurately 	
others in pairs/small	available in game	item to a target using	catching techniques in	into target zone/area.	
groups.	situations.	an underarm throw.	a game situation.		
 Perform a variety of 	 Actively seeking out 	• Perform an underarm	-		
crawls showing	good space with	throw to avoid an			
strength, control and	minimal prompting.	obstacle.			
speed.					

	1	SKILLS PRO	DGRESSION IN PE A	AT KEY STAGE ONE	1	1
	Travelling forwards, backwards, side to side.	Run, jump, balance and finding space.	Hop, skip and underarm throw.	Overarm throw, catching and throwing to a target.	Rolling, dribbling and kicking.	Striking with one and two hands. Introduce attacking and defending/ problem solving
National Curriculum	 master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co- ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending 	 master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co- ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending perform dances using simple movement patterns 	 master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co- ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending 	 master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co- ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending 	 master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co- ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending 	 master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co- ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending
Year Two	 Show a fluent travelling style and showing an increase in speed & agility. 	 Show a fluent running style demonstrating speed and agility. 	 Hop on both feet showing good control and balance. Hop effectively in one direction or a straight line. 	• Demonstrate an effective overarm throw technique and accuracy.	• Demonstrate an effective kicking action with good technique and accuracy.	 Strike objects using two hands with good success and technique. Strike objects using one hand with good success and technique.

 Show an efficient 	 Show an efficient 	 Show an effective 	 Perform an overarm 	 Show an effective 	 Strike objects
travelling style in game	running style in game	landing when hopping	throw showing correct	kicking style in a game	towards target zone/
scenarios.	situations.	to then perform	technique.	situation.	area with increased
 Demonstrate 	 Show an effective 	successive hops.	 Perform an overarm 	 Kick/ dribble a ball 	control.
accuracy when	jumping style for both	 Skip around an area 	throw showing good	into a space showing	 Apply striking
travelling both	distance and height.	showing control,	distance.	good control.	techniques to a catch
forwards and	 Jump over/onto 	balance and a good	 Accurately throw an 	 Kick/dribble a ball 	situation.
backwards with	objects with increased	jump.	overarm throw to hit a	around.	 Trap a ball using two
increased accuracy.	control.	 Co-ordinate their 	target zone/area.	 Kick a ball accurately 	hands displaying
 Frequently dodges 	 Jump over a large 	movements to perform	 Catch a ball that has 	into a space/target	control and accuracy.
others, showing a	distance showing	a successful skip.	been bounced by	with good technique.	 Trap a ball using one
sharp change of	control when landing.	 Perform a skip at 	themselves.	 Demonstrate 	hand displaying control
direction.	 Identifies good space 	speed during a race	 Catch a small ball 	effective dribbling	and accuracy.
 Display ability to 	quickly and accurately.	situation.	that has been thrown	technique showing	 Trap a ball using
accurately change	 Uses the space 	 Demonstrate an 	by another person.	control.	equipment showing
direction with speed. •	available in game	effective underarm	 Catch a large ball that 	 Demonstrate an 	control and accuracy.
Perform a variety of	situations.	throw with a good	has been thrown by	increased awareness of	 To understand basic
crawls showing	 Actively seeking out 	technique and	another person.	space whilst dribbling	attacking and
strength, control and	good space with	accuracy.	 Catch a beanbag that 	around a designated	defending principles. •
speed	minimal prompting. •	 Show an effective 	has been thrown by	area.	To develop different
 Develop 	Balance well &	underthrow technique	another person.	 Demonstrate a good 	skills in some game
proprioception in order	consistently on large	in a game situation.	 Demonstrate 	rolling technique	scenarios.
to avoid others and/ or	body parts showing	 Accurately throw an 	effective throwing and	showing increased	 To develop social
equipment whilst	very good balance on	item to a target using	catching techniques in	accuracy.	skills to complete
travelling.	small body parts with	an underarm throw.	a game situation	 Roll ball accurately 	tasks.
 Successfully navigate 	improving control.	 Perform an underarm 		into target zone/area.	 To work well with
way around a	 Balance on the move 	throw to avoid an			others in problem
designated area using	(dynamically) on	obstacle.			solving situations.
a variety of	various different				 To develop decision
movements and	objects.				making skills and make
directions.	 Balance, reach, 				good choices.
 Effectively use 	stretch, turn, bend and				
change of direction	express both basic				
game situations.	gross and fine motor				
	skills.				

• Work w	vell with • Balance with tension		
others in	pairs/ small and control on large		
groups.	body parts only.		
	Mirror the teacher or		
	educator fluently. •		
	Perform movements		
	individually or in		
	pairs/with others.		
	 Keep up momentum, 		
	rhythm or speed,		
	getting out of breath		
	and giving up.		
	 Perform movements 		
	and exercise to music,		
	with self and with		
	others		

	SKILLS PROGRESSION IN PE AT LOWER KEY STAGE TWO								
	Project Based Learning & Problem Solving	Movement & Fitness to Music	Principles of Tactics, Attacking & Defending	Principles of Tactics, Attacking & Defending	Physical Competitions & Challenges	Outdoor Adventure & Active Learning			
National Curriculum	 play competitive games, modified where appropriate compare their performances with previous ones and demonstrate improvement to achieve their personal best 	 develop flexibility, strength, technique, control and balance • perform dances using a range of movement patterns • compare their performances with previous ones and demonstrate improvement to achieve their personal best 	 play competitive games, modified where appropriate use running, jumping, throwing and catching in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve their personal best 	 play competitive games, modified where appropriate use running, jumping, throwing and catching in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve their personal best 	 play competitive games, modified where appropriate use running, jumping, throwing and catching in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve their personal best play competitive games, modified where appropriate use running, jumping, throwing and catching in isolation and in combination compare their performances with 	 play competitive games, modified where appropriate use running, jumping throwing and catching in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve their personal best take part in outdoor and adventurous activity challenges both individually and within a team 			

					demonstrate improvement to	
					achieve their personal best	
Year Three	Communicate	 Stand still and 	Understand the basic	Understand the basic	 Deal with winning 	 Work together in
	effectively alone, in	balance for short	principles of attacking	principles of moving	gracefully as an	teams to create maps
	teams.	periods of time.	and defending.	using equipment.	individual or as part of	of their school/yard.
	 Understand the 	 Understand 	 Take part in 	 Successfully dribble a 	a group.	 Use roles effectively
	different mediums/	movement, exercise /	competitive games	ball around using	 Handle losing a game 	to complete a simple
	ways of	fitness and what	confidently alone and	effective space.	as an individual or as	task.
	communication.	affects this has on our	with others.	 Perform several 	part of a group. • Work	 Plan a treasure hunt
	 Improve their 	bodies.	 Use a broader range 	successful passes and	well in a team with	effectively with others.
	communication and	 Show the different 	of skills/tactics in	traps with a teammate.	others.	 Understands how to
	listening skills.	movements / exercises	games and/or	 Show good accuracy 	 Encourage, support 	find different compass
	 Deal with conflicting 	fluently and in time	competitive situations.	in passes to	and motivate others in	points.
	situations and bounce	with the music beat.	 Understand effective 	teammates.	games.	 Successfully decipher
	back individually or as	 Take part in high and 	space and why this is	 Use a variety of 	 Follow rules even if 	secret codes as a team.
	a team.	low intensity	important in small-	passes to keep	they are unfair.	 Work effectively in
	 Understand the 	movement/exercises •	sided games.	possession away from	 Assist in making rules 	teams.
	expectations of	Sync movements/	 Find and attack space 	opposing teams.	to make a game more	 Make tough decisions
	working together as a	exercises to the beat of	with purpose	 Shield a ball from a 	fun and engaging for	based on difficult
	team.	the music	individually or as a	defender to protect it	others. • Overcome	survival scenarios.
	 Help others around 	 Develop their core 	team.	from being tackled. •	difficult challenges to	 Complete an assault
	them that might need	health and fitness.	 Outwit their 	Use their body to	succeed in a team.	course showing
	help.	 Raise their heart 	opponent maximising	protect a space from	 Share and include 	determination.
	 Use the resources 	rates to high and low	space in pairs or in	an opponent.	ideas with others in a	 Support others
	around them	levels during physical	small-sided games.	 Successfully defend a 	challenge.	during difficult
	effectively.	exercise.	 Understand marking 	space either as an	 Overcome a physical 	challenges.
	 Give feedback to 	 Perform dances and 	and will be able to	individual/group/team.	challenge and showing	 Seek effectively in a
	others individually or	movements	mark their opponents	 Mark an opponent 	excellent	group
	as a team.	individually and in	effectively.	closely to prevent	determination to	 Hide and tactically
	 Respect others 	pairs	 Play games in larger 	them taking part.	continue.	move to an objective.
	opinions and their		groups working	 Use effective 	 Perform various skills 	 Shows good
	feelings.		effectively (Attacking &	decision making skills	effectively to complete	leadership skills when
			Defending) as a team.	to keep the ball away from defenders.	a skills challenge.	working in groups.

 Help others to 	• Perform movements	Use effective	Use effective	 Able to explain basic
bounce back and be	in space individually or	communication skills	communication skills	survival needs
happy again.	as a team.	to pass a ball and also	to talk and listen to	
 Organise themselves 	 Score goals against 	move into a space.	people.	
and others around	their opponents		 Use problem solving 	
them.	understanding success.		skills to overcome a	
	 Evade, escape, dodge 		challenge with others.	
	or get away from			
	defenders most of the			
	time.			

			ESSION IN PE AT LO		-	
	Project Based	Movement & Fitness	Principles of Tactics,	Principles of Tactics,	Physical	Outdoor Adventure
	Learning & Problem	to Music	Attacking &	Attacking &	Competitions &	& Active Learning
	Solving		Defending	Defending	Challenges	
National	 play competitive 	 develop flexibility, 	 play competitive 	 play competitive 	 play competitive 	 play competitive
Curriculum	games, modified	strength, technique,	games, modified	games, modified	games, modified	games, modified
	where appropriate	control and balance •	where appropriate	where appropriate	where appropriate	where appropriate
	 compare their 	perform dances using a	 use running, jumping, 	 use running, jumping, 	 use running, jumping, 	 use running, jumping
	performances with	range of movement	throwing and catching	throwing and catching	throwing and catching	throwing and catching
	previous ones and	patterns • compare	in isolation and in	in isolation and in	in isolation and in	in isolation and in
	demonstrate	their performances	combination	combination	combination	combination
	improvement to	with previous ones and	 compare their 	 compare their 	 compare their 	 compare their
	achieve their personal	demonstrate	performances with	performances with	performances with	performances with
	best	improvement to	previous ones and	previous ones and	previous ones and	previous ones and
		achieve their personal	demonstrate	demonstrate	demonstrate	demonstrate
		best	improvement to	improvement to	improvement to	improvement to
			achieve their personal	achieve their personal	achieve their personal	achieve their personal
			best	best	best	best
					 play competitive 	 take part in outdoor
					games, modified	and adventurous
					where appropriate	activity challenges
					• use running, jumping,	both individually and
					throwing and catching	within a team
					in isolation and in	
					combination	
					 compare their 	
					performances with	
					previous ones and	
					demonstrate improvement to	

					achieve their personal best	
Year Four	Communicate	Listen to the	 Use a broader range 	Dribble effectively	 Participate in fun 	 Create a map listing
	effectively alone, in	teacher's/educators	of skills/tactics in	into a space by using	games or activities and	several important
	teams.	command showing	games and/or	their feet.	are able to win and	locations. • Work
	 Understand the 	good timing when	competitive situations.	 Successfully pass to a 	lose.	effectively in a team to
	different mediums/	moving / exercising. •	 Understand effective 	teammate in space.	 Show good 	complete a simple
	ways of	Stand still and balance	space and why this is	• Trap/receive a pass	sportsmanship towards	task.
	communication.	for short periods of	important in small-	from a teammate,	others at the end of a	 Create a treasure
	 Improve their 	time.	sided games.	maintaining control.	game.	hunt using compass
	communication and	• Improve their fitness	 Find and attack space 	Pass to open	 Support others 	points.
	listening skills.	levels.	with purpose	teammates while	during an activity if	 Follow navigational
	 Deal with conflicting 	 Understand why 	individually or as a	avoiding a defender. •	they are struggling.	clues leading to items.
	situations and bounce	speed and reaction	team.	Pass to a teammate	 Help make new rules 	 Successfully decipher
	back individually or as	time is important for	 Outwit their 	and move into another	which are fun and	a tricky code to build a
	a team.	games, activities and	opponent maximising	open space.	engaging for others.	base. • Successfully
	• Show confident signs	fitness.	space in pairs or in	 Work in a team to 	• Deal with unfair rules	create a secret code
	of effective decision-	 Understand 	small-sided games.	successfully maintain	and find ways to	for another team.
	making.	movement / exercise /	 Understand marking 	possession.	overcome them.	 Make difficult
	 Understand the 	fitness and what	and will be able to	 Able to apply 	 Share ideas with 	decisions to survive in
	expectations of	affects this has on our	mark their opponents	pressure to an attacker	others.	a real life situation.
	working together as a	bodies.	effectively.	to successfully tackle	 Work effectively in 	 Work effectively in a
	team.	 Show the different 	 Play games in larger 	them.	teams to overcome	team in a decision
	 Help others around 	movements / exercises	groups working	 Able to defend a 	various activities.	making activity.
	them that might need	fluently and in time	effectively (Attacking &	space to make it	 Use effective 	• Complete an assault
	help.	with the music beat.	Defending).	difficult for attackers	communication skills	course and explain why
	• Use the resources	 Take part in high and 	 Perform movements 	to score.	during activities.	they are used.
	around them	low intensity	in space individually or	 Work in a team to 	 Perform difficult 	 Support team
	effectively.	movement / exercises.	as a team.	defend against	exercises to improve	members during
	 Give feedback to 	 Synchronise 	 Score goals against 	attackers.	fitness.	difficult challenges.
	others individually or	movements/exercises	their opponents	 Attack a goal/space 	 Motivate, encourage, 	 Successfully
	as a team.	to the beat of the	understanding success.	as an	and support others	defend/attack bases
	 Respect others 	music.	 Understand the 	individual/pair/team.	with success.	using effective team
	opinions and their	Develop their core	difference between	Pass to a variety of	 Perform a variety of 	work.
	feelings.	movements, health	winning and losing.	teammates in open	skills as part of a skills	
		and fitness.		spaces.	challenge showing	

Chapel Street Community Primary School "A curriculum worth coming to school for."

 Help others to 	 Raise their heart 	 Communicate with 	 Use a wide variety of 	accuracy and	Plan creative tactics
bounce back and be	rates to high and low	others whilst attacking	attacking tactics/skills	technique.	to be successful in
happy again.	levels during physical	and defending	in small game	 Communicate 	team activities.
 Show effective 	exercise.	individually or as a	scenarios.	effectively with others.	
preparation and	 Perform dances and 	team.	 Communicate with 	Show empathy with	
organisation skills.	movements	 Mark their opponent 	others whilst attacking	others	
 Understand the 	individually and in	preventing them from	and defending		
importance of	pairs.	scoring goals or taking			
respecting others		part.			
feelings.					

	SKILLS PROGRESSION IN PE AT UPPER KEY STAGE TWO							
National	Project Based Learning & Problem Solving • play competitive	Movement & Fitness to Music • develop flexibility,	Principles of Tactics, Attacking & Defending • play competitive	Principles of Tactics, Attacking & Defending • play competitive	Physical Competitions & Challenges • play competitive	Outdoor Adventure & Active Learning • play competitive		
Curriculum	games, modified where appropriate • compare their performances with previous ones and demonstrate improvement to achieve their personal best	strength, technique, control and balance • perform dances using a range of movement patterns • compare their performances with previous ones and demonstrate improvement to achieve their personal best	 play competitive games, modified where appropriate use running, jumping, throwing and catching in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve their personal best 	 play competitive games, modified where appropriate use running, jumping, throwing and catching in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve their personal best 	 play competitive games, modified where appropriate use running, jumping, throwing and catching in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve their personal best 	 play competitive games, modified where appropriate use running, jumping, throwing and catching in isolation and in compare their performances with previous ones and demonstrate improvement to achieve their personal best take part in outdoor and adventurous activity challenges both individually and within a team 		
Year Five	 Understand the different team roles and responsibilities. Show confident signs of critical and creative thinking skills. 	 Listen to the teacher's/ educators command showing good timing when moving/exercising. Improve their fitness levels. 	 Understand effective space and why this is important in small- sided games. Outwit their opponent maximising 	 Hold a striking implement with good grip and technique. Move around a playing area successfully covering space. 	 Use effective teamwork to deal with problems. Communicate effectively to overcome a problem. 	 Accurately design a map of the school/yard highlight several important features. Understand why maps details are 		

 Show confident signs 	 Perform a core 	space in pairs or in	 Strike a ball with a 	 Motivate, encourage, 	important in everyday
of effective decision-	strength exercise.	small-sided games.	control towards a	and support others	life.
making.	 Understand what 	 Attack space with an 	partner.	with success.	 Clearly read
 Take part in all the 	core strength is.	object or piece of	 Experiment with 	 Perform various 	instructions/directions
different challenges	 Develop their 	equipment individually	using	difficult exercises to	leading to certain
and solve problems	stability and strength.	or as a team.	forehand/backhand	improve fitness and	locations.
together.	 Take part in all the 	 Defend space with an 	strikes.	succeed.	 Able to plan
 Understand the 	different types of	object or piece of	 Strike a ball with 	 Perform a variety of 	directions for others.
expectations of	movements/exercises	equipment individually	accuracy towards a	skills as part of a skills	Show patience,
working together as a	with purpose.	or as a team.	target/space	challenge showing	resilience,
team.	 Show the different 	 Score goals against 	 Swing their arm to 	accuracy and	determination and a
 Explain and 	movements / exercises	their opponents	strike a ball with a	technique.	can-do attitude during
demonstrate what the	fluently and in time	understanding success.	controlled movement.	 Effectively show a 	tricky situations.
expectations; look,	with the music beat.	 Understand the 	 Strike a ball with 	development of skills	 Perform difficult
sound and feel like.	 Take part in high and 	difference between	accuracy towards a	to overcome a	knots using a variety of
 Help others around 	low intensity	winning and losing.	target/space.	challenge.	items.
them that might need	movement/exercises•	 Communicate with 	 Strike a ball using 	 Evade and dodge 	 Effectively work in a
help.	Synchronise	others whilst attacking	forehand and	objects thrown at	group to plan an event.
 Use the resources 	movements/exercises	and defending	backhand with better	them.	 Discuss setbacks and
around them	to the beat of the	individually or as a	accuracy to a space.	 Use different tactics 	be able to make
effectively.	music.	team.	 Effectively perform a 	as a team to protect	changes to improve. •
 Understand the basic 	 Perform dances and 	 Perform a wide range 	lob shot.	targets.	Participate in an
critical skills.	movements	of varied	 Effectively perform a 	 Work effectively in a 	assault course showing
 Give feedback to 	individually and in	throws/passes	drop shot.	team with different	excelling use of skills.
others individually or	pairs.	accurately and	 Effectively perform a 	players.	 Work effectively in a
as a team.	 Mirror the educator 	comfortably.	volley.	 Involve others in 	team to complete an
 Present ideas 	or teacher's	 Get from A to Z fast 	 Effectively perform a 	team games /	objective.
individually or as a	movements at the	with or without	smash shot.	competitions.	 Successfully capture
team.	front of the session.	equipment/objects.	 Perform a variety of 	 Understand the use 	players in defend and
	 Sing along to the 		shots into an open	of substitutions and	capture activities.
	music, get active and		space.	why they are used.	 Shows good
	have some fun.		 Understand when to 	 Evaluate their own 	leadership in a team.
			use different shots in a	performance	
			game situation.	highlighting strengths	
				& weaknesses.	

	SKILLS PROGRESSION IN PE AT UPPER KEY STAGE TWO							
National	Project Based Learning & Problem Solving • play competitive	Movement & Fitness to Music • develop flexibility,	Principles of Tactics, Attacking & Defending • play competitive	Principles of Tactics, Attacking & Defending • play competitive	Physical Competitions & Challenges • play competitive	Outdoor Adventure & Active Learning • play competitive		
Curriculum	games, modified where appropriate • compare their performances with previous ones and demonstrate improvement to achieve their personal best	strength, technique, control and balance • perform dances using a range of movement patterns • compare their performances with previous ones and demonstrate improvement to achieve their personal best	games, modified where appropriate • use running, jumping, throwing and catching in isolation and in combination • compare their performances with previous ones and demonstrate improvement to achieve their personal best	games, modified where appropriate • use running, jumping, throwing and catching in isolation and in combination • compare their performances with previous ones and demonstrate improvement to achieve their personal best	games, modified where appropriate • use running, jumping, throwing and catching in isolation and in combination • compare their performances with previous ones and demonstrate improvement to achieve their personal best	games, modified where appropriate • use running, jumping, throwing and catching in isolation and in combination • compare their performances with previous ones and demonstrate improvement to achieve their personal best • take part in outdoor and adventurous activity challenges both individually and within a team		
Year Six	 Improve their communication and listening skills. Show confident signs of critical and creative thinking skills. 	 Improve their fitness levels. Understand why speed and reaction time is important for games, activities and fitness. 	 Understand the basic principles of attacking and defending with a ball. Take part in competitive games 	 Strike a ball without using an implement. Swing their arms in a smooth controlled motion. Strike a ball successfully while 	 Work effectively with others to overcome a difficult challenge. Use other forms of communication to overcome challenges. 	 Create a well- detailed map of school/yard listing important features. Understand the importance of minor 		

 Deal with conflicting 	Understand	confidently alone and	using an implement.	• Use different	details required for a
situations and bounce	movement,	with others.	Can play a variety of	motivational skills to	map.
back individually or as	exercise/fitness and	Understand effective	attacking and	encourage others to	 Navigate team
a team.	what affects this has	space and why this is	defensive shots.	perform well.	members to a location.
 Show confident signs 	on our bodies.	important in small-	 Perform a successful 	Perform difficult	 Follows navigations
of effective decision-	 Show the different 	sided games.	over-arm bowl with	exercises with others	effectively leading to
making.	movements / exercises	• Find and attack space	accuracy. • Perform a	and improve strength	an end goal/area.
• Take part in all the	fluently and in time.	with purpose	variety of different	and fitness.	Work effectively in
different challenges	 Take part in high and 	individually or as a	distance bowls to test	a variety of skills as	teams to complete an
and solve problems	low intensity	team.	a batter.	part of a skills	objective.
together.	movement/exercises •	 Outwit their 	 Strike a ball that is 	challenge showing	 Show patience,
 Understand the 	Keep exercising when	opponent maximising	travelling at speed.	accuracy and	resilience,
expectations of	tired, trying hard never	space in pairs or in	Understand how to	technique.	determination and a
working together as a	to give up ●	small-sided games.	field a space as an	 Show a development 	"can do" attitude
team.	Synchronise	 Understand marking 	individual/team.	of skills whilst being	during tricky situations.
 Explain and 	movements/exercises	and will be able to	 Use a range of 	able to support others.	 Successfully plan an
demonstrate what the	to the beat of the	mark their opponents	throws to aid in	 Understand the use 	assault course while
expectations; look,	music	effectively.	fielding.	of substitutions and	using team member's
sound and feel like.	 Develop their core 	 Play games in larger 	 Understand how to 	team selection in	roles effectively.
 Perform each team 	movements, health	groups working	be on your toes and be	games and	 Understand how to
role competently and	and fitness.	effectively (Attacking &	ready to catch.	competitions.	plan an event and
confidently.	 Raise their heart 	Defending) as a team.	 Understand how to 	 Improve dodging and 	successfully realise
 Help others around 	rates to high and low	 Attack space with an 	use bases and attack	evading skills when	how to improve on
them that might need	levels during physical	object or piece of	bases to stop batters.	items are thrown at	setbacks.
help.	exercise.	equipment individually	 Can play a variety of 	them.	 Participate in an
 Perform and 	 Perform dances and 	or as a team.	attacking and	 Improve spatial 	assault course and be
demonstrate some of	movements	 Defend space with an 	defensive shots.	awareness skills to	able to excel in various
the 21st century/	individually and in	object or piece of	 Attack a space by 	protect themselves	activities.
critical skills.	pairs.	equipment individually	striking a ball to an	and teammates.	 Successfully develop
 Use the resources 	 Mirror the educator 	or as a team.	open area.	 Use effective 	code breaking and
around them	or teacher's	 Score goals against 	 Spread out into an 	communication skills	problem solving skills.
effectively.	movements at the	their opponents	open space to provide	when working in a	 Shows good
 Understand the basic 	front of the session. •	understanding success.	a good fielding option.	team.	leadership skills.
critical skills.	Balance, reach, stretch,	 Understand the 		 Can reflect on 	 Communicates
	turn, bend and express	difference between		performances thinking	effectively with team
		winning and losing.			

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 Give feedback to 	both basic gross and	 Mark their opponent 	of positives and ways	members to complete
others individually or	fine motor skills	preventing them from	to improve.	tasks.
as a team.		scoring goals or taking	 Can feedback on 	
		part.	others performance	
			thinking of positives	
			and ways to improve.	