

## Purleigh Community Primary School Progression of Skills: P.E.

|  | EYFS   | Y1   | Y2  | Y3   | Y4   | Y5  | Y6  |
|--|--|--|---|--|--|---|---|
| <b>Acquiring and developing skills</b> | <p>Can they dress and undress independently, successfully managing fastening buttons or laces?</p> <p>Can they show increasing control over an object?</p> <p>Can they negotiate space successfully when playing racing and chasing games?</p> <p>Can they show good control and co-ordination in large and small movements?</p> | <p>Can they copy actions?</p> <p>Can they repeat actions and skills?</p> <p>Can they move with control and care?</p> | <p>Can they copy and remember actions?</p> <p>Can they repeat and explore actions with control and coordination?</p>                      | <p>Can they select and use the most appropriate skills, actions or ideas?</p> <p>Can they move and use actions with co-ordination and control?</p>           | <p>Can they select and use the most appropriate skills, actions or ideas?</p> <p>Can they move and use actions with co-ordination and control?</p> <p>Can they make up their own small-sided game?</p> | <p>Can they link skills, techniques and ideas and apply them accurately and appropriately?</p> <p>Do they show good control in their movements?</p>               | <p>Do they apply their skills, techniques and ideas consistently?</p> <p>Do they show precision, control and fluency?</p>   |
| <b>Evaluating and improving</b>        | <p>Can they observe the effects of activity on their bodies?</p> <p>Can they play in a group, extending and elaborating play ideas?</p>  | <p>Can they talk about what they have done?</p> <p>Can they describe what other people did?</p>                      | <p>Can they talk about what is different between what they did and what someone else did?</p> <p>Can they say how they could improve?</p> | <p>Can they explain how their work is similar and different from that of others?</p> <p>With help, do they recognise how performances could be improved?</p> | <p>Can they explain how their work is similar and different from that of others?</p> <p>Can they use their comparison to improve their work?</p>   | <p>Can they compare and comment on skills, techniques and ideas that they and others have used?</p> <p>Can they use their observations to improve their work?</p> | <p>Can they analyse and explain why they have used specific skills or techniques?</p> <p>Can they modify use of skills or techniques to improve their work?</p> <p>Can they create their own success criteria for evaluating?</p> |

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| <b>Health and fitness</b> | <p>Do they know the importance for good health of physical exercise and a healthy diet and can they talk about ways to keep healthy and safe?</p> <p>Can they observe the effects of activity on their bodies?</p> <p>Do they know the importance for good health of physical exercise and a healthy diet?</p> | <p>Can they describe how their body feels before, during and after an activity?</p>   | <p>Can they show how to exercise safely?</p> <p>Can they describe how their body feels during different activities?</p> <p>Can they explain what their body needs to keep healthy?</p>   | <p>Can they explain why it is important to warm-up and cool-down?</p> <p>Can they identify some muscle groups used in gymnastic activities?</p>  | <p>Can they explain why warming up is important?</p> <p>Can they explain why keeping fit is good for their health?</p>   | <p>Can they explain some important safety principles when preparing for exercise?</p> <p>Can they explain what effect exercise has on their body?</p> <p>Can they explain why exercise is important?</p>   | <p>Can they explain how the body reacts to different kinds of exercise?</p> <p>Can they choose appropriate warm ups and cool downs?</p> <p>Can they explain why we need regular and safe exercise?</p> |
| <b>Dance</b>              | <p>Can they experiment with different ways of moving?</p> <p>Can they move confidently in a range of ways, safely negotiating space?</p>   | <p>Can they move to music?</p> <p>Can they copy dance moves?</p> <p>Can they perform some dance moves?</p> <p>Can they make up a short dance?</p> <p>Can they move around the space safely?</p> | <p>Can they dance imaginatively?</p> <p>Can they change rhythm, speed, level and direction?</p> <p>Can they dance with control and co-ordination?</p> <p>Can they make a sequence by linking sections together?</p> <p>Can they link some movements to show a mood or feeling?</p> | <p>Can they improvise freely, translating ideas from a stimulus into movement?</p> <p>Can they share and create phrases with a partner and in small groups?</p> <p>Can they repeat, remember and perform these phrases in a dance?</p> | <p>Can they take the lead when working with a partner or group?</p> <p>Can they use dance to communicate an idea?</p> <p>Can they work on their movements and refine them?</p> <p>Is their dance clear and fluent?</p> | <p>Can they compose their own dances in a creative and imaginative way?</p> <p>Can they perform to an accompaniment, expressively and sensitively?</p> <p>Are their movements controlled?</p> <p>Does their dance show clarity, fluency, accuracy and consistency?</p> | <p>Can they develop imaginative dances in a specific style?</p> <p>Can they choose their own music, style and dance?</p>   |

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| <b>Games</b>      | <p>Can they negotiate space successfully when playing racing and chasing games?</p> <p>Can they play in a group, extending and elaborating play ideas?</p> <p>Can they move confidently in a range of ways, safely negotiating space?</p> | <p>Can they throw underarm?</p> <p>Can they roll a piece of equipment?</p> <p>Can they hit a ball with a bat?</p> <p>Can they move and stop safely?</p> <p>Can they catch with both hands?</p> <p>Can they throw in different ways?</p> <p>Can they kick in different ways?</p> | <p>Can they use hitting, kicking and/or rolling in a game?</p> <p>Can they stay in a 'zone' during a game?</p> <p>Can they decide where the best place to be is during a game?</p> <p>Can they use one tactic in a game?</p> <p>Can they follow rules?</p> | <p>Can they throw and catch with control when under limited pressure?</p> <p>Are they aware of space and use it to support team-mates and cause problems for the opposition?</p> <p>Do they know and use rules fairly to keep games going?</p> <p>Can they keep possession with some success when using equipment that is not used for throwing and catching skills?</p> | <p>Can they catch with one hand?</p> <p>Can they throw and catch accurately?</p> <p>Can they hit a ball accurately and with control?</p> <p>Can they keep possession of the ball?</p> <p>Can they move to find a space when they are not in possession during a game?</p> <p>Can they vary tactics and adapt skills according to what is happening?</p> | <p>Can they gain possession by working as a team?</p> <p>Can they pass in different ways?</p> <p>Can they use forehand and backhand with a racquet?</p> <p>Can they field?</p> <p>Can they choose the best tactics for attacking and defending?</p> <p>Can they use a number of techniques to pass, dribble and shoot?</p> | <p>Can they explain complicated rules?</p> <p>Can they make a team plan and communicate it to others?</p> <p>Can they lead others in a game situation?</p> |
| <b>Gymnastics</b> | <p>Can they travel with confidence and skill around, under, over and through balancing and climbing equipment?</p> <p>Can they experiment with different ways of moving?</p> <p>Can they move confidently in a range of ways,</p>         | <p>Can they make their body tense, relaxed, curled and stretched?</p> <p>Can they control their body when travelling?</p> <p>Can they control their body when balancing?</p> <p>Can they copy sequences and repeat them?</p>  | <p>Can they plan and show a sequence of movements?</p> <p>Can they use contrast in their sequences?</p> <p>Are their movements controlled?</p> <p>Can they think of more than one way to create a sequence which</p>                                       | <p>Can they use a greater number of their own ideas for movement in response to a task?</p> <p>Can they adapt sequences to suit different types of apparatus and their partner's ability?</p> <p>Can they explain how strength and suppleness affect performances?</p>   | <p>Can they work in a controlled way?</p> <p>Can they include change of speed?</p> <p>Can they include change of direction?</p> <p>Can they include range of shapes?</p> <p>Can they follow a set of 'rules' to</p>   | <p>Can they make complex or extended sequences?</p> <p>Can they combine action, balance and shape?</p> <p>Can they perform consistently to different audiences?</p> <p>Are their movements</p>   | <p>Do they combine their own work with that of others?</p> <p>Can they link their sequences to specific timings?</p>                                       |

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|------------------------|----------------------------------|---|---|--|--|--|--|
|                        | <p>safely negotiating space?</p> | <p>Can they roll in different ways?</p> <p>Can they travel in different ways?</p> <p>Can they balance in different ways?</p> <p>Can they climb safely?</p> <p>Can they stretch in different ways?</p> <p>Can they curl in different ways?</p> | <p>follows a set of 'rules'?</p> <p>Can they work on their own and with a partner to create a sequence?</p> | <p>Can they compare and contrast gymnastic sequences, commenting on similarities and differences?</p>  | <p>produce a sequence?</p> <p>Can they work with a partner to create, repeat and improve a sequence with at least three phases?</p>  | <p>accurate, clear and consistent?</p>   |  |
| <b>Athletics (KS2)</b> |                                  |   |   | <p>Can they run at fast, medium and slow speeds, changing speed and direction?</p> <p>Can they link running and jumping activities with some fluency, control and consistency?</p> <p>Can they make up and repeat a short sequence of linked jumps?</p> <p>Can they take part in a relay activity, remembering when to run and what to do?</p> | <p>Can they run over a long distance?</p> <p>Can they spring over a short distance?</p> <p>Can they throw in different ways?</p> <p>Can they hit a target?</p> <p>Can they jump in different ways?</p> | <p>Are they controlled when taking off and landing in a jump?</p> <p>Can they throw with accuracy?</p> <p>Can they combine running and jumping?</p> <p>Can they follow specific rules?</p> | <p>Can they demonstrate stamina?</p> <p>Can they use their skills in different situations?</p> |

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|----------------------------------|--|--|--|---|--|--|--|
|                                  |  |  |  | Do they throw a variety of objects, changing their action for accuracy and distance?  |  |  |  |
| <b>Outdoor/Adventurous (KS2)</b> |  |  |  | <p>Can they follow a map in a familiar context?</p> <p>Can they move from one location to another following a map?</p> <p>Can they use clues to follow a route?<br/>Can they follow a route safely?</p> | <p>Can they follow a map in a more demanding familiar context?</p> <p>Can they move from one location to another following a map?</p> <p>Can they use clues to follow a route?<br/>Can they follow a route accurately, safely and within a time limit?</p> | <p>Can they follow a map in an unknown location?</p> <p>Can they use clues and compass directions to navigate a route?</p> <p>Can they change their route if there is a problem?<br/>Can they change their plan if they get new information?</p> | <p>Can they plan a route and series of clues for someone else?</p> <p>Can they plan with others taking account of safety and danger?</p> |