

PE Skills Progression

Year 6	Demonstrate precision, control and fluency Sustain movements over a longer period of time. Use changes in and combinations of direction, level and speed within increasingly complex sequences. Know and use the relationship between power and stamina. Choose and use the most appropriate skills, tactics and actions to cause problems. Know how to keep possession.
Year 5	Show control / coordination in travel and balance. Perform a range of jumps, showing control. Combine changes of shape, speed and level in sequence. Use a range of throwing techniques, with increasing power and accuracy. Use a range of fielding skills and throw with accuracy to hit a target. Plan different approaches to attacking and defending. Modify and refine skills and techniques to improve any performance.
Year 4	Control take-off and landing when jumping. Show increasing control in balance and agility. Cooperate with others to form sequences. Throw, catch, strike, field, stop a ball with increasing control and accuracy Be increasingly accurate in throwing for distance. Understand how performances can be improved, through practice and reflection.
Year 3	Understand different uses of tense, relax, stretch, curl in movement. Copy, remember, repeat, explore simple actions and movements with control and co ordination. Move a ball with control and accuracy. Show increasing confidence when rolling, hitting, kicking a ball. Understand the importance of rules and fairness. Follow rules in games. Refine movement after evaluation from others. Understand the importance of warming up and cooling down.
Year 2	Begin to move with increasing control and care. Make a short dance sequence by putting some movements together. Kick and throw a ball, not always with accuracy. Understand the importance of stopping a ball in different ways. Begin to be able to work with a partner. Understand the importance of being active. Suggest ways to improve own and others work.
Year 1	Jump in different ways. Move a ball using simple throwing techniques. Sometimes catch a ball. Stop a ball moving in other ways. Perform simple and random dance moves. Understand that physical activity is good for them. Comment on others' actions. Suggest simple improvements.
EYFS	Enjoy movement Enjoy participation Enjoy winning!