



Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Acquiring and Developing Skills					
<p>Can they work individually and with others to engage in Physical activities?</p> <p>Can they apply basic movements in a range of activities?</p> <p>Can they work individually and with others?</p> <p>Can they engage in cooperative physical Activities?</p>	<p>Can they improve the way they co-ordination and control their bodies in various activities?</p> <p>Can they choose use and vary simple tactics?</p> <p>Catch and control a ball in movement working with a partner or in a small group?</p>	<p>Are pupils familiar with basic rules of games?</p> <p>Can they begin to apply them in a range of situations?</p>	<p>Can they identify the sporting spirit values?</p> <p>Do they understand how to use equipment safely?</p>	<p>Can they show a good understanding of a variety of Games?</p> <p>Can they adapt the rules of a game for an intended Purpose?</p> <p>Can they consistently demonstrate the sporting spirit values in a range of games situations?</p> <p>Can they understand how to use equipment safely?</p>	<p>Can they show a good understanding of a variety of Games?</p> <p>Can they consistently demonstrate the sporting spirit values in a range of games situations?</p> <p>Can they understand how to use equipment safely?</p>
Health and Fitness					
<p>Can they show awareness of body changes during exercise (heart rate, heavy breath, hot, sweaty)?</p> <p>Can they show understanding of the need for PE uniform (changing, safety)?</p> <p>Can they show an awareness of how exercise is important for a healthy lifestyle and mind?</p>	<p>Can they show awareness of body changes during exercise (heart rate, heavy breath, hot, sweaty)?</p> <p>Can they show understanding of the need for PE uniform (changing, safety)?</p> <p>Can they show an awareness of how exercise is important for a healthy lifestyle and mind?</p>	<p>Can they show awareness of body changes before, during and after exercise?</p> <p>Can they show awareness of how exercise is important for a healthy body and lifestyle?</p> <p>Can they show awareness of how exercise can help support our mental wellbeing?</p>	<p>Can they show awareness of body changes before, during and after exercise?</p> <p>Can they show awareness of how exercise is important for a healthy body and lifestyle?</p> <p>Can they show awareness of how exercise can help support our mental wellbeing?</p> <p>Can they show an understanding the importance of exercise and sport in social environments?</p>	<p>Can they show awareness of body changes before, during and after exercise?</p> <p>Can they show awareness of how exercise is important for a healthy body and lifestyle?</p> <p>Can they show awareness of how exercise can help support our mental wellbeing?</p> <p>Can they show an understanding the importance of exercise and sport in social environments?</p>	<p>Can they show awareness of body changes before, during and after exercise?</p> <p>Can they show awareness of how exercise is important for a healthy body and lifestyle?</p> <p>Can they show awareness of how exercise can help support our mental wellbeing?</p> <p>Can they show an understanding the importance of exercise and sport in social environments?</p>
Evaluating and Improving					
<p>Can they show an awareness of how exercise is important for a healthy lifestyle?</p> <p>Can they also link this to their mind?</p>	<p>Can they remember, repeat and link combinations of skills where necessary. Develop basic tactics in simple team games and use them appropriately?</p>	<p>Can they identify when they are successful?</p> <p>Can they identify the next steps in their learning?</p>	<p>Can they give examples of when they could improve during practice?</p> <p>Can they apply this to a game situation?</p>	<p>Can they assess their own performance and the performance of others to identify areas for development?</p> <p>Can they lead a partner through short warm-up routines?</p>	<p>Can they adapt the rules of a game for an intended purpose?</p> <p>Can they suggest changes and use feedback to improve a sequence?</p> <p>Can they lead a small group through a short warm-up routine?</p>
Dance					
<p>Can they explore movement ideas and respond imaginatively to a range of stimuli?</p> <p>Can they move confidently and safely in their own general space using changes of speed level and direction?</p> <p>Can they compose and link movements to make simple beginnings, middles and Ends?</p>	<p>Can you explore, remember, repeat and link a range of actions with coordination, control and awareness of the expressive qualities of dance?</p> <p>Can they explore their change of rhythm, speed, level and direction.?</p>	<p>Can they create dance phrases with a partner and in a small group using canon and unison?</p> <p>Can they repeat, remember and perform these phrases in a dance?</p> <p>Can they use dynamic and expressive qualities in relation to an idea?</p> <p>Can they use counts to keep in time with a group and the music?</p> <p>Can they recognise and talk about the movements used?</p>	<p>Can they use simple motifs and movement patterns to structure dance phrases on their own, with a partner and in a group?</p> <p>Can they use formation, canon and unison to develop a dance?</p> <p>Can they refine, repeat and remember dance phrases and dances?</p> <p>Can they perform dances clearly and fluently?</p> <p>Can they describe, interpret and evaluate dance, using appropriate language?</p>	<p>Can they perform different styles of dance clearly and Fluently?</p> <p>Can they recognise and comment on dances, showing an understanding of style?</p> <p>Can they suggest ways to improve their own and other people's work.?</p>	<p>Can they work in a group to choreograph motifs and structure simple dances?</p> <p>Can they adapt and refine actions, dynamics and relationships to improve a dance?</p> <p>Can they perform dances fluently and with control?</p> <p>Can they use appropriate language to evaluate and refine their own and others' work?</p>
Games					
<p>Can they keep themselves safe in the space in which an activity/game is being played?</p> <p>Can they explore and use skills, actions and ideas individually and in combination to suit the game that is being played?</p> <p>Can they show ability to work with a partner in throwing and catching games?</p> <p>Can they use skills effectively for particular games:</p> <p>-Throw a ball accurately to a target using increasing control?</p>	<p>Can they engage in competitive physical activities (both against self and against others)</p> <p>Can they participate in team games?</p> <p>Can they develop simple tactics for attacking and defending?</p> <p>Can they understand how to use equipment safely?</p>	<p>Can they move with a ball towards goals with increasing control.</p> <p>Can they understand your role as an attacker and as a defender?</p> <p>Can they move into space to help support a team?</p> <p>Can they defend an opponent and try to win the ball?</p>	<p>Can they pass, receive and shoot the ball with increasing control?</p> <p>Can they work as part of a team to keep possession and score goals when attacking?</p> <p>Can they defend one on one and know when and how to win the ball?</p> <p>Can they use simple tactics to help a team score?</p>	<p>Can they understand there are different skills for different situations and begin to use these?</p> <p>Can they move into space to help a team?</p> <p>Can they play in a range of positions and know how to contribute when attacking and defending?</p> <p>Can they pass, receive and shoot the ball with some control under pressure?</p>	<p>Can they Pass, receive and shoot the ball with increasing control under pressure?</p> <p>Can they select the appropriate action for the situation?</p> <p>Can they create and use a variety of tactics to help a team?</p> <p>Can they create and use space to help a team?</p> <p>Can they select and apply different movement skills to lose a defender?</p> <p>Can they use marking, and/or interception to improve defending?</p>
Gymnastics					
<p>Can they explore and perform gymnastic actions (pencil/straight, tuck, star, pike, dish and arch) and still shapes?</p> <p>Can they move confidently and safely in their own and general space, using change of speed and direction?</p> <p>Can they copy, create and link movement phrases with beginnings, middles and ends?</p> <p>Can they explore different ways of stretching, balancing, rolling, and travelling?</p>	<p>Can they remember, repeat and link combinations of gymnastic actions, body shapes and balances with control and precisions?</p> <p>Can they choose, use and vary simple ideas in the sequence they create and perform, with moderate control?</p> <p>Can they create routines which have a clear beginning and ending?</p> <p>Can they work with a partner sharing ideas and creating a simple sequence?</p>	<p>Can they use their own ideas for movements in response to a task?</p> <p>Can they choose and plan sequences of contrasting actions?</p> <p>Can they complete actions with increasing balance and control?</p> <p>Can they move in unison with a Partner?</p>	<p>Can they safely perform balances individually and with a partner?</p> <p>Can they plan and perform sequences with a partner that include a change of level and shape?</p>	<p>Can they create and perform sequences using apparatus, individually and with a partner?</p> <p>Can they use set criteria to make simple judgments about performances and suggest ways they could be improved?</p>	<p>Can they combine and perform gymnastic actions, shapes and balances with control and fluency?</p> <p>Can they create and perform sequences using compositional devices to improve the quality?</p>
Athletics					
<p>Can they remember, repeat and link combinations of actions. Use their bodies and a variety of equipment with greater control and co-ordination?</p>	<p>Can they develop a variety of skills with increasing accuracy and velocity?</p> <p>Can they explore and throw a variety of objects with one hand?</p>	<p>Can they run at fast, medium and slow speeds?</p> <p>Can they use different take off and landings when jumping?</p>	<p>Can they demonstrate the difference between sprinting and running over varying distances?</p> <p>Can they demonstrate different</p>	<p>Can you perform a range of jumps showing some technique?</p> <p>Can you show control at take-off in jumping activities?</p>	<p>Can you select and apply the best pace for a running event?</p> <p>Can you exchange a baton with Success?</p>

<p><u>Can they develop the following skills with increasing accuracy and velocity:</u></p> <ul style="list-style-type: none"> -Explore and throw a variety of objects with one hand. -Jump from a stationary position with control. -Change speed and direction whilst running? 	<p><u>Can they jump from a stationary position with control?</u></p> <p><u>Can they change speed and direction whilst running?</u></p>	<p><u>Can they develop jumping for distance and height?</u></p> <p><u>Can they take part in a relay activity, remembering when to run and what to do?</u></p> <p><u>Can they throw a variety of objects, changing action for accuracy and distance?</u></p>	<p><u>throwing techniques?</u></p> <p><u>Can they jump for distance and height with control and balance?</u></p> <p><u>Can they throw with some accuracy and power into a target area?</u></p>	<p><u>Can you show accuracy and good technique when throwing for distance?</u></p> <p><u>Can you understand how stamina and power help people to perform well in different athletic activities?</u></p>	<p><u>Can you perform jumps for height and distance using good technique?</u></p> <p><u>Can you show accuracy and good technique when throwing for distance?</u></p>
Outdoor and Adventure					
<p><u>Can they work individually and with others. Engage in cooperative physical activities</u></p> <p><u>Participate in team Games?</u></p> <p><u>Understand how to use equipment safely?</u></p>	<p><u>Can they improve the way they coordinate?</u></p> <p><u>and control their bodies in various activities.</u></p> <p><u>Can they repeat and link combinations of skills where necessary?</u></p>	<p><u>Can they follow and give instructions?</u></p> <p><u>Can they communicate ideas and listen to others?</u></p> <p><u>Can they work with a partner and a small group?</u></p>	<p><u>Can they Accurately follow and give instructions?</u></p> <p><u>Can they work effectively with a partner and a small group?</u></p> <p><u>Can they identify key symbols on a map and use a key to help navigate around a grid?</u></p>	<p><u>Can they reflect on when and how they were successful at solving challenges? Can they alter methods in order to improve?</u></p> <p><u>Can they work effectively with a partner and a small group?</u></p>	<p><u>Can they work effectively with a partner and a group?</u></p> <p><u>Use critical thinking to form Ideas?</u></p> <p><u>Pool ideas within a group, selecting and applying the best method to solve a problem?</u></p>
Swimming					
		<p><u>Can they swim competently, confidently and proficiently over a distance of at least 25 metres?</u></p> <p><u>Can they use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</u></p>		<p><u>Can they swim competently, confidently and proficiently over a distance of at least 25 metres?</u></p> <p><u>Can they use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</u></p>	

PE Curriculum - Skills and Knowledge progression document