



Physical Education Progression of Skills

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Acquiring and developing skills	ELG: Managing Self N/R: Be confident to try new activities & show independence, resilience and perseverance in the face of challenge	Pupil's copy, repeat and explore simple skills and actions with basic control and co-ordination.	Pupils explore simple skills. Copy, remember, repeat and explore simple actions with control and co-ordination	Pupils consolidate existing skills applying them with greater control and co-ordination and gain new ones.	Pupils select and use skills, actions and ideas appropriately, applying them with greater control and co-ordination	Pupils link skills, techniques and ideas and apply them accurately and appropriately.	Pupils select and combine skills, techniques and ideas and apply them accurately and appropriately showing precision, control and fluency.
Selecting and applying skills, tactics and compositional ideas	ELG: Managing Self N/R: Explain the reasons for rules, know right from wrong and try to behave accordingly; ELG: Gross Motor Skills Children at the expected level of development will: - Negotiate space and obstacles safely, with consideration for themselves and others;	Pupils start to link skills and actions in ways that suit the activities.	Pupils vary skills, actions and ideas and link these in ways that suit set activities. They begin to show some understanding of simple tactics and basic compositional ideas	With encouragement pupils select and use skills and ideas appropriately beginning to apply them with control and co-ordination. They understand and apply a wider range of tactics and compositional ideas in play.	Pupils select and use skills, actions and ideas appropriately applying them with control and co-ordination. They show understanding of tactics and composition by starting to vary how they respond.	Pupils performance shows precision, control and fluency and that they understand tactics and composition.	When performing pupils draw on what they know about strategy, tactics and composition.

Evaluating and improving performance	<ul style="list-style-type: none"> - Demonstrate strength, balance and coordination when playing; - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 	Pupils describe and comment on their own and others' actions.	Pupils talk about differences between their own and others performances and suggest improvements.	Pupils can talk about similarities and differences to and from the work of others. As a group they can use this to improve their performances.	Pupils can see how their work is similar and different to and from the work of others. They use this to improve their own work.	Pupils compare and comment on skills, techniques and ideas used in own and others' work and use this understanding to improve their performance.	Pupils analyse and comment on skills techniques and ideas and how these are applied in their own and others' work. They modify and refine skills and techniques to improve their performance.
Knowledge and understanding of fitness and health	ELG: Building Relationships Children at the expected level of development will: <ul style="list-style-type: none"> - Work and play cooperatively and take turns with others 	Pupils talk about how to exercise safely and how their bodies feel during activities.	Pupils understand how to exercise safely and describe how their bodies feel during various activities.	Pupils begin to understand why they warm up and why physical activity is important for good health.	Pupils give reasons why they warm up before exercise and why physical activity is good for their health.	Pupils explain and apply basic safety principles in preparing for exercise. They describe the effects exercise has on their own bodies and how it is valuable to their own health and fitness.	Pupils explain how their body reacts during different types of exercise. They warm up and cool down in ways that suit the activity. They explain why regular safe exercise is good for their fitness and health.