



### Progression of skills in PE

	<b>EYFS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
<b>Fundamental movement skills</b>							
<b>Competitive activities and team games</b>	Taking turns/keeping the score, playing by the rules, avoiding a defender and preventing an attacker from scoring	Understanding the principles of attack/defence, applying attacking/defending principles into a game, consolidate attacking/defending	Attacking/defending as a team, understanding the transition between defence and attack, create and apply attacking/defensive tactic	Introduce passing and receiving, introduce passing and creating space, introduce scoring and the concept of shooting	Develop passing and receiving, develop passing, moving and shooting Develop footwork, introduce defending and the concept of marking	Refine passing and receiving, apply passing, footwork and shooting into mini games, introduce officiating. Introduce defending, explore the function of other passing styles	Consolidate keeping possession and officiating, consolidate defending. Understand and apply attacking tactics in game situations. Create, understand and apply defending tactics in

							game situations
<b>Dance/Perform</b>	Listen to music and move the body in relation to the music.	Move in relation to the music and respond with appropriate movements and actions.	Respond to a variety of stimuli or themes with appropriate movements.	Explore a variety of movements to ascertain the best moves to tell the story and improve the performance.	Explore emotion and include this choreographical element in performances	Include a change of speed in our movements.	Accurately combining movements with flow and accurate timings.
<b>Gymnastics/Perform</b>	Moving through, along, across, over and under a variety of apparatus.	Transition between movements, adding movements together and transitioning between them.	Use a variety of apparatus when creating movement sequences.	Execute balances and movements in both symmetrical and asymmetrical ways.	Create sequences combining movements and bridge balances in pairs, applying flow and challenging their creativity.	Create a sequence, by accurately combining movement and balances, with flow and accurate timings within the Counter Balance and Counter Tension theme.	Create a sequence of movements, bringing together a combination of both matching and mirroring movements, executed with accuracy and fluidity using a range of apparatus.

<b>Engaging competitive activities</b>							
<b>Compete/Perform</b>							
<b>Swimming</b>					25 metres, range of strokes and safe self-rescue.		
<b>Healthy and Wellbeing</b>	Understanding what we mean by movement and exercise, exploring our heartbeat/ breathing when we exercise, understanding how exercise makes us feel, making exercise fun!	Introduce and explore agility, Introduce and explore balance, introduce and explore coordination: bouncing, rolling and throwing	Consolidate agility, consolidate balancing: Explore balancing on apparatus, introduce and explore coordination: dribbling and kicking	Exploring relaxation techniques, applying relaxation techniques and using them effectively, performing balanced meditative poses, using props to help us balance in our meditative poses.	Creating movements to help express ourselves and our emotions, using mime to manage positive and negative emotions, using meditative poses to help control and manage our emotions	Explore and understand cardio fitness, explore and understand flexibility fitness, explore and understand strength fitness	Develop a secure understanding of cardio fitness, develop a secure understanding of flexibility fitness, develop a secure understanding of strength fitness