

Progression of Skills in PE

The Key Stage statements of 'what children should achieve' at each Key Stage are shown in black. Reference to 'what pupils should be taught' is shown in red.

Activity/skills	KS 1	KS 2
Movement	Develop fundamental movement skills, becoming increasingly confident and competent. <i>Master basic movements such as running, jumping, throwing and catching.</i>	Continue to apply and develop a broader range of skills. <i>Use running, jumping, throwing and catching in isolation and in combination.</i>
Using skills and techniques	Access a broad range of opportunities to extend their agility, balance and coordination. <i>Developing balance, agility and And coordination.</i>	Learn how to use (skills) them in different ways and to link them to make actions and sequences of movement. <i>Develop flexibility, strength, technique, control and balance e.g. through gymnastics and athletics.</i>
Dance	<i>Perform dances using simple movement patterns</i>	<i>Perform dances using a range of movement patterns</i>
Cooperation	Work individually and with others. Engage in cooperative physical activities <i>Embed values such as fairness and respect.</i>	Communicate and collaborate with each other <i>... and in a team.</i> <i>Embed values such as fairness and respect.</i>
Competition	Engage in competitive physical activities (both against self and against others)	Enjoy competing with each other.
Games	<i>Participate in team games</i>	<i>Play competitive games, modified where appropriate</i>
Tactics	<i>Developing simple tactics for attacking and defending</i>	<i>Apply basic principles suitable for attacking and defending</i>
Challenge	Range of increasingly challenging situations.	Develop an understanding of how to improve in different physical activities and sports. <i>Take part in OAA challenges both individually and within a team</i>
Analysis and evaluation		Learn how to evaluate and recognise their own success

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		Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Health and fitness	<p><i>Physically active for sustained periods of time.</i></p> <p><i>Know the importance of doing exercise/leading a healthy lifestyle.</i></p> <p><i>Know the importance of a healthy body and mind</i></p>	<p><i>Physically active for sustained periods of time.</i></p> <p><i>Know the importance of doing exercise/leading a healthy lifestyle.</i></p> <p><i>Know the Importance of a healthy body and mind.</i></p>
Swimming		<p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively e.g. front crawl, backstroke, breaststroke</p> <p>Perform safe selfrescue in different water-based situations</p>