



PE Skills Progression

	Skills					
Year groups						
<b>EYFS</b>	Pupils move with confidence, imagination and safety when acquiring new movement skills.	Pupils move with confidence and co-ordination on simple gymnastic equipment.	Pupils show understanding of the need for safety when tackling new challenges and considers and manages some risks.	Pupils can roll, hit, run, jump, throw and catch with some control	Teachers talk with children about what worked well.	Pupils recognise the importance of keeping healthy. They should recognise the changes that happen to their bodies when active e.g. increased heart beats.
<b>Year 1</b>	Pupil's copy, repeat and explore simple movement skills and actions with basic control and co-ordination.	Pupils start to master basic skills of balance and travelling.	Pupils start to link skills and actions in ways that suit the activities.	Pupils start to develop sending and receiving skills	Pupils perform running, hopping, jumping and rolling a ball at a developing level	Teachers talk with children about what worked well and how they would change it next time.
<b>Year 2</b>	Pupils explore simple skills. Copy, remember, repeat and explore simple actions with control and co-ordination	Pupils develop and their core strength to control their body when performing gross motor skills	Pupils develop and master core gymnastic skills of rolling, balancing and jumping off equipment.	Pupils start to master travelling, sending and receiving skills	Pupils perform and start to master some basic movements such as running, hopping, jumping for distance, underarm and overarm throwing for distance and accuracy.	Pupils understand how to exercise safely and describe how their bodies feel during various activities.

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Active

Independence

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<b>Year 3</b>	Pupils consolidate existing skills applying them with greater control and co-ordination and gain new ones.	Pupils develop total body strength and control their movements as their body grows.	Pupils start to apply their skills into a sequence and understand posture and body tension when producing quality movements in gymnastics	Master most skills from KS1 and apply into competitive situations	Pupils start to develop specific techniques for athletics events	Pupils master skills from KS1 and start to develop specific skills for striking and fielding games.
<b>Year 4</b>	Pupils start to develop their cardiovascular system and apply existing skills with greater intensity	Pupils to start to apply gross motor skill development into specific indoor sport shall athletics events	Pupils master previous gymnastics skills, analyse performance and prepare for competitive situations	Apply agility, balance and coordination into master sending and receiving skills specific to ball skills and target games.	Pupils continue to develop new techniques for athletic events and master existing ones.	Pupils master skills specific to striking and fielding games and perform with more fluency, control and consistency.
<b>Year 5</b>	Pupils continue to develop their cardiovascular system and over a prolonged periods of time and intensity	Pupils develop their gross motor skill development into a wider range of indoor sport shall athletics events	Pupils develop their upper body strength and body control to support partner balances.	Pupils apply FUNdamental skills to Tag rugby and develop tactics for attack and defence.	Pupils to develop power and speed for athletic events and set targets for improvement.	Pupils start to apply striking and fielding skills developed and mastered in lower KS2 into specific sports such as cricket, tennis and rounders.
<b>Year 6</b>	Pupils develop and master their intensity of exercise over increasing levels of time and intensities.	Pupils master a wider range of indoor sport shall athletics events and apply them into competitive situations	Pupils develop and master their upper body strength and body control to support partner balances. They develop trust and communication skills to ensure safety and accuracy of movement.	Pupils apply FUNdamental skills with speed and intensity to Tag rugby and develop tactics to outwit opponents in attack and defence.	Pupils to develop and master the power and speed required for athletic events and set their own and others targets for improvement.	Pupils develop and master striking and fielding skills into specific sports such as cricket, tennis and rounders, and develop tactics to outwit opponents.

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