



PE CURRICULUM PROGRESSION

Yr	Developing Skills	Applying Skills	Evaluating & Improving	Knowledge & Understanding
6	Pupils select and combine their skills, techniques and ideas, and apply them accurately / appropriately; consistently showing precision, control and fluency.	Draw on what they know about strategy, tactics and composition across a range of sporting activities.	Analyse and comment on skills and techniques and how these are applied in their own and others' work. Modify and refine skills and techniques to improve.	Explain and apply basic safety principles in preparing for exercise. Explain how the body reacts during different types of exercise.
5	Pupils link skills, techniques and ideas and apply them accurately and appropriately. They show precision, control and fluency.	In some activities their performance shows that they understand tactics and composition.	Compare and comment on skills, techniques and ideas used in their own and others' work.	Describe what effects exercise has on their bodies, and how it is valuable to their fitness and health.
4	Pupils select and use skills, action and ideas appropriately; applying them with co-ordination and control.	Show that they understand tactics and composition by starting to vary how they respond.	Recognise how their work is similar and different from others' and use this to improve their own performance.	Give reasons why warming up before and activity is important, and why physical activity is good for their health.
3	Pupils explore new skills. They copy, remember, repeat and explore simple actions with control and co-ordination.	Vary skills, actions and ideas, linking these in ways that suit the activities. Begin to show some understanding of simple tactics / composition.	Talk about differences between their own and others' performance and suggest improvements.	Understand how to exercise safely, and describe how their bodies feel during different activities.
2	Pupils copy, repeat and explore simple skills and actions with good control and co-ordination.	Start to link skills and actions in ways that suit specific activities.	Describe and comment on their own and others' actions.	Recognise the changes that happen to their bodies when they are active.
1	Move safely with confidence and imagination. Travel around, under, over and through balancing and climbing equipment.	Show awareness of space, and of themselves and of others. Use a range of small and large equipment.	Express and communicate their ideas, thought and feelings in PE.	Understand the importance of keeping healthy and what helps us keep healthy.
FS	<i>Demonstrate strength, balance and coordination when playing. Move energetically (e.g. running, jumping, dancing, hopping, skipping and climbing).</i>	<i>Negotiate space and obstacles safely with consideration for themselves and others.</i>	<i>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</i>	<i>Explain reasons for rules, know right from wrong and try to behave accordingly.</i>