

Meadgate Primary School Progression of Skills P.E.

Knowledge Skills and Understanding	
Acquiring and developing skills (EYFS)	<ul style="list-style-type: none"> • Can they dress and undress independently, successfully managing fastening buttons and Velcro? • Can they show increasing control over an object? (cutlery, pencil, balls, scissors, glue stick, jug etc) • Move bodies confidently & safely within a new environment. • Can they show good control and co-ordination in large and small movements? Can they use small tools safely?
Acquiring and developing skills (Year 1)	<ul style="list-style-type: none"> • Can they copy actions? • Can they repeat actions and skills? • Can they move with control and care?
Acquiring and developing skills (Year 2)	<ul style="list-style-type: none"> • Can they copy and remember actions? • Can they repeat and explore actions with control and coordination?
Acquiring and developing skills (Year 3)	<ul style="list-style-type: none"> • Can they select and use the most appropriate skills, actions or ideas? • Can they move and use actions with co-ordination and control?
Acquiring and developing skills (Year 4)	<ul style="list-style-type: none"> • Can they select and use the most appropriate skills, actions or ideas? • Can they move and use actions with co-ordination and control? • Can they make up their own small-sided game?
Acquiring and developing skills (Year 5)	<ul style="list-style-type: none"> • Can they link skills, techniques and ideas and apply them accurately and appropriately? • Do they show good control in their movements?
Acquiring and developing skills (Year 6)	<ul style="list-style-type: none"> • Can they link skills, techniques and ideas and apply them accurately and appropriately? • Do they show good control in their movements?

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Knowledge Skills and Understanding	
Evaluating and improving (EYFS)	<ul style="list-style-type: none"> • Can they play in a group, extending and elaborating play ideas?
Evaluating and improving (Year 1)	<ul style="list-style-type: none"> • Can they talk about what they have done? • Can they describe what other people did?
Evaluating and improving (Year 2)	<ul style="list-style-type: none"> • Can they talk about what is different between what they did and what someone else did? • Can they say how they could improve?
Evaluating and improving (Year 3)	<ul style="list-style-type: none"> • Can they explain how their work is similar and different from that of others? • With help, do they recognise how performances could be improved?
Evaluating and improving (Year 4)	<ul style="list-style-type: none"> • Can they explain how their work is similar and different from that of others? • Can they use their comparison to improve their work?
Evaluating and improving (Year 5)	<ul style="list-style-type: none"> • Can they compare and comment on skills, techniques and ideas that they and others have used? • Can they use their observations to improve their work?
Evaluating and improving (Year 6)	<ul style="list-style-type: none"> • Can they compare and comment on skills, techniques and ideas that they and others have used? • Can they use their observations to improve their work?

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Knowledge Skills and Understanding	
Health and fitness (EYFS)	<ul style="list-style-type: none"> • Can they talk about ways to keep healthy and safe? • Can they observe the effects of activity on their bodies? • Do they know the importance for good health of physical exercise, and a healthy diet?
Health and fitness (Year 1)	<ul style="list-style-type: none"> • Can they describe how their body feels before, during and after an activity?
Health and fitness (Year 2)	<ul style="list-style-type: none"> • Can they show how to exercise safely? • Can they describe how their body feels during different activities? • Can they explain what their body needs to keep healthy?
Health and fitness (Year 3)	<ul style="list-style-type: none"> • Can they explain why it is important to warm-up and cool-down? • Can they identify some muscle groups used in gymnastic activities?
Health and fitness (Year 4)	<ul style="list-style-type: none"> • Can they explain why warming up is important? • Can they explain why keeping fit is good for their health?
Health and fitness (Year 5)	<ul style="list-style-type: none"> • Can they explain some important safety principles when preparing for exercise? • Can they explain what effect exercise has on their body? • Can they explain why exercise is important?
Health and fitness (Year 6)	<ul style="list-style-type: none"> • Can they explain some important safety principles when preparing for exercise? • Can they explain what effect exercise has on their body? • Can they explain why exercise is important?

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Knowledge Skills and Understanding	
Dance (EYFS)	<ul style="list-style-type: none"> • Can they experiment with different ways of moving? • Can they move confidently in a range of ways, safely negotiating space? • Can they create movement in response to music? • Can they represent their own ideas through dance?
Dance (Year 1)	<ul style="list-style-type: none"> • Can they move to music? • Can they copy dance moves? • Can they perform some dance moves? • Can they make up a short dance? • Can they move around the space safely?
Dance (Year 2)	<ul style="list-style-type: none"> • Can they dance imaginatively? • Can they change rhythm, speed, level and direction? • Can they dance with control and co-ordination? • Can they make a sequence by linking sections together? • Can they link some movements to show a mood or feeling?
Dance (Year 3)	<ul style="list-style-type: none"> • Can they improvise freely, translating ideas from a stimulus into movement? • Can they share and create phrases with a partner and in small groups? • Can they repeat, remember and perform these phrases in a dance?
Dance (Year 4)	<ul style="list-style-type: none"> • Can they take the lead when working with a partner or group? • Can they use dance to communicate an idea? • Can they work on their movements and refine them? • Is their dance clear and fluent?
Dance (Year 5)	<ul style="list-style-type: none"> • Can they compose their own dances in a creative and imaginative way? • Can they perform to an accompaniment, expressively and sensitively? • Are their movements controlled? • Does their dance show clarity, fluency, accuracy and consistency?
Dance (Year 6)	<ul style="list-style-type: none"> • Can they develop imaginative dances in a specific style? • Can they choose their own music, style and dance?

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Knowledge Skills and Understanding	
Games (EYFS)	<ul style="list-style-type: none"> • Can they negotiate space successfully when playing racing and chasing games? • Can they adjust speed or change direction to avoid obstacles? • Can they throw and catch a large ball?
Games (Year 1)	<ul style="list-style-type: none"> • Can they throw underarm? • Can they roll a piece of equipment? • Can they hit a ball with a bat? • Can they move and stop safely? • Can they catch with both hands? • Can they throw in different ways? • Can they kick in different ways?
Games (Year 2)	<ul style="list-style-type: none"> • Can they use hitting, kicking and/or rolling in a game? • Can they stay in a 'zone' during a game? • Can they decide where the best place to be is during a game? • Can they use one tactic in a game? • Can they follow rules?
Games (Year 3)	<ul style="list-style-type: none"> • Can they throw and catch with control when under limited pressure? • Are they aware of space and use it to support team-mates and cause problems for the opposition? • Do they know and use rules fairly to keep games going? • Can they keep possession with some success when using equipment that is not used for throwing and catching skills?
Games (Year 4)	<ul style="list-style-type: none"> • Can they run over a long distance? • Can they spring over a short distance? • Can they throw in different ways? • Can they hit a target? • Can they jump in different ways?
Games (Year 5)	<ul style="list-style-type: none"> • Can they gain possession by working as a team? • Can they pass in different ways? • Can they choose the best tactics for attacking and defending? • Can they use a number of techniques to pass, dribble and shoot?
Games (Year 6)	<ul style="list-style-type: none"> • Can they explain complicated rules? • Can they make a team plan and communicate it to others? • Can they lead others in a game situation?

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Knowledge Skills and Understanding	
Gymnastics (EYFS)	<ul style="list-style-type: none"> • Can they travel with confidence and skill around, under, over and through balancing and climbing equipment? • Can they jump off an object and land appropriately? • Can they balance and climb? • Can they engage with large equipment safely e.g. wall bars, benches etc
Gymnastics (Year 1)	<ul style="list-style-type: none"> • Can they make their body tense, relaxed, curled and stretched? • Can they control their body when travelling? • Can they control their body when balancing? • Can they copy sequences and repeat them? • Can they roll in different ways? • Can they travel in different ways? • Can they balance in different ways? • Can they climb safely? • Can they stretch in different ways? • Can they curl in different ways?
Gymnastics (Year 2)	<ul style="list-style-type: none"> • Can they plan and show a sequence of movements? • Can they use contrast in their sequences? • Are their movements controlled? • Can they think of more than one way to create a sequence which follows a set of 'rules'? • Can they work on their own and with a partner to create a sequence?
Gymnastics (Year 3)	<ul style="list-style-type: none"> • Can they use a greater number of their own ideas for movement in response to a task? • Can they adapt sequences to suit different types of apparatus and their partner's ability? • Can they explain how strength and suppleness affect performances? • Can they compare and contrast gymnastic sequences, commenting on similarities and differences?
Gymnastics (Year 4)	<ul style="list-style-type: none"> • Can they work in a controlled way? • Can they include change of speed? • Can they include change of direction? • Can they include range of shapes? • Can they follow a set of 'rules' to produce a sequence? • Can they work with a partner to create, repeat and improve a sequence with at least three phases?

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Gymnastics (Year 5)	<ul style="list-style-type: none">• Can they make complex or extended sequences?• Can they combine action, balance and shape?• Can they perform consistently to different audiences?• Are their movements accurate, clear and consistent?
Gymnastics (Year 6)	<ul style="list-style-type: none">• Do they combine their own work with that of others?• Can they link their sequences to specific timings?

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Knowledge Skills and Understanding	
Athletics (EYFS)	<ul style="list-style-type: none"> • Can they throw at a target? • Can they jump in a range of ways? • Can they show increasing control over an object in throwing and catching it? • Can they run at different speeds?
Athletics (Year 1)	<ul style="list-style-type: none"> • Can they run at different speeds? • Can they jump from a standing position? • Can they perform a variety of throws with basic control? • Can they use equipment safely?
Athletics (Year 2)	<ul style="list-style-type: none"> • Can they change speed and direction whilst running? • Can they jump from a standing position with accuracy? • Can they Perform a variety of throws with control and coordination? • Can they use equipment safely?
Athletics (Year 3)	<ul style="list-style-type: none"> • Can they run at fast, medium and slow speeds, changing speed and direction? • Can they link running and jumping activities with some fluency, control and consistency? • Can they make up and repeat a short sequence of linked jumps? • Can they take part in a relay activity, remembering when to run and what to do? • Do they throw a variety of objects, changing their action for accuracy and distance?
Athletics (Year 4)	<ul style="list-style-type: none"> • Can they run over a long distance? • Can they spring over a short distance? • Can they throw in different ways? • Can they hit a target? • Can they jump in different ways?
Athletics (Year 5)	<ul style="list-style-type: none"> • Are they controlled when taking off and landing in a jump? • Can they throw with accuracy? • Can they combine running and jumping? • Can they follow specific rules?
Athletics (Year 6)	<ul style="list-style-type: none"> • Can they demonstrate stamina? • Can they use their skills in different situations?

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Knowledge Skills and Understanding	
Outdoor/ Adventurous (EYFS)	
Outdoor/ Adventurous (Year 1)	
Outdoor/ Adventurous (Year 2)	
Outdoor/ Adventurous (Year 3)	<ul style="list-style-type: none"> • Can they follow a map in a familiar context? • Can they move from one location to another following a map? • Can they use clues to follow a route? • Can they follow a route safely?
Outdoor/ Adventurous (Year 4)	<ul style="list-style-type: none"> • Can they follow a map in a more demanding familiar context? • Can they move from one location to another following a map? • Can they use clues to follow a route? • Can they follow a route accurately, safely and within a time limit?
Outdoor/ Adventurous (Year 5)	<ul style="list-style-type: none"> • Can they follow a map in an unknown location? • Can they use clues and compass directions to navigate a route? • Can they change their route if there is a problem? • Can they change their plan if they get new information?
Outdoor/ Adventurous (Year 6)	<ul style="list-style-type: none"> • Can they plan a route and series of clues for someone else? • Can they plan with others taking account of safety and danger?