

Progression of Skills

Physical Health & Wellbeing

Early Years

Physical Skills

Pupils can:

- dress and undress themselves
- demonstrate spatial awareness
- control their fundamental movement skills (e.g. stopping and starting on command, walking and running safely)
- develop fundamental movement skills (including running, jumping, throwing)
- identify a target and use effective throwing techniques
- move creatively using whole body (e.g. dancing, posing, balancing)
- develop basic strength and flexibility
- copy and perform basic movements

Thinking Skills

Pupils can:

- listen to, understand and follow some basic rules
- show good awareness of personal space
- watch and comment on what they have seen

Greater Depth

Pupils can:

- tie shoelaces and fasten buttons
- perform basic actions using changes in speed and direction, including travelling, rolling, jumping and climbing and stay still when required

Greater Depth

Pupils can:

- use equipment safely and effectively
- comment and reflect on their own skills and those of others
- apply skills in a variety of situations

Personal Skills

Pupils can:

- develop confidence and resilience
- describe the differences in the way their body works and feels when playing different games
- compete fairly showing good sportsmanship

Health Skills

Pupils can:

- identify the impact of physical activity on their bodies
- differentiate between healthy and unhealthy foods

Greater Depth

Do pupils:

- know that physical exercise is good for them and can they describe what it feels like?

Greater Depth

Pupils can:

- explain the impact that healthy or unhealthy foods will have on their bodies

Progression of Skills

Physical Health & Wellbeing

Year 1

Physical Skills

Pupils can:

- develop fundamental movement skills (including running, jumping, throwing and catching)
- improve running technique and run for longer distances
- perform a run and jump sequence
- develop an under and over arm throwing action
- maintains stillness on different bases of support with different body shapes
- develop basic strength and flexibility.
- perform basic actions using changes in speed and direction, including travelling, rolling, jumping and climbing and stay still when required
- link and repeat basic actions to copy and perform a movement phrase with a beginning, middle and end

Thinking Skills

Pupils can:

- develop simple tactics for attacking and defending and ways to score
- describe some basic rules
- show good awareness of space and the actions of others
- watch, describe and comment on what they have seen
- develop ways to score
- show good awareness of space and the actions of others

Greater Depth

Pupils can:

- create and perform a movement phrase with a beginning, middle and end
- show good awareness of space, apparatus and the actions of others

Greater Depth

Pupils can:

- carry and set up equipment safely with help
- apply skills in a variety of situations

Personal Skills

Pupils can:

- develop confidence and resilience
- describe the differences in the way their body works and feels when playing different games
- compete fairly showing good sportsmanship

Health Skills

Pupils can:

- identify the heart as a muscle that grows stronger with exercise, play and physical activity

Greater Depth

Pupils can:

- know running, jumping and throwing is good for them and describe what it feels like

Greater Depth

Pupils can:

- differentiate between healthy and unhealthy foods

Progression of Skills

Physical Health & Wellbeing

Year 2

Physical Skills

Pupils can:

- develop fundamental movement skills (specifically master basic movements including running, jumping, throwing and catching)
- show good awareness of space and the actions of others
- compete in small sided games fairly showing good sportsmanship
- develop basic strength and flexibility.
- run with a good technique at different speeds
- perform a two footed jump
- show a good throwing technique and extend accuracy and distance
- perform basic gymnastic actions with control and coordination

Thinking Skills

Pupils can:

- show good awareness of space and the actions of others during games
- use a variety of simple tactics in a small sided game
- describe some basic rules
- begin to watch others and focus on specific actions to improve own skills
- handle apparatus safely and recognise risks involved

Greater Depth

Pupils can:

- repeat a sequence of gymnastic actions incorporating smooth transitions and stillness
- know the difference between tension and relaxation in their body

Greater Depth

Pupils can:

- use appropriate language to accurately describe a gymnastic sequence, choosing one aspect and say how to improve it

Personal Skills

Pupils can:

- work and compete individually and with others
- develop competence
- develop confidence
- know playing games is good for them and describe what it feels like
- know running, jumping and throwing is good for them and describe what it feels like
- compete fairly showing good sportsmanship

Health Skills

Pupils can:

- identify physical activities that contribute to fitness
- recognise the "good health balance" of nutrition and physical activity

Greater Depth

Pupils can:

- know flexibility, strength and body control is good for them and describe what it feels like.

Progression of Skills

Physical Health & Wellbeing

Year 3

Physical Skills

Pupils can:

- master fundamental movement skills with a good level of consistency when moving and standing still (specifically master basic movements including running, jumping, throwing and catching)
- throw and catch with control when under limited pressure to keep possession and score goals
- show an awareness of opponents and team mates during games
- select running speed for appropriate activity
- make up and repeat a short sequence of linked jumps
- adapt a gymnastic sequence to include different levels, speeds or directions
- use more detailed plans and diagrams that take them from familiar to less familiar areas
- develop gymnastic techniques and transitions

Thinking Skills

Pupils can:

- show good awareness of space and the actions of others
- use simple rules fairly and extend them to devise their own games
- recognise good performances in themselves and others and use what they have learned improve their own work
- take part in relay activities remembering when to run and what to do

Greater Depth

Pupils can:

- throw a variety of objects, changing their action for accuracy and distance
- perform combinations of gymnastic actions using floor, mats and apparatus

Greater Depth

Pupils can:

- use ideas they have learned in one task and apply them in another
- choose and use a range of simple tactics for defending and challenging their

Personal Skills

Pupils can:

- begin to understand the importance of warming up
- identify that playing extended games improves their stamina
- compete fairly showing good sportsmanship individually and with others
- develop competence and confidence
- recognise when their body is warmer or cooler and when their heart beats faster and slower
- get changed to and from PE kit independently in 3 minutes

Health Skills

Pupils can:

- recognise that strength and suppleness are important parts of fitness
- develop calming techniques and self-regulate emotions with an adult.

Greater Depth

Pupils can:

- know and describe the effects of different exercise activities on the body and how to improve stamina

Greater Depth

Pupils can:

- describes the concept of fitness and provides examples of physical activity to enhance fitness
- identifies foods that are beneficial for before and after physical activity

Progression of Skills

Physical Health & Wellbeing

Year 4

Physical Skills

Pupils can:

- throw and catch with control when under limited pressure to keep possession and score goals
- change pace, length and direction to outwit their opponent
- show some control when using a range of basic running, jumping and throwing actions with some accuracy and power into a target area
- perform a range of gymnastic actions with increased consistency and fluency
- perform a range of jumps showing contrasting techniques and sometimes using a short run up
- work with a partner to show similar and contrasting actions on the floor and apparatus
- combine actions and show clarity of shape in longer sequences, alone or with a partner
- perform dances using a range of movement patterns

Thinking Skills

Pupils can:

- describe their own and others' performance, making simple judgements about the quality of performances and suggesting ways they could be improved
- appreciate that rules need to be consistent and fair, using this knowledge to create rules and teach them to others
- work in cooperative groups to use different techniques, speeds and effort to meet challenges
- handle apparatus safely and recognise risks involved

Greater Depth

Pupils can:

- choose and use a range of ball skills with a good degree of accuracy
- use a variety of techniques and tactics to attack, keep possession and score

Greater Depth

Pupils can:

- relate different athletic activities to changes in heart rate, breathing and temperature
- choose and use a range of simple tactics for defending and challenging their opponent for striking, fielding, team and net games
- develop calming techniques and self-regulate emotions

Personal Skills

Pupils can:

- work and compete individually and with others
- develop competence
- develop confidence
- understand how strength, stamina and speed can be improved by playing games
- compete in small sided games fairly showing good sportsmanship
- recognise when their body is warmer or cooler and when their heart beats faster and slower
- recognise that strength and suppleness are important parts of fitness
- get changed to and from PE kit independently in 3 minutes

Health Skills

Pupils can:

- examines the health benefits of participating in physical activity

Greater Depth

Pupils can:

- lead activities and teach to other children

Greater Depth

Pupils can:

- discusses the importance of hydration and hydration choices relative to physical activities

Progression of Skills

Physical Health & Wellbeing

Year 4 - Swimming

Working Towards	Expected	Greater Depth
<ul style="list-style-type: none"> • can they swim 15 metres unaided? • can they keep swimming for 30 to 45 seconds, using swimming aids and support? • can they use a variety of basic arm and leg actions when on their front and on their back? • can they swim on the surface and lower themselves under water? • can they take part in group problem-solving activities on personal survival? • do they recognise how their body reacts and feels when swimming? • can they recognise and concentrate on what they need to improve? 	<ul style="list-style-type: none"> • can they swim 25 metres & keep swimming for 45 to 90 seconds? • do they use 3 different strokes, swimming on their front and back? • can they control their breathing? • can they swim confidently and fluently on the surface and under water? • can they work well in groups to solve specific problems and challenges, sharing out they work fairly? • do they recognise how swimming affects their body, and pace their efforts to meet different challenges? • can they suggest activities and practices to help improve their own performance? 	<ul style="list-style-type: none"> • can they swim further than 100 metres? • can they swim fluently and confidently for over 90 seconds? • do they use all 3 strokes with control? • can they swim short distances using butterfly? • do they breathe so that the pattern of their swimming is not interrupted? • can they perform a wide range of personal survival techniques confidently? • do they know what the different tasks demand of their body, and pace their efforts well to meet challenges? • can they describe good swimming technique and show and explain it to others?

Progression of Skills

Physical Health & Wellbeing

Year 5

Physical Skills

Pupils can:

- use a large range of sending, receiving and travelling techniques in games, with varied control
- demonstrate a range of throwing actions using modified equipment with some accuracy and control
- understand and demonstrate the differences between sprinting and distance running
- show control in take-off activities
- work cooperatively to put strategies and solutions into action
- develop and refine orienteering and problem-solving skills when working in groups and on their own
- perform dances using a range of movement patterns
- perform combinations of gymnastic actions with different levels, speeds and directions

Thinking Skills

Pupils can:

- know and apply the basic strategic and tactical principles of a some games and adapt them to different situations
- show good awareness of space and the actions of others
- appreciate that rules need to be consistent and fair, using this knowledge to create rules and teach them to others
- identify good performances and suggest ideas for practices that will improve their play
- work in cooperative groups to use different techniques, speeds and effort to meet challenges
- predict how different activities will affect heart rate, temperature and performance
- evaluate a sequence and suggest improvements to speed, direction and level, applying some basic criteria

Greater Depth

Pupils can:

- develop a broad range of techniques and skills for attacking and defending, using them with consistent accuracy, confidence and control
- perform actions, shapes and balances with good body tension and extension

Greater Depth

Pupils can:

- with help, devise warm up and cool down activities and justify their choices
- know and apply the strategic and tactical principles of various games and adapt them to different situations

Personal Skills

Pupils can:

- work and compete individually and with others
- develop competence
- develop confidence
- compete in small sided games fairly showing good sportsmanship
- recognise that strength and suppleness are important parts of fitness
- recognise when their body is warmer or cooler and when their heart beats faster and slower

Health Skills

Pupils can:

- understand fully why exercise is good for fitness, health and wellbeing
- develop calming techniques and self-regulate emotions

Greater Depth

Pupils can:

- design and lead activities and teach to other children

Greater Depth

Pupils can:

- designs a fitness plan to address ways to use physical activity to enhance fitness
- analyses the impact of food choices relative to physical activity, youth sports & personal health

Progression of Skills

Physical Health & Wellbeing

Year 6

Physical Skills

Pupils can:

- use a large range of sending, receiving and travelling techniques in games, with varied control
- perform skills with greater speed, fluency and accuracy in invasion, striking and net games
- choose appropriate techniques for specific events
- choose the best pace for a running event, in order to sustain running and improve their personal target
- show control and power in take-off and landing activities
- show accuracy and good technique when throwing for distance
- find appropriate solutions to problems and challenges
- perform dances using a range of movement patterns
- work with a partner or small group to practise and refine a sequence

Thinking Skills

Pupils can:

- understand, choose and apply a range of tactics and strategies for defence and attack
- with help, devise warm up and cool down activities and justify their choices
- appreciate that rules need to be consistent and fair, using this knowledge to create rules and teach them to others
- develop their ability to evaluate their own and others' work, and to suggest ways to improve it using appropriate terminology

Greater Depth

Pupils can:

- prepare physically and organisationally for challenges they are set, taking into account group safety and adapt their skills and understanding as they move from familiar to unfamiliar environments
- combine and perform actions, shapes and balances with fluency increasingly difficult combinations

Greater Depth

Pupils can:

- organise and judge events and challenges well
- know and apply strategic and tactical principles of a various games and adapt them to different situations

Personal Skills

Pupils can:

- work and compete individually and with others
- develop competence
- develop confidence
- compete in small sided games fairly showing good sportsmanship
- compete in a range of team events
- get changed to and from PE kit independently in 2 minutes

Health Skills

Pupils can:

- understand fully why exercise is good for fitness, health and wellbeing
- identify activities that help develop stamina or power and suggest how some can be used in other types of activities

Greater Depth

Pupils can:

- know the importance and types of fitness and how playing games contributes to a healthy lifestyle

Greater Depth

Pupils can:

- designs a fitness plan to address ways to use physical activity to enhance fitness
- analyses the impact of food choices relative to physical activity, youth sports & personal health