

The British School PE Progression of Skills September 2024

PE Skill	Topic area	Key Stage 1		Lower Key Stage 2		Upper Key Stage 2	
		Y1	Y2	Y3	Y4	Y5	Y6
	Games	<ul style="list-style-type: none"> I am beginning to understand and use simple tactics. I can describe how my body feels during exercise. I can dribble a ball with my hands and feet with some control. I can roll a ball to hit a target. I can send and receive a ball using both kicking and throwing and catching skills. I can track a ball and collect it. I communicate with others to complete tasks and ensure that everyone in my group is included. I use the rules of games and show fair play. 		<ul style="list-style-type: none"> I can use a bat, racquet or stick (hockey) to hit a ball accuracy and control. I can accurately serve underarm. I can build a rally with a partner. I can Use hand-eye coordination to strike a moving and a stationary ball. I can catch with increasing control and accuracy. I can develop different ways of throwing and catching. I can move with the ball using a range of techniques showing control and fluency. I can pass the ball with increasing speed, accuracy and success in a game situation. I can make the best use of space to pass and receive the ball. I can occasionally contribute towards helping their team to keep and win back possession of the ball in a team game. I can use a range of attacking and defending skills and techniques in a game. 		<ul style="list-style-type: none"> I can hit a bowled ball over longer distances. I can use good hand-eye coordination to be able to direct a ball when striking or hitting. I can understand how to serve in order to start a game. I can consolidate different ways of throwing and catching, and know when each is appropriate in a game. I can throw and catch accurately and successfully under pressure in a game. I can use a variety of ways to dribble in a game with success. I can pass a ball with speed and accuracy using appropriate techniques in a game situation. I can choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move. I can keep and win back possession of the ball effectively and in a variety of ways in a team game. I can demonstrate a good awareness of space. I can choose the best tactics for attacking and defending. I can know when to pass and when to dribble in a game 	
	Athletics	<ul style="list-style-type: none"> I can jump and land with control. I can link running and jumping movements with some control and balance. I can use an overarm throw to help me to throw for distance. I can work with others, taking turns and sharing ideas. 		Running	<ul style="list-style-type: none"> I can focus on their arm and leg action to improve their sprinting technique. I can begin to combine running with jumping over hurdles. I can understand the importance of adjusting running pace to suit the distance being run. 	Running	<ul style="list-style-type: none"> I can sustain pace over longer distances. I can perform relay changeovers smoothly. I can run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern.

The British School PE Progression of Skills September 2024

		<ul style="list-style-type: none"> I show balance and co-ordination when running at different speeds and in different directions. 	<ul style="list-style-type: none"> I can perform a relay, focusing on the baton changeover technique. I can Speed up and slow down smoothly <p><u>Jumping</u></p> <ul style="list-style-type: none"> I can use one and two feet to take off and to land with. I can develop an effective take-off for the standing long jump. I can land safely and with control. <p><u>Throwing</u></p> <ul style="list-style-type: none"> I can throw with greater control and accuracy. I can show increasing control in their overarm throw. I can perform a push, pull and slinging throw. I can continue to develop techniques to throw for increased distance. 	<ul style="list-style-type: none"> I can accelerate to pass other competitors. I can work as a team to competitively perform a relay. <p><u>Jumping</u></p> <ul style="list-style-type: none"> I can develop the technique for the standing vertical jump. I can maintain control at each of the different stages of the triple jump. I can land safely and with control. I can develop and improve their techniques for jumping for height and distance and support others in improving their performance. I can perform and apply different types of jumps in other contexts. <p><u>Throwing</u></p> <ul style="list-style-type: none"> I can throw with greater accuracy, control and efficiency of movement using pulling, pushing and slinging action with foam javelin, shot and discus. I can develop and refine techniques to throw for accuracy.
	<p>Dance</p>	<ul style="list-style-type: none"> I am beginning to provide feedback using key words. I can copy, remember, repeat and create dance phrases. I can describe how my body feels during exercise. I can show a character and idea through the actions and dynamics I choose. I can count to stay in time with the music. I can work with a partner using mirroring and unison in our actions. I show confidence to perform. 	<ul style="list-style-type: none"> I can identify and repeat the movement patterns and actions of a chosen dance style. I can compose a dance that reflects the chosen dance style. I can confidently improvise with a partner or on their own. I can compose longer dance sequences in a small group. I can demonstrate precision and some control in response to stimuli. I can begin to vary dynamics and develop actions and motifs in response to stimuli. I can demonstrate rhythm and spatial awareness. I can change parts of a dance as a result of self-evaluation. 	<ul style="list-style-type: none"> I can identify and repeat the movement patterns and actions of a chosen dance style. I can compose individual, partner and group dances that reflect the chosen dance style. I can use dramatic expression in dance movements and motifs. I can perform with confidence, using a range of movement patterns. I can demonstrate strong and controlled movements throughout a dance sequence. I can combine flexibility, techniques and movements to create a fluent sequence. I can move appropriately and with the required style in relation to the stimulus, e.g. using various levels, ways of travelling and motifs.

The British School PE Progression of Skills September 2024

			<ul style="list-style-type: none"> I can use simple dance vocabulary when comparing and improving work. 	<ul style="list-style-type: none"> I can show a change of pace and timing in their movements. I can improvise with confidence, still demonstrating fluency across their sequence. I can modify some elements of a sequence as a result of self and peer evaluation. I can use complex dance vocabulary to compare and improve work.
	Gymnastics	<ul style="list-style-type: none"> I am beginning to provide feedback using key words. I am proud of my work and confident to perform in front of others. I can perform the basic gymnastic actions (Tuck, Star, pike, straddle) with some control and balance. I can plan and repeat simple sequences of actions. I can use directions and levels to make my work look interesting. I can use shapes when performing other skills, such as jumping. I can work safely with others and apparatus. 	<ul style="list-style-type: none"> I can create a sequence of actions that fit a theme. I can use an increasing range of actions, directions and levels in their sequences. I can move with clarity, fluency and expression. Show changes of direction, speed and level during a performance. I can travel in different ways, including using flight. I can improve the placement and alignment of body parts in balances. I can use equipment to vault in a variety of ways. I can carry out balances, recognising the position of their centre of gravity and how this affects the balance. I can begin to develop good technique when travelling, balancing and using equipment. I can develop strength, technique and flexibility throughout performances. I can performing a variety of different rolls with great control. I can performing a variety of different jumps with great control. 	<ul style="list-style-type: none"> I can create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching. I can demonstrate precise and controlled placement of body parts in their actions, shapes and balances. Confidently use equipment to vault and incorporate this into sequences. I can apply skills and techniques consistently, showing precision and control. Develop strength, technique and flexibility throughout performances. I can performing a variety of different rolls with great control. I can performing a variety of different jumps with great control.
	Swimming	<ul style="list-style-type: none"> I can begin to use arms and legs together to move effectively across the water. I can demonstrate what to do if I fall into water. I can float on my front and back. I can glide on both front and back. 	<ul style="list-style-type: none"> I can perform safe self-rescue in different water based situations. I can swim competently, confidently and proficiently over a distance of at least 25 metres. 	<ul style="list-style-type: none"> I can perform safe self-rescue in different water based situations. I can swim competently, confidently and proficiently over a distance of at least 25 metres.

The British School PE Progression of Skills September 2024

		<ul style="list-style-type: none"> I can swim over a distance of 10m unaided. 	<ul style="list-style-type: none"> I can use a range of strokes effectively, for example, front crawl, backstroke and breaststroke. 	<ul style="list-style-type: none"> I can use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.
	Outdoor and adventurous	<ul style="list-style-type: none"> I can begin to work co-operatively with others. I can plan and share ideas. 	<ul style="list-style-type: none"> I can orientate simple maps and plans. I can mark control points in correct position on a map or plan. I can find way back to a base point. 	<ul style="list-style-type: none"> I can draw maps and plans and set trails for others to follow. I can use the eight points of the compass to orientate. I can plan an orienteering challenge.