



*Swalecliffe Community Primary School*  
*Child First, Pupil Second*

## PE - Progression of Skills and Knowledge

<b>KS1 Skills</b>	<ul style="list-style-type: none"> <li>• Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>• Participate in team games, developing simple tactics for attacking and defending</li> <li>• Perform dances using simple movement patterns</li> </ul>
<b>KS2 Skills</b>	<ul style="list-style-type: none"> <li>• Use running, jumping, catching and throwing in isolation and in combination</li> <li>• Play competitive games, applying basic principles for attacking and defending (for example basketball, cricket, football, hockey, netball, rounders and tennis)</li> <li>• Develop flexibility, strength, technique, control and balance (for example through athletics and gymnastics)</li> <li>• Perform dances using a range of movement patterns</li> <li>• Take part in Outdoor &amp; Adventurous Activities that challenge both individually and within a team</li> </ul>

Year Group	Games	Dance	Gymnastics	Athletics	OAA	Swimming
<b>Year 6</b>	<ul style="list-style-type: none"> <li>• I can make a team and communicate a plan.</li> </ul>	<ul style="list-style-type: none"> <li>• I can develop sequences in a specific style.</li> </ul>	<ul style="list-style-type: none"> <li>• I can combine my work with that of others.</li> </ul>	<ul style="list-style-type: none"> <li>• I can demonstrate stamina.</li> </ul>	<ul style="list-style-type: none"> <li>• I can plan with others, taking account of safety and danger.</li> </ul>	•
<b>Year 5</b>	<ul style="list-style-type: none"> <li>• I can gain possession by working as a team.</li> <li>• I can control taking off and landing.</li> </ul>	<ul style="list-style-type: none"> <li>• My dance shows clarity, fluency, accuracy and consistency.</li> </ul>	<ul style="list-style-type: none"> <li>• I make complex extended sequences.</li> </ul>	<ul style="list-style-type: none"> <li>• I can control taking off and landing.</li> </ul>	<ul style="list-style-type: none"> <li>• I can use clues and a compass to navigate a route.</li> </ul>	•

Year Group	Games	Dance	Gymnastics	Athletics	OAA	Swimming
<b>Year 4</b>	<ul style="list-style-type: none"> <li>I vary tactics and adapt skills depending on what is happening in a game.</li> </ul>	<ul style="list-style-type: none"> <li>I use dance to communicate an idea.</li> </ul>	<ul style="list-style-type: none"> <li>I work with a partner to create, repeat and improve a sequence with at least three phases.</li> </ul>	<ul style="list-style-type: none"> <li>I jump in different ways.</li> </ul>	<ul style="list-style-type: none"> <li>I follow a map in a (more demanding) familiar context.</li> </ul>	<ul style="list-style-type: none"> <li>I can swim competently, confidently and proficiently over a distance of <b>at least</b> 25 metres.</li> <li>I can use a range of strokes effectively.</li> <li>I can perform safe self-rescue in different water-based situations.</li> </ul>
<b>Year 3</b>	<ul style="list-style-type: none"> <li>I can throw and catch with control.</li> </ul>	<ul style="list-style-type: none"> <li>I can repeat, remember and perform phrases.</li> </ul>	<ul style="list-style-type: none"> <li>I can compare and contrast gymnastic sequences.</li> </ul>	<ul style="list-style-type: none"> <li>I can run at a fast pace; changing speed and direction.</li> </ul>	<ul style="list-style-type: none"> <li>I can use clues to follow a route.</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>
<b>Year 2</b>	<ul style="list-style-type: none"> <li>I can follow rules.</li> <li>I can copy and remember action.</li> </ul>	<ul style="list-style-type: none"> <li>I can dance with control and co-ordination.</li> </ul>	<ul style="list-style-type: none"> <li>I can improve my sequence based on feedback.</li> </ul>	<ul style="list-style-type: none"> <li>I run at fast, medium and slow speeds.</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li>I can use different swimming strokes to move through the water.</li> <li>I can swim more than 1 width of the pool.</li> </ul>
<b>Year 1</b>	<ul style="list-style-type: none"> <li>I can use equipment safely.</li> <li>I can throw and catch with both hands.</li> </ul>	<ul style="list-style-type: none"> <li>I can copy dance moves.</li> </ul>	<ul style="list-style-type: none"> <li>I can roll, curl travel and balance in different ways.</li> </ul>	<ul style="list-style-type: none"> <li>I move with control and care.</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>
<b>Year R</b>	<ul style="list-style-type: none"> <li>I can move freely with pleasure and confidence.</li> <li>I can push, pat, throw, catch or kick objects.</li> </ul>	<ul style="list-style-type: none"> <li>I can move skilfully and use space well.</li> </ul>	<ul style="list-style-type: none"> <li>I can follow directions.</li> <li>I can climb and balance.</li> </ul>	<ul style="list-style-type: none"> <li>I can move with confidence and use tools and equipment safely.</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li>I can enter and exit the water safely.</li> <li>I can float in the water.</li> <li>I am beginning to move through the water by pushing and gliding.</li> </ul>