

SCL Active Education		Progression of Skills - Physical Education					
	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Dance	Copy steps and actions with some control and coordination	Copy and explore basic movements and body patterns	Perform with control and coordination		Confidently improvise with a partner or on own		Exaggerate dance movements and motifs (using expression when moving)
	Link individual and whole body movements together	Remember simple movements and dance steps	Respond imaginatively to a variety of stimuli		Beginning to create longer dance sequences in a larger group	Demonstrate precision, control and fluency in response to stimuli	Perform with confidence, using a range of movement patterns
	Watch others work and choose actions	Link movements to sounds and music.	Vary the dynamics, levels, speeds and direction of phrase or motif	Improvise freely on own and with a partner	Demonstrating precision and some control in response to stimuli	Vary dynamics and develop actions with a partner or as part of a group	Demonstrate a strong imagination when creating own dance sequences and motifs.
	Recognise how to move in space and talk about ways to keep healthy	Link movements to sounds and music.	Discuss own and others work with simple vocabulary	Translate ideas from a variety of stimuli into movement	Beginning to vary dynamics and develop actions and motifs.	Link phrases and motifs to create a wide performance	Demonstrate strong movements throughout a dance sequence
	Begin to count to music	Safely perform teacher led warm ups and describe and discuss work with others	Understand the need for warm up and cool down	Compare, develop and adapt movement motifs to create longer dances	Demonstrate rhythm and spatial awareness	Continually demonstrate rhythm and spatial awareness	Combine flexibility, techniques and movements to create a fluent sequence
		Respond to range of stimuli.	Copy and explore basic movements with clear control	Use dance vocabulary to compare and improve work	Modify parts of a sequence as a result of self evaluation	Modify performance and that of others	Move appropriately and with the required style in relation to the stimulus
		Begin to use counts	Use space well and negotiate space clearly		Use simple dance vocabulary to compare and improve work	Organise themselves to warm up safely	Beginning to show a change of pace and timing in their movements
							Is able to move to the beat accurately in dance sequences
						Improvise with confidence, still demonstrating fluency across their sequence	
						Dance with fluency, linking all movements and ensuring they flow	
						Demonstrate consistent precision when performing dance sequences	
						Modify parts of a sequence as a result of self or peer evaluation	
						Use more complex dance vocabulary to compare and improve work	

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Gymnastics	Copy individual and whole body movements with some control and co-ordination	Copy and explore basic gymnastic actions with some control and co-ordination and select and link basic gymnastic actions together	Copy, remember, explore and repeat a variety of basic gymnastics actions with control and co-ordination	Copy, remember, explore and repeat gymnastics actions with consistent control, co-ordination, quality and clarity	Link skills with control, technique, co-ordination and fluency	Copy, remember, explore and repeat increasingly complex gymnastics actions with some control, coordination, quality and clarity	Plan and perform with precision, control and fluency, a movement sequence showing a wide range of actions including variations in speed, levels and directions
	Link individual and whole body movements together		Select and link basic gymnastics actions into fluent short movement phrases	Select and link gymnastics actions fluently into longer movement phrases and can apply basic compositional ideas.	Understand composition by performing more complex sequences.	Select and link increasingly complex gymnastics actions fluently into individual, pair and group sequences and can apply a variety of compositional ideas	Perform difficult actions with an emphasis on extension, clear body shape and changes in direction Adapts sequences to include a partner or a small group
	Watch others work	Watch and discuss own and others work	Identify and describe the difference between their own and others work	Describe own and others work noting similarities and differences and I can make suggestions for improvements	Beginning to use gym vocabulary to describe how to improve and refine performances		Gradually increase the length of sequence work with a partner to make up short sequence using the floor, mats and apparatus, showing consistency, fluency and clarity of movement
	Recognise and negotiate space and handle small and/or low apparatus safely	Safely perform a teacher-led warm up and cool down	Handle large apparatus safely and explain the need for a warm up and cool down recognising what is happening to their body during exercise		Develops strength, technique and flexibility throughout performances	Identify and act upon criteria to refine, improve and modify gymnastics actions and sequences	Draw on what they know about strategy, tactics and composition when performing and evaluating
	Talk about ways to keep healthy	Use space safely showing an awareness of others		Work safely handling a range of small and large apparatus and can recognise body changes giving reasons why PE is good for health	Create sequences using various body shapes and equipment	Demonstrate specific aspects of warm-up and cool down and describe the effects of exercise on the body	Analyse and comment on skills and techniques and how these are applied in their own and others' work
							Use more complex gymnastic vocabulary to describe how to improve and refine performances Develop strength, technique and flexibility throughout performances Improvise with confidence, still demonstrating fluency across their sequence

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Games	Stop a ball with some control	Stop a ball with basic control	Stop, catch, strike a ball with control and accuracy	Control, strike, catch a ball whilst moving and keep possession with some accuracy	Vary skills, actions and ideas and link these in ways that suit the games activity		Vary skills, actions and ideas and link these in ways that suit games activity
	Send a ball in the direction of another person	Send a ball in the direction of another person and collect a ball	Pass a ball to someone else and receive a ball when moving	Accurately pass to someone else and be aware of space and how to use it	Shows confidence in using ball skills in various ways and can link these together e.g. dribbling, bouncing, kicking		Show confidence n using ball skills in various ways and can link these together effectively, e.g. dribbling, bouncing, kicking, etc.
	Often control a ball of their own	Take part in sending and receiving activities with a partner	Take part in conditioned games with opponents	Choose simple tactics for sending and defending	Create their own games using knowledge and skills		Keep possession of the ball during game situations
	Move with a ball in space safely and can talk about ways to keep healthy	Talk about exercising, safety and short term effects of exercise	Understand about exercising, being safe and the short term effects of exercise	Begin to influence the conditioned games with opponents	Takes part in competitive games with a strong understanding of tactics and composition		Consistently uses skills with co-ordination, control and fluency
				Works well in a group to develop various games		Move with a ball in opposed situations and attack and defend in a small sided game	Take part in competitive games with a strong understanding of tactics and composition
				Describe what others do well, can talk about why it is important to warm up/cool down and lead a partner through short warm up routines	Apply basic skills for attacking and defending	Take part in a conditioned game with an understanding of tactics and rules and use this to help improve performance	Create their own games using knowledge and skills
					Compare and comment on skills to support creation of new games		Modify competitive games
					Use running, jumping, throwing and catching in isolation and combination	Understand and can use principles of exercise activities for warming up and recognise how exercise is good for health	Compare and comment on skills to support creation of new games
					Make suggestions as to what resources to use in a game		Make suggestions as to what resources can be used to differentiate a game
							Apply knowledge of skills for attacking and defending
							Use running, jumping, throwing and catching in isolation and in combination

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Athletics	Sometimes run at different speeds	Run at different speeds	Change speed and direction when running	Run at a speed appropriate to the distance	Beginning to build a variety of running techniques and use with confidence	Improve and sustain different running techniques at different speeds in a variety of athletic events	Beginning to build a variety of running techniques and use with confidence
	Attempt to jump from a standing position	Jump from a standing position	Jump from a standing position with accuracy	Jump accurately from a standing position and take a running jump	Can perform a running jump with more than one component e.g. triple jump	Demonstrate accuracy and technique in a range of throwing and jumping actions	Can perform a running jump with more than one component e.g. hop, skip, jump (triple jump)
	Perform a variety of throws with some basic control	Perform a variety of throws with basic control	Perform a variety of throws with control and co-ordination	Demonstrate a range of throwing actions using a variety of objects	Demonstrate accuracy in throwing and jumping activities	Identify and explain what makes a good athletic performance	Beginning to record peer's performances and evaluate these
			Preparation for shot putt and javelin	Recognise a change in heart rate, temperature and breathing rate during exercise	Describe good athletic performance using correct vocabulary	Explain how to improve technique in a variety of events	Demonstrate accuracy and confidence in throwing and jumping activities
			Use equipment safely		Can use equipment safely and with good control	Understand how to work safely, recognise changes in my body, give reasons why PE is good for health	Describe good athletic performance using correct vocabulary
							Can use equipment safely and with good control

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Outdoor and Adventurous Activities				Develop listening skills	Develop listening skills	Develop strong listening skills	Develop strong listening skills
				Create simple body shapes	Uses simple maps	Use and interpret simple maps	Use and interpret simple maps
				Listen to instructions from a partner/adult	Begin to think activities through and problem solve	Think activities through and problem solve using general knowledge	Think activities through and problem solve using general knowledge
				Beginning to think activities through and problem solve	Choose and apply strategies to solve problems with support	Choose and apply strategies to solve problems	Choose and apply strategies to solve problems
				Discuss and work with others in a group	Discuss and work with others in a group	Discuss and work with others effectively in a group	Discuss and work with others effectively in a group
				Demonstrate an understanding of how to stay safe	Demonstrate and understanding of how to stay safe	Demonstrate an good understanding of how to stay safe	Demonstrate a secure understanding of how to stay safe

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Healthy Lifestyles	I can tell an adult that I need to move and eat well to be healthy	Describe the effect exercise has on the body Explain the importance of exercise and a healthy lifestyle	Describe the effect exercise has on the body Explain the importance of exercise and a healthy lifestyle Understand the need to warm up and cool down	Describe the effect exercise has on the body Explain the importance of exercise and a healthy lifestyle Understand the need to warm up and cool down	Describe the effect exercise has on the body Explain the importance of exercise and a healthy lifestyle Understand the need to warm up and cool down	Describe the effect exercise has on the body Explain the importance of exercise and a healthy lifestyle Understand the need to warm up and cool down	Describe the effect exercise has on the body Explain the importance of exercise and a healthy lifestyle Understand the need to warm up and cool down