

Physical Education Progression in Skills

Physical Education		
Key Stage 1		
	Year 1	Year 2
Skills and Coverage	<ul style="list-style-type: none"> • Hold a balance whilst walking along a straight line • Zig zag through a series of markers spaced evenly, about 2m apart • Hop on the spot using the same foot • Jump for distance in a range of activities • Jump for height in a range of activities • Catch a bean bag in a range of activities • Begin to throw a ball underarm, using the correct technique • Begin to develop running skills and be aware of their own space • Begin to throw a ball overarm • Begin to throw a ball from the chest • Begin to throw a ball using a bounce pass. • Show an understanding of team game skills and rules • Establish sequences of dance actions and skills which have a clear beginning, middle and ending • Begin to understand how physical activity can impact health and fitness • To develop basic pool safety skills and confidence in water • To develop travel in vertical or horizontal position and introduce floats. • To develop push and glides, any kick action on front and back with or without support aids • To develop entry and exit, travel further, float and submerge • To develop balance, link activities and travel further on whole stroke. To show breath control • Introduction to deeper water • Treading water 	<ul style="list-style-type: none"> • Zig zag through a series of tightly spaced markers • Hop along a straight line using the same foot • Jump for distance – controlling the landing Jump for height with a controlled landing • Catch a small ball • Throw a small ball overarm, using the correct technique • Throw a ball overarm with accuracy • Throw a ball underarm with accuracy • Throw a ball using a bounce pass with accuracy • To run with a controlled stop and start • Perform dances using simple movement patterns • Participate in team games, developing simple tactics for attacking and defending • Can develop understanding how physical activity can impact health and fitness • To develop basic pool safety skills and confidence in water • To develop travel in vertical or horizontal position and introduce floats • To develop push and glides, any kick action on front and back with or without support aids • To develop entry and exit, travel further, float and submerge • To develop balance, link activities and travel further on whole stroke • To show breath control • Introduction to deeper water • Treading water

Key Stage 2

		Year 3	Year 4
Skills and Coverage		<ul style="list-style-type: none"> • Begin to use running in isolation • Begin to use jumping in isolation • Begin to use throwing in isolation • Begin to use catching in isolation • Perform a range of balances on the floor • Perform a range of balances at varying heights • Perform a range of balances on the apparatus • Perform a range of balances in a game situation • Develop basic dance moves • Compare and contrast his/her performance with others • Vary his/her responses to tactics, strategies and sequences used, showing an awareness of attacking and defending • Understand that physical confidence can support health and fitness • To develop basic pool safety skills and confidence in water • To develop travel in vertical or horizontal position and introduce floats • To develop push and glides, any kick action on front and back with or without support aids • To develop entry and exit, travel further, float and submerge • To develop balance, link activities and travel further on whole stroke • To show breath control. Introduction to deeper water • Treading water 	<ul style="list-style-type: none"> • Begin to use running, jumping, throwing and catching in isolation and in combination • Perform a range of balances with increased flexibility and technique on the floor • Perform a range of balances with increased flexibility and technique at varying heights • Perform a range of balances with increased flexibility and technique on the apparatus • Perform a range of balances with increased flexibility and technique in a game situation • Combine and refine basic dance move • Comments on skills and techniques applied in his/her own and others' work and use this understanding to improve performance • Apply attacking and defending skills and tactics in combination with a partner or as part of a group/team • Begin to understand fairness and respect • Understand that physical confidence can support health and fitness, which can lead to living healthy and active lives • To develop basic pool safety skills and confidence in water • To develop travel in vertical or horizontal position and introduce floats • To develop push and glides, any kick action on front and back with or without support aids • To develop entry and exit, travel further, float and submerge • To develop balance, link activities and travel further on whole stroke • To show breath control • Introduction to deeper water • Treading water