



Manor Primary School

PE (Games, Outdoor Adventurous Activities and Swimming) Progression of Skills Overview

PE Progression of Skills	Nursery Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Developing Skill	Begin to move confidently and safely in personal and general space at different speeds, direction and basic movements; including running, jumping and throwing. Beginning to develop core strength throughout a range of learning opportunities.	Move confidently and safely in personal and general space, using changes in speed, level and direction when using basic movements; including running, jumping, throwing and catching. Beginning to develop balance, agility and co-ordination when taking part in a range of learning opportunities.	Continue to develop, explore, remember, repeat and link a range of actions with co-ordination, control and an awareness during active participation. Begin to improve co-ordination and control of the body and a range of equipment.	Select and apply skills, actions and ideas, appropriately linking them with coordination and control. Lead when working in pairs and small groups to carry out practices across games, athletics and swimming. Begin to develop a range and consistency of skills I can use and apply across various physical activities.	Begin to link a range of skills and techniques together and apply them with consistency, co-ordination and control. Confidently work independently, interdependently, an as part in pairs and small groups to carry out practices in PE.	Link a range of skills and techniques together, while applying them with increasing consistency, co-ordination and control appropriately in physical opportunities. Begin to plan, lead and officiate in simple practices and learning opportunities in PE.	Link a range of skills and techniques together, while applying them consistently with co-ordination and control appropriate to the physical opportunity. Confidently plan, lead and officiate in practices and learning opportunities in PE.



PE Progression of Skills	Nursery Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Applying Skills in Games</p>	<p>Begin to develop and use skills that are needed for specific games: such as invasion games, net and wall and striking and fielding games; such as running at various speeds and jumping from a standing position.</p>	<p>Begin to develop, choose and use skills that are appropriate for specific games: such as invasion games, net and wall and striking and fielding games; such as running at various speeds, jumping from a standing position and throwing with one hand. Work independently and with others to take part in competitive and cooperative learning opportunities.</p>	<p>Control, send and receive a ball with increasing confidence, in a range of simple games. Begin to demonstrate an understanding of simple tactics when playing a variety of games. Vary skills, actions and ideas and link these in ways that suit different learning opportunities. During games change speed and direction whilst running and jumping; and throw with</p>	<p>Use a range of skills to keep possession and control of a ball when playing games; such as a range of movement patterns, techniques and throwing actions. Choose simple tactics and strategies and begin to apply these when playing a variety of invasion, net wall and striking and fielding games. Use a range of skills to work cooperatively to overcome</p>	<p>Travel with, send and receive a ball with increasing accuracy when playing a variety of invasion, net wall and striking and fielding games. Demonstrate an understanding of tactics and composition in different competitive situations. Follow, adapt and make rules for a variety of invasion, net wall and striking and fielding games.</p>	<p>Travel with, send and receive, intercept a ball when playing a variety of games when attacking and defending. Understand and apply the basic strategic and tactical principles of attack and adapt them to different situations when playing competitive games to overcome problem or challenges; showing an understanding of rules of play in</p>	<p>Confidently travel with, send and receive, intercept a ball when playing a variety of games when attacking and defending. Understand and apply the basic strategic and tactical principles of attack and defence and adapt them to different situations when playing competitive games to overcome problem or challenges; showing an understanding of</p>



			increasing accuracy.	problems or challenges in games.		different games play	rules of play in different games play.
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PE Progression of Skills	Nursery Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Applying Skills in Outdoor Adventurous Activities	Begin to work with others to take part in cooperative learning opportunities in unfamiliar situation.	Begin to work with others to take part in cooperative learning opportunities in challenging situations to solve problems.	Follow simple routes and trails, orientating and navigating correctly. Work cooperatively with others to solve problems in challenging situations, by applying various skills, actions and ideas.	Work independently and cooperatively with others to solve problems in challenging situations, by applying and linking a range of skills, actions and ideas.	Choose and use simple tactics and strategies to work with others, solve problems and challenges during familiar and unfamiliar situations.	Decide on the best approach to use to meet the challenge set when orienteering or carrying out outdoor and adventurous learning opportunities and apply it appropriately.	Decide on the best approach to use to meet the challenge set when orienteering or carrying out outdoor and adventurous learning opportunities and apply it appropriately with confidence and conviction.

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<p>Applying Skills in Swimming</p>					<p>Independently explore and use skills in water for different swimming opportunities; such as controlling arms to push and pull and holding breath when in the water. Use a variety of strokes, including front and back crawl, to swim over different distance and to perform challenges in the water</p>	<p>Confidently explore and use skills in water for different swimming opportunities; such as controlling arms to push and pull and holding breath when in the water. Use a variety of strokes, including front and back crawl, to swim over different distance and to perform challenges in the water</p>	<p>Confidently use skills in water for different swimming opportunities; applying a variety of strokes, including front and back crawl, to swim over different distance and to perform challenges in the water.</p>
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PE Progression of Skills	Nursery Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Applying Skills in Athletics</p>	<p>Begin to work interdependently in athletic opportunities. Demonstrate emerging skills for athletics through running at various</p>	<p>Work independently and with others to take part in competitive and cooperative athletic opportunities</p>	<p>Use a variety of skills, actions and ideas and link these in ways that suit different athletic opportunities. Change speed and direction</p>	<p>Run at a speed that is appropriate to the distance being run. Begin to demonstrate a range of jumping techniques and throwing actions</p>	<p>Demonstrate an understanding of composition of skill in different competitive situations and how these link together.</p>	<p>Demonstrate an understanding of composition of skill in different competitive situations and how these link together within the rules of the</p>	<p>Confidently, demonstrate an understanding of composition of skill in different competitive situations and how these link together within</p>



	speeds, jumping from a standing position and throwing objects.	Demonstrate athletics ability by running at various speeds, jumping from a standing position and throwing objects with one hand.	whilst running and ump and throw with increasing accuracy.	using a range of objects.	Demonstrate a range of techniques that can be used for different athletic activities.	athletic competition. Begin to demonstrate the correct technique when running over different distances and taking part in athletic events.	the rules of the athletic competition. Demonstrate the correct technique when running over different distances and taking part in athletic events.
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Evaluating and Improving Performance	Begin to describe personal actions when playing games, and talking part in outdoor and adventurous learning opportunities. Begin to communicate and work cooperatively with others in PE.	Begin to describe personal and peers' actions when playing games, and talking part in outdoor and adventurous learning opportunities. Begin to work cooperatively with others in PE discussing how learning opportunities can be changed.	Explain the differences between personal and peer performance, beginning to suggest improvements. Begin to use information from when watching others and listen to feedback given to me, to make improvement.	Recognise where a performance has been good and suggest ways in which aspects the performance can be improved. Use previous learning and the suggestions of others to improve a performance.	Begin to analyse how and why a personal performance is similar or different to a peers' and use this understanding to improve my own performance. Make simple judgements about the quality of a personal or peers' performance in PE and suggest improvements that could be made.	Develop analysis of a performance by comparing and commenting on skills, techniques and ideas that had been used to improve a performance. Choose and use information from a range of sources to evaluate work. Compare previous performances in PE to feed information forward.	Analyse a performance by confidently comparing and commenting on skills, techniques and ideas that had been used, making relevant suggestions to improve a future performance. Identify and use a range of sources to evaluate work or a performance. Compare previous performances in PE to feed information forward to develop a skill, technique or idea.
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PE Progression of Skills	Nursery Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Understanding of Health and Fitness</p>	<p>Begin to communicate how my body feels when stationary and when moving. Begin to communicate how to exercise safely; such as where it is happening. Begin to understand that exercise is good for the body.</p>	<p>Begin to communicate how my body feels when stationary and inactive; and when moving and exercising. Begin to communicate how to exercise safely; such as wearing appropriate clothing for different learning opportunities and knowing how to carry equipment safely. Begin to understand that exercise is good for physical and mental wellbeing.</p>	<p>Describe how the body feels during different physical activities, including when stationary. Begin to understand the importance of warming up and cooling down. Communicate how to exercise safely; such as wearing appropriate clothing for different learning opportunities and knowing how to lift, carry and place equipment safely.</p>	<p>Explain why warming up before an activity is important, and why physical activity is good for a healthy body and mind. Understand, recognise and describe the short and long term effects of exercise on the body during different physical activities. Begin to explain the importance of suppleness and strength when taking part in physical activity.</p>	<p>Describe how the body reacts during different types of physical activity and the impact this will have on performance. Confidently describe how to warm up and cool down for physical activity. Recognise which learning opportunities help develop speed, strength and stamina and beginning to understand when they are important in games.</p>	<p>Explain and apply basic safety principles in preparing for exercise. Begin to describe what effect exercise has on the body, and how safe activity is valuable to fitness and health and wellbeing. Recognise and understand the basic principles of warming up and why it is important for good quality performance. Continue to develop an understanding of the learning opportunities,</p>	<p>Explain and apply basic safety principles in preparing for exercise. Confidently describe what effect exercise has on the body, and how safe activity is valuable to fitness and health and wellbeing. Understand and lead the basic principles of warming up, explaining why it is important for good quality performance. Understand and explain the learning</p>



						which help develop speed, strength and stamina and understand when they are important in games.	opportunities, which help develop speed, strength and stamina; including when and why they are important in games.
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