

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

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



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



	increasing	problems or	different games	rules of play in
	accuracy.	challenges in	play	different games
		games.		play.

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

Year 3

Year 4

Year 5

Year 6

Year 2

PE Progression

of Skills

Nursery

Reception

Year 1



Applying Skills		Independently	Confidently	Confidently use
in		explore and use	explore and use	skills in water for
Swimming		skills in water for	skills in water for	different
		different	different	swimming
		swimming	swimming	opportunities;
		opportunities;	opportunities;	applying a variety
		such as	such as	of strokes,
		controlling arms	controlling arms	including front
		to push and pull	to push and pull	and back crawl,
		and holding	and holding	to swim over
		breath when in	breath when in	different
		the water.	the water.	distance and to
		Use a variety of	Use a variety of	perform
		strokes, including	strokes, including	challenges in the
		front and back	front and back	water.
		crawl, to swim	crawl, to swim	
		over different	over different	
		distance and to	distance and to	
		perform	perform	
		challenges in the	challenges in the	
		water	water	

PE Progression	Nursery	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
of Skills	Reception						
Applying Skills	Begin to work	Work	Use a variety of	Run at a speed	Demonstrate an	Demonstrate an	Confidently,
in	interdependently	independently	skills, actions and	that is	understanding of	understanding of	demonstrate an
Athletics	in athletic	and with others	ideas and link	appropriate to	composition of	composition of	understanding of
	opportunities.	to take part in	these in ways	the distance	skill in different	skill in different	composition of
	Demonstrate	competitive and	that suit different	being run. Begin	competitive	competitive	skill in different
	emerging skills	cooperative	athletic	to demonstrate a	situations and	situations and	competitive
	for athletics	athletic	opportunities.	range of jumping	how these link	how these link	situations and
	through running	opportunities	Change speed	techniques and	together.	together within	how these link
	at various		and direction	throwing actions		the rules of the	together within



speeds, jumping	Demonstrate	whilst running	using a range of	Demonstrate a	athletic	the rules of the
from a standing	athletics ability	and ump and	objects.	range of	competition.	athletic
position and	by running at	throw with		techniques that	Begin to	competition.
throwing	various speeds,	increasing		can be used for	demonstrate the	Demonstrate the
objects.	jumping from a	accuracy.		different athletic	correct technique	correct
	standing position			activities.	when running	technique when
	and throwing				over different	running over
	objects with one				distances and	different
	hand.				taking part in	distances and
					athletic events.	taking part in
						athletic events.

PE Progression	Nursery	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
of Skills	Reception						



Evaluating and	Begin to describe	Begin to describe	Explain the	Recognise where	Begin to analyse	Develop analysis	Analyse a
Improving	personal actions	personal and	differences	a performance	how and why a	of a performance	performance by
Performance	when playing	peers' actions	between	has been good	personal	by comparing	confidently
	games, and	when playing	personal and	and suggest ways	performance is	and commenting	comparing and
	talking part in	games, and	peer	in which aspects	similar or	on skills,	commenting on
	outdoor and	talking part in	performance,	the performance	different to a	techniques and	skills, techniques
	adventurous	outdoor and	beginning to	can be improved.	peers' and use	ideas that had	and ideas that
	learning	adventurous	suggest	Use previous	this	been used to	had been used,
	opportunities.	learning	improvements.	learning and the	understanding to	improve a	making relevant
	Begin to	opportunities.	Begin to use	suggestions of	improve my own	performance.	suggestions to
	communicate	Begin to work	information from	others to	performance	Choose and use	improve a future
	and work	cooperatively	when watching	improve a	Make simple	information from	performance.
	cooperatively	with others in PE	others and listen	performance.	judgements about	a range of	Identify and use
	with others in	discussing how	to feedback given		the quality of a	sources to	a range of
	PE.	learning	to me, to make		personal or peers'	evaluate work.	sources to
		opportunities can	improvement.		performance in PE	Compare	evaluate work or
		be changed.			and suggest	previous	a performance.
					improvements	performances in	Compare
					that could be	PE to feed	previous
					made.	information	performances in
						forward.	PE to feed
							information
							forward to
							develop a skill,
							technique or
							idea.



PE Progression	Nursery	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
of Skills	Reception						
Understanding	Begin to	Begin to	Describe how the	Explain why	Describe how the	Explain and apply	Explain and apply
of Health and	communicate	communicate	body feels during	warming up	body reacts	basic safety	basic safety
Fitness	how my body	how my body	different physical	before an activity	during different	principles in	principles in
	feels when	feels when	activities,	is important, and	types of physical	preparing for	preparing for
	stationary and	stationary and	including when	why physical	activity and the	exercise.	exercise.
	when moving.	inactivate; and	stationary.	activity is good	impact this will	Begin to describe	Confidently
	Begin to	when moving and	Begin to	for a healthy	have on	what effect	describe what
	communicate	exercising.	understand the	body and mind.	performance.	exercise has on	effect exercise
	how to exercise	Begin to	importance of	Understand,	Confidently	the body, and	has on the body,
	safely; such as	communicate	warming up and	recognise and	describe how to	how safe activity	and how safe
	where it is	how to exercise	cooling down.	describe the	warm up and cool	is valuable to	activity is
	happening.	safely; such as	Communicate	short and long	down for physical	fitness and health	valuable to
	Begin to	wearing	how to exercise	term effects of	activity.	and wellbeing.	fitness and
	understand that	appropriate	safely; such as	exercise on the	Recognise which	Recognise and	health and
	exercise is good	clothing for	wearing	body during	learning	understand the	wellbeing.
	for the body.	different learning	appropriate	different physical	opportunities help	basic principles	Understand and
		opportunities	clothing for	activities.	develop speed,	of warming up	lead the basic
		and knowing how	different learning	Begin to explain	strength and	and why it is	principles of
		to carry	opportunities	the importance	stamina and	important for	warming up,
		equipment safely	and knowing how	of suppleness	beginning to	good quality	explaining why it
		Begin to	to lift, carry and	and strength	understand when	performance.	is important for
		understand that	place equipment	when taking part	they are	Continue to	good quality
		exercise is good	safely.	in physical	important in	develop an	performance.
		for physical and		activity.	games.	understanding of	Understand and
		mental				the learning	explain the
		wellbeing.				opportunities,	learning



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