

Progression of skills for PE

	Reception	Year 1	Year 2	End of KS1 expectations
Run, jump, throw and catch	<p>Pupils move confidently in a range of ways, safely negotiating space.</p> <p><i>(ELG = Physical development Moving and Handling)</i></p>	<p>Pupils are able to:</p> <p>Run in a straight line safely.</p> <p>Throw a bean-bag into a hoop (near & far).</p> <p>Jump and land on 2 feet in gym.</p> <p>Attempt catching using 2 hands (standing still).</p>	<p>Pupils are able to:</p> <p>Change direction to stay in a space when running.</p> <p>Adjust speed and direction when throwing an object.</p> <p>Use arms to control flight and landing on 1 or 2 feet.</p> <p>Catch an object with 2 hands (standing still or moving slowly).</p>	<p>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.</p>
Perform balance, agility and co-ordination	<p>Pupils are able to say what they have done. Pupils can describe what others have done.</p> <p>Pupils show good control and co-ordination in large and small movements.</p> <p><i>(ELG = Physical development Moving and Handling)</i></p>	<p>Pupils are able to hold a 3 or 4-point balance without wobbling. They can change direction and speeds safely. Pupils can bat / kick a ball with some control in an isolated practice.</p> <p>Pupils are able to say what they and others have done. Pupils can suggest ways to improve.</p>	<p>Pupils can successfully hold a 1 or 2-point balance in gym. They can run quickly weaving in and out of obstacles.</p> <p>Pupils can bat/kick and stop a ball repeatedly whilst under a small amount of pressure.</p> <p>Pupils are able to explain what is similar and different between performances. Pupils can suggest ways to improve.</p>	
Develop simple dance movements	<p>Pupils move confidently in a range of ways, safely negotiating space.</p> <p><i>(ELG = Physical development Moving and Handling)</i></p> <p>Pupils can move to music and copy simple moves.</p>	<p>Pupils are able to change movement according to a story. They can repeat a simple motif and explore movements at a high and low level.</p>	<p>Pupils are able to use their imagination to act in character such as an animal dance. They can use different body parts and different speeds to develop a short dance. Pupils can twist, turn and change direction.</p>	<p>Perform dances using simple movement patterns.</p>

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<p>Understand how to defend and attack.</p>	<p>Pupils show good control and co-ordination in large and small movements.</p> <p><i>(ELG = Physical development Moving and Handling)</i></p>	<p>Pupils can pass a ball to a partner to move past a defender who is in the way. They can throw, kick or hit a ball into a goal or target to score points.</p>	<p>Pupils pass to a team player and move into a free space to get the ball back. They follow a partner to stop them getting the ball back.</p>	<p>Participate in team games, developing simple tactics for attacking and defending.</p>
<p>Work together in a small team</p>	<p>Pupils move confidently in a range of ways, safely negotiating space.</p> <p><i>(ELG = Physical development Moving and Handling)</i></p>	<p>Pupils work co-operatively with a partner. They can set up a working area. Pupils can collect and return equipment for a small group.</p>	<p>Pupils can help a partner or small group overcome a difficulty in PE. They can give an instruction to a small group. They can lead a partner on 3 x stretches in a warm-up.</p>	<p>A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness.</p>
<p>Health and activity</p>	<p>Pupils know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.</p> <p><i>(ELG = Physical development Health and self-care)</i></p>	<p>Pupils can describe how their body feels before, during and after an activity.</p> <p>Pupils can show how to exercise safely.</p>	<p>Pupils can describe how their body feels before, during and after a range of different exercises.</p> <p>Pupils can explain what their bodies need to stay healthy.</p> <p>Pupils can show how to exercise safely.</p>	

End of KS1 expectations

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.