

PE Progression of Skills

The table details the requirements of the National Curriculum as well as the progression in learning across Key Stage 1 and Key Stage 2 under key headings identified within the PE curriculum. The Key Stage statements of 'what children should achieve' at each Key Stage are shown in **black**. Reference to 'what pupils are taught' is shown in **blue**.

	Purpose of Study – Aims	KS1	KS2
Movement	Develop competence to excel in a broad range of physical activities	Develop fundamental movement skills, becoming increasingly confident and competent Master basic movements such as running, jumping, throwing and catching	Continue to apply and develop a broader range of skills Use running, jumping, throwing and catching in isolation and in combination
Using skills, techniques		Access a broad range of opportunities to extend their agility, balance and coordination Developing balance, agility and coordination	Learn how to use (skills) them in different ways and to link them to make actions and sequences of movement Develop flexibility, strength, technique, control and balance e.g. through athletics and gymnastics
Range of activities Application		Begin to apply basic movements in a range of activities	Begin to apply basic movements in a range of activities and in combination
Dance		Perform dances using simple movement patterns	Perform dances using a range of movement patterns
Cooperation (social)	Opportunities to compete in sport and other activities build character and help to embed values such as	Work individually and with others. Engage in cooperative physical activities	communicating, collaborating with each other and within a team

	fairness and respect		
Competition	A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport. Engage in competitive sports and activities	Engage in competitive physical activities (both against self and against others)	Engage in competitive physical activities (both against self and against others)
Games		Participate in team games	Play competitive games, modified where appropriate
Tactics Attack/defend		Developing simple tactics for attacking and defending	Apply basic principles suitable for attacking and defending
Challenge	Succeed and excel (in competitive sport) and other physically demanding activities	Range of increasingly challenging situations	Develop an understanding of how to improve in different physical activities and sports Take part in OAA challenges both individually and within a team
Analysis and evaluation			Learn how to evaluate and recognise their own success Compare their performances with previous ones and demonstrate improvement to achieve their personal best
Preparation for life and participation	It should provide opportunities for pupils to become physically confident in a way, which supports their health and fitness	Access a broad range of opportunities	Access a broad range of opportunities
Health and fitness	Are physically active for sustained periods of time Lead healthy, active lives		
Swimming			Swim competently, confidently and proficiently over a distance of at



			least 25 metres Use a range of strokes effectively e.g. front crawl, backstroke, breaststroke Perform safe self-rescue in different water-based situation
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