

 PE Skills Progression	Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Skill	Early learning goals	Year 1 expected	Year 2 expected	Year 3 expected	Year 4 expected	Year 5 expected	Year 6 expected
Acquiring and developing skills	Pupils move with confidence, imagination and safety.	Pupils copy, repeat and explore simple skills and actions with basic control and coordination.	Pupils explore simple skills, copy, and repeat and remember actions with control and coordination.	Pupils consolidate existing skills applying them with greater control and coordination and gain new ones.	Pupils select and use skills, actions and ideas appropriately, applying them with greater control and coordination.	Pupils link skills, techniques and ideas and apply them accurately and appropriately.	Pupils select and combine skills, techniques and ideas and apply them appropriately and accurately showing precision, control and fluency.
Selecting and applying tactics	Pupils move with confidence and coordination on simple equipment.	Pupils start to link skills and actions in ways that suit the activities.	Pupils vary skills, action and ideas and link these in way that suit set activities. They begin to show some understanding of simple tactics and basic compositional ideas.	With encouragement, pupils select and use skills and ideas appropriately beginning to apply them with control and coordination. They understand and apply a wider range of tactics and compositional ideas.	Pupils select and use skills and ideas appropriately applying them with control and coordination. They show understanding of tactics and composition by starting to vary how they respond.	Pupils performance show control;, precision and fluency and they understand tactics and composition.	When performing pupils draw on what they know about strategy, tactics and composition.
Evaluating and improving performance	Teachers talk with children about what went well and what they will improve upon next time.	Pupils describe and comment on their own and other's actions.	Pupils talk about differences between their own and other's performances and suggest improvements.	Pupils can talk about similarities and differences between their own and other's performances. As a group they can use this to improve their own performance.	Pupils can talk about similarities and differences between their own and other's performances. They can use this to improve their own performance.	Pupils comment and compare skills, ideas and techniques used in their own and other's performance and comment on how they can use this to improve their own.	Pupils analyze and comment on skills, techniques and ideas in their own and other's performances. They then modify and refine skills and techniques to improve.
Knowledge and understanding of fitness and health	Pupils recognize the importance of keeping healthy. They should recognize changes that happen to their bodies whilst exercising e.g. heart beat increases	Pupils talk about how to exercise safely and how their bodies feel.	Pupils understand how to exercise safely and can describe how their bodies feel during activities.	Pupils begin to understand why they warm up and why physical activity is good for their health.	Pupils can give reasons why they warm up and why physical activity is important for their health.	Pupils can explain and apply basic safety principles for preparing to exercise. They understand the value of physical exercise and the benefits to their health and fitness.	Pupils can explain how their bodies react in various types of physical exercise. They can warm and cool down in ways that suit the activity. They can explain why safe regular exercise is good for their health, fitness and well-being.