Skills Progression in Physical Education

Year 1:

* Master basic movements including holding a balance along a straight line, jump for height and distance and hop on the spot.
* Participate in team games, link skills and actions in different ways to suit different activities
* Perform sequences of action which have a clear beginning, middle and end.

Year 2:

* Master basic movements including hop along a straight line on the same foot, jump for height and distance with a controlled landing.
* Catch and throw a small ball using the correct technique.
* Structure sequences of actions and skills in different orders to improve.

Year 3:

* Develop and apply skills to play competitive games, applying the principles of attack and defence.
* Very skills actions and ideas and link these in different ways to suit different activities.
* Enjoy communicating, collaborating and competing with each other.
* Evaluate and recognise own success and understand how to improve in different activities.

Year 4:

* Complete a forward roll and land on the feet.
* Pass a ball at chest height and kick a ball accurately.
* Apply skills and tactics in a team situation.
* Evaluate and recognise own and others success and use this to improve in different activities.

Year 5:

* Participate in recognised activities and games with skill and precision showing creative tactics and strategy.
* Dribble a football between cones.
* Develop interest in participating in sporting activities and events at a competitive level.
* Identify different levels of performance and use subject specific vocabulary.

Year 6:

* Strike a ball with a range of bats for accuracy and distance and dribble a basketball.
* When planning activities and actions taking into account a range of strategies, tactics and strategies to success, considering his/her strengths and weaknesses and those of other.
* Analyse, modify and refine skills and techniques and how these are applied.