



Programme of Study Skills Progression

Subject PE

INTENT	Develop competence to excel in a broad range of physical activities	Are physically active for sustained periods of time	Engage in competitive sports and activities	To lead healthy, active lives.
EYFS	<ul style="list-style-type: none">• PD: Negotiate space and obstacles safely, with consideration for themselves and others;• PD: Demonstrate strength, balance and coordination when playing;• PSED: Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.• PSED: Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.	<ul style="list-style-type: none">• PD: Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	<ul style="list-style-type: none">• PSED: Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate;• PSED: Work and play cooperatively and take turns with others;• PSED: Explain the reasons for rules, know right from wrong and try to behave accordingly;	<ul style="list-style-type: none">• PSED: Be confident to try new activities and show independence, resilience and perseverance in the face of challenge;

Year 1	<ul style="list-style-type: none"> Pupils should develop fundamental movement skills 	<ul style="list-style-type: none"> <u>become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others</u> 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> develop flexibility, <u>strength</u>, technique, control and <u>balance</u>
<u>Year 2</u>	<ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as <u>developing balance, agility and co-ordination</u>, and begin to apply these in a range of activities 	<ul style="list-style-type: none"> <u>perform dances using simple movement patterns (Nativity)</u> 	<ul style="list-style-type: none"> participate in team games, developing simple tactics for attacking and defending 	
Y3	<ul style="list-style-type: none"> Pupils should continue to apply and develop a broader range of skills Learning how to use them in different ways and to link them to make actions and sequences of movement. 	<ul style="list-style-type: none"> perform dances using a range of movement patterns take part in outdoor and adventurous activity challenges both individually and within a team 	<ul style="list-style-type: none"> They should enjoy communicating, collaborating and competing with each other develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success play competitive games, modified where appropriate and apply basic principles suitability for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance

Year 3	<ul style="list-style-type: none"> Pupils should continue to apply and develop a broader range of skills (y6) (yr5) (yr4) Learning how to use them in different ways and to link them to make actions and sequences of movement. 	<ul style="list-style-type: none"> perform dances using a range of movement patterns take part in outdoor and adventurous activity challenges both individually and within a team 	<ul style="list-style-type: none"> • They should enjoy communicating, collaborating and competing with each other (y6) (yr5) (yr4) develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success (y6) (yr5) (yr4) play competitive games, modified where appropriate and apply basic principles suitability for attacking and defending (y6) (yr5) (yr4) compare their performances with previous ones and demonstrate improvement to achieve their personal best. (y6) 	<ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance (y6) (yr5) (yr4)
Year 4				
Year 5				
Year 6				