



Progression of Knowledge and Skills in Physical Education

	Motor Competencies	Strategies, rules and tactics	Healthy Participation
Nursery	Pupils will move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.	Pupils will walk downstairs, two feet to each step while carrying a small object. Pupils can stand momentarily on one foot when shown using their arms to help them balance.	Pupils will be aware of the changes to the way they feel when they exercise.
Reception	Pupils will experiment with different ways of moving. Pupils show increasing control over an object in pushing, patting, throwing, catching or kicking it.	Pupils will travel with confidence and skill, around, under, over and through balancing and climbing equipment. Pupils will learn control and co-ordination in large and small movements.	Pupils will show an understanding of why physical activity is fun and how it makes them feel good.
Year 1	Pupils will further develop the fundamental skills of running, jumping, balancing, throwing and catching. Pupils will show control and accuracy with the basic actions for rolling and underarm throwing. Pupils will perform movements using a range of body parts and actions.	Pupils will move fluently by changing direction and speed easily and avoiding collisions. Pupils will use skills in different ways in different games.	Pupils will have a basic understanding of why physical activity is important for their health and be able to articulate this with increased confidence.
Year 2	Pupils will further develop the fundamental skills of running, jumping, balancing, throwing and catching. Pupils will perform a range of throwing, catching and gathering skills with control, co-ordination and accuracy.	Pupils will use varying skills and show some understanding of simple tactics and choose different tactics to suit different situations. Pupils will show a good awareness of others in running, chasing and avoiding games.	Pupils will understand why they need to stay healthy and begin to understand the short-term effects of exercise and articulate this confidently.

Year 3	<p>Pupils will improve the quality of their actions, body shapes and balance.</p> <p>Pupils will explore and use skills, actions and ideas individually and in combination (e.g. Creating a short sequence in gymnastics that combines a variety of movements).</p>	<p>Pupils will select appropriate actions and consolidate simple ideas.</p> <p>Pupils will perform the basic skills needed for particular games with control and consistency.</p> <p>Pupils will develop the ability to choose and use tactics and strategies for a given activity.</p>	<p>Pupils will have a good understanding of why PE is important for their physical and emotional health and articulate this confidently.</p>
Year 4	<p>Pupils will further develop and improve the quality of their actions, body shapes and balance.</p> <p>Pupils will continue to improve their control and coordination of their bodies in the water.</p>	<p>Pupils will consolidate and improve the quality and consistency of the techniques they use for particular activities. They will further develop their ability to choose simple tactics and strategies in different situations with more independence.</p> <p>Pupils will know how to choose and use skills for different swimming tasks.</p>	<p>Pupils will begin to understand the short and long-term effects of exercise on their bodies and articulate this confidently.</p>
Year 5	<p>Pupils will develop the consistency of their actions in different activities. They will also increase the number of techniques they use.</p> <p>Pupils will consolidate and develop the quality of their skills (e.g. front crawl, back crawl, breaststroke and floating)</p>	<p>Pupils will further develop their ability to choose simple tactics and strategies in different situations with little direction from an adult.</p> <p>Pupils will combine and perform skills with control, adapting them to meet the needs of the situation.</p> <p>Pupils will understand the basic principles of warming up.</p>	<p>Pupils will understand the long-term benefits of a healthy lifestyle and explain how they know their fitness levels are improving and articulate this confidently.</p>
Year 6	<p>Pupils will improve the control, consistency and quality of a wide range of actions.</p>	<p>Pupils will respond consistently in the games they play, choosing and using skills which meet the needs of the situation.</p> <p>Pupils will play games showing tactical awareness and knowledge of rules and scoring.</p> <p>Pupils will understand the basic principles of warming up and will be able to warm up independently.</p>	<p>Pupils will have a comprehensive understanding of physical, mental and social health benefits of active living and articulate this confidently.</p>