



PE – progression of skills and knowledge

		EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Subject area: Physical Education	GYMNASTICS	Revise and refine fundamental movement skills, including rolling, jumping, and balancing. Safely use a range of apparatus.	Create a sequence with a beginning, middle, and end. Copy and link two actions to form a sequence.	Perform sequences with control and balance. Incorporate rolls, jumps, and travels.	Begin to use apparatus in vaulting. Develop fluency and control in balances and sequences.	Use complex sequences, including apparatus, to demonstrate strength, flexibility, and control. Perform jumps with rotation and vaults.	Adapt and refine sequences based on feedback. Perform with confidence and precision in balance, vaulting, and movement.	Develop and perform advanced sequences incorporating apparatus, vaulting, and a range of movements. Apply control and consistency to all performances.
	DANCE	Join movements together to create short phrases. Change speed and levels while moving.	Perform simple motifs, varying speed and using unison and canon.	Create motifs based on a stimulus, incorporating expression and levels.	Develop choreographed sequences with awareness of space and dynamics.	Refine motifs with group coordination and adapt choreography for themes.	Evaluate and improve choreographed pieces. Use expression and timing to enhance routines.	Compose complex routines using varied styles, evaluating and refining to improve performance.
	GAMES	Develop basic ball skills like throwing, catching, and rolling. Participate in simple team activities.	Develop simple tactics for attacking and defending in games.	Apply throwing and catching skills in small team games.	Improve control when dribbling, passing, and receiving in invasion games. Begin positional awareness.	Develop positional tactics and strategies for team success. Apply accuracy in passing and striking.	Implement advanced tactics in game scenarios. Analyse team and individual performance.	Lead and manage team strategies, demonstrating advanced techniques and tactical thinking.
	OUTDOOR ADVENTUROUS ACTIVITIES	Safely navigate obstacle courses. Work with a partner to achieve goals.			Orientate confidently on a short trail and solve team challenges.	Use maps to navigate unfamiliar locations and create challenges.	Plan and execute orienteering courses with increased complexity. Work effectively in teams.	Independently manage and lead complex outdoor activities, including organising events and navigating multi-step trails.

