

PE: Skills & Knowledge Progression

ATHLETICS

Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
I can run at different speeds	I can change speed & direction.	I can change speed & direction whilst running	I can run at a speed appropriate to the distance I am running.	I can run at a speed appropriate to the distance I am running and adjust accordingly.	I can improve and sustain running technique at different speeds	I can demonstrate good control, strength, speed & stamina in a variety of athletic events
I can jump from a standing position	I can jump accurately from a standing position	I can jump accurately from a standing position landing correctly.	I can take a running jump	I can take a running jump and maintain control.	I can demonstrate accuracy & technique in a range of throwing & jumping actions	I understand how to apply athletic skills & tactics to the competitive situation
I can throw an object with one hand	I can throw a variety of objects with one hand	I can throw a variety of objects with one hand with control.	I can demonstrate a range of throwing actions using a variety of objects	I can demonstrate a range of throwing actions using a variety of objects and weights.	I can identify & explain good athletic performance	I can explain how to improve technique in a variety of events
I can recognise changes in the body during exercise	I can recognise a change in temperature & heart rate during exercise	I can recognise a change in temperature & heart rate during exercise	I can recognise a change in heart rate and breathing rate.	I can recognise a change in heart rate, temperature, and breathing rate	I can describe the changes in my body when running, jumping & throwing	I understand & can explain the short & long term effects of exercise, and I understand the need for specific warm up& cool down

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Dance

Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
I can copy & explore basic body patterns & movements	I can perform basic body patterns with control & co-ordination.	I can perform basic body patterns with control & co-ordination and begin to create.	I can improvise freely on my own & with a partner	I can improvise freely on my own & with a partner to music and stimuli.	I can demonstrate precision, control & fluency in response to stimuli	I can perform & create motifs in a variety of dance styles with accuracy & consistency
I can remember simple dance steps & performs in a controlled manner	I can respond to a variety of stimuli	I can respond imaginatively to a variety of stimuli	I can translate ideas from a variety of stimuli into movement.	I can translate ideas from a variety of stimuli into movement and patterns.	I can vary dynamics & develop actions with a partner or as part of a group	I can select & use a wide range of compositional skills to demonstrate ideas
I can choose actions & link them with sounds & music	I can vary dynamics, levels, speed & direction	I can vary dynamics, levels, speed & direction in time showing rhythm.	I can compare, develop & adapt movement & motifs to create longer dances. I can use some dance vocabulary to improve my work.	I can compare, develop & adapt movement & motifs to create longer dances. I can use dance vocabulary to compare & improve my work	I continually demonstrate rhythm & spatial awareness.	I can suggest ways to improve quality of performance showing sound knowledge & understanding
I can safely perform teacher led warm-ups & can describe & discuss others work	I can discuss my own & others performance with simple vocabulary.	I can discuss my own & others performance with simple vocabulary. I understand the need for warm up & cool down	I understand working safely, I recognise changes in my body, and I can give reasons why PE is good for my health.	I understand working safely, I recognise changes in my body, and I can give reasons why PE is good for my health and the effect it can have.	I can modify my performance & others because of observation & basic understanding of the structure of the body	I can lead my own warm up & demonstrates all round safe practice

PE: Skills & Knowledge Progression

Gymnastics

Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
I can copy & explore basic actions with some control & co-ordination	I can copy, remember, explore & repeat simple actions	I can copy, remember, explore & repeat simple actions varying speed & levels	I can copy, remember, explore & repeat simple actions, and link & vary ideas with control	I can copy, remember, explore & repeat simple actions, and link & vary ideas with control & co-ordination	I can link ideas, skills & techniques with control, precision & fluency when performing basic skills	I can perform & create movement sequences with some complex skills & displaying accuracy & consistency
I can perform basic jumps and rolls	I can perform basic jumps, rolls and balances with control	I can perform a range of jumps, rolls and balances	I can perform a range of jumps, rolls and balances with control and coordination	I can perform a range of jumps, rolls and balances with control and coordination in a sequence	I can select the correct jump, roll or balance to fit a composition and sequence	I can select the correct jump, roll or balance to fit a composition and sequence with fluidity
I have begun to choose & link basic actions, and I can recognise & use space appropriately	I am beginning to select simple actions to construct basic sequences	I am beginning to select simple actions to construct basic sequences with control	I can apply compositional ideas to sequences alone & with others	I can apply compositional ideas to sequences alone & with others using multiple ideas	I understand composition by performing more complex sequences	I can select & use a wide range of compositional skills in complex sequences alone & in groups. I show an ability to innovate
I can watch & discuss my own work & that of my peers	I am beginning to identify the difference between my performance & that of others	I am beginning to identify the difference between my performance & that of others and can make comments	I can describe my own & others work noting similarities & differences. I can make suggestions for improvements	I can describe my own & others work noting similarities & differences. I can make suggestions for improvements	I can describe how to refine, improve & modify performances	I can analyse skills & can suggest ways to improve quality of performance showing sound knowledge & understanding
I can safely perform teacher led warm-up & I am aware of others	I understand the need for warm up & cool down, and also what is happening to my body during exercise	I understand the need for warm up & cool down, and also what is happening to my body during exercise	I understand working safely, I recognise changes in my body and can give reasons why PE is good for health	I understand working safely, I recognise changes in my body and can give reasons why PE is good for health	I can demonstrate specific aspects of warm-up & describe effects of exercise on the body	I can lead own warm up & demonstrates all round safe practice

PE: Skills & Knowledge Progression

Hockey

Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
I can demonstrate a low body position keeping the stick in contact with the ball	I can demonstrate a low body position keeping the stick in contact with the ball for a longer period	I can demonstrate a low body position keeping the stick in contact with the ball for as long as possible	I can pass using the correct technique (push pass)	I can pass using the correct technique (push pass) with some accuracy	I can pass accurately using the correct technique (push pass)	I can control movement with a ball in opposed situation whilst moving
I can send a ball in the direction of another person	I can retrieve a ball from a stationary opponent	I can retrieve a ball from a stationary opponent	I know how to tackle an opponent safely	I can tackle an opponent safely	I can tackle an opponent (safely) using the correct technique	I can combine accurate passing skills / techniques in game
I can hold a stick properly	I am beginning to move keeping control of the ball	I am beginning to move keeping control of the ball on the end of my stick	I can move keeping control of the ball	I can move keeping control of the ball on the end of my stick	I can move with a ball in opposed situations	I can move with a ball with accuracy and close control in opposed situation
I am beginning to understand the basic rules of hockey	I understand the basic rules of hockey	I understand the basic rules of hockey and follow them when playing	I understand the basic rules of hockey and I can use them within a game	I understand the basic rules of hockey and I can use them within a game situation	I understand the basic rules of hockey and I show awareness of them within a game situation	I understand the rules of hockey and I show awareness of them within a game situation
When a ball goes out of play, I can return it to the other team.	I am beginning to communicate	I am beginning to communicate well with my teammates.	I can communicate well with my team mates and be positive	I can communicate well with my team mates. I always try to encourage my team.	I can work well as a member of a team and show good sportsmanship	I can advise and help others in their techniques in a game

PE: Skills & Knowledge Progression

Tag Rugby

Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
I am beginning to reach to receive a pass. I am beginning to release the ball and point my fingers at the target.	Practise basic striking, sending and receiving.	I can reach to receive a pass. I can release the ball and point my fingers at the target.	I can pass using the correct technique with some accuracy	I can pass using the correct	I can pass accurately using the correct technique	I can control movement with a ball in opposed situation whilst moving
I can tag an opponent safely	Catch and bounce a ball.	I can chase and tag an opponent safely	I can tag an opponent safely as part of a game	I can tag an opponent safely as part of a game and know the rules	I can tag an opponent (safely) using the correct technique	I can combine accurate passing skills / techniques in game
I can move with the ball	Practise accurate throwing and consistent catching.	I can move with the ball demonstrating control	I can move with some fluently demonstrating control	I can move fluently with the ball demonstrating control	I can move with a ball in opposed situations	I can advise and help others in their techniques in a game
I am beginning to understand the basic rules of rugby	Travel with a ball in different ways.	I understand the basic rules of rugby	I understand the basic rules of rugby and I can use them within a game situation	I understand the basic rules of rugby and I can use them within a game situation	I understand the basic rules of rugby and I show awareness of them within a game situation	I understand the rules of rugby and I show awareness of them within a game situation
When a ball goes out of play, I can return it to the other team.	Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency	I am beginning to communicate well with my team mates.	I can communicate well with my team mates. I can give praise	I can communicate well with my team mates. I always try to encourage my team.	I can work well as a member of a team and show good sportsmanship	I can advise and help others in their techniques in a game

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Football

Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
I am beginning to follow a pass through with my foot in the direction I am passing.	Pass the ball to another player in a game.	I can follow a pass through with my foot in the direction I am passing.	I can pass using the correct technique (side foot)	I can pass using the correct technique (side foot)	I can pass accurately using the correct technique (side foot and outside)	I can control movement with a ball in opposed situation whilst moving
I can send a ball in the direction of another person	Travel with a ball in different ways.	I can retrieve a ball from a stationary opponent	I can tackle an opponent safely with some success	I can tackle an opponent safely	I can tackle an opponent (safely) using the correct technique	I can combine accurate passing skills / techniques in game
I am beginning to shoot on target	I can shoot using laces	I can shoot on target with correct techniques	I can shoot using the correct technique (striking the ball with the top of my foot)	I can shoot using the correct technique (striking the ball with the top of my foot)	I can shoot accurately using the correct technique (striking the ball with the top of my foot).	I can shoot with consistent accurately using the correct technique from different angles and distances
I am beginning to dribble with the ball	Use different ways of travelling in different directions or pathways.	I can dribble with the ball	I can dribble with the ball demonstrating control	I can dribble with the ball demonstrating control and balance	I can dribble with the ball keeping close control and in opposed situations	I can dribble the ball in an opposed situation to maintain possession or get past an opposite player
I am beginning to understand the basic rules of football	Begin to use space in a game.	I understand the basic rules of football	I understand the basic rules of football and I can use them within a game situation	I understand the basic rules of football and I can use them within a game situation	I understand the basic rules of football and I show awareness of them within a game situation	I understand the rules of football and I show awareness of them within a game situation
When a ball goes out of play, I can return it to the other team.	Use simple attacking skills such as dodging to get past a defender.	I am beginning to communicate well with my team mates.	I can communicate well with my team mates giving praise	I can communicate well with my team mates. I always try to encourage my team.	I can work well as a member of a team and show good sportsmanship	I can advise and help others in their techniques in a game

PE: Skills & Knowledge Progression

Netball

Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
I am beginning bounce the ball to my partner with control so they can catch	I can bounce the ball to a stationary partner	I can bounce the ball to my partner with control so they can catch	I can pass using the correct techniques (chest, shoulder and bounce)	I can pass using the correct techniques (chest, shoulder and bounce)	I can pass accurately using the correct techniques (chest, shoulder and bounce)	I can combine accurate passing skills / techniques in game
I know I cannot travel with the ball	I am beginning to get the correct footwork	I know the correct footwork in netball	I am beginning to pivot on my landing foot accurately consistently	I am beginning to pivot on my landing foot accurately consistently	I can pivot on my landing foot accurately consistently	I can pivot on my landing foot accurately consistently and can get into a new position to pass
I know I have to mark opponents	I know how to stop an opponent	I can mark an opponent	I can mark an opponent and understand why	I can mark an opponent using the correct technique	I can mark and dodge an opponent (safely) using the correct technique	I can mark and dodge an opponent (safely) using the correct technique within a game situation
I can throw a ball into a target	I understand the technique to shoot the ball	I understand the techniques of how to shoot	I can shoot using the correct technique	I can shoot using the correct technique and have some accuracy and success	I can shoot accurately using the correct technique	I can shoot accurately in a game situation (under pressure)
I am beginning to understand the basic rules of netball	I understand some rules	I understand the basic rules of netball	I understand the basic rules of netball and I can use them in certain situations	I understand the basic rules of netball and I can use them within a game situation	I understand the basic rules of netball and I show awareness of them within a game situation	I understand the rules of netball and I show awareness of them within a game situation
I make sure that all members of the team are involved in the game.	I can involve all members of my team	I am beginning to communicate well with my team mates.	I can communicate well with my team mates. I always try to encourage my team.	I can communicate well with my team mates. I always try to encourage my team.	I can work well as a member of a team and show good sportsmanship	I can advise and help others with their techniques in a game

PE: Skills & Knowledge Progression

Tennis

Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
I can balance the ball on my racket	I can bounce the ball on/with my racket with control	I can bounce the ball on/with my racket with control up and down	I can hit the ball to someone else (without a net)	I can hit the ball to someone else (without a net) and receive it back	I can have a rally with a partner using a net	I can have a rally with a partner encouraging my partner to move around the court
I can get into the ready position	I know the ready position and I know the positions I have to be in	I know the ready position and I know the positions I have to be in when doing a forehand and backhand pass	I can change my feet from a ready position into a forehand or backhand position	I can change my feet from a ready position into a forehand or backhand position and hit the ball	I can read the ball and react by adjusting my feet to anticipate the path of the ball into a position to return it	I can complete a rally of more than 10 accurate returns some of which are forehand and backhand shots
I can coordinate using both hands	I can bounce the ball with one hand and hit the ball with the other	I can bounce the ball with one hand and hit the ball with the other with accuracy	I can bounce the ball with one hand and hit the ball with the other with accuracy	I can bounce the ball with one hand and hit the ball with the other with accuracy and in different directions	I can start a game of tennis with control and accuracy (under arm serve)	I can throw over arm with a good set up and action. I can do an over arm serve with speed and accuracy
I can hit the ball over the net	I can return a ball over the net	I can return a ball over the net with accuracy	I can control the racket face and contact the ball out in front	I can control the racket face and contact the ball out in front to hit where I want	I can continue a rally with control and accuracy making contact with the ball with a controlled racket	I can continue a rally with control and accuracy in a game situation
I am beginning to understand the basic rules of tennis	I understand the basic rules of tennis	I understand the basic rules of tennis and know how to win a point	I understand the basic rules of netball and I can use them within a game situation	I understand the basic rules of netball and I can use them within a game situation	I understand the basic rules of netball and I show awareness of them within a game situation	I understand the rules of netball and I show awareness of them within a game situation

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Rounders

Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
I can throw a ball to my partner	I can throw to another person	I can throw to another person at different distances	I can throw to another person with increasing accuracy	I can throw to another person with increasing accuracy and speed	I can throw to another person (over arm) with accuracy and speed	I can make quick tactical decisions when sending a ball to a team member in a game situation
I can catch a ball	My hands are in the correct position when catching	My hands are in the correct position when catching and can adjust	I can catch a ball with increasing accuracy	I can catch a ball with increasing accuracy	I can catch using a range of different catching techniques	I can catch the ball at speed and use the appropriate catching technique
I know how to stand and hold a rounders bat (using a tennis racket)	I know how to stand and hold a rounders bat	I know how to stand and hold a rounders bat in correct stance	I can hit a ball with a rounders bat with increasing accuracy	I can hit a ball with a rounders bat with increasing accuracy and direction	I can hit a ball with a rounders bat consistently	I can hit a ball with a rounders bat in an area of the pitch (tactically)
I am beginning to understand the basic rules of rounders	I understand the basic rules of striking and running	I understand the basic rules of throwing, striking and running	I understand the basic rules of rounders and I can use them within a game situation	I understand the basic rules of rounders and I can use them within a game situation	I understand the basic rules of netball and I show awareness of them within a game situation	I understand the rules of netball and I show awareness of them within a game situation
I make sure that all members of the team are involved in the game.	I am beginning to communicate well with my teammates.	I am beginning to communicate well with my teammates.	I can communicate well with my teammates. I always try to encourage my team.	I can communicate well with my teammates. I always try to encourage my team.	I can work well as a member of a team and show good sportsmanship	I can advise and help others with their techniques in a game

PE: Skills & Knowledge Progression

Basketball

Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Ball Awareness-moving ball on body.	Ball Awareness-moving a ball on the ground	Ball Awareness-moving ball on the ground with control.	Ball awareness – moving ball around different parts of the body.	Ball Awareness-moving ball around different parts of the body with control	Ball Awareness-copying a partner and moving with the ball	Ball Awareness-copying a partner and keeping control while moving the ball.
Experiment with moving an object along the floor e.g pushing a balloon.	Catch a soft ball safely Pass a soft ball from the chest – 'W' shape when passing and receiving.	Catch a ball safely. Pass a short distance to a partner.	Pass and receive with some control.	Dribbling and bouncing a ball with control and using either hand	Dribbling the ball, changing direction, and turning, using either hand.	Dribbling the ball in various directions at speed.
Throwing into hoops and targets to score	Experiment with bouncing and dribbling a ball.	Experiment with bouncing and dribbling a ball using left and right hand.	Dribble in a variety of ways – pushing not patting.	Pass and receive, stepping into the pass (chest and bounce pass)	Pass, receive and move with the ball (chest and bounce pass)	Perform a variety of passes within a game with precision and control.
Run in an area, stop quickly and 'Freeze' (in a game/warm up) - fundamentals to developing footwork.	Scoring by throwing a ball into target (someone's hands/hoop)	Score in a variety of ways.	Scoring into smaller targets.	Scoring into a net/hoop in a small sided 3v3 basketball game	Learn the BEEF technique when shooting in isolation and begin to use in a game situation.	Using the BEEF technique in a competitive game situation with some success.
Throw to self, catching a soft ball/balloon. Passing to a partner with different types of balls.	Footwork- adapted game, not running with a ball.	Stopping with 2 feet, bending of the knees and holding ball close to the body.	Performing a jump and slide stop.	Perform a jump and stride stop with a pivot	Dribble the ball and perform the correct footwork when stopping	Dribble the ball and perform the correct footwork when stopping in a competitive game situation.
Play adapted games to get past players, with a ball - (while attempting to bounce it)	Move into a space in a game, looking to throw the ball to someone in a space.	Move into space to catch. Pass to someone in space.	Dodge in a game to get into space and begin to apply basic principles for attacking.	Dodging around a player with the ball, focus on dodging into a space.	Offensive play in a conditioned, game, beating your partner when dribbling a ball	Offensive play using your team member to screen the ball in combination. Apply basic principles for attacking.
	Follow an opponent in a game/adapted game.	Follow an opponent and try to intercept the ball.	Protecting the ball in an opposed situation.	Protecting the ball - using the pivot to protect the ball. Begin to apply basic principles suitable for defending.	Defence techniques- (Gorilla) and begin to use the body to protect the ball in a conditioned game situation.	To apply defensive techniques in a competitive game situation. Apply basic principles for defending.
		Develop tactics for attacking and defending.	Introduce small, sided games of 3v3, introducing key rules.	Introduce 4v4 or adapted game. Begin to use some additional rules e.g double dribble, travelling.	Begin to use techniques learned in a game situation and to understand key rules.	Use techniques learned and apply in a game situation. Children to officiate.

PE: Skills & Knowledge Progression

Cricket

Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
I can strike a stationary ball	Use hitting skills in a game.	Throw different types of equipment in different ways, for accuracy and distance.	Demonstrate successful hitting and striking skills.	Use a bat to hit a ball with accuracy and control.	Use different techniques to hit a ball.	Hit a bowled ball over longer distances.
I can send a ball using equipment	Practise basic striking, sending and receiving.	Throw, catch and bounce a ball with a partner.	Develop a range of skills in striking (and fielding where appropriate).	Use hand-eye coordination to strike a moving and a stationary ball.	Consolidate different ways of throwing and catching, and know when each is appropriate in a game.	Use good hand-eye coordination to be able to direct a ball when striking or hitting.
Throw underarm and overarm	Throw underarm and overarm.	Use throwing and catching skills in a game.	Practise the correct batting technique and use it in a game.	Develop different ways of throwing and catching.	Consolidate different ways of throwing and catching, and know when each is appropriate in a game.	Throw and catch accurately and successfully under pressure in a game.
Catch and bounce a ball with some accuracy	Catch and bounce a ball.	Throw a ball for distance	Strike the ball for distance	Pass the ball with increasing speed, accuracy and success in a game situation.	Pass a ball with speed and accuracy using appropriate techniques in a game situation.	Demonstrate a good awareness of space.
I can roll a ball along the floor	Use rolling skills in a game.	Use hand-eye coordination to control a ball.	Throw and catch with greater control and accuracy.	Use fielding skills as an individual to prevent a player from scoring.	Demonstrate an increasing awareness of space.	Work as a team to develop fielding strategies to prevent the opposition from scoring.
I can throw a ball with some accuracy	Practise accurate throwing and consistent catching.	Vary types of throws used.	Practise the correct technique for catching a ball and use it in a game.	Throw a ball in different ways (e.g. high, low, fast or slow).	Use fielding skills as a team to prevent the opposition from scoring.	Follow and create complicated rules to play a game successfully.
	Use different ways of travelling in different directions or pathways.	Strike or hit a ball with increasing control.	Catch with increasing control and accuracy.	Vary the tactics they use in a game.	Devise and adapt rules to create their own game.	Communicate plans to others during a game.
	Run at different speeds.		Develop a safe and effective overarm bowl.	Adapt rules to alter games.	Consistently perform and apply skills and techniques with accuracy and control.	Lead others during a game.
	Begin to use space in a game.		Use fielding skills to stop a ball from travelling past them.		Take part in games with a strong understanding of tactics and composition.	Perform and apply a variety of skills and techniques confidently, consistently and with precision.

PE: Skills & Knowledge Progression

Volleyball

Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
I can explore throwing and catching large, soft balls.	I can explore throwing, catching, rolling, and bouncing a large soft ball.	I can catch and throw with improved accuracy.	I can perform an underarm serve over a low net.	I can use forearm pass with improved control.	I can consistently perform and apply skills and techniques with accuracy and control.	I can use forearm and overhead passes confidently in games.
I can roll balls to a partner with accuracy	I can develop hand-eye coordination using balloons or beach balls.	I can push or strike a ball with open hands.	I can begin forearm pass (dig) using correct arm position.	I can serve consistently over a net using underarm technique.	I can combine pass, set, and return in sequence.	I can serve with control and aim (underarm or modified overarm).
I can track a ball with eyes and body.	I can tap or push a ball upward using two hands.	<i>I can attempt</i> underarm serve action (no net or low barrier)	I can track and move to the ball more effectively.	I can move into ready position during play	I can combine pass, set, and return in sequence.	I can maintain rallies using team play.
I can begin to tap or push a balloon/ball upwards.	I can move safely in space while tracking a ball	<i>I can keep</i> a ball in the air with repeated taps.	I can send the ball to a target area.	I can begin to apply simple tactics (sending ball away from opponent)	I can demonstrate improved overhead passing technique.	I can apply basic attacking and defensive strategies.
I can develop balance, agility and spatial awareness	I can begin to understand simple rules such as stopping, starting, and taking turns	I can work cooperatively with a partner.	I understand basic rules: serve, rally, boundaries		I can serve with accuracy and consistency.	I can understand rotation and basic court positions .
					I can communicate effectively with teammates.	

PE: Skills & Knowledge Progression

OAA

Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
I can vavigate different outdoor surfaces (grass, mud, paths, slopes).	I can follow simple instructions and rules outdoors	I can work in small groups to solve challenges	I can using simple maps with symbols and basic keys.	I can use maps with a clear key and symbols.	I can read and interpret maps with greater accuracy	I can confidently navigate familiar areas using maps
I can climb, crawl, balance and jump safely.	I can explore spaces safely (playground or school grounds)	I can follow simple maps or picture clues	I can navigate short routes around the school site	I can plan and follow routes independently in small groups	I can plan routes and justifying decisions	I can solve increasingly complex outdoor challenges under timed constraints.
I can move in a variety of ways (over, under, through, around).	I can move confidently in different directions and pathways	I can begin to plan a route with support	I can solve challenges as a team	I can take on different roles within a team	I can support and leading others within a group	I can plan efficient routes and justifying decisions
I can show awareness of space and others.	I can work with a partner to complete simple tasks	I can communicate ideas clearly to others	I can adapt ideas when a plan does not work	I can evaluating strategies after activities	I can solve complex under time constraints.	I can manage group roles and responsibilities effectively

PE: Skills & Knowledge Progression

Keeping Healthy

Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
I know that physical activity is fun and keeps people healthy I know about the different people who help us to stay physically healthy.	I know how physical activity helps us to stay healthy; and ways to be physically active every day. I know that physical activity through sports is fun and good for me.	I can name different exercises that can keep me healthy and I can name some of the benefits of physical exercise. I know how exercise supports physical and mental health. I can describe what my body feels like during different types of activity.	I know how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle.	I am beginning to understand the importance of warming up. I know the risks associated with an inactive lifestyle (including obesity), and the benefits of regular exercise	I know the importance of warming up and colling down. I know how to make an informed decision about health, including keeping a healthy lifestyle.	I know and understand the basic principles of warming up and colling down. I understand why it is important to exercise for positive physical and mental health and can use this knowledge to make informed decisions about my health. I understand that regular physical activity can prevent certain physical and mental health conditions such as diabetes, anxiety, depression.

PE: Skills & Knowledge Progression

Evaluating performances

Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
I can say what I like about my own performances	I can comment on my own and others performances	I can give comments to others on how to improve performance and respond positively to feedback from others. I can use appropriate taught vocabulary when giving feedback.	I can watch performances and describe them accurately using appropriate vocabulary. I can comment on similarities and differences between performances.	I can watch performances and describe them accurately using appropriate vocabulary. I can make suggestions on how to improve my work and the work of others commenting on similarities and differences	I can watch performances and describe them using more complex/technical vocabulary. I can learn from others to improve my skills. I am beginning to comment on tactics and techniques to improve my performances.	I can watch and describe performances accurately using more complex/technical vocabulary. I can teach others and learn from others to improve my skills. I can comment on tactics and techniques to help improve my performances and the performances of others.