

We speak the language of Physical Education

Gymnastics Skills of progression	
EYFS	I can jump off an object and land appropriately I can travel with confidence under, over and through balancing and climbing equipment I can show control over and co-ordination in large and small movements. I can move confidently in a range of ways, safely negotiating space. I can experiment with different ways of moving.
Year 1	I can balance with control on different body parts. I can perform a forwards roll to sitting independently. I can link two or more actions to make a sequence. I can show contrasts (e.g. small/tall, straight/curved, wide/narrow). I can climb safely on low level equipment. I can stretch and curl to develop flexibility. I can jump in a variety of ways and land with control and balance.
Year 2	I can copy and remember actions I can perform a forwards roll to standing independently I can perform a backwards roll to kneeling I can hold a position whilst balancing on different points of my body I can climb safely on large equipment I can stretch and curl to develop increasing flexibility I can jump from low level apparatus performing a tuck or stretch jump and land safely with control.
Year 3	I can roll forwards and backwards competently and confidently I can support my body weight using different body parts I can perform balances of increasing difficulty for a count of 5 I can hold a headstand with tucked knees I can refine movement into sequences I can show changes of direction, speed and level during a performance I can swing and hang from equipment safely using hands

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Year 4	I can plan, perform and repeat sequences I can move in a clear, fluent and expressive manner I can perform a headstand with my legs outstretched I can perform a cartwheel safely I can travel in a variety of ways (e.g. flight by transferring weight to generate power in movement) I understand centre and gravity and can use this to create interesting body shapes
Year 5	I can perform a forwards roll, backwards roll, headstand and cartwheel competently I can perform a handstand with support I can perform a straddle jump from low level apparatus I can perform jumps with half and full turns from the ground and off platforms I can create complex and well executed sequences that include a range of movement Travelling, Balances, Swinging, Bending, Stretching, Twisting, Gestures, Linking shapes I can link sequences of movement effectively I can practice and refine gymnastics techniques I demonstrate good kinaesthetic awareness
Year 6	I can create complex and well executed sequences that include a range of movement: Springing, Flight, Vaults, Inversions, Rotations, Hold, shapes that are strong, fluent and expressive I can vary speed, direction, level and body rotation during floor performances I can perform a forwards and backwards roll, a headstand, cartwheel, handstand and attempt a round off I can practice and refine the gymnastics techniques listed above I can use equipment to vault and to swing, remaining upright

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Invasion Games Skills of Progression	
EYFS	I can kick a large ball I can catch a large ball I can throw a range of balls I can move a ball with some control using different body parts
Year 1	I show control when rolling a ball I can run with control I can catch a ball/moving an object I can kick with control I can bounce and catch a ball I can play catch with a partner I can play piggy in the middle
Year 2	I understand the terms 'opponent' and 'team mate' I can develop basic tactics for small team games I can lead others I can kick a ball to a partner accurately I can continuously bounce a bouncy ball I can dribble with control using my feet I can dribble with control using a hockey stick
Year 3	I can throw and catch various objects/balls with control and accuracy (chest pass, overhead pass, bounce pass) I follow rules of games and play fairly I can maintain possession of a ball when faced with opposition (e.g. feet, hockey stick, hands) I can pass to teammates when appropriate in a pressured situation I can contribute in both defence and attack to help my team

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Year 4	I can choose appropriate tactics to cause problems for the opposition I can pass and receive across a range of sports with increasing confidence I am an effective team member and understand the different roles of different positions within the team I can lead a team effectively I can travel confidently and at speed with the ball towards my opponents goal using changes of speed and direction to attempt to go past defenders I work hard to find space in game situations so as to be available for my team mates to pass to me
Year 5	I can choose and combine techniques in games (e.g. running, throwing, catching, passing, jumping and kicking) I can work alone or with team mates in order to gain points or possession I can strike a volleyed ball with some accuracy I can choose appropriate tactics for a game and pass these ideas to others I attack and defend at speed and with real purpose applying my skills to help benefit the team I uphold the spirit of fair play and respect in all competitive situations
Year 6	I can dribble, pass and receive competently and so I think more about anticipating the next phase of the game I can apply my skills at speed, in a full scale game to help me outwit opponents I can volley a ball accurately I am fully involved at all times, aware of my role even when play isn't close to me I want to win and understand how I can best help achieve the team goal I can help and coach others where I feel it useful

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Dance skills of Progression	
EYFS	I can skip in time to music I can hop confidently I can move confidently, freely and with pleasure in a variety of ways I can create movements in response to music I can use movements to express feelings I enjoy joining in with dancing and ring games I can sing songs, make music and dance and experiment ways of changing them
Year 1	I can move with control and coordination I can link two or more actions in a sequence I am confident expressing moods and feelings through dance
Year 2	I can copy and remember moves and positions I can choose appropriate movements to communicate mood/feelings/ ideas I can follow a simple 4 or 8 count I can move in time to the music and take my cues from the music
Year 3	I can refine movement into sequences I can change speed and level within a performance I can develop suppleness through stretching I can perform elements of a routine by myself, with a partner and as part of a larger group

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Year 4	<p>I can plan, perform and repeat sequences</p> <p>I can move in a clear, fluent and expressive manner</p> <p>I can create dances and movements that convey a clear idea</p> <p>I can develop physical strength by practicing moves</p> <p>I can improvise freely on my own and with a partner</p>
Year 5	<p>I can compose creative and imaginative dance sequences</p> <p>I can express an idea in original and imaginative ways</p> <p>My choreography fits the mood and speed of the music and changes style when appropriate</p>
Year 6	<p>I can perform expressively and hold a precise and strong body posture</p> <p>I can create and perform complex sequences</p> <p>I can perform with high energy, slow grace or other themes and maintain this throughout a performance</p> <p>I can perform complex moves that combine strength and stamina gained through gymnastics (e.g. cartwheels and handstand)</p>

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Net/Wall skills of Progression	
EYFS	I can push or pat a large bouncing ball I can hit a stationary ball off a tee using racquet I can flick a ball upwards off a racquet surface
Year 1	I can hit a ball with control using appropriate equipment I can bounce and then pat a small ball with my hand after 1 bounce I can sometimes catch a small ball which I have thrown to myself I can bounce a ball and hit it with a racquet
Year 2	I can hit a ball after 1 bounce in a given direction I can hit a ball with a 1 handed grip on a racquet I can hit a ball thrown to me after only 1 bounce I can catch a tennis ball I can return a thrown ball in the general direction of the thrower
Year 3	I can hold a tennis racket correctly I can perform an underarm swing I can hit a ball back in the direction it came from I can use the correct stance for a forehand I bring my racquet from low to high when playing a forehand I can attempt an underarm rally with a partner over a short distance

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Year 4	I can bounce a ball on my tennis racket, keeping it under control I can hit a tennis ball at a fixed target accurately using a forehand technique I can return a thrown tennis ball over a net I can move my feet into a position that helps me hit the ball accurately I can rally with a partner for over 20 shots I can begin understand the rules and can play a games of mini tennis.
Year 5	I can keep a ball bouncing on my racquet for an unlimited period of time I can hit a forehand with topspin and power I can rally with a partner over a net I can play a two handed backhand I can return a thrown ball on both my forehand and backhand side and adjust my feet position accordingly I uphold the spirit of fair play and respect in all competitive situations
Year 6	I understand the rule and can play a game of mini tennis and apply tactics to help me win I can perform a volley I can use footwork and body position to perform consistent forehands and back hands I can target an area of the court with a forehand My technique allows me to hit the ball over the net but land within the boundaries of the court I can umpire keep score for a tennis match

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Striking and Fielding Games Skills and Progression	
EYFS	I can pat a ball with my hand I can use different equipment to move a ball I can understand that if I hit a ball harder it will go further
Year 1	I can show control when throwing a ball underarm I can catch a ball when it is thrown to me I can hit a ball with control, using appropriate equipment I can hit a ball in different directions
Year 2	I can show control when throwing a ball overarm I can throw a ball through a target e.g. hoops I can lead others in small game situations I can develop basic tactics for small team games I can hit a ball, with control, in different directions e.g. up, down, left, right.
Year 3	I can throw and catch a tennis ball I can hold a cricket bat correctly I can hold a rounder's bat correctly I can hit a ball when it is bowled for me I can perform a defending strike with a cricket bat I can develop fielding strategies

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Year 4	<ul style="list-style-type: none">I can accurately throw underarmI can hit a ball when it is bowled at meI can tactically arrange fieldersI can work as part of a defensive team to catch and stump attacking players outI can understand a basic version of the rules for cricket
Year 5	<ul style="list-style-type: none">I can accurately throw overarmI can aim where I want to hit the ball • I can bowl underarm in a gameI can catch a high ballI can organise fielders effectively to catch a batter outI can perform attacking and defending shots when batting
Year 6	<ul style="list-style-type: none">I can hit the ball consistently and aim for gapsI can bowl accurately and with speedI can know which position to field inI can direct other to likely hitting areasI can catch the ball when behind the batsmanI can umpire and keep score for a cricket match

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Athletics skills of Progression	
EYFS	I can move freely and with pleasure and confidence in a range of ways such as: Slithering, Shuffling, Rolling, Crawling, Walking, Running, Jumping, Skipping, Sliding, Hopping I can run skilfully and negotiate space successfully I can mount stairs and steps using alternative feet I can hop and skip confidently I can run safely on whole foot I can walk upstairs or downstairs holding onto a rail two feet to a step
Year 1	I can run with control I can jump with control I can race against others I can race as part of a team I can overcome obstacles as part of a race e.g small hurdles I can know the difference between jogging and sprinting
Year 2	I can set myself targets to improve my performance I can jump for distance I can throw a ball or small javelin with correct technique I can safely pass a baton to a teammate as part of a relay race I can compete in short and middle-distance races I can change direction at speed
Year 3	I can sprint over a short distance of up to 60m I can use my arms effectively when I run I can understand how to maximise the height/distance I can jump I can use a range of throwing techniques (underarm/overarm) I can compete with others I can improve personal best performances

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Year 4	I can run over a longer distance, conserving energy to sustain performance I can throw with the correct technique and accuracy to hit a target or cover a distance e.g. a javelin I can jump in a number of ways, using a run up if appropriate I can use the scissors kick technique when performing a high jump I can pass a relay baton face to face and one behind the other I can compete with others and aim to improve personal best performances I can combine sprinting with low hurdles over 60m
Year 5	I can throw accurately and refine performance by analysing technique and body shape I can compete with others and keep track of personal best performances, setting targets for improvement I can use power in my arms and legs to sprint as fast as possible I can sprint over hurdles using the correct technique I can pace myself for different events and know which events I am good at I can take off and land safely when performing long jump
Year 6	I can choose the best pace for running over a variety of distances I can compete with others and keep track of personal best performances, setting targets for improvement I am aware and can run with the correct technique for short distance running events I am aware and can run with the correct technique for long distance running events I am aware and can throw with the correct technique for javelin and weighted ball events. I am aware and can jump with the correct technique for triple jump, long jump and high jump events.