



Trinity CE
Primary School

To excel, to value, to enjoy, together

PE Progression of Skills

Swimming

o Swim 25 metres using strokes effectively

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Skills	<p>Negotiates space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrates strength, balance and co-ordination when playing</p> <p>Moves energetically , such as running, jumping, dancing, hopping, skipping and climbing.</p> <p>Develops and refines ball skills including: throwing, catching, kicking, passing, batting and aiming.</p>	<p>o Become more confident when performing basic movements including running, jumping, throwing and catching.</p>	<p>o Master basic movements including running, jumping, throwing and catching.</p>	<p>o Use running, jumping, throwing and catching with increasing success in isolation.</p>	<p>o Use running, jumping, throwing and catching with success in isolation and in combination.</p>		



PE Progression of Skills

	Develop confidence, competence, precision and accuracy when engaging in activities with a ball.						
Games	<p>Develops co-ordination, strength, balance and agility to engage successfully in games</p> <p>Plays cooperatively and takes turns with others</p>	<ul style="list-style-type: none"> o Participate in team games. Understand simple rules and simple tactics. 	<ul style="list-style-type: none"> o Participate in team games, developing simple tactics for attacking and defending. o 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"> o Play competitive games, modified where appropriate (e.g. cricket, football, rounders and tennis) and begin to apply basic principles suitable for attacking and defending. 	<ul style="list-style-type: none"> o Play competitive games, modified where appropriate (e.g. cricket, football, hockey, rounders and tennis) and apply basic principles suitable for attacking and defending. 	<ul style="list-style-type: none"> o Play competitive games, modified where appropriate (e.g. cricket, football, hockey, netball, rounders and tennis) and show principles suitable for attacking and defending. 	<ul style="list-style-type: none"> o Play competitive games, modified where appropriate (e.g. cricket, football, hockey, netball, rounders and tennis) and have a confident understanding of the principles suitable for attacking and defending.
Gym	<p>Develops co-ordination, strength, balance and agility to engage successfully in</p>	<ul style="list-style-type: none"> o Begin to develop movements showing balance and co-ordination. o Follow a 	<ul style="list-style-type: none"> o Develop balance, agility and co-ordination and begin to apply these in a range of activities. 	<ul style="list-style-type: none"> o Develop flexibility and balance. o Create a sequence of steps and 	<ul style="list-style-type: none"> o Show flexibility, control and balance. o Create a sequence of steps and 	<ul style="list-style-type: none"> o Show flexibility, strength, control and balance. o Create a sequence of steps and 	<ul style="list-style-type: none"> o Show increased flexibility, strength, technique, control and balance.



PE Progression of Skills

	<p>gymnastics</p> <p>Combines movements with ease and fluency</p>	<p>sequence of steps and begin to evaluate one another when working in groups.</p> <p>o Understand how to land safely.</p>	<p>o Create a sequence of steps and evaluate one another when working in groups.</p> <p>o Understand how to land safely.</p>	<p>evaluate one another when working in groups/pairs, understanding the importance of listening to/offering advice.</p>	<p>evaluate one another when working in groups/pairs, understanding the importance of listening to/offering advice and improving own movements.</p>	<p>evaluate one another when working in groups/pairs, understanding the importance of listening to/offering advice and improving own movements.</p>	<p>o Create a sequence of steps and evaluate one another when working in groups/pairs, understanding the importance of listening to/offering advice and improving own movements.</p>
Dance	<p>Progresses towards a more fluent style of moving, with developing control and grace</p> <p>Develops co-ordination, strength, balance and agility to engage successfully in dance</p> <p>Combines movements with ease and fluency</p>	<p>o Perform dances using simple movement patterns.</p>	<p>o Perform dances using learned movement patterns.</p>	<p>o Perform and create dance routines using a range of movement patterns.</p> <p>o Comment on the effectiveness of their own and others routines.</p>	<p>o Perform and create dance routines using a range of movement patterns.</p> <p>o Compare their performances with previous ones and demonstrate improvement to achieve a personal best</p>	<p>o Perform and create dance routines using a range of more complex movement patterns.</p> <p>o Critically compare their performances with previous ones and demonstrate improvement to achieve personal best.</p>	<p>o Perform, create and memorise dance routines using a range of more complex movement patterns.</p>



**Trinity CE
Primary School**

To excel, to value, to enjoy, together

PE Progression of Skills

Outdoor Adventu rous Activitie s							o Confidently take part in outdoor and adventurous activity challenges both individually and within a team (residential)
Evaluate Perform ance							o Critically compare their performances with previous ones and demonstrate improvement to achieve personal best.
Competi tion				o Begin to communicate, collaborate and compete with each other.	o Be able to communicate, collaborate and compete with each other	o Successfully communicate, collaborate and compete with each other.	o Communicate, collaborate and compete with each other fairly beginning to organise and referee own games.