

## Progression in P.E. Skills

KEY STAGE 1	Lower Key Stage 2	Upper Key Stage 2 (Consolidate LKS 2 and deepen)
<b>Acquiring and Developing</b>		
Copy, repeat and explore simple skills and actions in PE activities showing basic control and coordination	Copy, remember, repeat, mirror and explore skills and actions in PE activities	Link skills together appropriately in PE activities
Copy, remember, repeat and explore simple skills and actions in PE activities with increasing control and coordination	Select and use skills, actions and ideas appropriately in PE activities	Link actions and ideas together and use them accurately and appropriately in PE activities
	Perform actions and skills with more consistent control and quality	Perform PE skills precisely, showing control and fluency
		Combine skills, techniques and ideas consistently showing precision, control and fluency
<b>Selecting and Applying Skills</b>		
Start to link skills and actions together which suit different PE activities	Start to show some understanding of simple tactics in games	Show an understanding of compositional elements and the use of speed, level and direction in creative PE activities
Vary skills, actions and ideas in PE by using simple tactics and movement phrases	Start to show some understanding of simple compositional ideas in dance and gymnastic activities	Show an understanding of tactics in team games by varying how you respond to your opponent
Link skills, actions and ideas in ways that suit different activities in PE	Select skills, actions and ideas in PE activities and apply them with coordination and control	Select and apply skills, techniques and ideas accurately and appropriately in all areas of PE
	Plan and use strategies, tactics and compositional ideas for pair, small-group and small team activities	Perform in all areas of PE, drawing on knowledge of strategy, tactics and composition
<b>Evaluating and Improving</b>		
Describe their own and the actions of others	Suggest improvements in their own and others' work	Compare and comment on skills, techniques and ideas used in their own and others' work
Comment on their own and the work of others	Compare their work to others' and use this comparison to improve their own performance	Use this understanding to improve their own performance
Talk about differences in their own and other's work	Compare their own work with others' commenting on similarities and differences	Analyse and comment on skills and techniques and how these are applied in their own and others' work
Use what they have learned to improve the quality and control of their own work		Modify and refine skills and techniques to improve their performance
<b>Knowledge and Understanding of Fitness and Health</b>		
Talk about how to exercise safely in PE	Show how to exercise safely in PE activities	Explain and use basic safety rules in preparing for PE activities
Talk about how your body feels during a range of activities in PE	Describe how your body feels during different PE activities	Describe what effect PE activities have on your body
To recognise how important it is to be active	Give reasons why warming up PE activities is important	Know and describe how PE activities are valuable to your fitness and health
Talk about the importance of warming up properly for PE, gymnastics, dance and athletics activities	Know why PE activities are good for your health	Warm up and cool down in ways that suit the activity and explain how the body reacts during different types of exercise

