



**PE Progression of Skills**

Skills	Years 1 and 2	Years 3 and 4	Years 5 and 6
<b>Acquiring and developing skills</b>	To copy, repeat and explore simple skills and actions with increasing control and coordination.	To consolidate existing skills, select and use skills, actions and ideas appropriately. To apply them with greater control and coordination.	To select, link and combine skills, techniques and ideas and apply them accurately and appropriately showing greater precision, control and fluency.
<b>Selecting and applying skills, tactics and compositional ideas</b>	To start to link skills, actions and ideas in ways that suit the activity. They begin to show some understanding of simple tactics and basic compositional ideas. To develop strong spatial awareness.	To select and use skills, action and ideas appropriately and apply them with control and coordination. They understand and apply a wider range of tactics and composition by starting to vary how they respond.	To perform showing precision, control and fluency and that they understand tactics and composition.
<b>Evaluating and improving performance</b>	To describe and comment on their own and others’ actions. Talk about the differences between their own and others’ performances and suggest improvements.	To talk about similarities and differences to and from the work of others. As a group they can use this to improve their performances. In addition, they can identify how to improve their own work. To demonstrate improvement to their personal best.	To compare and comment on skills, techniques and ideas used in own and others’ work and use this understanding to modify and refine skills and to improve their performance. To evaluate their performance compared to previous ones and demonstrate improvement to achieve their personal best.
<b>Knowledge and understanding of fitness and health</b>	To talk about and understand how to exercise safely and describe how their bodies feel during various activities.	To begin to understand why they warm up before exercise and why physical activity is good for their health.	To explain and apply safety principles during different types of exercise. They describe the effects exercise has on their own bodies and how it is valuable to their own health and fitness. They warm up and cool down in ways that suit the activity.
<b>Swimming</b>		Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively e.g. front crawl, backstroke, breaststroke.	Perform safe self-rescue in different water-based situations.