

## PE Progression of Skills

*The KS2 objectives have been split into lower and upper. If there are missing numbers in UKS2 then the objectives in LKS2 need to be looked at and progressed and developed.*

	Year 3	Year 4	Year 5	Year 6
Control and balance	Can bounce a ball on the spot with consistency Can perform a basic log, egg, shoulder and forward roll.	Can bounce a ball on the spot with consistency Can perform a basic log, egg, shoulder and forward roll. Responds imaginatively, and with control and coordination. Uses different body parts. Can vary dynamics, speed, direction and level of their movements.	Can travel whilst bouncing a ball, showing control. Perform a competent forward roll, log roll, egg roll, shoulder roll, curled roll. Progress to backward roll. Improvise freely, individually and with a partner, can translate ideas from a stimulus into movement.	Using either hand can dribble showing changes of speed and direction. Perform a range of rolls consistently, including backward roll.
Competitive games	Participate in team games. Develop simple tactics for attacking and defending. Succeed and excel (in competitive sport) and other physically demanding activities	Play competitive games, modified where appropriate Compete in a range of increasingly challenging situations.	Play competitive games, modified where appropriate through team and individual games. Apply basic principles suitable for attacking and defending	Use a range of tactics and strategies to overcome opponents in direct competition. Develop an understanding of how to improve in different physical activities and sports.
Movement patterns	Create and perform a short sequence linking basic actions, with a clear beginning, middle and end. Choose and link actions to create an expressive dance phrase which shows some sensitivity to accompaniment	Plan and perform a movement sequence showing contrasts in speed, level and direction. Apply basic compositional ideas to create dance phrases with a partner and in a small group.	Can describe and comment on their own performance and that of others and make simple suggestions to improve quality and performance. Develop a longer and more varied movement sequence demonstrating smooth transitions between actions.	Compare, develop and adopt movement motifs to create longer dances. From observation of others, begin to describe constructively how to refine, improve and modify performance Refine own performance in response to comments of others and self-analysis.

### Swimming and Water Safety

Pupils will be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively
- perform safe self-rescue in different water-based situations.