



Holy Trinity CE Primary School: Physical Education – Progression of Skills – EYFS

Y	Body Management	Speed, Agility, Travel	Manipulation and Coordination
R	<p>I can explore balance</p> <p>I can manage my own body including manipulating and small objects</p> <p>I can stretch, reach, extend in a variety of ways and positions</p> <p>To control body movements and perform specific movements on command</p> <p>I can use a variety of jumps, take offs, landings, moving on and off low apparatus using hand and feet</p> <p>I can use a variety of combinations</p>	<p>I can travel with control and coordination</p> <p>I can change direction at speed through both choice and instruction</p> <p>I can perform actions demonstrating changes in speed</p> <p>I can stop, start, pause, prepare for and anticipate movement in a variety of situations.</p> <p>I can participate in a variety of agility-based activities moving and controlling objects</p> <p>I can recognise the difference between actions such as: moving softly, quietly, quickly and powerfully</p> <p>I can relate body movements to music and percussion beats</p>	<p>I can send and receive a variety of objects with different body parts</p> <p>I can work with others to control objects in space</p> <p>I can coordinate body parts such as hand-eye, foot-eye over a variety of activities in different ways.</p>
Y	Dance	Gymnastics	
R	<p>I can create a short sequence, individually.</p> <p>I can explore colour using actions.</p> <p>I can perform body shapes.</p> <p>I can short a short sequence with a partner.</p> <p>I can use a range of levels and direction.</p> <p>I can create a short sequence using the animal theme.</p> <p>I can perform a sequence using canon and unison.</p> <p>I can show expression.</p> <p>I can explore different themes.</p> <p>I can show changing movements in my actions.</p> <p>I can create a sequence with transport actions.</p> <p>I can explore the 'people' theme in dance.</p> <p>I can talk about my ideas in a group.</p>	<p>I can follow directions.</p> <p>I can walk, jump and run.</p> <p>I can work in unison.</p> <p>I can roll a ball.</p> <p>I can work as a team to transfer objects.</p> <p>I can move around apparatus.</p> <p>I can travel using different body parts.</p> <p>I can control different pieces of equipment.</p> <p>I can perform a mixture of jumps.</p> <p>I can perform a shape.</p> <p>I can balance.</p>	

Holy Trinity CE Primary School: Physical Education – Progression of Skills – KS1

Y	Run Jump Throw	Hit Catch Run	Attack Defend Compete
1	<p>I can start and stop at speed, run in straight lines using a variety of speeds</p> <p>I can attempt a variety of jumps taking off and landing on different foot combinations e.g., 2 to 1, 1 to 2 etc.</p> <p>I can handle and throw a variety of different objects and attempt to throw for distance</p> <p>I can copy and repeat basic movements for extended periods of time developing stamina</p> <p>I can demonstrate some core strength to hold a variety of shapes and positions</p> <p>I can move a variety of objects quickly showing a range of techniques</p> <p>I can develop agility and coordination skills to competently take part in a range of activities</p>	<p>I can catch a medium sized ball thrown over a short distance</p> <p>I can intercept, retrieve and stop a beanbag and a medium-sized ball with some consistency</p> <p>I can track balls and other equipment sent to them, moving in line with the ball to collect it</p> <p>I can run between bases to score points</p> <p>I can retrieve and return a ball to a base</p> <p>I can use a range of sending skills to put ball into space</p> <p>I can self-feed ball to hit off hand and strike ball off cone</p>	<p>I can engage in competitive activities.</p> <p>I can roll, slide or throw a beanbag or ball with accuracy.</p> <p>I can bounce a medium sized ball to self and attempt to bounce to others.</p> <p>I can judge when and where to move to get in a defensive position.</p> <p>I can attempt to intercept and catch a thrown ball.</p> <p>I can work in collaboration with others to attack and score points.</p> <p>I can cooperate to perform a range of challenges using skills such as gesture/signaling.</p>
2	<p>I can develop power, agility, coordination and balance over a variety of activities</p> <p>I can throw and handle a variety of objects including quoits, beanbags, balls, hoops</p> <p>I can negotiate obstacles showing increased control of body and limbs</p> <p>I can use agility in running games</p> <p>I can apply skills in a variety of activities</p> <p>I can practice to improve skills</p>	<p>I can develop hitting skills with a variety of bats</p> <p>I can practice bowling/feeding a ball to other players</p> <p>I can run in a game to score points</p> <p>I can play the role of wicket keeper or backstop</p> <p>I can use skills as a team to prevent runs</p> <p>I can attempt to catch balls coming towards player in games</p>	<p>I can send and receive a ball using feet.</p> <p>I can link combinations of skills such as dribbling and passing with hands in isolation and combination.</p> <p>I can send and receive a ball using hands.</p> <p>I can perform the role of goalkeeper using basic stopping and interception skills.</p> <p>I can play in a variety of positions in both defence and attack.</p> <p>I can show awareness of teammates and opponents in games.</p> <p>I can work with a partner and in small groups to develop skills.</p>
Y	Send and Return	Gymnastics	Dance

1	<p>I can send an object with increased confidence using hand or bat Move towards a moving ball to return with hand or bat</p> <p>I can score points against opposition over a line/net Select and apply skills to win points</p> <p>I can chase, stop and control balls and other objects such as beanbags and hoops</p> <p>I can track balls and other equipment sent to them, moving in line with the ball to collect or return</p>	<p>I can use vocabulary such as rolling, travelling, balancing and climbing.</p> <p>I can identify the risks of working on apparatus.</p> <p>I can decide which concepts and actions to add to my sequence.</p> <p>I can move on, off and over an object confidentially.</p> <p>I value other's efforts and their performances.</p> <p>I can communicate with a partner to create a short sequence.</p>	<p>I can perform basic body actions along with music.</p> <p>I can use different parts of the body and combine arm and leg actions.</p> <p>I can perform with an awareness of body shape required</p> <p>I can remember and repeat simple movement patterns</p> <p>I can move with control and show spatial awareness with help</p> <p>I can compose a basic movement phrase I can work with a partner</p>
2	<p>I can demonstrate basic sending skills in isolation and small games</p> <p>I can show agility to track the path of ball over a line/net and move towards it</p> <p>I can hit a ball using both hand and racquet with some consistency</p> <p>I can return a ball coming towards them using hand or racquet</p> <p>I can play in a modified game send and returning the ball over a line/net</p> <p>I can develop hitting skills with a variety of bats</p> <p>I can start a game using basic serving skills</p>	<p>I can use control to perform actions consistently at different speeds and different heights.</p> <p>I can create and perform a basic sequence.</p> <p>I can show contrast with shape and actions.</p> <p>I can work to improve flexibility and strength</p> <p>I can use rhythm to perform a sequence</p> <p>I can communicate and work with others</p> <p>I can reflect on my own performance.</p> <p>I can just a system to judge another's performance.</p>	<p>I can show a sense of dynamic, expressive and rhythmic qualities in my dance.</p> <p>I can use different parts of the body in isolation and combination.</p> <p>I can perform with control, balance, and demonstrating coordination.</p> <p>I can explore and use basic choreography including levels, speed changes, unison and cannon.</p> <p>I can move with imagination by responding the music.</p> <p>I can perform with expression.</p>

Holy Trinity CE Primary School: Physical Education – Progression of Skills – KS2

Y	Striking and Fielding	Net & Wall Games	Invasion Games
3	<p>I can strike a ball with some consistency</p> <p>I can develop skills to use in isolation and in competitive play e.g. throwing, catching and bowling</p> <p>I can play in simplified games</p> <p>I can bowl accurately</p> <p>I can show the ready position to catch a ball</p>	<p>I can serve in order to begin a game</p> <p>I can play a continuous game using: throwing and catching</p> <p>I can perform simple hitting</p> <p>I can play within boundaries</p> <p>I can work with a partner to play in a doubles game</p> <p>I can use a range of racquet skills</p>	<p>I can send and receive a ball with some consistency to keep possession.</p> <p>I can move into space to receive the ball.</p> <p>I can use recognised passes in isolation, such as a chest pass for netball or kicking with the inside of the foot for football.</p> <p>I can recall and show at least two key teaching points of a learned skill.</p>

	<p>I can strike a stationary ball (off tee) with some consistency</p> <p>I can strike a bowled ball with some consistency</p>	<p>I can use the correct movement in order to return over the line/net</p> <p>I can play over a net</p>	<p>I can play using basic rules of a recognised game such as hockey or football.</p> <p>I can shoot at a goal using appropriate skills such as a slap shot in hockey or set shot in basketball</p>
4	<p>I can apply speed and decision making to run safely between scoring markers e.g. stumps, posts</p> <p>I can play confidently in a variety of roles such as fielder, bowler, backward e.g. wicket keeper/backstop</p> <p>I can track and intercept the ball along the ground sometimes collecting with one hand</p> <p>I can show more consistency in throwing and catching over a variety of distances I can bowl a recognised action with some consistency</p>	<p>I can explore shots on both sides of the body and play with confidence</p> <p>I can use a small range of racquet/ hand skills</p> <p>I can use a range of recognised shots including the overhead and forehead</p> <p>I can use defensive tactics to defend the court</p> <p>I can select the right tactics to attack the court</p> <p>I can decide the right place to position myself on the court</p>	<p>I can send and receive the ball with accuracy and control the ball to score points/goals.</p> <p>I can keep possession of the ball using skills such as dribbling and running with the ball.</p> <p>I can show speed and endurance in a game situation.</p> <p>I can move into space to help others and the ball over longer distances.</p> <p>I can work as part of a team to attack and score in a defined area.</p> <p>I can, in netball play within positional restrictions.</p>
5	<p>I can choose where to hit the ball to maximise likely hood of scoring runs</p> <p>I can use a variety of shots in isolation and in a game situation</p> <p>I can throw with accuracy and consistency over short distances</p> <p>I can track flight of the ball to increase catching success</p> <p>I can begin to employ specific bowling techniques such as overarm in cricket</p>	<p>I can play a range of basic shots on both sides of the body</p> <p>I can move feet to hit ball at most appropriate point</p> <p>I can play modified games with confidence sending and returning a ball/shuttle with differentiated equipment</p> <p>I can select and apply a range of skills to move around the court e.g. lunge, shuffle etc</p> <p>I can apply some control when returning the ball/shuttle including foot placement, shot selection and aim</p> <p>I can apply with some success, a range of techniques to win points</p> <p>I can demonstrate a variety of service shots in isolation and some game play</p>	<p>I can combine skills such as dribbling and passing.</p> <p>I can apply skills such as dodging, pivoting, dribbling and running with the ball in a game situation with some consistency.</p> <p>I can move balls accurately over longer distances, demonstrating power.</p> <p>I can play in different positions with some success.</p> <p>I can, where appropriate, mark goal side.</p> <p>I can use specific skills to maintain possession during a game.</p> <p>I can use specific skills, such as boxing out and rebounding in a game to win a ball.</p>
6	<p>I can strike a bowled ball and attempt a small range of shots</p> <p>I can attempt to track and catch high balls in isolation and game play</p>	<p>I can use forehand, backhand and overhead shots with more confidence in games</p>	<p>I can use and apply boundary rules such as corners, self-pass and a side-line in the relevant game.</p>

	<p>I can increase accuracy using a range of bowling techniques e.g. overarm</p> <p>I can demonstrate control and consistency in a range of fielding skills, e.g. throwing, catching, tracking, intercepting</p> <p>I can play within small sided games using standard field/pitch layout e.g. boundaries, posts bowling areas</p>	<p>I can start games with the appropriate serve</p> <p>I can attempt more technical shots such as smash, in a game</p> <p>I can apply a range of defensive tactics in a game, individually and with a partner</p> <p>I can use full scoring systems</p> <p>I can explain some of the tactics used in net/wall activities</p>	<p>I can build upon set plays such as in tag rugby.</p> <p>I can use a variety of techniques for passing, controlling, dribbling and shooting the ball in games.</p> <p>I can play in a variety of positions both attacking and defensively.</p> <p>Consistently catch/stop and control a ball</p> <p>Able to track and control a rebound from shot (penalty or open play) Heart Support someone else to take the lead in a warm up</p> <p>Work collaboratively in a team to play and keep possession of the ball</p>
Y	Outdoor Adventurous Activity	Gymnastics	Dance
3	<p>I can identify and use symbols on a map to navigate</p> <p>I can play competitively and fairly implementing the rules</p> <p>I can participate safely, considering others I can perform with strength, stamina and endurance in more physical tasks</p>	<p>I can perform a sequence of contrasting actions.</p> <p>I can perform a range of challenging actions.</p> <p>I can show strength and flexibility within shapes and actions.</p> <p>I can remember and repeat a sequence.</p> <p>I can show fluency within patterns and movement.</p> <p>I can use basic apparatus within my sequence.</p> <p>I can develop body management within floor exercises.</p>	<p>I can perform with a sense of dynamics.</p> <p>I can include props and other ideas in my dance.</p> <p>I can attempt short pieces of improvised dance responding to the structure/theme of the dance.</p> <p>I can share and create short dance phrases with a partner and in small groups.</p> <p>I can perform a range of recognised dance actions with some confidence e.g. do se do.</p> <p>I can perform movements with increased control.</p>
4	<p>I can use maps, symbols and compass confidently to navigate</p> <p>I can confidently undertake tasks with time limits and other restrictions</p> <p>I can remember and recall map symbols and other relevant key information</p>	<p>I can use flight, body shapes and balance with control.</p> <p>I can use an increased range of body actions and shapes within my sequence.</p> <p>I can identify 'core muscles' and use them to improve shape and action quality.</p> <p>I can use more complex versions of a skill and action.</p> <p>I can transition smoothly within a sequence.</p> <p>I can adapt actions to create a sequence with a partner.</p>	<p>I can refine, repeat and remember short dance phrases.</p> <p>I can perform with increasing musicality with control and confidence.</p> <p>I can perform dances with consistency.</p> <p>I can show rhythm and style when performing as an individual and with others.</p> <p>I can use devices to change actions individually and as a group e.g. facing, levels etc.</p> <p>I can dance using a variety of formations confidently.</p>

5	<p>I can work at a high intensity for sustained period of time whilst completing a task I can evidence results and keep score I can compete against others and perform under pressure</p>	<p>I can adapt my performance to make a more complex sequence. I can copy, repeat and follow other's actions. I can use contrasting shapes, actions and balances to make a sequence. I can demonstrate smooth transitions. I can develop strength and flexibility when using control to hold shapes (E.G Bridge) I can perform a more complex skill in isolation I can repeat longer sequences with more challenging actions.</p>	<p>I can perform different styles of dance clearly and fluently. I can refine & improve dances, adapting them to include use of space rhythm & expression. I can adapt my skills to meet the demands of a range of dance styles. I can incorporate levels and flight in to movement patterns and dances. I can create and use compositional ideas confidently such as pathways, step patterns and unison.</p>
6	<p>I can use written description to identify objects I can refine and adapt ideas in group task</p>	<p>I can perform a complex sequence. I can show awareness of the judging criteria. I can compose actions and relate to music. I can use flight to mount and dismount off apparatus, safely. I can show clarity, fluency accuracy and consistency within my movement. I can lead group warm up I can demonstrate the importance of strength and flexibility. I can work independently and, in a group, to create and perform a sequence. I can compose a sequence, which will achieve the highest score against criteria.</p>	<p>I can warm up and cool down independently. I can work creatively and imaginatively on my own, in pairs and in a group to create simple dance sequences. I can implement skills from other activity areas e.g. gym and games to perform tasks. I can use recognised dance actions and adapt to create motifs and movement patterns. I can communicate the artistic intention of a dance clearly, fluently, musically and with control. I can practice and refine coordination skills through activities such as live aural setting / freeze frame.</p>