



Physical Education: Skills and Knowledge Ladder

Focus	Y1-2 Progression	Y3-4 Progression	Y5-6 Progression
Teamwork	<ul style="list-style-type: none">• Engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.• Participate in team games, developing simple tactics for attacking and defending• Work safely and collaborate with others• Demonstrate respectfulness and consideration• Share ideas and make decision with others• Take inspiration from the efforts and skills of others• Give honest feedback in a kind and considerate way• Contribute constructively to group projects	<ul style="list-style-type: none">• Enjoy communicating, collaborating and competing with others• Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending• Take part in outdoor and adventurous activity challenges both individually and within a team• Co-operate and communicate with others, managing games and supporting others• Plan strategies, using tactics, observing and providing feedback• Demonstrate leadership and show an understanding of working safely• Give feedback and suggestions in a sensitive and constructive way	<ul style="list-style-type: none">• Enjoy communicating, collaborating and competing with each other at greater depth• Play competitive games, and apply principles suitable for attacking and defending• Take part in advanced outdoor and adventurous activity challenges both individually and within a team• Work in a collaborative and supportive way, negotiating with others• Observe and provide constructive feedback• Share ideas and demonstrate consideration and awareness of others• Respect and include others• Take on greater leadership roles, supporting and encouraging others• Take inspiration from the efforts and skills of others• Show awareness of the impact on others of giving feedback in different ways
Athletics	<p>Running</p> <ul style="list-style-type: none">• Explore running at different speeds.• Explore running over obstacles.• Develop the sprinting• Explore rhythm when action. <p>Running over obstacles.</p> <p>Jumping</p> <ul style="list-style-type: none">• Develop balance whilst jumping and landing.	<p>Running</p> <ul style="list-style-type: none">• Develop the sprinting technique and apply it to relay events.• Running Develop fluency and rhythm when running over obstacles.• Develop an understanding of speed and pace in relation to distance.• Develop power and speed in the sprinting technique.	<p>Running</p> <ul style="list-style-type: none">• Apply fluency and coordination when running for speed in relay changeovers.• Effectively apply speeds appropriate for the event.• Demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique.• Hurdle with greater control and coordination. <p>Jumping</p>

	<ul style="list-style-type: none"> • Explore hopping, jumping and leaping for distance • Develop jumping, hopping and skipping actions. • Explore safely jumping for distance and height. <p>Throwing</p> <ul style="list-style-type: none"> • Explore throwing for distance and accuracy • Develop overarm throwing for distance. 	<p>Jumping</p> <ul style="list-style-type: none"> • Develop technique in a range of approaches and take off positions. • Develop jumping for height and safety on landing. • Develop technique when jumping for distance. • Explore fluency and technique in the vertical jump. <p>Throwing</p> <ul style="list-style-type: none"> • Explore the technique for a pull throw. • Explore power and technique when throwing for distance in a pull throw. 	<ul style="list-style-type: none"> • Develop power, control and consistency in jumping for distance. • Explore technique and rhythm in the triple jump • Develop take off position when jumping for height. • Develop power, control and technique in the triple jump. <p>Throwing</p> <ul style="list-style-type: none"> • Develop technique and power in javelin and shot put. • Develop power, control and technique when throwing discus and javelin.
Dance	<p>Actions</p> <ul style="list-style-type: none"> • Copy, remember and repeat actions to represent a theme. • Explore creating their own actions in relation to a theme. • Accurately remember, repeat and link actions to express an idea. <p>Dynamics</p> <ul style="list-style-type: none"> • Explore varying speeds to represent an idea. • Develop an understanding of dynamics. <p>Space</p> <ul style="list-style-type: none"> • Explore pathways within their performances. • Develop the use of pathways and travelling actions to include levels. <p>Relationships</p>	<p>Actions</p> <ul style="list-style-type: none"> • Create actions in response to a stimulus individually and in groups. • Respond imaginatively to a range of stimuli related to character and narrative. <p>Dynamics</p> <ul style="list-style-type: none"> • Use dynamics effectively to express an idea. • Change dynamics confidently within a performance to express changes in character. <p>Space</p> <ul style="list-style-type: none"> • Use directions to transition between formations. • Confidently use changes in level, direction and pathway. <p>Relationships</p> <ul style="list-style-type: none"> • Develop an understanding of formations. • Use action and reaction to represent an idea <p>Performance</p>	<p>Actions</p> <ul style="list-style-type: none"> • Choreograph planned dances by using, adapting and developing actions and steps from different dance styles. • Show controlled movements which express emotion and feeling. <p>Dynamics</p> <ul style="list-style-type: none"> • Confidently use dynamics to express different dance styles. • Explore, improvise and combine Dynamics movement dynamics to express ideas fluently, effectively on their own, with a partner or in a small group. <p>Space and Relationships</p> <ul style="list-style-type: none"> • Use direction and patterning to express different dance styles. • Use a variety of basic compositional principles when creating their own dances. <p>Performance</p>

	<ul style="list-style-type: none"> • Begin to explore actions and pathways with a partner. • Explore working with a partner using unison, matching and mirroring. <p>Performance</p> <ul style="list-style-type: none"> • Begin to use counts within their performance. • Develop the use of facial expressions in their performance. 	<ul style="list-style-type: none"> • Perform short, self-choreographed phrases showing and awareness of timing. • Perform complex dances that communicate narrative and character well, performing clearly and fluently. 	<ul style="list-style-type: none"> • Perform dances expressively, using a range of performance skills, showing accuracy and fluency. • Demonstrate a clear understanding of timing in relation to the music and other dancers throughout their performance.
Gymnastics	<p>Balances</p> <ul style="list-style-type: none"> • Perform balances making their body tense, stretched and curled. • Remember, repeat and link combinations of gymnastic balances. <p>Shapes</p> <ul style="list-style-type: none"> • Explore basic and still shapes straight, tuck, straddle, and pike. • Explore using shapes in different gymnastic balances. <p>Rolls</p> <ul style="list-style-type: none"> • Explore barrel, straight and forward roll progressions. • Explore barrel, straight and forward roll and put into sequence work. <p>Jumps</p> <ul style="list-style-type: none"> • Explore shape jumps including jumping off low apparatus. • Explore shape jumps and take off combinations. 	<p>Balances</p> <ul style="list-style-type: none"> • Explore point and patch balances and transition smoothly into and out of them. • Develop control and fluency in individual and partner balances. <p>Shapes</p> <ul style="list-style-type: none"> • Explore matching and contrasting shapes. • Develop the range of shapes they use in their sequences. <p>Rolls</p> <ul style="list-style-type: none"> • Develop the straight, barrel, and forward roll. • Develop the straight, barrel, forward and straddle roll and perform with increased control. <p>Jumps</p> <ul style="list-style-type: none"> • Develop stepping into shape jumps with control. • Develop control in performing and landing rotation jumps. <p>Inverted Movements</p> <ul style="list-style-type: none"> • Develop strength in bridge and shoulder stand. 	<p>Balances</p> <ul style="list-style-type: none"> • Explore symmetrical and asymmetrical balances. • Explore counter balances and counter tension balances <p>Shapes</p> <ul style="list-style-type: none"> • Perform shapes consistently and fluently to a high standard, sometimes linked with other gymnastic actions. • Combine and perform gymnastic shapes more fluently and effectively. <p>Rolls</p> <ul style="list-style-type: none"> • Develop control and fluency in the straight, barrel, forward, straddle and backward roll. • Develop fluency and consistency in the straddle, forward and backward roll. <p>Jumps</p> <ul style="list-style-type: none"> • Select a range of jumps to include in sequence work. • Combine and perform a range of gymnastic jumps more fluently and effectively. <p>Inverted Movements</p> <ul style="list-style-type: none"> • Explore progressions of a cartwheel and a handstand.

			<ul style="list-style-type: none"> • Develop control in progressions of a cartwheel and a headstand.
Invasion Games	<p>Sending and Receiving</p> <ul style="list-style-type: none"> • Explore S&R with hands and feet to a partner. • Developing S&R with increased control. <p>Dribbling</p> <ul style="list-style-type: none"> • Explore dribbling with hands and feet. • Explore dribbling with hands and feet with increasing control on the move. <p>Attacking</p> <ul style="list-style-type: none"> • Explore changing direction to move away from a partner. • Developing moving into space away from defenders. <p>Defending</p> <ul style="list-style-type: none"> • Explore tracking and move to stay with a partner. • Explore staying close to other players to try and stop them getting the ball. <p>Space</p> <ul style="list-style-type: none"> • Recognise good space when playing games. • Explore moving with a ball towards goal. 	<p>Sending and Receiving</p> <ul style="list-style-type: none"> • Explore S&R abiding by the rules of the game. • Develop passing to a teammate using a variety of techniques appropriate to the game. <p>Dribbling</p> <ul style="list-style-type: none"> • Explore dribbling the ball abiding by the rules of the game under some pressure. • Develop control whilst dribbling under pressure. <p>Attacking</p> <ul style="list-style-type: none"> • Developing movement skills to lose a defender. Explore shooting actions in a range of invasion games. • Develop decision making around when to pass and when to shoot. <p>Defending</p> <ul style="list-style-type: none"> • Track opponents to limit their scoring opportunities. • Develop defending one on one and know when to win the ball. <p>Space</p> <ul style="list-style-type: none"> • Develop moving with a ball towards goal with some control. • Move into space to help their team keep possession and score goals. 	<p>Sending and Receiving</p> <ul style="list-style-type: none"> • Develop control when S&R under pressure. • Develop making quick decisions about when, how and who to pass to. <p>Dribbling</p> <ul style="list-style-type: none"> • Select and apply a variety of dribbling techniques to game situations. • Dribble consistently using a range of techniques with increasing control under pressure. <p>Attacking</p> <ul style="list-style-type: none"> • Explore creating tactics with others and applying them to game situations. • Explore creating attacking tactics with others in response to the game. <p>Defending</p> <ul style="list-style-type: none"> • Develop tracking and marking with a variety of techniques and increased success. • Explore creating and applying defending tactics with others in response to the game. <p>Space</p> <ul style="list-style-type: none"> • Move to create space for themselves and others in their team. • Move to the correct space when transitioning from attack to defence.
Net and Wall Games	<p>Hitting</p> <ul style="list-style-type: none"> • Explore hitting a dropped ball with a racket. 	<p>Shots</p> <ul style="list-style-type: none"> • Explore returning a ball using focus shots such as the forehand and backhand. 	<p>Shots</p> <ul style="list-style-type: none"> • Develop the range of shots used in the games they play.

	<ul style="list-style-type: none"> • Develop hitting a dropped ball over a net. <p>Feeding</p> <ul style="list-style-type: none"> • Throw a ball over a net to land into the court area. • Accurately underarm throw over a net to a partner. <p>Rallying</p> <ul style="list-style-type: none"> • Explore underarm rallying with a partner. • Explore underarm rallying with a partner catching after one bounce. <p>Footwork</p> <ul style="list-style-type: none"> • Use the ready position to move towards a ball. • Consistently use the ready position to move towards a ball. 	<ul style="list-style-type: none"> • Demonstrate increased Shots technique when using shots both cooperatively and competitively. <p>Serving</p> <ul style="list-style-type: none"> • Explore serving from an underarm serve. • Develop technique in serving underarm with increased consistency. <p>Rallying</p> <ul style="list-style-type: none"> • Explore rallying with a forehand. • Develop rallying using both forehand and backhand with increased technique. <p>Footwork</p> <ul style="list-style-type: none"> • Consistently use and return to the ready position in between shots. • Begin to use appropriate footwork patterns to move around the court. 	<ul style="list-style-type: none"> • Demonstrate increased success and technique in selecting and applying the appropriate shot for the situation. <p>Serving</p> <ul style="list-style-type: none"> • Develop their range of Serving techniques appropriate to the game they are playing. • Serve accurately and consistently. Beginning to apply tactics to their serve. <p>Rallying</p> <ul style="list-style-type: none"> • Use a variety of shots to keep a continuous rally. • Successfully apply a variety of shots to keep a continuous rally. <p>Footwork</p> <ul style="list-style-type: none"> • Demonstrate effective footwork patterns to move around the court. • Demonstrate a variety of footwork patterns relevant to the game they are playing e.g. a split step and a chasse.
Outdoors and Adventurous	<p>Problem Solving</p> <ul style="list-style-type: none"> • Suggest ideas in response to a task. • Begin to plan, and with some success, apply strategies to overcome a challenge. <p>Navigational Skills</p> <ul style="list-style-type: none"> • Follow a simple diagram/map. • Understand how to use, follow and create a simple diagram/map. <p>Communication</p> <ul style="list-style-type: none"> • Communicate simple instructions and listen to others. • Work cooperatively with a partner and a small group. <p>Reflection</p>	<p>Problem Solving</p> <ul style="list-style-type: none"> • Can plan and implement strategies to solve problems. • Plan independently and in small groups, implementing a strategy with increased success. <p>Navigational Skills</p> <ul style="list-style-type: none"> • Developing map reading skills. • Identify key symbols on a map and use a key to help navigate around a grid. <p>Communication</p> <ul style="list-style-type: none"> • Can follow and give instructions and are accepting of other peoples' ideas. • Confidently communicate ideas and listen to others. <p>Reflection</p>	<p>Problem Solving</p> <ul style="list-style-type: none"> • Explore tactical planning within a team to overcome increasingly challenging tasks. • Pool ideas within a group, selecting and applying the best method to solve a problem. <p>Navigational Skills</p> <ul style="list-style-type: none"> • Develop navigational skills and map reading in increasingly challenging tasks including map orientation. • Orientate a map efficiently to navigate around a course. <p>Communication</p> <ul style="list-style-type: none"> • Explore a variety of communication methods with increasing success.

	<ul style="list-style-type: none"> Identify when they were successful Reflection and make basic observations about how to improve. Verbalise when they were successful and areas that they could improve. 	<ul style="list-style-type: none"> Can reflect on when and why they were successful at solving challenges. With increased accuracy, Reflection critically reflects on when and why they were successful at solving challenges. 	<ul style="list-style-type: none"> Communication Inclusively communicates with others, share job roles and lead when necessary. <p>Reflection</p> <ul style="list-style-type: none"> Reflect on when they were successful at solving challenges and alter their methods in order to improve. With increasing accuracy they reflect on when and how they were successful at solving challenges and alter their methods in order to improve.
Striking and Fielding	<p>Striking</p> <ul style="list-style-type: none"> Explore striking a ball with their hand and equipment. Develop striking a ball with their hand and equipment with some consistency. <p>Fielding</p> <ul style="list-style-type: none"> Develop tracking and retrieving a ball for their team. Understand that there are different roles within a fielding team. <p>Throwing</p> <ul style="list-style-type: none"> Explore technique when throwing over and underarm. Develop coordination and technique when throwing over and underarm. <p>Catching</p> <ul style="list-style-type: none"> Develop coordination and technique when catching. Catch with two hands with some coordination and technique. 	<p>Striking</p> <ul style="list-style-type: none"> Begin to strike a bowled ball using different equipment. Develop batting technique consistent with the rules of the game. <p>Fielding</p> <ul style="list-style-type: none"> Explore bowling and fielding skills to include a two-handed pick up and long and short barriers. Develop bowling with some consistency, abiding by the rules of the game. <p>Throwing</p> <ul style="list-style-type: none"> Use overarm and underarm throwing in game situations. Use overarm and underarm throwing with increased consistency in game situations. <p>Catching</p> <ul style="list-style-type: none"> Catch with some consistency in game situations. Beginning to catch with one and two hands with some consistency in game situations. 	<p>Striking</p> <ul style="list-style-type: none"> Explore defensive and driving hitting techniques and directional batting. Strike a bowled ball with increasing accuracy and consistency. <p>Fielding</p> <ul style="list-style-type: none"> Develop over and underarm Fielding bowling technique. Select and apply long and short barriers appropriate to the situation. Consistently select and Fielding apply the appropriate fielding action for the situation. <p>Throwing</p> <ul style="list-style-type: none"> Demonstrate clear technique when using a variety of throws under pressure. Consistently make good decisions on who and when to pass to in order to get batters out. <p>Catching</p> <ul style="list-style-type: none"> Explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations. Consistently demonstrate good technique in catching skills under pressure.

Swimming	<p>Strokes</p> <ul style="list-style-type: none"> • Can swim over a 10m distance with a buoyancy aid. • Begin to use arms and legs together, more effectively across the water unaided. <p>Breathing</p> <ul style="list-style-type: none"> • Can submerge confidently in the water. • Begin to explore breathing in sync with their kicking action. <p>Water Safety</p> <ul style="list-style-type: none"> • Become aware of water safety and explore floating on their front and back. • Demonstrate an awareness of water safety and float on their front and on their back. 	<p>Strokes</p> <ul style="list-style-type: none"> • Explore technique for Strokes specific strokes to include head above water breaststroke, backstroke and front crawl. • Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl. <p>Breathing</p> <ul style="list-style-type: none"> • Begin to explore front crawl breathing technique. • Demonstrate improved breathing technique in front crawl. <p>Water Safety</p> <ul style="list-style-type: none"> • Explore techniques for personal survival to include survival strokes such as sculling and treading water. • Are comfortable with some personal survival techniques to include survival strokes such as sculling and treading water. 	<p>Strokes</p> <ul style="list-style-type: none"> • Demonstrate increased Strokes technique in a range of strokes, swimming over a distance of 25m. • Identify their personal best Strokes in a range of strokes. Successfully select and apply their fastest stroke over a distance of 25m. <p>Breathing</p> <ul style="list-style-type: none"> • Explore underwater breaststroke breathing technique over a distance of 25m. • Demonstrate a smooth and consistent breathing technique in a range of strokes over a distance of 25m. <p>Water Safety</p> <ul style="list-style-type: none"> • Demonstrate a good understanding of water safety. Explore safety techniques to include the H.E.L.P and huddle positions. • Can select and apply the appropriate survival technique for the situation.
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