

PE Progression of Skills - KS2

	7 - 8 years	8 - 9 years	9 - 10 years	10 - 11 years	
ixercise	Personal Learning Objectives	<ul style="list-style-type: none"> I can describe how and why the body changes during exercise and why it's important and to explain how we can look after and maintain a healthy body. 	<ul style="list-style-type: none"> I can describe how and why the body changes during exercise and why it's important. I can explain how to look after and maintain a healthy body. 	<ul style="list-style-type: none"> I can show patience and resilience when reacting to something difficult. I can explain how often exercise is needed in order to be healthy, and suggest appropriate warm-ups. 	<ul style="list-style-type: none"> I can explain how to look after and maintain a healthy body, giving good examples. I can explain how often exercise is needed in order to be healthy, and suggest appropriate warm-ups.
	Skill Objectives	<ul style="list-style-type: none"> To understand and practice developing fluid and speedy transitions. To maintain balance, posture and correct stance while sending and receiving. To improve hand-eye coordination, timing and balance and improve starting and stopping quickly. To show balance, coordination and control while moving at pace. 	<ul style="list-style-type: none"> To develop and practice a range of jumping techniques and combinations of jumps, developing power, control, consistency and controlled landing. To combine skills to consistently demonstrate flexibility, strength, technique, control and balance. 	<ul style="list-style-type: none"> To develop fast movements including dodging by changing direction and anticipating play. To practice different jumping techniques by practicing and developing their jumping for height and distance. 	<ul style="list-style-type: none"> To develop catching and passing on the move and while tracking a partner's movements. To further develop the technique of sending, receiving and positioning. To consistently demonstrate with accuracy varying movement types e.g. strength, power, flexibility, control. To combine skills to consistently demonstrate flexibility, strength, technique, control and balance.
	Links to Sport	Strength & Balance - Posture - Agility & Fitness - Equipment tracking and manipulation. <i>Basketball, Volleyball, Handball, Netball, Cricket.</i>	Agility & Fitness - Jumping & Landing - Strength & Balance - Posture. <i>Athletics, Cricket, Gymnastics.</i>	Strength & Balance - Floorwork & Posture. <i>Football, Gymnastics, Bowls, Gymnastics.</i>	Agility & Fitness - Equipment Tracking - Strength & Balance - Posture. <i>Cricket, Rounders, Ultimate Frisbee, Rugby, Tennis, Badminton, Athletics, Squash.</i>
imove	Personal Learning Objectives	<ul style="list-style-type: none"> I can describe how and why the body changes during exercise and why it's important. I can explain how to look after and maintain a healthy body. 	<ul style="list-style-type: none"> I can choose and use a range of appropriate skills with good control and consistency. I can perform sequences, holding clear shapes with controlled, repeated movements. 	<ul style="list-style-type: none"> I can perform a variety of movements, showing consistent control over the core. I can demonstrate fluid links between actions and sequences. 	<ul style="list-style-type: none"> I can perform a variety of movements, showing consistent control over the core. I can demonstrate fluid links between actions and sequences.
	Skill Objectives	<ul style="list-style-type: none"> To develop awareness of speed and pace, as well as developing and practicing fluency in running and walking skills. To develop and practice a range of jumping techniques developing power, control, consistency and how to control landing. To develop and practice different combinations of jumps; developing fluency and control in putting together jumps. 	<ul style="list-style-type: none"> To learn and develop evading skills to move away from a defender. To move effectively with the correct technique, whilst using equipment. To use controlled footwork patterns to change direction and level. 	<ul style="list-style-type: none"> To incorporate quick reactions and move into available space in a game situation. To react and respond by predicting movements and tactics of opposition. To develop fast movements including dodging by changing direction and anticipating play. To develop and practice jumping for distance using the whole body to help increase the length of the jump. To develop and improve coordination and rhythm by exploring different jumping and movement patterns. To practice different jumping techniques by practicing and developing their jumping for height and distance. 	<ul style="list-style-type: none"> To develop and improve coordination and balance by exploring different running, jumping and movement patterns. To practice different jumping techniques by practicing and developing jumping for height and distance. To demonstrate balance and movement while traversing along a line. To walk fluidly in a straight line while maintaining balance but varying height. To traverse along a line while maintaining balance and keeping control of equipment.
	Links to Sport	Agility & Fitness - Reaction & Response - Jumping & Landing. <i>Athletics, Cricket.</i>	Agility & Fitness - Reaction & Response - Coordination - Footwork. <i>Rugby, Football, Gymnastics, Canoeing.</i>	Agility & Fitness - Reaction & Response - Agility & Fitness - Jumping & Landing. <i>Basketball, Netball, Handball, Rugby, Athletics.</i>	Agility & Fitness - Jumping & Landing - Locomotion - Balance on a Line. <i>Athletics, Basketball, Netball, Gymnastics, Dance, Fencing.</i>
ipractice	Personal Learning Objectives	<ul style="list-style-type: none"> I can set a PB and try to beat it and I can show perseverance and resilience when trying something new. 	<ul style="list-style-type: none"> I can explain strengths and limitations, persevering through adversity. I can provide suitable challenge and improve performance through practise. 	<ul style="list-style-type: none"> I can show patience and resilience when reacting to something difficult. I can persevere with set tasks and show improvement through regular practise. 	<ul style="list-style-type: none"> I can show patience and resilience when reacting to something difficult. I can persevere with set tasks and show improvement through regular practise.
	Skill Objectives	<ul style="list-style-type: none"> To develop how to move correctly holding or in control of equipment. To develop evading skills to move away from a defender. To develop building reaction and response, and to introduce pupils to the concept of feeding the ball. To develop moving into the correct position to return a shot in net/wall games. To develop hand-eye coordination and introduce the forehead technique to return a ball. 	<ul style="list-style-type: none"> To understand and practice developing fluency & coordination running with the ball and changing direction. To show control and balance while practising an unfamiliar skill. To show awareness of space and control movements while performing a range of skills. 	<ul style="list-style-type: none"> To develop movement prior to passing to anticipate the opposition strategy. To develop catching and passing on the move, moving with the ball to create space to pass. 	<ul style="list-style-type: none"> To react and respond by predicting movements and tactics of opposition. To develop fast movements including dodging by changing direction and anticipating play. To increase frequency and speed while sending and receiving equipment. To further incorporate quick reactions, catching and responses in a game situation.
	Links to Sport	Coordination - Footwork / Strength & Balance - Static Balance - One Leg. <i>Football, Rugby, Tennis, Basketball.</i>	Coordination/Manipulation - Ball Skills - Strength & Balance - Floorwork. <i>Football, Hockey, Basketball, Gymnastics, Netball.</i>	Coordination - Send & Receive - Agility & Fitness - Equipment Tracking. <i>Tennis, Badminton, Squash, Cricket, Handball, Basketball.</i>	Agility & Fitness - Reaction & Response - Coordination - Send & Receive. <i>Football, Rugby, Hockey, Tennis, Basketball, Volleyball, Netball, Cricket, Ultimate Frisbee, Squash.</i>
icomunicate	Personal Learning Objectives	<ul style="list-style-type: none"> To support others by listening carefully and offering useful feedback and to demonstrate ideas, encourage others and organise roles. 	<ul style="list-style-type: none"> I can show patience and help others by listening and giving constructive feedback. I can use communication to praise others, share ideas and guide groups through tasks. 	<ul style="list-style-type: none"> I can cooperate and work with others, giving useful feedback. I can help organise activities and assist small groups through tasks. 	<ul style="list-style-type: none"> I can cooperate and work with others, giving useful feedback. I can help organise activities and assist small groups through tasks.
	Skill Objectives	<ul style="list-style-type: none"> To develop the technique of Passing and Receiving. To develop the correct technique for catching and to understand how we bowl/throw to ensure a catch is successful. To develop the correct technique for passing whilst evading opponents. To develop combining travelling and turning and counter balance skills, with some complexity and confidence. To develop expressing an idea in an original way. 	<ul style="list-style-type: none"> To count out the phrases of 8 counts within the music on the regular beat, slow beat and quick beat correctly. To move in time to the music demonstrating an awareness of rhythm and phrasing. To develop the correct technique for passing whilst evading opponents at speed. 	<ul style="list-style-type: none"> To traverse along a line while maintaining balance and keeping control of equipment. To perform complex moves that combine strength and flexibility. To link several movements together to perform a sequence. 	<ul style="list-style-type: none"> To demonstrate control and coordination when manipulating a ball. To show creative thinking and adaptation to control a ball. To perform complex moves that combine strength and flexibility. To link several movements together to perform a sequence. To further demonstrate balance and movement while manipulating a ball.
	Links to Sport	Coordination - Send & Receive - Strength & Balance - Counter Balance with a Partner. <i>Basketball, Netball, Rugby, Football, Cricket, Rounders, Dance, Gymnastics.</i>	Strength & Balance - Counter Balance with a Partner - Coordination - Send & Receive. <i>Cricket, Dance, Gymnastics, Netball, Basketball, Bowls.</i>	Locomotion - Balance on a Line - Strength & Balance - Counter Balance with a Partner. <i>Gymnastics, Yoga, Rugby, Basketball.</i>	Coordination/Manipulation - Ball Skills - Strength & Balance - Counter Balance with a Partner. <i>Basketball, Football, Netball, Volleyball, Rhythmic Gymnastics, Hockey, Tennis.</i>
icreate	Personal Learning Objectives	<ul style="list-style-type: none"> I can create new rules and adapted versions of activities and to adapt my movements and tactics to a range of tasks. 	<ul style="list-style-type: none"> I can compare own movements to others and create new rules for activities. I can spot the similarities and differences in completion of an activity, compared to a friend. 	<ul style="list-style-type: none"> I can create rules that work within the confines of an activity. I can change tactics or rules to make activities more accessible, fun or challenging. 	<ul style="list-style-type: none"> I can change tactics or rules to make activities more accessible, fun or challenging. I can develop new rules and sequences that follow a plan.
	Skill Objectives	<ul style="list-style-type: none"> To identify space that can be moved into using a range of movements. To develop different movements, adapting technique to make them successful whilst travelling forwards and sideways. To develop their ability to design an activity, evaluate their knowledge and understanding of what makes something challenging. 	<ul style="list-style-type: none"> To show balance and control while travelling over equipment and apparatus. To show control, dexterity, balance and strength while standing on one leg. 	<ul style="list-style-type: none"> To develop various passing, manipulation and movement techniques to evade the opposition or to gain an advantage. 	<ul style="list-style-type: none"> To maintain a tight core while performing actions in a stood or seated position. To maintain control over balance while shifting body weight. To maintain stability without straining, keeping good control over movements. To utilise the maximum amount of space available to improve performance. To show awareness of surroundings and move efficiently across the floor.
	Links to Sport	Strength & Balance - floorwork - Locomotion - Balance on a Line. <i>Football, Gymnastics, Climbing.</i>	Locomotion - Balance on a Line - Strength & Balance - One Leg Balance. <i>Football, Gymnastics, Tennis.</i>	Coordination/Manipulation - Ball Skills - Strength & Balance - Seated Balance. <i>Rugby, Handball, Volleyball, Bowls, Gymnastics, Dance.</i>	Strength & Balance - Seated Balance & Floorwork. <i>Volleyball, Cricket, Gymnastics, Dance, Football.</i>
ithink	Personal Learning Objectives	<ul style="list-style-type: none"> I can order and prioritise instructions, movements and skills while being able to explain their choices, and to recognise similarities and differences in performance and identify areas for improvement. 	<ul style="list-style-type: none"> I can start prioritising instructions and evaluate own and others' performances. I can explain what is going well, how to do it, and how to do more than one thing at once. 	<ul style="list-style-type: none"> I can use tactics to improve performance and evaluate success. I can use awareness of space and organisational skills to complete a group activity. 	<ul style="list-style-type: none"> I can use awareness of space and organisational skills to complete a group activity. I can use tactics to improve performance and evaluate success.
	Skill Objectives	<ul style="list-style-type: none"> To perform movements with equipment safely. To dodge equipment by adjusting my movements and tracking their flight. To develop fast movements including changing direction. To be able to work my core by holding my body in a controlled seated balance. To enhance balance and control while engaging my core. To maintain control through the core while performing various shapes and movements. 	<ul style="list-style-type: none"> To multistask activities within a game, track how equipment moves through the air, make adjustments maintaining balance, coordination and movement of equipment. 	<ul style="list-style-type: none"> To move in a variety of directions to outwit opponents. To show control, dexterity, balance and strength while standing on one leg. 	<ul style="list-style-type: none"> To maintain balance on one and two feet while evading an opponent. To show control, dexterity, balance and strength while standing on one leg. To use clear footwork patterns to aid evasion from attackers/defenders. To move in a variety of directions to outwit opponents. To show quick and light movements by shifting on the balls of the feet.
	Links to Sport	Coordination / Manipulation - Ball Skills - Strength & Balance - Seated Balance. <i>Basketball, Rugby, Handball, Netball, Tennis, Gymnastics.</i>	Agility & Fitness - Equipment Tracking - Strength & Balance - Seated Balance. <i>Rugby, Football, Volleyball, Gymnastics.</i>	Coordination - Footwork - Strength & Balance - One Leg Balance. <i>Football, Rugby, Basketball, Netball, Gymnastics.</i>	Strength & Balance - One Leg Balance - Coordination - Footwork. <i>Football, Rugby, Basketball, Netball, Gymnastics.</i>