

PE Progression of skills

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Fundamentals	<p>Run and stop with some control.</p> <p>Jump and hop with bent knees.</p> <p>Throwing larger balls and beanbags into space.</p> <p>Explore skipping as a travelling action.</p> <p>Balance whilst stationary and on the move.</p> <p>Change direction at a slow pace.</p>	<p>Attempt to run at different speeds showing an awareness of technique.</p> <p>Begin to link running and jumping movements with some control.</p> <p>Jump, leap and hop and choosing which allows them to jump the furthest.</p> <p>Throw towards a target.</p>	<p>Show balance and coordination when running at different speeds.</p> <p>Link running and jumping movements with some control and balance.</p> <p>Show hopping and jumping movements with some balance and control.</p> <p>Change technique to throw for distance.</p> <p>Show control and balance when</p>	<p>Show balance, coordination and technique when running at different speeds, stopping with control.</p> <p>Link running, hopping and jumping actions using different take offs and landing.</p> <p>Jump for distance and height with an awareness of technique.</p> <p>Throw a variety of objects, changing action for accuracy and distance.</p>	<p>Demonstrate how and when to speed up and slow down when running</p> <p>Link hopping and jumping actions with some control.</p> <p>Jump for distance and height showing balance and control.</p> <p>Throw with some accuracy and power towards a target area</p> <p>Demonstrate good balance when performing other</p>	<p>Run at the appropriate speed over longer distances or for longer periods of time.</p> <p>Show control at take off and landing in more complex jumping activities.</p> <p>Perform a range of more complex jumps showing some technique.</p> <p>Show accuracy and power when throwing for distance</p>	<p>Demonstrate a controlled running technique using the appropriate speed over longer distances or for longer periods of time.</p> <p>Link running, jumping and hopping actions with greater control and co-ordination.</p> <p>Perform jumps for height and distance using good technique.</p> <p>Show accuracy and good technique when throwing for distance.</p> <p>Show fluency and control when travelling, landing, stopping and changing direction.</p>

	<p>Explore moving different body parts together.</p>	<p>Show some control and balance when travelling at different speeds.</p> <p>Begin to show balance and co-ordination when changing direction. Use co-ordination with and without equipment.</p>	<p>travelling at different speeds</p> <p>Demonstrates balance and co-ordination when changing direction</p> <p>Perform actions with increased control when co-ordinating their body with and without equipment</p>	<p>Demonstrate balance when performing other fundamental skills.</p> <p>Show balance when changing direction in combination with other skills.</p> <p>Can co-ordinate their bodies with increased consistency in a variety of activities.</p>	<p>fundamental skills.</p> <p>Show balance when changing direction at speed in combination with other skills.</p> <p>Begin to co-ordinate their body at speed in response to a task.</p>	<p>Demonstrate good balance and control when performing other fundamental skills.</p> <p>Demonstrate improved body posture and speed when changing direction.</p> <p>Can co-ordinate a range of body parts at increased speed.</p>	<p>Change direction with a fluent action and can transition smoothly between varying speeds</p> <p>Can co-ordinate a range of body parts with a fluent action at a speed appropriate to the challenge.</p>
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