

Progression of skills in PE

	Foundation stage	Year 1	Year 2
Dance	<ul style="list-style-type: none"> Experiment with different ways of moving Show good control and coordination in large and small movements Move confidently in a range of ways, safely negotiating space 	<ul style="list-style-type: none"> Explore movement ideas and respond imaginatively to a range of stimuli Move confidently and safely in their own and general space, using changes of speed, level and direction Compose and link movement to make simple sequences of dance with clear beginnings, middles and ends Perform movement sequences using a range of body actions and body parts Work alone, with a partner and in a small or larger group Talk about dance ideas inspired by different stimuli Copy, watch and describe dance movement 	<ul style="list-style-type: none"> Explore, remember, repeat and link a range of actions with coordination, control and an awareness of the expressive qualities of dance Compose and perform dance sequences and short dances that express and communicate moods, ideas and feelings Work alone, with a partner and in a small or larger group Recognise and describe how different dance activities make them feel Watch and describe dance sequences and use what they learn to improve their own work
Gymnastics	<ul style="list-style-type: none"> Jump off an object and land appropriately Travel with confidence and skill around, under, over and through balancing and climbing equipment Show good control and coordination in large and small movements Move confidently in a range of ways, safely negotiating space 	<ul style="list-style-type: none"> Explore gymnastics actions and still shapes Move confidently and safely in their own and general space, using change of speed, level and direction Copy or create movements with beginnings, middles and ends Perform movement sequences using a range of body actions and body part Know how to carry and place equipment safely Watch, copy and describe what they and others have done 	<ul style="list-style-type: none"> Remember, repeat and link combinations of gymnastic actions, body shapes and balances with control and precision Choose, use and vary simple compositional ideas in the sequences they create and perform Lift, move and place equipment safely Improve their work using information they have gained by watching, listening and investigating
Games	<ul style="list-style-type: none"> Negotiate space successfully and adjust speed or changing direction to avoid obstacles Show increasing control over an object in pushing, patting, throwing, catching or kicking it Perform basic skills of rolling, catching, throwing and kicking larger balls Work with a partner 	<ul style="list-style-type: none"> Be confident and safe in the spaces used to play games Explore and use skills, actions and ideas individually and in combination to suit the game they are playing Choose and use skills effectively for particular games Watch, copy and describe what others are doing Describe what they are doing Be able to perform basic ball skills such as rolling, bouncing, throwing, catching, kicking and striking 	<ul style="list-style-type: none"> Improve the way they coordinate and control their bodies and a range of equipment Remember, repeat and link combinations of skills Choose, use and vary simple tactics Recognise good quality in performance Use information to improve their work Be able to perform basic ball skills with increasing accuracy, such as rolling, bouncing, throwing, catching, kicking and striking. Be able to perform basic ball skills with different sized balls
Health and Fitness	<ul style="list-style-type: none"> Show understanding of the need for safety when tackling new challenges, and consider and manage some risks Knows the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe 	<ul style="list-style-type: none"> Recognise how their body feels when still and when exercising Know that being active is good for them and fun Recognise how important it is to be active 	<ul style="list-style-type: none"> Recognise and describe what their bodies feel like during different types of activity Understand the importance of warming up and cooling down Recognise how important it is to be active, and be able to state some reasons why