



Shortlanesend School

PE Knowledge and Skills Progression

Acquiring Skills					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>I can copy actions.</p> <p>I can repeat actions and skills.</p> <p>I can move with control and care.</p>	<p>I can copy actions.</p> <p>I can repeat actions and skills.</p> <p>I can move with control and care.</p>	<p>I can select and use the most appropriate skills, actions or ideas.</p> <p>I can move and use actions with co-ordination and control.</p>	<p>I can select and use the most appropriate skills, actions or ideas.</p> <p>I can move and use actions with co-ordination and control.</p> <p>I can make up my own small-sided game.</p>	<p>I can link skills, techniques and ideas and apply them accurately and appropriately.</p> <p>I can show good control in my movements.</p>	<p>I can apply my skills, techniques and ideas consistently.</p> <p>I can show precision, control and fluency.</p>
Evaluating and Improving Performance					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>I can talk about what I have done.</p> <p>I can describe what other people did.</p>	<p>I can show how to exercise safely.</p> <p>I can talk about what they have done.</p> <p>I can describe what other people did.</p>	<p>I can explain how my work is similar and different from that of others.</p> <p>With help, I can recognise how performances could be improved.</p>	<p>I can explain how my work is similar and different from that of others.</p> <p>I can use my comparison to improve my work.</p>	<p>I can compare and comment on skills, techniques and ideas that they and others have used.</p> <p>I can use my observations to improve my work.</p>	<p>I can analyse and explain why they have used specific skills or techniques.</p> <p>I can modify use of skills or techniques to improve my work.</p> <p>I can create my own success criteria for evaluating.</p>
Health and Fitness					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>I can describe how my body feels before, during and after an activity.</p>	<p>I can describe how my body feels before, during and after an activity.</p>	<p>I can explain why it is important to warm-up and cool-down.</p> <p>I can identify some muscle groups used in gymnastic activities.</p>	<p>I can explain why warming up is important.</p> <p>I can explain why keeping fit is good for my health.</p>	<p>I can explain some important safety principles when preparing for exercise.</p> <p>I can explain what effect exercise has on my body.</p> <p>I can explain why exercise is important.</p>	<p>I can explain how the body reacts to different kinds of exercise.</p> <p>I can choose appropriate warm-ups and cool downs.</p> <p>I can explain why we need regular and safe exercise.</p>



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Dance					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>I can move to music.</p> <p>I can copy dance moves. I can perform some dance moves.</p> <p>I can make up a short dance.</p> <p>I can move around the space safely.</p>	<p>I can move to music.</p> <p>I can copy dance moves.</p> <p>I can perform some dance moves.</p> <p>I can make up a short dance.</p> <p>I can move around the space safely.</p>	<p>I can improvise freely, translating ideas from a stimulus into movement.</p> <p>I can share and create phrases with a partner and in small groups.</p> <p>I can repeat, remember and perform these phrases in a dance.</p>	<p>I can take the lead when working with a partner or group.</p> <p>I can use dance to communicate an idea.</p> <p>I can work on my movements and refine them.</p> <p>My dance is clear and fluent.</p>	<p>I can compose my own dances in a creative and imaginative way.</p> <p>I can perform to an accompaniment, expressively and sensitively. My movements are controlled.</p> <p>My dance shows clarity, fluency, accuracy and consistency.</p>	<p>I can develop imaginative dances in a specific style.</p> <p>I can choose my own music, style and dance.</p>
Games					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>I can throw underarm. I can roll a piece of equipment.</p> <p>I can hit a ball with a bat.</p> <p>I can move and stop safely.</p> <p>I can catch with both hands.</p> <p>I can throw in different ways.</p> <p>I can kick in different ways.</p>	<p>I can throw underarm.</p> <p>I can roll a piece of equipment.</p> <p>I can hit a ball with a bat.</p> <p>I can move and stop safely.</p> <p>I can catch with both hands.</p> <p>I can throw in different ways.</p> <p>I can kick in different ways.</p>	<p>I can throw and catch with control when under limited pressure.</p> <p>I am aware of space and use it to support team- mates and cause problems for the opposition.</p> <p>I can know and use rules fairly to keep games going.</p> <p>I can keep possession with some success when using equipment that is not used for throwing and catching skills.</p>	<p>I can catch with one hand.</p> <p>I can throw and catch accurately.</p> <p>I can hit a ball accurately and with control.</p> <p>I can keep possession of the ball.</p> <p>I can move to find a space when they are not in possession during a game.</p> <p>I can vary tactics and adapt skills according to what is happening.</p>	<p>I can gain possession by working as a team.</p> <p>I can pass in different ways.</p> <p>I can use forehand and backhand with a racquet.</p> <p>I can field. I can choose the best tactics for attacking and defending.</p> <p>I can use a number of techniques to pass, dribble and shoot.</p>	<p>I can explain complicated rules.</p> <p>I can make a team plan and communicate it to others.</p> <p>I can lead others in a game situation.</p>



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Gymnastics					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>I can make my body tense, relaxed, curled and stretched.</p> <p>I can control my body when travelling.</p> <p>I can control my body when balancing.</p> <p>I can copy sequences and repeat them.</p> <p>I can roll in different ways.</p> <p>I can travel in different ways.</p> <p>I can balance in different ways. I can climb safely.</p> <p>I can stretch in different ways.</p> <p>I can curl in different ways.</p>	<p>I can make my body tense, relaxed, curled and stretched.</p> <p>I can control my body when travelling.</p> <p>I can control my body when balancing.</p> <p>I can copy sequences and repeat them.</p> <p>I can roll in different ways.</p> <p>I can travel in different ways.</p> <p>I can balance in different ways.</p> <p>I can climb safely.</p> <p>I can stretch in different ways.</p> <p>I can curl in different ways.</p>	<p>I can use a greater number of my own ideas for movement in response to a task.</p> <p>I can adapt sequences to suit different types of apparatus and my partner's ability.</p> <p>I can explain how strength and suppleness affect performances.</p> <p>I can compare and contrast gymnastic sequences, commenting on similarities and differences.</p>	<p>I can work in a controlled way.</p> <p>I can include change of speed.</p> <p>I can include change of direction.</p> <p>I can include range of shapes.</p> <p>I can follow a set of 'rules' to produce a sequence.</p> <p>I can work with a partner to create, repeat and improve a sequence with at least three phases.</p>	<p>I can make complex or extended sequences.</p> <p>I can combine action, balance and shape.</p> <p>I can perform consistently to different audiences ensuring my movements are accurate, clear and consistent.</p>	<p>I can combine my own work with that of others.</p> <p>I can link my sequences to specific timings.</p>
Athletics					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
		<p>I can run at fast, medium and slow speeds, changing speed and direction.</p> <p>I can link running and jumping activities with some</p>	<p>I can run over a long distance.</p> <p>I can sprint over a short distance.</p> <p>I can throw in different ways.</p>	<p>Are they controlled when taking off and landing in a jump.</p> <p>I can throw with accuracy. I can combine running and jumping.</p>	<p>I can demonstrate stamina.</p> <p>I can use my skills in different situations.</p>



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		<p>fluency, control and consistency.</p> <p>I can make up and repeat a short sequence of linked jumps.</p> <p>I can take part in a relay activity, remembering when to run and what to do.</p> <p>I can throw a variety of objects, changing my action for accuracy and distance.</p>	<p>I can hit a target.</p> <p>I can jump in different ways.</p>		
Outdoor and Adventure Activities					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
		<p>I can follow a map in a familiar context.</p> <p>I can move from one location to another following a map.</p> <p>I can use clues to follow a route.</p> <p>I can follow a route safely.</p>	<p>I can follow a map in a more demanding familiar context.</p> <p>I can move from one location to another following a map.</p> <p>I can use clues to follow a route.</p> <p>I can follow a route accurately, safely and within a time limit.</p>	<p>I can follow a map in an unknown location.</p> <p>I can use clues and compass directions to navigate a route.</p> <p>I can change my route if there is a problem.</p> <p>I can change my plan if they get new information.</p>	<p>I can plan a route and series of clues for someone else.</p> <p>I can plan with others taking account of safety and danger.</p>