



Progression of Skills, Understanding and Knowledge in PE

PE	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Year 7	Year 8
		Stage 1	Stage 2	Stage 3	Stage 4	Stage 5			
Adventure Challenge		<p>explore and develop the ability to solve tasks individually</p> <p>explore and develop the ability to solve tasks in pairs or in small groups.</p>	<p>solve challenging problems, individually, in pairs or in small groups</p> <p>solve challenges with or without apparatus</p> <p>Participate in small group activities to accomplish a common goal.</p>	<p>solve challenging problems, individually, in pairs or in small groups</p> <p>solve challenges with or without apparatus</p> <p>participate in group activities to accomplish a common goal.</p>	<p>solve challenging problems, individually, in pairs or in groups</p> <p>participate in group activities to accomplish a common goal.</p>	<p>solve challenging problems, individually, in pairs or in groups</p> <p>participate in group activities to accomplish a common goal.</p>			
Athletics		<p>At this stage, Athletics (jumping, throwing and running events) should be introduced through the other PE content areas.</p>	<p>At this stage, Athletics (jumping, throwing and running events) should be introduced through the other PE content areas.</p>	<p>Develop the basic techniques of jumping, throwing and running events</p> <p>Learn and apply the basic rules of athletic events</p>	<p>Be introduced to collecting and recording results</p> <p>Understand and apply the basic safety rules in athletic events.</p>	<p>Practice specific techniques for jumping, throwing and running events</p> <p>Learn and apply the rules of various events</p> <p>Learn how to collect and record results</p> <p>Understand and apply the safety rules in these events</p> <p>Evaluate their athletic performance and understand how they can improve their performance.</p>			
Body control and spatial awareness		<p>Develop spatial awareness</p> <p>Develop gross motor skills</p> <p>Develop creative skills through movement.</p> <p>Develop an awareness of space, direction and levels in relation to others and to their working environment</p>	<p>Travel in different ways, changing speed and direction with control</p> <p>Handle different apparatus and small equipment using various body parts (manipulative skills)</p> <p>Hold their body weight using various body parts as bases (balance and stability).</p>	<p>At this stage, body control and spatial awareness activities will be incorporated into other PE content areas.</p>	<p>At this stage, body control and spatial awareness activities will be incorporated into other PE content areas.</p>	<p>At this stage, body control and spatial awareness activities will be incorporated into other PE content areas.</p>			





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Games		<p>Explore coordination, manipulation and balance</p> <p>Travel in different ways maintaining body control</p> <p>Change speed and direction of movement maintaining body control</p>	<p>Handle small equipment using various body parts</p> <p>Participate in, and follow instructions for, simple games requiring little or no equipment.</p>	<p>Develop coordination, manipulation and balance</p> <p>Travel in different ways, changing speed and direction while maintaining body control</p> <p>Explore different apparatus and small equipment using various body parts</p> <p>Participate in, and follow instructions for, simple games requiring little or no equipment.</p>	<p>Develop coordination, manipulation and balance</p> <p>Travel in different ways, changing speed and direction while maintaining body control</p> <p>Explore different apparatus and small equipment using various body parts</p> <p>Participate in, and follow instructions for, simple games requiring little or no equipment.</p>	<p>Develop coordination, manipulation, balance and spatial awareness</p> <p>Participate in activities that develop spatial awareness and locomotor skills</p> <p>Handle different apparatus and small equipment using various body parts</p> <p>Participate in simple lead-up games</p> <p>Begin to develop their own games and related activities.</p>	<p>Develop coordination, manipulation, balance and spatial awareness</p> <p>Participate in activities that refine locomotor skills</p> <p>Become competent in handling different apparatus and small equipment</p> <p>Participate in lead-up games</p> <p>Participate in scaled-down or adapted versions of the recognized sports, for example invasion games, fielding and striking games, net games and target games</p> <p>Develop their own innovative games and related activities</p>			
Gymnastics		<p>Learn a variety of movements to form a basic movement vocabulary, for example jump, hop, slide, rock</p> <p>Explore different ways of moving on the floor and on apparatus</p> <p>Create small movement patterns</p>	<p>Hold their body weight in stillness using various body parts as bases</p> <p>Be introduced to one or two basic skills, for example a pin jump</p> <p>Explore different ways of moving with small equipment.</p>	<p>Develop the traditional gymnastic skills, involving physical agility, flexibility, strength and coordination</p> <p>Interpret and answer movement tasks in their own way, and at their own level, on the floor</p> <p>Interpret and answer movement tasks in their own way, and at their own level, using apparatus</p> <p>Combine locomotor and non-locomotor skills while using small equipment.</p>	<p>Develop the traditional gymnastic skills, involving physical agility, flexibility, strength and coordination</p> <p>Interpret and answer movement tasks in their own way, and at their own level, on the floor</p> <p>Interpret and answer movement tasks in their own way, and at their own level, using apparatus</p> <p>Combine locomotor and non-locomotor skills while using small equipment.</p>	<p>Combine simple movements to create short sequences</p> <p>Improve the traditional gymnastic skills, involving physical agility, flexibility, strength and coordination</p> <p>Interpret and answer movement tasks in their own way, and at their own level, on the floor</p> <p>Interpret and answer movement tasks in their own way, and at their own level, using apparatus</p> <p>Combine locomotor and non-locomotor skills while using small equipment.</p>	<p>Combine movements to create sequences</p> <p>Refine the traditional gymnastic skills, involving physical agility, flexibility, strength and coordination</p> <p>Interpret and answer movement tasks in their own way, and at their own level, on the floor</p> <p>Interpret and answer movement tasks in their own way, and at their own level, using apparatus</p> <p>Combine locomotor and non-locomotor skills while manipulating small equipment.</p>			





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Health related activities	<p>Be aware of some of the elements of a healthy lifestyle (rest, well-balanced nutrition, exercise etc)</p> <p>Be aware that it is important to be physically active</p> <p>Recognize some basic changes that occur to their bodies when exercising</p> <p>Be made aware of safety aspects when exercising.</p>	<p>Recognize the elements and the benefits of a healthy lifestyle (rest, well-balanced nutrition, exercise etc)</p> <p>Become aware of the importance of physical activities in daily life</p>		<p>Recognize basic changes that occur to their bodies when exercising</p> <p>Demonstrate safety when exercising.</p>		<p>Identify and recognize the elements and the benefits of a healthy lifestyle (rest, well-balanced nutrition, exercise etc)</p> <p>Be aware of the importance of physical activity in daily life</p> <p>Recognize the physical changes that occur to their bodies when exercising</p> <p>Demonstrate safety when exercising.</p>		<p>Identify and recognize the elements of a healthy lifestyle (rest, well-balanced nutrition, exercise etc)</p> <p>Identify and recognize the benefits of a healthy lifestyle</p> <p>Be aware of the importance of physical activity in daily life</p> <p>Recognize the physical changes that occur to their bodies when exercising</p> <p>Demonstrate and apply safety when exercising.</p>		

