



## PE: Active role models achieving their best.

### PE: Skills Progression Guide

ARE	Object Control	Locomotion	Stability Progression	Knowledge & Understanding	Health and Wellbeing
Reception	Pupils can catch a ball without dropping it. Can bounce, roll and throw a ball.	Pupils can jump in straight lines.	Children show ability to stretch. Move on two feet.		Know how long they should brush their teeth. Know what exercise is.
Year 1	Catch a large ball with 2 hands. Bounce, throw, and roll toward a target. Start to kick ball.	Pupils can jump and move in different directions.	Can perform a balance in one space, can bend and stretch	Children can describe what happens to their bodies when they exercise. Describe their movements. Work in group settings	Know what good and bad foods are. Know why they should brush their teeth.
Year 2	Children can catch small ball with 1 hand. Can bounce, roll, throw and kick toward a target.	Hop in a straight line. Jump and run in different directions.	Pupils can work as pair to hold a balance. Can twist, rotate and confidently bend and stretch.	As above. Say why physical activity is important. Understand the movements they are performing.	Know what happens to body during exercise. Know which food groups certain foods belong in.
Year 3	Consistently and competently catch a small ball. Strike a ball with hand with little accuracy. Can bounce, roll, throw and kick toward a target.	Children can hop, jump, run in different direction and begin to skip.	Perform half squat, half lunge, & press ups on knees. Can roll, stop and twist. Can hold a bilateral balance.	Can describe benefits of physical activity to their health. Describe movements they are working on, can listen and contribute to class setting.	Understand what a balanced diet looks like.
Year 4	As above and catch a large ball on the move. Some accuracy when striking a ball.	Children can run, jump, hop and skip.	Attempt full range squat and lunge and press ups with guidance. Can roll, stop and twist. Can hold a creative bilateral balance. Hold a unilateral balance	Begin to explain the benefits of physical activity. Explain their movements in individual and team settings. Occasionally contribute ideas and listen to others.	Create their own balanced plate and know what food groups are. Understand the benefits of technology.
Year 5	Can consistently catch a large ball whilst moving in different directions. Can strike a ball with racket/bat with little accuracy.	Children show confidence when moving in different direction when jumping, hopping and skipping.	Perform bodyweight exercises without guidance. Perform a roll confidently & consistently. Can competently plan and hold a creative unilateral balance. Land a jump	Describe and understand how PA benefits holistic health. Evaluate movements and recognise where they are being successful. Can contribute ideas and respect others viewpoints.	Understand the importance of sleep, confident in explaining why good hygiene is important.
Year 6	Can catch large ball consistently in game situations. Can kick or throw to team mate with accuracy and consistently. Strike ball toward a target.	Children confidently move freely in different directions.	Body weight exercises performed confidently and consistently. Pupils work together to hold a creative balance. Land a jump from a height safely.	Pupils explain why physical activity is essential to their holistic health and future life. Analyse actions identifying strengths and areas of improvement. Can share and respect ideas in competitive and noncompetitive situations,	Confident in explaining why exercise is important for healthy life style and link exercises with certain sports.

Bilateral balances - balances that include both sides of body moving towards each other or away from each other.

Unilateral balances - balances that include moving and holding a balance in one direction.