

**Skills Progression PE**

<b>Gymnastics</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
<b>Acquiring and developing skills</b>	explore gymnastics actions and still shapes move confidently and safely in their own and general space, using change of speed and direction	remember, repeat and link combinations of gymnastic actions, body shapes and balances with control and precision	consolidate and improve the quality of their actions, body shapes and balances, and their ability to link movements	develop the range of actions, body shapes and balances they include in a performance perform skills and actions more accurately and consistently	perform actions, shapes and balances consistently and fluently in specific activities	combine and perform gymnastic actions, shape and balances more fluently and effectively across the activity areas
<b>Selecting and applying skills, tactics and compositional ideas</b>	copy or create and link movement phrases with beginnings, middles and ends perform movement phrases using a range of body actions and body parts	choose, use and vary simple compositional ideas in the sequences they create and perform	improve their ability to select appropriate actions and use simple compositional ideas	create gymnastic sequences that meet a theme or set of conditions use compositional devices when creating their sequences, such as changes in speed, level and direction	choose and apply basic compositional ideas to the sequences they create, and adapt them to new situations	develop their own gymnastic sequences by understanding, choosing and applying a range of compositional principles
<b>Knowledge and understanding of fitness and health</b>	know how to carry and place equipment recognise how their body feels when still and when exercising	recognise and describe what their bodies feel like during different types of activity lift, move and place equipment safely	recognise and describe the short term effects of exercise on the body during different activities know the importance of suppleness and strength	describe how the body reacts during different types of activity and how this affects the way they perform	know and understand the basic principles of warming up and why it is important for good quality performance understand why physical activity is good for their health	understand why warming up and cooling down are important understand why exercise is good for health, fitness and wellbeing and how to become healthier themselves carry out warm ups safely and effectively
<b>Evaluating and improving performance</b>	watch, copy and describe what they and others have done	improve their work using information they have gained by watching, listening and investigating	describe and evaluate the effectiveness and quality of a performance recognise how their own performance has improved	describe their own and others' work, making simple judgments about the quality of performances and suggesting ways they could be improved	choose and use information and basic criteria to evaluate their own and others' work	evaluate their own and others' work suggest ways of making improvements
<b>Games</b>						

<b>Acquiring and developing skills</b>	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	improve the way they coordinate and control their bodies and a range of equipment remember, repeat and link combinations of skills	consolidate and improve the quality of their techniques and their ability to link movements -develop the range and consistency of their skills in all games	-develop the range and consistency of their skills in all games	develop a broader range of techniques and skills for attacking and defending develop consistency in their skills	choose, combine and perform skills more fluently and effectively in invasion, striking and net games
<b>Selecting and applying skills, tactics and compositional ideas</b>	choose and use skills effectively for particular games	choose, use and vary simple tactics	improve their ability to choose and use simple tactics and strategies keep, adapt and make rules for striking and fielding and net games	devise and use rules keep, adapt and make rules for striking and fielding and net games use and adapt tactics in different situations	know and apply the basic strategic and tactical principles of attack, and to adapt them to different situations choose and apply skills more consistently in all activities	understand, choose and apply a range of tactics and strategies for defence and attack use these tactics and strategies more consistently in similar games
<b>Knowledge and understanding of fitness and health</b>	know that being active is good for them and fun	recognise and describe what their bodies feel like during different types of activity	know and describe the short term effects of different exercise activities on the body know how to improve stamina begin to understand the importance of warming up	recognise which activities help their speed, strength and stamina and know when they are important in games recognise how specific activities affect their bodies	know and understand the basic principles of warming up, and understand why it is important for a good quality performance understand why exercise is good for their fitness, health and wellbeing	understand why exercise is good for their fitness, health and wellbeing understand the need to prepare properly for games
<b>Evaluating and improving performance</b>	watch, copy and describe what others are doing describe what they are doing	recognise good quality in performance use information to improve their work	recognise good performance and identify the parts of a performance that need improving use what they have learned to improve their work	explain their ideas and plans recognise aspects of their work which need improving suggest practices to improve their play	choose and use information to evaluate their own and others' work suggest improvements in their own and others' performances	develop their ability to evaluate their own and others' work, and to suggest ways to improve it know why warming up and cooling down are important