

# St Benedict's Catholic Primary School

## Progress in Skills: PE



With Jesus, we learn,  
love and laugh

	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
<b>Dance</b>	<ul style="list-style-type: none"> <li>• Move confidently in a range of ways.</li> <li>• Safely negotiate space.</li> <li>• Show good control and co-ordination in small and large movements.</li> <li>• Talk about ways to keep healthy and safe.</li> <li>• Know the importance for good health and physical exercise</li> </ul>	<ul style="list-style-type: none"> <li>• Perform basic body actions sometimes using counts.</li> <li>• Use different parts of the body in isolation and together.</li> <li>• Explore pathways.</li> <li>• Show some sense of dynamic and expressive qualities in my dance.</li> <li>• Choose appropriate movements for different dance ideas.</li> <li>• Perform dance phrases using simple movement patterns.</li> <li>• Move confidently and safely.</li> <li>• Vary the way I use space.</li> <li>• Recognise changes in my</li> </ul>	<ul style="list-style-type: none"> <li>• Perform body actions with control and coordination.</li> <li>• Sometimes use counts to stay in time with music.</li> <li>• Choose movements with different dynamic qualities to express an idea, mood or feeling.</li> <li>• Remember and repeat dance phrases.</li> <li>• Work with a partner using mirroring and unison.</li> <li>• Describe how my body feels during exercise.</li> </ul>	<ul style="list-style-type: none"> <li>• Create dance phrases that communicate ideas.</li> <li>• Create dance phrases with a partner and in a small group using canon and unison.</li> <li>• Repeat, remember and perform these phrases in a dance.</li> <li>• Use dynamic and expressive qualities in relation to an idea.</li> <li>• Use counts to keep in time with a group and the music.</li> <li>• Recognise and talk about the movements used and the expressive qualities of dance.</li> </ul>	<ul style="list-style-type: none"> <li>• Respond imaginatively to a range of stimuli related to character and narrative.</li> <li>• Use simple motifs and movement patterns to structure dance phrases on my own, with a partner and in a group.</li> <li>• Use formation, canon and unison to develop a dance.</li> <li>• Refine, repeat and remember dance phrases and dances.</li> <li>• Perform dances clearly and fluently.</li> <li>• Describe, interpret and evaluate dance, using appropriate language.</li> <li>• Explain what happens in my</li> </ul>	<ul style="list-style-type: none"> <li>• Adapt and refine the way I use actions, dynamics and relationships in my dance.</li> <li>• Perform different styles of dance clearly and fluently.</li> <li>• Recognise and comment on dances, showing an understanding of style.</li> <li>• Suggest ways to improve my own and other people's work.</li> <li>• Lead a partner through short warm-up routines.</li> </ul>	<ul style="list-style-type: none"> <li>• Work creatively and imaginatively on my own, with a partner and in a group to choreograph motifs and structure simple dances.</li> <li>• Adapt and refine the way I use actions, dynamics and relationships to improve my dance.</li> <li>• Choreograph a dance using props.</li> <li>• Perform dances fluently and with control.</li> <li>• Use appropriate language to evaluate and refine my own and others' work.</li> <li>• Lead a small group through a short warm-up routine.</li> </ul>

		body when I do exercise.			body when I warm up.		
<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>• Handle equipment effectively.</li> <li>• Move confidently in a range of ways.</li> <li>• Safely negotiate space.</li> <li>• Show good control and co-ordination in small and large movements.</li> <li>• Talk about ways to keep healthy and safe.</li> <li>• Know the importance for good health and physical Exercise.</li> </ul>	<ul style="list-style-type: none"> <li>• Remember and repeat actions and shapes.</li> <li>• Make my body tense, relaxed, stretched and curled.</li> <li>• Show an awareness of space when travelling.</li> <li>• Link simple actions together.</li> <li>• Recognise changes in my body when I do exercise.</li> </ul>	<ul style="list-style-type: none"> <li>• Plan and repeat simple sequences of actions.</li> <li>• Use shapes when performing other skills.</li> <li>• Use directions and levels to make my work look interesting.</li> <li>• Perform the basic gymnastic actions with some control and balance.</li> <li>• Describe how my body feels during exercise.</li> </ul>	<ul style="list-style-type: none"> <li>• Use a greater number of my own ideas for movements in response to a task.</li> <li>• Choose and plan sequences of contrasting actions.</li> <li>• Complete actions with increasing balance and control and choose actions that flow well into one another.</li> <li>• Move in unison with a partner.</li> <li>• Adapt sequences to suit different types of apparatus.</li> <li>• With help, recognise how performances could be improved.</li> <li>• Understand why it is important to warm up.</li> </ul>	<ul style="list-style-type: none"> <li>• Safely perform balances individually and with a partner.</li> <li>• Plan and perform sequences with a partner that include a change of level and shape.</li> <li>• Understand how body tension can improve the control and quality of my movements.</li> <li>• Explain what happens in my body when I warm up.</li> <li>• Watch, describe and suggest possible improvements to others' performances and my own.</li> <li>• Identify some muscle groups used in gymnastic activities.</li> </ul>	<ul style="list-style-type: none"> <li>• Create and perform sequences using apparatus, individually and with a partner.</li> <li>• Use set criteria to make simple judgments about performances and suggest ways they could be improved.</li> <li>• Use canon and synchronisation, and mirroring when performing with a partner and a group and say how it affects the performance.</li> <li>• Use strength and flexibility to improve the quality of a performance.</li> <li>• Lead a partner through short warm-up routines.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand what counter balance and counter tension is and can show examples with a partner.</li> <li>• Combine and perform gymnastic actions, shapes and balances with control and fluency.</li> <li>• Create and perform sequences taking using compositional devices to improve the quality.</li> <li>• Lead a small group through a short warm-up routine.</li> <li>• Suggest changes and use feedback to improve a sequence.</li> </ul>
<b>Striking and fielding</b>		<ul style="list-style-type: none"> <li>• Roll a ball towards a target.</li> <li>• Stop a medium-sized ball with</li> </ul>	<ul style="list-style-type: none"> <li>• Roll a ball to hit a target.</li> <li>• Develop underarm and</li> </ul>	<ul style="list-style-type: none"> <li>• Use overarm and underarm throwing, and catching skills.</li> </ul>	<ul style="list-style-type: none"> <li>• Use overarm and underarm throwing, and catching skills</li> </ul>	<ul style="list-style-type: none"> <li>• Sometimes strike a bowled ball.</li> <li>• Develop a wider range of</li> </ul>	<ul style="list-style-type: none"> <li>• Strike a bowled ball with increasing consistency.</li> </ul>

		<p>some consistency.</p> <ul style="list-style-type: none"> <li>• Sometimes catch a beanbag and a medium-sized ball.</li> <li>• Track a ball.</li> <li>• Know how to score points.</li> <li>• Push a ball using my hand and an object.</li> <li>• Recognise changes in my body when I do exercise.</li> </ul>	<p>overarm throwing skills.</p> <ul style="list-style-type: none"> <li>• Sometimes hit a ball using a racket.</li> <li>• Know how to score points and can remember the score.</li> <li>• Track a ball and stop it.</li> <li>• Apply these skills in a variety of simple games.</li> <li>• Use some simple tactics.</li> <li>• Describe how my body feels during exercise.</li> </ul>	<ul style="list-style-type: none"> <li>• Begin to strike a bowled ball.</li> <li>• Bowl a ball towards a target.</li> <li>• Develop an understanding of tactics and begin to use them in game situations.</li> <li>• Understand the aim of the game.</li> <li>• Learn the rules of the game and I am beginning to use them.</li> <li>• Understand why it is important to warm up.</li> <li>• Identify when I was successful.</li> </ul>	<p>with increasing accuracy.</p> <ul style="list-style-type: none"> <li>• Sometimes strike a bowled ball.</li> <li>• Bowl a ball with some accuracy, and consistency.</li> <li>• Choose and use simple tactics for different situations.</li> <li>• Understand the rules of the game and use them often.</li> <li>• Explain what happens in my body when I warm up.</li> <li>• Identify when I was successful and what I need to do to improve.</li> </ul>	<p>skills and begin to use these under some pressure.</p> <ul style="list-style-type: none"> <li>• Use the skills I prefer with increasing consistency.</li> <li>• Understand the need for tactics and begin to choose and use some tactics effectively.</li> <li>• Understand the rules of the game and use them to play fairly.</li> <li>• Understand there are different skills for different situations and begin to use this.</li> <li>• Recognise my own and others strengths and areas for development and suggest ways to improve.</li> <li>• Lead a partner through short warm-up routines.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand and can use some tactics in the game as a batter, bowler and fielder.</li> <li>• Use a wider range of skills in game situations.</li> <li>• Select the appropriate action for the situation.</li> <li>• Use the rules of the game consistently.</li> <li>• Lead a small group through a short warm-up routine.</li> <li>• Identify my own and others' strengths and areas for development and suggest ways to improve.</li> </ul>
<b>Invasion</b>		<ul style="list-style-type: none"> <li>• Dribble a ball with my hands and feet.</li> </ul>	<ul style="list-style-type: none"> <li>• Sometimes dribble a ball with my hands and feet.</li> </ul>	<ul style="list-style-type: none"> <li>• Dribble, pass, receive and shoot the ball with some control.</li> </ul>	<ul style="list-style-type: none"> <li>• Dribble, pass, receive and shoot the ball with increasing</li> </ul>	<ul style="list-style-type: none"> <li>• Dribble, pass, receive and shoot the ball with some control</li> </ul>	<ul style="list-style-type: none"> <li>• Dribble, pass, receive and shoot the ball with increasing</li> </ul>

		<ul style="list-style-type: none"> <li>• Know who is on my team.</li> <li>• Send and receive a ball.</li> <li>• Stay with another player when defending.</li> <li>• Help my team to score.</li> <li>• Find space and recognise changes in the body when doing exercise.</li> <li>• Know how to score points.</li> </ul>	<ul style="list-style-type: none"> <li>• Know who is on my team and attempt to send the ball to them.</li> <li>• Move with a ball towards goal.</li> <li>• Describe how my body feels during exercise.</li> <li>• Dodge and find space away from the other team.</li> <li>• Stay with another player to try and prevent them from getting the ball.</li> <li>• Know how to score points and remember the score.</li> </ul>	<ul style="list-style-type: none"> <li>• Learn the rules of the game and begin to use them.</li> <li>• Move with a ball towards goal with increasing control.</li> <li>• Understand my role as an attacker and as a defender.</li> <li>• Move into space to help my team.</li> <li>• Defend an opponent and try to win the ball.</li> <li>• Understand why it is important to warm up.</li> <li>• Identify when I was successful.</li> </ul>	<ul style="list-style-type: none"> <li>control.</li> <li>• Understand the rules of the game and use them most of the time.</li> <li>• Help my team keep possession and score goals when I play in attack.</li> <li>• Delay and help prevent the other team from scoring when I play in defence.</li> <li>• Use simple tactics to help my team score or gain possession.</li> <li>• Explain what happens in my body when I warm up.</li> <li>• Identify when I was successful and what I need to do to improve.</li> </ul>	<ul style="list-style-type: none"> <li>under pressure.</li> <li>• Understand the rules of the game and use them often.</li> <li>• Understand there are different skills for different situations and begin to use this.</li> <li>• Move into space to help my team.</li> <li>• Know what position I am playing in and how to contribute when attacking and defending.</li> <li>• Recognise my own and others strengths and areas for development and suggest ways to improve.</li> <li>• Lead a partner through short warm-up routines.</li> </ul>	<ul style="list-style-type: none"> <li>control under pressure.</li> <li>• Select the appropriate action for the situation.</li> <li>• Use the rules of the game consistently.</li> <li>• Create and use a variety of tactics to help my team.</li> <li>• Create and use space to help my team.</li> <li>• Select and apply different movement skills to lose a defender.</li> <li>• Lead a small group through a short warm-up routine.</li> <li>• Identify my own and others' strengths and areas for development and can suggest ways to improve.</li> <li>• Use marking, tackling and/or interception to improve my defence.</li> </ul>
<b>Net and wall</b>		<ul style="list-style-type: none"> <li>• Throw and push a ball in a variety of ways.</li> </ul>	<ul style="list-style-type: none"> <li>• Show awareness of opponents when playing games.</li> </ul>	<ul style="list-style-type: none"> <li>• Return a ball to a partner.</li> <li>• Use basic racket skills.</li> </ul>	<ul style="list-style-type: none"> <li>• Sometimes play a continuous game.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop a wider range of skills and begin to use these</li> </ul>	<ul style="list-style-type: none"> <li>• Use a wider range of skills in game situations.</li> </ul>

		<ul style="list-style-type: none"> <li>• Sometimes catch a beanbag and a medium-sized ball.</li> <li>• Track balls and other equipment sent to me.</li> <li>• Throw and hit a ball in a variety of ways.</li> <li>• Recognise changes in my body when I do exercise.</li> <li>• Know how to score points.</li> </ul>	<ul style="list-style-type: none"> <li>• Roll and hit a ball.</li> <li>• Apply these skills in a variety of simple games.</li> <li>• Describe how my body feels during exercise.</li> <li>• Work with a partner to improve my skill.</li> <li>• Know how to score points and can remember the score.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand the aim of the game.</li> <li>• Learn the rules of the game and begin to use them.</li> <li>• Understand why it is important to warm up.</li> <li>• Throw with some accuracy and catch with some consistency.</li> <li>• Identify when I was successful.</li> </ul>	<ul style="list-style-type: none"> <li>• Use a range of basic racket skills.</li> <li>• Return to the ready position to defend my own court.</li> <li>• Understand the rules of the game and I can use them often.</li> <li>• Explain what happens in my body when I warm up.</li> <li>• Throw with some accuracy at a target.</li> <li>• Catch with increasing control.</li> <li>• Use simple tactics.</li> <li>• Identify when I was successful and what I need to do to improve.</li> </ul>	<ul style="list-style-type: none"> <li>• under some pressure.</li> <li>• Use the skills I prefer with increasing consistency.</li> <li>• Understand the need for tactics and sometimes apply them.</li> <li>• Play cooperatively with a partner.</li> <li>• Understand the rules of the game and I can use them to play fairly.</li> <li>• Throw accurately at a target.</li> <li>• Understand there are different skills for different situations and begin to use this.</li> <li>• Recognise my own and others' strengths and areas for development and suggest ways to improve.</li> <li>• Lead a partner through short warm-up routines.</li> </ul>	<ul style="list-style-type: none"> <li>• Play cooperatively with a partner.</li> <li>• Select the appropriate action for the situation.</li> <li>• Use the rules of the game consistently.</li> <li>• Create and sometimes use a variety of tactics.</li> <li>• Lead a small group through a short warm-up routine.</li> <li>• Identify my own and others' strengths and areas for development and suggest ways to improve.</li> </ul>
<b>Athletics</b>	<ul style="list-style-type: none"> <li>• Handle equipment effectively.</li> </ul>	<ul style="list-style-type: none"> <li>• Run at different speeds.</li> </ul>	<ul style="list-style-type: none"> <li>• Show balance and co-ordination when running at</li> </ul>	<ul style="list-style-type: none"> <li>• Run at fast, medium and slow speeds.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate the difference</li> </ul>	<ul style="list-style-type: none"> <li>• Choose the best pace for a running event.</li> </ul>	<ul style="list-style-type: none"> <li>• Select and apply the best</li> </ul>

	<ul style="list-style-type: none"> <li>• Move confidently in a range of ways.</li> <li>• Safely negotiate space.</li> <li>• Show good control and co-ordination in small and large movements.</li> <li>• Talk about ways to keep healthy and safe.</li> <li>• Know the importance for good health and physical exercise.</li> </ul>	<ul style="list-style-type: none"> <li>• Show balance and co-ordination when changing direction.</li> <li>• Link running and jumping movements with some control and balance.</li> <li>• Experiment with different types of jumps and landing.</li> <li>• Co-ordinate my body to throw towards a target.</li> <li>• Develop my technique to throw for distance.</li> <li>• Recognise changes in my body when I do exercise.</li> </ul>	<p>different speeds.</p> <ul style="list-style-type: none"> <li>• Show balance when changing direction.</li> <li>• Link running and jumping movements with some control and balance.</li> <li>• Experiment with different types of jumps and landing.</li> <li>• Show good technique when throwing towards a target.</li> <li>• Develop throwing for distance.</li> <li>• Describe how my body feels during exercise.</li> </ul>	<ul style="list-style-type: none"> <li>• Use different take off and landings when jumping.</li> <li>• Develop jumping for distance and height.</li> <li>• Take part in a relay activity, remembering when to run and what to do.</li> <li>• Throw a variety of objects, changing my action for accuracy and distance.</li> <li>• Record my distances, numbers and times.</li> <li>• Understand why it is important to warm up.</li> <li>• Identify when I was successful.</li> </ul>	<p>between sprinting and running over varying distances.</p> <ul style="list-style-type: none"> <li>• Demonstrate different throwing techniques.</li> <li>• Jump for distance and height with control and balance.</li> <li>• Throw with some accuracy and power into a target area.</li> <li>• Explain what happens in my body when I warm up.</li> <li>• Identify when I was successful and what I need to do to improve.</li> <li>• Demonstrate different throwing techniques.</li> <li>• Jump for distance and height with control and balance.</li> <li>• Throw with some accuracy and power into a target area.</li> <li>• Explain what happens in my</li> </ul>	<ul style="list-style-type: none"> <li>• Perform a range of jumps showing some technique.</li> <li>• Show control at take-off in jumping activities.</li> <li>• Show accuracy and good technique when throwing for distance.</li> <li>• Understand how stamina and power help people to perform well in different athletic activities.</li> <li>• Identify good athletic performance and explain why it is good.</li> <li>• Lead a partner through short warm-up routines.</li> </ul>	<p>pace for a running event.</p> <ul style="list-style-type: none"> <li>• Exchange a baton with success.</li> <li>• Perform jumps for height and distance using good technique.</li> <li>• Show accuracy and good technique when throwing for distance.</li> <li>• Lead a small group through a short warm-up routine.</li> <li>• Identify my own and others' strengths and areas for development and can suggest ways to improve.</li> </ul>
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					body when I warm up. • Identify when I was successful and what I need to do to improve.		
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