Progression of skills and knowledge in Physical Education – PE Life Skills

Foundation Stage

Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. (Gross motor skills)

Use a range of small tools, including scissors, paintbrushes and cutlery. (Fine motor skills)

Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly using different techniques.(Self regulation)

Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. (Self regulation)

Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. (Self regulation)

Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. (Managing self)

Work and play cooperatively and take turns with others. (Building relationships)

Form positive attachments to adults and friendships with peers. (Building relationships)

Show sensitivity to their own and to others' needs. (Building relationships)

Y1/2

Understand why being active and playing games is good for you.

Describe why running and playing games is good for you.

Understand and describe changes to your heartrate when playing a game.

Describe what it feels like to breathe quickly during exercise.

Begin to understand the importance of preparing safely and carefully for exercise: warming up/down.

Demonstrate an appreciation of safety when using apparatus and equipment.

Follow instructions to complete a task.

Understand how to play in a safe way.

Watch and describe a performance accurately and recognise what is successful.

Evaluate successful and unsuccessful techniques.

Describe what you have done or seen others do.

Identify what skills you need to practice.

Use peer feedback to improve their own performance and recognise good quality in others.

Recognise what is successful, listen to others, and copy actions and ideas to improve your skills.

Describe to others how to hold and grip the racket on forehand shots.

Copy actions and ideas and use the information to improve their skills.

Identify good technique and justify why it is good.

Use actions and ideas they have seen to improve their own skills.

Work individually and with others.

Show good teamwork and sportsmanship when taking part in competitive throwing.

Work well in big groups, sharing, taking turns, and cooperating with others.

Understand how communication can help to solve problems with others.

Y3/4

Describe what happens to your heart rate and breathing when playing games and begin to understand why you get hotter.

Develop the understanding of the importance of speed and stamina when playing invasion games.

Improve physical fitness.

Communicate what you want through your dances.

Describe how their bodies feel when exercising.

Understand the link between heartrate and breathing when exercising.

Devise suitable warm-up activities for the upcoming activities.

Demonstrate an appreciation of safety when lifting, moving, and placing apparatus and equipment.

Play games in a safe and fair manner.

Learn how to evaluate and recognise your own success and areas for improvement, as well as the effectiveness and quality of a performance.
Be able to describe your own dance, taking characters into account as well as identifying what they need to practice to improve their dance.
Describe and evaluate the effectiveness and quality of work.
Identify what you need to practice to improve your performance.
Identify and evaluate parts of your own game and others, providing feedback.
Recognise players who play well in games and give reasons why.
Identify and describe the skills needed to improve your game and show this to others.
Be able to describe the correct technique to others.
Where appropriate, independently measure performance and set targets to improve.
Enjoy competing and performing with others.
Communicate, collaborate, and compete with others, following the rules of the game.
Work as a team to plan and decide what approach to use to meet the challenge set.
Communicate effectively with other people and discuss plans to achieve success.

Y5/6

Understand the importance of being physically fit and how physical activity can contribute to a healthy lifestyle.
Develop physical fitness and be able to describe its importance in orienteering.
Know how handball helps your fitness and health.
Recognise exercise and activities that help strength, speed, and stamina.
Develop physical characteristics needed for the game, eg speed, fitness, agility.
Move in a way that reflects the music.
Understand how the muscles work, eg work by getting shorter, relax by getting longer.
Explain how your body reacts and feels when taking part in different activities and undertaking different roles.
Create short warm up routines that follow basic principles eg raises body temperature, mobilise joints muscles.
Suggest ideas for warming up and explain your choices.
Know what makes a good warm down eg it calms the body, prevents stiffness, settles the mind.
Coordinate lifting and moving apparatus in a safe and sensible way.
Compare your performance with previous ones and demonstrate improvement to achieve your personal best.
Watch and evaluate the success of games and good performance and explain why a performance is good.
Identify what they have done well and adapt plans for future challenges.
Recognise and evaluate performances providing constructive feedback.
Identify strengths and weaknesses of your own and other performances and explain your reasoning.
Engage in constructive feedback.
Identify which aspects of a performance were performed consistently, accurately, fluently, and clearly; being able to provide constructive feedback.
Give feedback to individual, team, and your own performance, describing the best points, suggesting how to improve, and commenting on techniques and tactics.
Share, discuss and apply techniques with others.
Understand how to improve in different physical activities and sport and discuss with others.
Develop an understanding of how to improve in different physical activities and sports.
Work effectively as part of a team, recognising success.
Share ideas in small groups, working together to create a routine incorporating different elements.
Communicate, collaborate, and compete with others.
Adapt games and activities making sure everyone has a role to play.
Work within a team, leading, trusting others, and valuing each other.
Engage in reciprocal teaching, taking turns to teach each other a new skill or tactic.