



PHYSICAL EDUCATION SKILLS PROGRESSION

YEAR 1		
	SKILLS	KEY VOCABULARY
DANCE	<p>I can copy dance moves.</p> <p>I can make up a short dance.</p> <p>I can dance imaginatively.</p> <p>I can change rhythm, speed, level and direction.</p>	<p>Gesture, Travel, Stillness, Directions, Time, Weight, Motif, Phrase/development, Variation, Unison, Copying, Mirroring, Canon, Complementing, Levels, Rhythm, Improvisation</p>
GYM	<p>I can make my body tense, relaxed, curled and stretched.</p> <p>I can control my body when travelling.</p> <p>I can control my body when balancing.</p> <p>I can climb safely.</p> <p>I can plan and show a sequence of movements.</p>	<p>backwards, balls of the feet, cool down, forwards, freeze, hop, jog, jump, long, on the spot, relaxation, run, short, sideways, skip, stretch, tension, turn, walk, warm up</p>
GAMES	<p>I can hit a ball with a bat.</p> <p>I can throw in different ways.</p> <p>I can use hitting, kicking and/or rolling in a game.</p> <p>I can follow rules.</p>	<p>cool down, creep, forwards, freeze, head up, on the spot, own space, straight, stretch, tiptoe, turn, walk, warm up</p>
ATHLETICS	<p>I can throw with increasing accuracy.</p> <p>I can use coordination to aim at different targets.</p> <p>I can use different techniques, speeds and effort to meet challenges set for running and jumping.</p> <p>I can demonstrate the five basic jumps, showing control at take-off and landing.</p>	<p>aim, backwards, change direction, cool down, far, forwards, freeze, high, in a space, jog, low, near, rotate, straddle, throw overarm, throw underarm, turn, walk, warm up</p>
HEALTH & FITNESS	<p>I can describe how my body feels before, during and after an activity I can show how to exercise safely.</p> <p>I understand that we need to warm-up and cool-down.</p>	<p>See appendix 1</p>

YEAR 2		
	SKILLS	KEY VOCABULARY
DANCE	<p>I can change rhythm, speed, level and direction.</p> <p>I can dance with control and co-ordination.</p> <p>I can make a sequence by linking sections together.</p> <p>I can link some movement to show a mood or feeling.</p>	<p>Gesture, Travel, Stillness, Directions, Time, Weight, Motif, Phrase/development, Variation, Unison, Copying, Mirroring, Canon, Complementing, Levels, Rhythm, Improvisation</p>
GYM	<p>I can use contrast in my sequences.</p> <p>My movements are controlled.</p> <p>I can think of more than one way to create a sequence which follows a set of 'rules'.</p> <p>I can work on my own and with a partner to create a sequence.</p>	<p>apparatus, backwards, balls of the feet, cool down, forwards, freeze, hop, jog on the spot, jump, long, relaxation, run, short, sideways, skip, space, straight, stretch, tension, turn, walk, warm up</p>
GAMES	<p>I can stay in a 'zone' during a game.</p> <p>I can decide where the best place to be is during a game. I can use one tactic in a game.</p> <p>I can follow rules.</p>	<p>cool down, creep, forwards, freeze, head up, on the spot, own space, straight, stretch, tiptoe, turn, walk, warm up</p>
ATHLETICS	<p>I can use different throws with increasing accuracy.</p> <p>I can use coordination to aim at different targets at varied distances.</p> <p>I can use different techniques, speeds and effort to meet challenges set for running and jumping.</p> <p>I can demonstrate a range of jumps, showing control at take-off and landing.</p> <p>I can explain what is successful and what they have to do to perform better.</p>	<p>aim, backwards, change direction, cool down, far, forwards, freeze, high, in a space, jog, low, near, rotate, straddle, throw overarm, throw underarm, turn, walk, warm up</p>
HEALTH & FITNESS	<p>I can show how to exercise safely.</p> <p>I can describe how my body feels during different activities.</p> <p>I can explain what my body needs to keep healthy.</p> <p>I understand that we need to warm-up and cool-down.</p>	<p>See appendix 1</p>

YEAR 3		
	SKILLS	KEY VOCABULARY
DANCE	<p>I can improvise freely.</p> <p>I can share with a partner.</p> <p>I can repeat phrases in a dance.</p> <p>I can use dance to communicate an idea.</p> <p>I can take the lead when working with a partner or group. I can make sure my dance moves are clear and fluent.</p>	<p>Gesture, Travel, Stillness, Directions, Time, Weight, Motif, Phrase/development, Variation, Unison, Copying, Mirroring, Canon, Complementing, Levels, Rhythm, Improvisation</p>
GYM	<p>I can use my own ideas for movement.</p> <p>I can explain how strength affects movements.</p> <p>I can compare gymnastic sequences, commenting on similarities and differences.</p> <p>I can adapt sequences to suit different types of apparatus and their partner's ability.</p> <p>I can work in a controlled way.</p> <p>I can work with a partner to create, repeat and improve a sequence with at least three phases.</p>	<p>body shapes, combinations, contrasting, flow, mirroring, sequence, body tension, flow, levels, link, partner balance, sequence, shape, stretch</p>
GAMES	<p>I can throw and catch with control.</p> <p>I know the rules to keep games going.</p> <p>I am aware of space and use it to support teammates and cause problems for the opposition.</p> <p>I can catch with one hand.</p> <p>I can they throw and catch accurately.</p> <p>I can move to find a space when they are not in possession during a game.</p>	<p>accuracy, catch, keep count, partner, run, space, team, throw, travel, underarm, dribble, jog, keep control, keep possession, make/use space, score points, rules</p>
ATHLETICS	<p>I can run at fast, medium and slow speeds.</p> <p>I can make up and repeat a short sequence.</p> <p>I can take part in a relay activity.</p> <p>I can link running and jumping activities with some fluency, control and consistency.</p> <p>I can throw a variety of objects, changing my action for accuracy and distance.</p> <p>I can run over a long distance.</p>	<p>aim, backwards, change direction, cool down, far, forwards, freeze, high, in a space, jog, low, near, rotate, straddle, throw overarm, throw underarm, turn, walk, warm up, fast, jog, lunge, pace, relay, run, slow, speed, sprint, stride</p>
HEALTH & FITNESS	<p>I can identify some muscle groups used in gymnastic activities.</p> <p>I can explain why warming up is important.</p> <p>I can explain why it is important to warm-up and cool-down.</p>	<p>See appendix 1</p>

YEAR 4		
	SKILLS	KEY VOCABULARY
DANCE	<p>I can improvise freely, gathering ideas from a stimulus.</p> <p>I can share and create phrases with a partner.</p> <p>I can repeat and remember these phrases in a dance.</p> <p>I can work on my movements and refine them.</p> <p>I can compose my own dances in a creative and imaginative way.</p> <p>My movements are controlled.</p>	<p>Gesture, Travel, Stillness, Directions, Time, Weight, Motif, Phrase/development, Variation, Unison, Copying, Mirroring, Canon, Complementing, Levels, Rhythm, Improvisation</p>
GYM	<p>I can use a greater number of my own ideas for movement. I can explain how strength and suppleness affect movements.</p> <p>I can compare and contrast gymnastic sequences, commenting on similarities and differences.</p> <p>I can include change of speed.</p> <p>I can include change of direction.</p> <p>I can include a range of shapes.</p> <p>I can follow a set of 'rules' to produce a sequence.</p> <p>I can combine action, balance and shape.</p>	<p>body shapes, combinations, contrasting, flow, mirroring, sequence, body tension, flow, levels, link, partner balance, sequence, shape, stretch</p>
GAMES	<p>I can throw and catch with control when under limited pressure.</p> <p>I know and use rules fairly to keep games going.</p> <p>I can keep possession with some success when using equipment.</p> <p>I can hit a ball accurately and with control.</p> <p>I can keep possession of the ball.</p> <p>I can vary tactics and adapt skills according to what is happening.</p> <p>I can choose the best tactics for attacking and defending.</p>	<p>accuracy, body in line, catch, cupped hands, relay, throw, underarm, bounce, catch, making it difficult for the opponent, scoring points, tactics, target, throw, underarm.</p>
ATHLETICS	<p>I can run at fast, medium and slow speeds, changing speed. I can make up and repeat a short sequence of jumps.</p> <p>I can take part in a relay activity, remembering when to run.</p> <p>I can sprint over a short distance.</p> <p>I can throw in different ways.</p> <p>I can hit a target.</p> <p>I can jump in different ways.</p> <p>I can combine running and jumping.</p>	<p>aim, backwards, change direction, cool down, far, forwards, freeze, high, in a space, jog, low, near, rotate, straddle, throw overarm, throw underarm, turn, walk, warm up, fast, jog, lunge, pace, relay, run, slow, speed, sprint, stride</p>
HEALTH & FITNESS	<p>I can explain why warming up is important.</p> <p>I can explain why keeping fit is good for my health.</p> <p>I can explain what effect exercise has on my body.</p> <p>I can explain why it is important to warm-up and cool-down.</p>	<p>See appendix 1</p>

YEAR 5		
	SKILLS	KEY VOCABULARY
DANCE	<p>I can improvise freely, translating ideas from a stimulus into movement.</p> <p>I can share and create phrases with a partner and in small groups.</p> <p>I can repeat, remember and perform these phrases in a dance.</p> <p>I can perform to an accompaniment, expressively and sensitively.</p> <p>My movements are controlled.</p> <p>My dance shows clarity, fluency, accuracy and consistency.</p>	<p>Gesture, Travel, Stillness, Directions, Time, Weight, Motif, Phrase/development, Variation, Unison, Copying, Mirroring, Canon, Complementing, Levels, Rhythm, Improvisation</p>
GYM	<p>I can use a greater number of my own ideas for movement in response to a task.</p> <p>I can explain how strength and suppleness affect performances.</p> <p>I can compare and contrast gymnastic sequences, commenting on similarities and differences.</p> <p>I can make complex or extended sequences.</p> <p>I can perform consistently to different audiences.</p> <p>My movements are accurate, clear and consistent.</p>	<p>body tension, health, linking movements, partner balance, sequence, shape, stretch, body tension, control, health, linking movements, partner balance, sequence, shape, stretch</p>
GAMES	<p>I can throw and catch with control when under pressure.</p> <p>I know and use rules fairly to keep games going.</p> <p>I can keep possession with some success when using equipment that is not used for throwing and catching skills.</p> <p>I can gain possession by working as a team.</p> <p>I can pass in different ways.</p> <p>I can use forehand and backhand with a racquet.</p> <p>I can field. I can use a number of techniques to pass, dribble and shoot.</p>	<p>changing direction, close control, drag back, dribbling, exercise, football, skill, stop turn, technique, accuracy, body in line, catching, cupped hands, throwing, underarm, court, defending, hitting, making it difficult for the opponent, net, racket, scoring points, tactics, target, underarm</p>
SWIMMING	<p>I can run at fast, medium and slow speeds, changing speed and direction.</p> <p>I can make up and repeat a short sequence of linked jumps.</p> <p>I can take part in a relay activity, remembering when to run and what to do.</p> <p>I am controlled when taking off and landing in a jump.</p> <p>I can throw with accuracy.</p> <p>I can follow specific rules.</p>	<p>fast, jog, lunge, pace, relay, run, slow, speed, sprint, stride</p>
ATHLETICS	<p>I can swim between 25 and 50metres unaided.</p> <p>I can keep swimming for 30 to 45 seconds, using swimming aids and support I can use a variety of basic arm and leg actions when on my front and on my back.</p> <p>I can swim on the surface and lower myself under water.</p> <p>I can take part in group problem-solving activities on personal survival.</p> <p>I can recognise how my body reacts and feels when swimming.</p> <p>I can recognise and concentrate on what I need to improve.</p>	<p>back crawl, float, flutter kick, glide, long body shape, pull, push, reach</p>
HEALTH & FITNESS	<p>I can explain some important safety principles when preparing for exercise.</p> <p>I can explain why exercise is important.</p> <p>I can choose appropriate warm ups and cool downs.</p> <p>I can explain why it is important to warm-up and cool-down.</p>	<p>See appendix 1</p>

YEAR 6		
	SKILLS	KEY VOCABULARY
DANCE	<p>I can improvise freely, translating ideas from a stimulus into movement.</p> <p>I can share and create phrases with a partner and in small groups.</p> <p>I can repeat, remember and perform these phrases in a dance.</p> <p>I can evaluate my own and other's performances constructively.</p> <p>I can develop imaginative dances in a specific style.</p> <p>I can choose my own music, style and dance.</p>	<p>Gesture, Travel, Stillness, Directions, Time, Weight, Motif, Phrase/development, Variation, Unison, Copying, Mirroring, Canon, Complementing, Levels, Rhythm, Improvisation</p>
GYM	<p>I can use a greater number of my own ideas for movement in response to a task.</p> <p>I can explain how strength and suppleness affect performances.</p> <p>I can compare and contrast gymnastic sequences, commenting on similarities and differences.</p> <p>I can my own and other's performances constructively.</p> <p>I can combine my own work with that of others.</p> <p>I can link my sequences to specific timings.</p>	<p>body tension, health, linking movements, partner balance, sequence, shape, stretch, body tension, control, health, linking movements, partner balance, sequence, shape, stretch</p>
GAMES	<p>I can throw and catch with control when under pressure.</p> <p>I know and use rules fairly to keep games going.</p> <p>I can keep possession with some success when using equipment that is not used for throwing and catching skills. I can take a leading role within a game.</p> <p>I can explain complicated rules.</p> <p>I can make a team plan and communicate it to others.</p> <p>I can lead others in a game situation.</p>	<p>changing direction, close control, drag back, dribbling, exercise, football, skill, stop turn, technique, accuracy, body in line, catching, cupped hands, throwing, underarm, court, defending, hitting, making it difficult for the opponent, net, racket, scoring points, tactics, target, underarm</p>
ATHLETICS	<p>I can run at fast, medium and slow speeds, changing speed and direction.</p> <p>I can make up and repeat a short sequence of linked jumps.</p> <p>I can take part in a relay activity, remembering when to run and what to do.</p> <p>I can demonstrate the 6 Spirits of the Games.</p> <p>I can demonstrate stamina.</p> <p>I can use my skills in different situations.</p>	<p>fast, jog, lunge, pace, relay, run, slow, speed, sprint, stride</p>
HEALTH & FITNESS	<p>I can explain how the body reacts to different kinds of exercise.</p> <p>I can explain why we need regular and safe exercise.</p> <p>I can explain why it is important to warm-up and cool-down.</p>	<p>See appendix 1</p>

All schools must provide swimming instruction either in Key Stage 1 or Key Stage 2. In particular, pupils should be taught to: swim competently, confidently and proficiently over a distance of at least 25 metres, use a range of strokes effectively such as front crawl, backstroke and breaststroke, perform safe self-rescue in different water-based situations.

Appendix 1

- Aerobic exercise - one in which large amounts of oxygen are used for an extended period of time.
- Agility - the ability to move quickly and easily.
- Anaerobic exercise - one in which short amounts of oxygen are used for short uses of time.
- Cardiorespiratory Endurance - the ability to do activities that require oxygen for extended periods of time.
- Cool-down - five to ten minutes of reduced activity after a workout.
- Coordination - the ability to use body parts and senses together for movement.
- flexibility - the ability to bend and move the joints through a full range of motion.
- Frequency - the amount of times a person participates in physical activity each week.
- Healthful Body Composition - having a high ratio of lean tissue to fat tissue in the body.
- Intensity - how energetically or vigorously the person exercises.
- Ligament- thick connective tissue that holds bone to bone.
- Mobility - mobility refers to your ability to actively move throughout the range-of-motion at your joints. It's vital to improve your mobility before every training session by using dynamic stretches. Here are key areas that need more mobility: hips, shoulders, thoracic spine and ankles.
- Muscular Endurance - the ability to use muscles for an extended period of time.
- Muscular Strength - the ability to lift, pull, push, kick, and throw with force.
- Physical activity - body movement produced by muscles and bones that requires energy.
- Physical Fitness - the condition of the body that results from regular physical activity.
- Power - the ability to combine strength and speed.
- Progressive overload - to build more muscle and burn more fat, you need to gradually make your training harder, whether that means more weight, more reps or less rest. That progressive, incremental increase is called "progressive overload," and it's the secret sauce to increase your strength, build more muscle and burn more fat.
- Reaction Time - the time it takes to move after a person hears, sees, feels, or touches a stimulus.
- Regular physical Activity - physical activity that is performed on most days of the week.
- Repetitions - the number of times an exercise is performed.
- Set - a group of reps done together without rest. If you did 10 push ups together, that's one set.
- Speed - the ability to move quickly.
- Tendons - thick connective tissue that holds muscle to bone.
- time - how long the person exercises.
- Type - what kind of exercises the person performs.
- Warm-up - three to five minutes of easy physical activity to prepare the muscles for more work.

Muscle vocab:

Bicep, tricep, pectorals, abdominals, obliques, calves, hamstrings, glutes (gluteus maximus), abductors, quadriceps, deltoids, lats (latissimus dorsi), contract, relax.