

# PE Progression of Skills - KS2

		7 - 8 years	8 - 9 years	9 - 10 years	10 - 11 years
<b>ixercise</b>	Personal Learning Objectives	<ul style="list-style-type: none"> <li>I can describe how and why the body changes during exercise and why it's important and to explain how we can look after and maintain a healthy body.</li> </ul>	<ul style="list-style-type: none"> <li>I can describe how and why the body changes during exercise and why it's important.</li> <li>I can explain how to look after and maintain a healthy body.</li> </ul>	<ul style="list-style-type: none"> <li>I can show patience and resilience when reacting to something difficult.</li> <li>I can explain how often exercise is needed in order to be healthy, and suggest appropriate warm-ups.</li> </ul>	<ul style="list-style-type: none"> <li>I can explain how to look after and maintain a healthy body, giving good examples.</li> <li>I can explain how often exercise is needed in order to be healthy, and suggest appropriate warm-ups.</li> </ul>
	Skill Objectives	<ul style="list-style-type: none"> <li>To understand and practice developing fluid and speedy transitions.</li> <li>To maintain balance, posture and correct stance while sending and receiving.</li> <li>To improve hand-eye coordination, timing and balance and improve starting and stopping quickly.</li> <li>To show balance, coordination and control while moving at pace.</li> </ul>	<ul style="list-style-type: none"> <li>To develop and practice a range of jumping techniques and combinations of jumps, developing power, control, consistency and controlled landing.</li> <li>To combine skills to consistently demonstrate flexibility, strength, technique, control and balance.</li> </ul>	<ul style="list-style-type: none"> <li>To develop fast movements including dodging by changing direction and anticipating play.</li> <li>To practice different jumping techniques by practicing and developing their jumping for height and distance.</li> </ul>	<ul style="list-style-type: none"> <li>To develop catching and passing on the move and while tracking a partner's movements.</li> <li>To further develop the technique of sending, receiving and positioning.</li> <li>To consistently demonstrate with accuracy varying movement types e.g. strength, power, flexibility, control.</li> <li>To combine skills to consistently demonstrate flexibility, strength, technique, control and balance.</li> </ul>
	Links to Sport	Strength & Balance - Posture - Agility & Fitness - Equipment tracking and manipulation. <i>Basketball, Volleyball, Handball, Netball, Cricket.</i>	Agility & Fitness - Jumping & Landing - Strength & Balance - Posture. <i>Athletics, Cricket, Gymnastics.</i>	Strength & Balance - Floorwork & Posture. <i>Football, Gymnastics, Bowls, Gymnastics.</i>	Agility & Fitness - Equipment Tracking - Strength & Balance - Posture. <i>Cricket, Rounders, Ultimate Frisbee, Rugby, Tennis, Badminton, Athletics, Squash.</i>
<b>imove</b>	Personal Learning Objectives	<ul style="list-style-type: none"> <li>I can describe how and why the body changes during exercise and why it's important.</li> <li>I can explain how to look after and maintain a healthy body.</li> </ul>	<ul style="list-style-type: none"> <li>I can choose and use a range of appropriate skills with good control and consistency.</li> <li>I can perform sequences, holding clear shapes with controlled, repeated movements.</li> </ul>	<ul style="list-style-type: none"> <li>I can perform a variety of movements, showing consistent control over the core.</li> <li>I can demonstrate fluid links between actions and sequences.</li> </ul>	<ul style="list-style-type: none"> <li>I can perform a variety of movements, showing consistent control over the core.</li> <li>I can demonstrate fluid links between actions and sequences.</li> </ul>
	Skill Objectives	<ul style="list-style-type: none"> <li>To develop awareness of speed and pace, as well as developing and practicing fluency in running and walking skills.</li> <li>To develop and practice a range of jumping techniques developing power, control, consistency and how to control landing.</li> <li>To develop and practice different combinations of jumps; developing fluency and control in putting together jumps.</li> </ul>	<ul style="list-style-type: none"> <li>To learn and develop evading skills to move away from a defender.</li> <li>To move effectively with the correct technique, whilst using equipment.</li> <li>To use controlled footwork patterns to change direction and level.</li> </ul>	<ul style="list-style-type: none"> <li>To incorporate quick reactions and move into available space in a game situation.</li> <li>To react and respond by predicting movements and tactics of opposition.</li> <li>To develop fast movements including dodging by changing direction and anticipating play.</li> <li>To develop and practice jumping for distance using the whole body to help increase the length of the jump.</li> <li>To develop and improve coordination and rhythm by exploring different jumping and movement patterns.</li> <li>To practice different jumping techniques by practicing and developing their jumping for height and distance.</li> </ul>	<ul style="list-style-type: none"> <li>To develop and improve coordination and balance by exploring different running, jumping and movement patterns.</li> <li>To practice different jumping techniques by practicing and developing jumping for height and distance.</li> <li>To demonstrate balance and movement while traversing along a line.</li> <li>To walk fluidly in a straight line while maintaining balance but varying height.</li> <li>To traverse along a line while maintaining balance and keeping control of equipment.</li> </ul>
	Links to Sport	Agility & Fitness - Reaction & Response - Jumping & Landing. <i>Athletics, Cricket.</i>	Agility & Fitness - Reaction & Response - Coordination - Footwork. <i>Rugby, Football, Gymnastics, Canoeing.</i>	Agility & Fitness - Reaction & Response - Agility & Fitness - Jumping & Landing. <i>Basketball, Netball, Handball, Rugby, Athletics.</i>	Agility & Fitness - Jumping & Landing - Locomotion - Balance on a Line. <i>Athletics, Basketball, Netball, Gymnastics, Dance, Fencing.</i>
<b>ipractice</b>	Personal Learning Objectives	<ul style="list-style-type: none"> <li>I can set a PB and try to beat it and I can show perseverance and resilience when trying something new.</li> </ul>	<ul style="list-style-type: none"> <li>I can explain strengths and limitations, persevering through adversity.</li> <li>I can provide suitable challenge and improve performance through practise.</li> </ul>	<ul style="list-style-type: none"> <li>I can show patience and resilience when reacting to something difficult.</li> <li>I can persevere with set tasks and show improvement through regular practise.</li> </ul>	<ul style="list-style-type: none"> <li>I can show patience and resilience when reacting to something difficult.</li> <li>I can persevere with set tasks and show improvement through regular practise.</li> </ul>
	Skill Objectives	<ul style="list-style-type: none"> <li>To develop how to move correctly holding or in control of equipment.</li> <li>To develop evading skills to move away from a defender.</li> <li>To develop building reaction and response, and to introduce pupils to the concept of feeding the ball.</li> <li>To develop moving into the correct position to return a shot in net/wall games.</li> <li>To develop hand-eye coordination and introduce the forehead technique to return a ball.</li> </ul>	<ul style="list-style-type: none"> <li>To understand and practice developing fluency &amp; coordination running with the ball and changing direction.</li> <li>To show control and balance while practising an unfamiliar skill.</li> <li>To show awareness of space and control movements while performing a range of skills.</li> </ul>	<ul style="list-style-type: none"> <li>To develop movement prior to passing to anticipate the opposition strategy.</li> <li>To develop catching and passing on the move, moving with the ball to create space to pass.</li> </ul>	<ul style="list-style-type: none"> <li>To react and respond by predicting movements and tactics of opposition.</li> <li>To develop fast movements including dodging by changing direction and anticipating play.</li> <li>To increase frequency and speed while sending and receiving equipment.</li> <li>To further incorporate quick reactions, catching and responses in a game situation.</li> </ul>
	Links to Sport	Coordination - Footwork / Strength & Balance - Static Balance - One Leg. <i>Football, Rugby, Tennis, Basketball.</i>	Coordination/Manipulation - Ball Skills - Strength & Balance - Floorwork. <i>Football, Hockey, Basketball, Gymnastics, Netball.</i>	Coordination - Send & Receive - Agility & Fitness - Equipment Tracking. <i>Tennis, Badminton, Squash, Cricket, Handball, Basketball.</i>	Agility & Fitness - Reaction & Response - Coordination - Send & Receive. <i>Football, Rugby, Hockey, Tennis, Basketball, Volleyball, Netball, Cricket, Ultimate Frisbee, Squash.</i>
<b>icomunicate</b>	Personal Learning Objectives	<ul style="list-style-type: none"> <li>To support others by listening carefully and offering useful feedback and to demonstrate ideas, encourage others and organise roles.</li> </ul>	<ul style="list-style-type: none"> <li>I can show patience and help others by listening and giving constructive feedback.</li> <li>I can use communication to praise others, share ideas and guide groups through tasks.</li> </ul>	<ul style="list-style-type: none"> <li>I can cooperate and work with others, giving useful feedback.</li> <li>I can help organise activities and assist small groups through tasks.</li> </ul>	<ul style="list-style-type: none"> <li>I can cooperate and work with others, giving useful feedback.</li> <li>I can help organise activities and assist small groups through tasks.</li> </ul>
	Skill Objectives	<ul style="list-style-type: none"> <li>To develop the technique of Passing and Receiving.</li> <li>To develop the correct technique for catching and to understand how we bowl/throw to ensure a catch is successful.</li> <li>To develop the correct technique for passing whilst evading opponents.</li> <li>To develop combining travelling and turning and counter balance skills, with some complexity and confidence.</li> <li>To develop expressing an idea in an original way.</li> </ul>	<ul style="list-style-type: none"> <li>To count out the phrases of 8 counts within the music on the regular beat, slow beat and quick beat correctly.</li> <li>To move in time to the music demonstrating an awareness of rhythm and phrasing.</li> <li>To develop the correct technique for passing whilst evading opponents at speed.</li> </ul>	<ul style="list-style-type: none"> <li>To traverse along a line while maintaining balance and keeping control of equipment.</li> <li>To perform complex moves that combine strength and flexibility.</li> <li>To link several movements together to perform a sequence.</li> </ul>	<ul style="list-style-type: none"> <li>To demonstrate control and coordination when manipulating a ball.</li> <li>To show creative thinking and adaptation to control a ball.</li> <li>To perform complex moves that combine strength and flexibility.</li> <li>To link several movements together to perform a sequence.</li> <li>To further demonstrate balance and movement while manipulating a ball.</li> </ul>
	Links to Sport	Coordination - Send & Receive - Strength & Balance - Counter Balance with a Partner. <i>Basketball, Netball, Rugby, Football, Cricket, Rounders, Dance, Gymnastics.</i>	Strength & Balance - Counter Balance with a Partner - Coordination - Send & Receive. <i>Cricket, Dance, Gymnastics, Netball, Basketball, Bowls.</i>	Locomotion - Balance on a Line - Strength & Balance - Counter Balance with a Partner. <i>Gymnastics, Yoga, Rugby, Basketball.</i>	Coordination/Manipulation - Ball Skills - Strength & Balance - Counter Balance with a Partner. <i>Basketball, Football, Netball, Volleyball, Rhythmic Gymnastics, Hockey, Tennis.</i>
<b>icreate</b>	Personal Learning Objectives	<ul style="list-style-type: none"> <li>I can create new rules and adapted versions of activities and to adapt my movements and tactics to a range of tasks.</li> </ul>	<ul style="list-style-type: none"> <li>I can compare own movements to others and create new rules for activities.</li> <li>I can spot the similarities and differences in completion of an activity, compared to a friend.</li> </ul>	<ul style="list-style-type: none"> <li>I can create rules that work within the confines of an activity.</li> <li>I can change tactics or rules to make activities more accessible, fun or challenging.</li> </ul>	<ul style="list-style-type: none"> <li>I can change tactics or rules to make activities more accessible, fun or challenging.</li> <li>I can develop new rules and sequences that follow a plan.</li> </ul>
	Skill Objectives	<ul style="list-style-type: none"> <li>To identify space that can be moved into using a range of movements.</li> <li>To develop different movements, adapting technique to make them successful whilst travelling forwards and sideways.</li> <li>To develop their ability to design an activity, evaluate their knowledge and understanding of what makes something challenging.</li> </ul>	<ul style="list-style-type: none"> <li>To show balance and control while travelling over equipment and apparatus.</li> <li>To show control, dexterity, balance and strength while standing on one leg.</li> </ul>	<ul style="list-style-type: none"> <li>To develop various passing, manipulation and movement techniques to evade the opposition or to gain an advantage.</li> </ul>	<ul style="list-style-type: none"> <li>To maintain a tight core while performing actions in a stood or seated position.</li> <li>To maintain control over balance while shifting body weight.</li> <li>To maintain stability without straining, keeping good control over movements.</li> <li>To utilise the maximum amount of space available to improve performance.</li> <li>To show awareness of surroundings and move efficiently across the floor.</li> </ul>
	Links to Sport	Strength & Balance - floorwork - Locomotion - Balance on a Line. <i>Football, Gymnastics, Climbing.</i>	Locomotion - Balance on a Line - Strength & Balance - One Leg Balance. <i>Football, Gymnastics, Tennis.</i>	Coordination/Manipulation - Ball Skills - Strength & Balance - Seated Balance. <i>Rugby, Handball, Volleyball, Bowls, Gymnastics, Dance.</i>	Strength & Balance - Seated Balance & Floorwork. <i>Volleyball, Cricket, Gymnastics, Dance, Football.</i>
<b>ithink</b>	Personal Learning Objectives	<ul style="list-style-type: none"> <li>I can order and prioritise instructions, movements and skills while being able to explain their choices, and to recognise similarities and differences in performance and identify areas for improvement.</li> </ul>	<ul style="list-style-type: none"> <li>I can start prioritising instructions and evaluate own and others' performances.</li> <li>I can explain what is going well, how to do it, and how to do more than one thing at once.</li> </ul>	<ul style="list-style-type: none"> <li>I can use tactics to improve performance and evaluate success.</li> <li>I can use awareness of space and organisational skills to complete a group activity.</li> </ul>	<ul style="list-style-type: none"> <li>I can use awareness of space and organisational skills to complete a group activity.</li> <li>I can use tactics to improve performance and evaluate success.</li> </ul>
	Skill Objectives	<ul style="list-style-type: none"> <li>To perform movements with equipment safely.</li> <li>To dodge equipment by adjusting my movements and tracking their flight.</li> <li>To develop fast movements including changing direction.</li> <li>To be able to work my core by holding my body in a controlled seated balance.</li> <li>To enhance balance and control while engaging my core.</li> <li>To maintain control through the core while performing various shapes and movements.</li> </ul>	<ul style="list-style-type: none"> <li>To multistask activities within a game, track how equipment moves through the air, make adjustments maintaining balance, coordination and movement of equipment.</li> </ul>	<ul style="list-style-type: none"> <li>To move in a variety of directions to outwit opponents.</li> <li>To show control, dexterity, balance and strength while standing on one leg.</li> </ul>	<ul style="list-style-type: none"> <li>To maintain balance on one and two feet while evading an opponent.</li> <li>To show control, dexterity, balance and strength while standing on one leg.</li> <li>To use clear footwork patterns to aid evasion from attackers/defenders.</li> <li>To move in a variety of directions to outwit opponents.</li> <li>To show quick and light movements by shifting on the balls of the feet.</li> </ul>
	Links to Sport	Coordination / Manipulation - Ball Skills - Strength & Balance - Seated Balance. <i>Basketball, Rugby, Handball, Netball, Tennis, Gymnastics.</i>	Agility & Fitness - Equipment Tracking - Strength & Balance - Seated Balance. <i>Rugby, Football, Volleyball, Gymnastics.</i>	Coordination - Footwork - Strength & Balance - One Leg Balance. <i>Football, Rugby, Basketball, Netball, Gymnastics.</i>	Strength & Balance - One Leg Balance - Coordination - Footwork. <i>Football, Rugby, Basketball, Netball, Gymnastics.</i>