



Skills Progression Map - PE

Specifying the cumulative concepts, knowledge and skills that should be taught in this subject.

	FS, KS1	Yr 3-4	Yr 5-6
Movement	<p>Develop fundamental movement skills, becoming increasingly confident and competent.</p> <p>Children should have opportunity to develop confidence in basic movements such as running, jumping, throwing and catching.</p>	<p>Master basic movements such as running, jumping, throwing and catching</p> <p>Continue to apply and develop a broader range of skills</p>	<p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Continue to apply and develop a broader range of skills</p> <p>Develop competence to excel in a broad range of physical activities</p>
Using skills, techniques	<p>Access a broad range of opportunities (via teaching a range of activities) to extend and develop their agility, balance and coordination</p>	<p>Learn how to use skills in different ways and link them to make actions and sequences of movement</p> <p>Develop flexibility, strength, technique, control and balance e.g. through athletics, swimming and gymnastics</p>	<p>Become more competent, confident and expert in their techniques and apply them across different sports and physical activities</p> <p>Develop their technique and improve their performance in other competitive sports</p>

Engagement	Work individually and with others to engage in cooperative activities. Start to provide opportunities to build character and help embed values such as fairness and respect.	Continue to work on engagement and start to develop communication and collaboration with others.	Encourage team work and build on trust to embed communication and collaboration.
Challenge and competition	Engage in competitive physical activities, both against self and others Develop simple tactics for attacking and defending	Inspire children to succeed and excel in competitive sport. Overcome opponents in direct competition through team and individual games. Apply basic principles suitable for attacking and defending	Inspire children to succeed and excel in competitive sport. Overcome opponents in direct competition through team and individual games and demonstrate this in a range of increasingly challenging situations. Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.
Community sport	Signpost community clubs to promote community links in sports and activities. Invite and involve community clubs into school to provide access to specialist coaching.		
Lifelong learning	Preparation for lifetime health through fitness and healthy eating. Begin to understand and apply the long term health benefits of physical activity through sustained periods of exercise.	Begin to understand and apply the long term health benefits of physical activity.	Develop and embed understanding of the long term health benefits of physical activity.
	Preparation for long term participation in sport. Access to a broad range of sporting opportunities.	Provide opportunities for pupils to become physically confident in a way which supports their health and fitness.	Develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life.

Analysis and evaluation	Watch others perform and provide basic feedback	Learn how to evaluate and recognise their own success through comparing their performances with previous ones. Over a course of lessons demonstrate improvement to achieve their personal best.	Analyse their performances compared with previous ones and demonstrate improvement to achieve their personal best.
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