

## PE Progression of Skills



This document details the requirements of the National Curriculum as well as the learning progression across KS1 and KS2.

The 'Intent' of what children should achieve at each Key Stage is in Black. Reference to 'Implementation' will be in blue.

	Purpose of Study	KS1	KS2
Movement	Develop competence to excel in a broad range of Physical Activities	Develop fundamental movement skills <i>Master basic movements such as running, jumping, throwing and catching</i>	Continue to apply and develop a broader range of skills <i>Use running jumping throwing and catching in isolation and in combination.</i>
Using Skills	Develop confidence to use skills and understand body movements.	Access a broad range of opportunities to extend agility, balance and coordination	Learn to use skills in different ways and link them to make sequences of movement
Social Development	Opportunities to access activities that build character and help to embed values such as fairness and respect.	Work individually and with others <i>Participate in small game situations. Develop simple attacking and defending skills</i>	Communicate and collaborate with others <i>Work within a team in modified game situations to apply basic principles of attacking and defending</i>
Competitive enablement	Opportunities to compete in sport and other activities to inspire all pupils to succeed and excel to the best of their ability.	Engage in competitive activities against self and others <i>Participate in team games Understand attacking and defending roles</i>	Enjoy competing with each other <i>Play competitive games to apply basic principles for attacking and defending</i>
Analysis and Evaluation	Learn how to recognise own and others success	Share good practice and show examples of work to others <i>Celebrate and review partner / group member's progress</i>	Learn how to evaluate and recognise their own and others success <i>Regularly establish a mix of reviews by learners through teacher and peers</i>
Extended Participation	To provide a broad range of opportunities for pupils to access which supports their health and fitness	Develop the interest and confidence to get involved in sports activities out of school <i>Take part in after school sports clubs</i>	Get involved in a range of activities that develop an active, healthy lifestyle <i>Take part regularly in sports activities at after school sports clubs and or through Community sports clubs</i>
Healthy lifestyle	Are Physically active for sustained periods of time Lead healthy active lives	Understand the benefits of physical activity.	Become involved in a range of activities that promotes an active, healthy lifestyle