

PE Skills and Progression

Year One	<ul style="list-style-type: none">• Master basic movements including holding a balance along a straight line, jump for height and distance and hop on the spot.• Participate in team games, link skills and actions in different ways to suit different activities• Perform sequences of action which have a clear beginning, middle and end.
Year Two	<ul style="list-style-type: none">• Master basic movements including hop along a straight line on the same foot, jump for height and distance with a controlled landing.• Catch and throw a small ball using the correct technique.• Structure sequences of actions and skills in different orders to improve.
Year Three	<ul style="list-style-type: none">• Develop and apply skills to play competitive games, applying the principles of attack and defence.• Very skills actions and ideas and link these in different ways to suit different activities.• Enjoy communicating, collaborating and competing with each other.• Evaluate and recognise own success and understand how to improve in different activities.
Year Four	<ul style="list-style-type: none">• Complete a forward roll and land on the feet.• Pass a ball at chest height and kick a ball accurately.• Apply skills and tactics in a team situation.• Evaluate and recognise own and others success and use this to improve in different activities.