











# Catcott Primary School Progression of Skills

## Physical Education End of Key Stage

### Expectations












#### EYFS

Pupils at the end of EYFS Will...


- Pupils will start to understand why PE is important for our bodies to lead a healthy lifestyle. 
- Pupils will develop basic Fundamental Movement Skills based on Agility, Balance and Coordination skills 
- Pupils will move confidently in a range of ways using Agility, Balance and Coordination skills with control. 
- Pupils will use space effectively ensuring they do not bump into others. 
- Pupils will use a range of skills and movements to be able to play games and take part in activities, they will also start to develop simple tactics for attacking and defending. 
- Pupils will use movements imaginatively, responding to stimuli, including music and performing basic skills Change rhythm, speed, level and direction of their movements. 
- When taking part in games and activities pupils will work together and take turns effectively. 
- Pupils will respond to set tasks, listen to others and follow instructions effectively 
- Pupils will understand the importance of respect for others and be able to collaborate effectively 
- Pupils will also develop and enhance their social skills. 


### KEY STAGE 1 - YEAR 1&2


Pupils at the end of KS1 will.....

- Pupils will recognise and describe how their body feels before and during activities within a PE lesson. 
- Pupils will understand further why certain activities are important for our bodies for example warm ups and cool downs. 
- Pupils will develop further Fundamental Movement Skills and begin to move more confidently and with good control using Agility, Balance and Coordination skills. 
- Pupils will be confident in the basic movements such as running, jumping, throwing and catching 
- Pupils will use Agility, Balance and Coordination skills to link with various topics across the PE Curriculum. e.g. Games, Dance, Athletics and Gymnastics topics in PE. 
- Create and perform dances using simple movement patterns, and communicate ideas and feelings. 
- Pupils will use space effectively both indoors and outdoors. 
- Pupils will start to demonstrate simple tactics when Attacking and Defending. 
- Pupils will communicate effectively with each other and be able to cooperate and respect each other when working in small groups and teams. 
- Pupils will start to comment on their own and others actions, and be able to make some judgements to improve their own and others work. 
- Pupils will be introduced into competitive activities, competing against themselves and sometimes against others. 


### KEY STAGE 2 - YEAR 3,4,5 & 6


Pupils will continue to develop Fundamental Movements Skills based on Agility, Balance and Coordination, and will use these skills to a broader range of activities that are sport specific such as Tennis, Basketball, Cricket, Handball, Hockey etc... 


Pupils will enhance their communication and collaboration skills and will learn how to compete against others learning in the Process how to win and lose, and demonstrate simple attacking and defending principles within modified small-sided games. 


Pupils should start to develop strength, flexibility, different techniques and control and will compare their own and others performances. When comparing their own or others performances pupils will gain knowledge to identify strength and weaknesses and demonstrate how to improve. 


**Year 3&4 Pupils overall will.....**


Practice Fundamental Movement Skills with Control demonstrating good Balance, Coordination and Agility. Will also move with confidence and creativity. 

Show and understanding of Leadership and show how Tactics and Strategies can improve their work. 

Have an understanding of why exercise is good for health and well-being as well as recognising the effects exercise can have on the body. 

Respond to different tasks and follow rules and learning objectives effectively. 


Describes and comments on their own actions as well as making judgements to improve the quality of their own and others work. 


Work independently and in small groups and teams cooperatively, and collaborate effectively with each other. 


**Year 5&6 Pupils overall will.....**


Perform and link skills with good control and consistency, demonstrating fundamental movement skills when performing or competing. 

Use imagination and creativity when choreographing, performing techniques and using tactics. 

Will remain active for sustained periods of time and understand why having good fitness levels can improve performance. 

Knows what has made performance effective, and will often describe and comment on their own and others work. 

They will consistently improve the quality of their work. 

Will effectively communicate and collaborate with each other and will show fantastic leadership skills. 

Will work independently for prolonged periods of time without the need for help and will compete fairly showing respect and following rules. 