



P.E. Progression of Skills

Threshold Concept	Strand	EYFS	Milestone 1 (Years 1 and 2)	Milestone 2 (Years 3 and 4)	Milestone 3 (Years 5 and 6)
To develop practical skills in order to participate, compete and lead a healthy lifestyle	Games	Develop overall body-strength, balance, co-ordination and agility. Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball	Perform fundamental movement skills at a developing level and start to master some basic movement in: Travelling skills, sending skills, receiving skills.	Children learn simple attacking tactics using a range of equipment and sport specific skills. They play small, uneven-sided games and think about how to use skills, strategies and tactics to outwit the opposition. In invasion games, they enter their opponent's territory with the 'ball' and try to get into good positions for shooting or reaching the 'goal'.	Children will improve their defending and attacking play. They start to play even-sided mini versions of invasion games. In all game activities, children think about how to use skills, strategies and tactics to outwit the opposition. In invasion games, they enter their opponent's territory with the 'ball' and try to get into good positions for shooting or reaching the 'goal'.
	Dance	Develop overall body-	Perform fundamental movement skills at a	Perform dances clearly and fluently and show sensitivity to	Perform different styles of dance clearly and fluently, adapt and

		<p>strength, balance, co-ordination and agility. Introduce children to different types of dance from other eras and cultures</p> <p>Country dancing Maypole dancing</p>	<p>developing level and start to master some basic movements. Perform body actions with control and coordination and perform short dances, showing an understanding of expressive qualities. Introduce children to different types of dance from other eras and cultures</p> <p>Country dancing Maypole dancing</p>	<p>the dance idea and the accompaniment.</p>	<p>refine the way they use weight, space and rhythm in their dances to express themselves in the style of dance.</p>
	Gymnastics	<p>Develop overall body-strength, balance, co-ordination and agility. Continue to introduce large apparatus and develop skills using tables with inclined and off the ground benches, climbing frame and ropes.</p>	<p>Perform fundamental movement skills at a developing level and start to master some basic movement in: Travelling skills, Perform body actions with control and coordination.</p>	<p>Master fundamental movement skills and start to develop sport specific skills performing them with consistency, accuracy and some control.</p>	<p>Continue to develop sport specific skills and perform them with consistency, accuracy, confidence, control and speed.</p>

	Swimming				
	Athletics	<p>Encourage energetic movement to cause children to get out of breath.</p> <p>Practice for sports day.</p> <p>Travelling around hall in different ways</p> <p>Use fast and slow actions</p> <p>Revise and refine the fundamental movement skills they have already acquired: when running, jumping and throwing.</p>	<p>Perform fundamental movement skills at a developing level and start to master some basic movements.</p>	<p>Master fundamental movement skills and start to develop athletic specific skills performing them with consistency and accuracy.</p>	<p>Continue to develop athletic specific skills and perform them with consistency, accuracy, confidence, control and speed.</p>
	Outdoor and adventurous activities	<p>Match their developing physical skills to tasks</p>	<p>Children will be set physical challenges and problems to solve. They will take part in a range of communication activities to develop problem</p>	<p>Children develop their orienteering and problem-solving skills in familiar and unfamiliar situations and environments. Throughout,</p>	<p>Children will take part in more complex orienteering events. They will learn to read maps more accurately, and to adapt their skills to meet challenges set in</p>

		<p>and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width. Progress towards a more fluent style of moving with grace and control.</p>	<p>solving skills in some adventure games. The problem-solving tasks they tackle will require more teamwork, with clearly defined roles and responsibilities.</p>	<p>there is an emphasis on building trust and working as a team.</p>	<p>new environments. They will research and undertake a journey safely, and will develop the skills and understanding to become self-reliant. They will take on more demanding leadership roles and will learn to take the initiative more often.</p>
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