PHYSICAL EDUCATION - Progression of skills & knowledge

Strand	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Fundamental movement, gymnastics and dance	Develop balance, coordination, travelling, jumping, throwing/catching; explore movement, rhythm and simple sequences.	Master basic movements and begin to link them; develop balance, agility and coordination; perform simple movement patterns.	Improve fluency and control; link actions into sequences; use space, direction and rhythm in dance/gymnastics.	Perform with increasing control; combine actions and use apparatus safely; compose and perform dance sequences.	Develop technique, flexibility, balance, strength and coordination; perform sequences with greater accuracy and expression.	Refine technique and control; compose, adapt and perform sequences with precision and expressive intent.	Perform complex sequences with control, fluency and expression; evaluate and refine performance independently.
Games: striking/fielding, net/wall and invasion	Join simple games; practise sending, receiving, moving into space and cooperating with others.	Develop basic sending/receiving, striking and movement skills; follow simple rules and work cooperatively.	Use simple tactics: finding space, attacking/defending, striking into space and returning a ball.	Apply skills in game situations; make simple tactical decisions and explain choices.	Combine techniques with increasing consistency; adapt tactics to opponents and changing situations.	Apply refined techniques under pressure; analyse game situations and select effective tactics.	Perform consistently under pressure; adapt tactics independently, communicate effectively and evaluate team/individual performance.
Athletics, outdoor and recreational activity	Run, jump, throw and explore outdoor activity; develop confidence, cooperation and enjoyment of movement.	Develop running, jumping and throwing skills; take part in simple competitive and cooperative activities.	Improve technique and apply it in simple athletics and outdoor challenges; begin to measure performance.	Develop speed, strength, stamina and coordination; use measurements to improve performance.	Refine technique and pace; plan and evaluate performance using accurate measurements.	Select and apply techniques strategically; set goals and use evidence to improve performance.	Analyse performance, set and review personal targets, and adapt technique/training independently.