



This table shows the progression of skills over the year groups, from Early Years to the end of KS2 for PE.

NEWBOLD SCHOOL PE SKILLS PROGRESSION EYFS - YEAR 6		
EYFS	KS1*	KS2 - Teaching together as one class in some sports*
Physical movement - listening to instructions in a safe space and following instructions	Physical movement with a health and fitness focus- Develop balance, coordination, control, obstacles & jumping movements,	Physical Fitness extended by learning a broader range of skills to develop cardio and fitness levels, and self assessing performance and improvements. Introducing endurance and stamina - cross-country.
Beginning to move in different ways - copying adults. Moving in, on, under, through and like animals.	Moving in different ways and developing fitness levels. Learning new skills and short move gymnastics developing balance, agility and coordination.	Extending movement skills in different ways to include long move gymnastic skills and circuits. To evaluate and recognise your own success.
Introducing and learning basic ball skills - learning aim and accuracy skills	Improving ball skills using a bat as well as balls, to develop coordination.	To develop coordination and skills further by expanding different skills - using shuttlecocks as well as balls and different bats (racquets, cricket/rounders bats). Learning to control difficult balls.
Simple movements incorporated in seasonal dances - led by adults.	Linking simple movement patterns incorporating dance linked to storytelling developing balance, agility and coordination.	Developing more complex dance movements. To evaluate and recognise your own success.
Introducing team games and competitive individual games.	Team game activities - learning simple tactics in attack and defence & different ways of travelling.	Learning specific attack and defence skills involved in team games, ie. football, netball, basketball, hockey, rounders, cricket. Playing competitive games.

Introducing physical activities related to sports day and athletics.	Basic athletics inc. some simple track and field activities	Extend a broader range of skills with speed and endurance, by introducing activities in more challenging situations and involving specific techniques, such as skills involved in discus throwing
		Swimming - for year 3/4. To swim competently, using a range of strokes, & perform safe self-rescue.**

* Skills are built upon as the children move up the year groups. Expectations are higher as the children progress.

**Swimming skills for yr 3/4.

Activities are selected based on seasonal weather.

The teachers plan primarily using Twinkl but also use ideas from other sources. In Early Years, teachers use prior experience and follow children's interests, as well as ideas from Twinkl.