



PE Learning overview
Progression of skills



	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Skills	Hold a balance whilst walking along a straight line Zig zag through a series of markers spaced evenly, about 2m apart Hop on the spot using the same foot Jump for distance in a range of activities Jump for height in a range of activities Catch a bean bag in a range of activities Begin to throw a ball underarm, using the correct technique Begin to develop running skills and be aware of their own space Begin to throw a ball overarm Begin to throw a ball from the chest Begin to throw a ball using a bounce pass.	Zig zag through a series of tightly spaced markers Hop along a straight line using the same foot Jump for distance – controlling the landing Jump for height with a controlled landing Catch a small ball Throw a small ball overarm, using the correct technique Throw a ball overarm with accuracy Throw a ball underarm with accuracy Throw a ball using a bounce pass with accuracy Run with a controlled stop and start	Begin to use running in isolation Begin to use jumping in isolation Begin to use throwing in isolation Begin to use catching in isolation Perform a range of balances on the floor Perform a range of balances at varying heights Perform a range of balances on the apparatus Perform a range of balances in a game situation Develop basic dance moves	Begin to use running, jumping, throwing and catching in isolation and in combination Perform a range of balances with increased flexibility and technique on the floor Perform a range of balances with increased flexibility and technique at varying heights Perform a range of balances with increased flexibility and technique on the apparatus Perform a range of balances with increased flexibility and technique in a game situation Combine and refine basic dance moves	Complete a forward roll and land on the feet Use running, jumping, throwing and catching in isolation and in combination Perform a range of balances / movements with increased strength/control/flexibility and control	Use running, jumping, throwing and catching in a game situation Perform a sequence of balances / movements with increased strength/control/flexibility and control Perform dances using a range of movement patterns Take part in outdoor / adventurous activity challenges