



St Joseph's Catholic Primary School Progression of Skills in Physical Education

Fundamental Movement						
EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	<ul style="list-style-type: none"> • Attempt to run at different speeds showing an awareness of technique. • Begin to link running and jumping movements with some control. • Throw towards a target. • Show some control and balance when travelling at different speeds. • Begin to show balance and co-ordination when changing direction. • Use co-ordination with and without equipment. 	<ul style="list-style-type: none"> • Show balance and co-ordination when running at different speeds. • Link running and jumping movements with some control. • Show hopping and jumping movements with some balance and control. • Change technique to throw for distance. • Show control and balance when travelling at different speeds. 	<ul style="list-style-type: none"> • Show balance, co-ordination and technique when running at different speeds, stopping with control. • Link running, hopping and jumping actions using different take offs and landing. • Jump for distance and height with an awareness of technique. • Throw a variety of objects, changing action for accuracy and distance. • Demonstrate balance when performing other fundamental skills. 	<ul style="list-style-type: none"> • Demonstrate how and when to speed up and slow down when running. • Link hopping and jumping actions with some control. • Jump for distance and height showing balance and control. • Throw with some accuracy and power towards a target area. • Demonstrate good balance when performing other fundamental skills. • Show balance when changing direction at speed in combination with other skills • Begin to co-ordinate their 	<ul style="list-style-type: none"> • Run at the appropriate speed over longer distances or for longer periods of time. • Show control at take-off and landing in more complex jumping activities • Perform a range of more complex jumps showing some technique. • Show accuracy and power when throwing for distance • Demonstrate good balance and control when performing other fundamental skills • Demonstrate improved body posture and speed when changing direction. 	<ul style="list-style-type: none"> • Demonstrate a controlled running technique using the appropriate speed over longer distances or for longer periods of time. • Link running, jumping and hopping actions with greater control and co-ordination • Perform jumps for height and distance using good technique. • Show accuracy and good technique when throwing for distance • Show fluency and control when travelling, landing, stopping and changing direction. • Change direction with a fluent action and can transition



St Joseph's Catholic Primary School Progression of Skills in Physical Education

		<ul style="list-style-type: none">• Show control and balance when travelling at different speeds.• Perform actions with increased control when co-ordinating their body with and without equipment.	<ul style="list-style-type: none">• Show balance when changing direction in combination with other skills.• Can co-ordinate their bodies with increased consistency in a variety of activities.	body at speed in response to a task	<ul style="list-style-type: none">• Can co-ordinate a range of body parts at increased speed	<p>smoothly between varying speeds.</p> <ul style="list-style-type: none">• Can co-ordinate a range of body parts with a fluent action at a speed appropriate to the challenge.
--	--	--	--	-------------------------------------	--	---