

Foundation
Progression of Skills

Locomotion: Walking
Explore/develop walking
Explore walking in different pathways
Sustain walking
Explore marching
Apply walking into a game

Locomotion: Jumping
Explore/develop jumping
Apply jumping into a game
Jumping for distance
Explore jumping high
Explore hopping

Ball Skills Hands 1
Explore pushing
Explore rolling
Explore bouncing
Explore bouncing into space
Combine pushing and rolling
Combine rolling, pushing and bouncing

Ball Skills Feet
Explore moving with a ball using our feet
Develop moving with a ball using our feet
Understand dribbling
Develop dribbling against an opponent

Ball Skills Hands 2
Explore throwing overarm
Explore throwing underarm
Explore rolling
Explore stopping a ball
Explore catching

Year 1
Progression of Skills

Locomotion: Running
Explore running
Apply running into a game
Explore running at different speeds
Running for speed: Acceleration
Explore running in a team
Consolidate running, apply running into a competitive game

Locomotion: Jumping
Recap jumping
Develop jumping
Explore how jumping affects our bodies
Explore skipping
Apply skipping and jumping into a game

Ball Skills Hands 1
Introduce sending (bounce) with control
Introduce aiming with accuracy
Introduce power and speed when sending a ball
Introduce/develop stopping, combining sending skills and receiving skills

Ball Skills Feet
Develop moving the ball using the feet
Apply dribbling into games
Consolidate dribbling
Explore kicking (passing)
Apply kicking (passing) to score a point

Ball Skills Hands 2
Introduce throwing with accuracy
Apply throwing with accuracy in a team
Introduce stopping a ball
Develop sending (trolling) skills to score a point
Consolidate sending and stopping to win a game

Year 2
Progression of Skills

Locomotion: Dodging
Explore dodging
Develop dodging
Apply dodging:
Explore attacking and defending
Apply dodging in teams

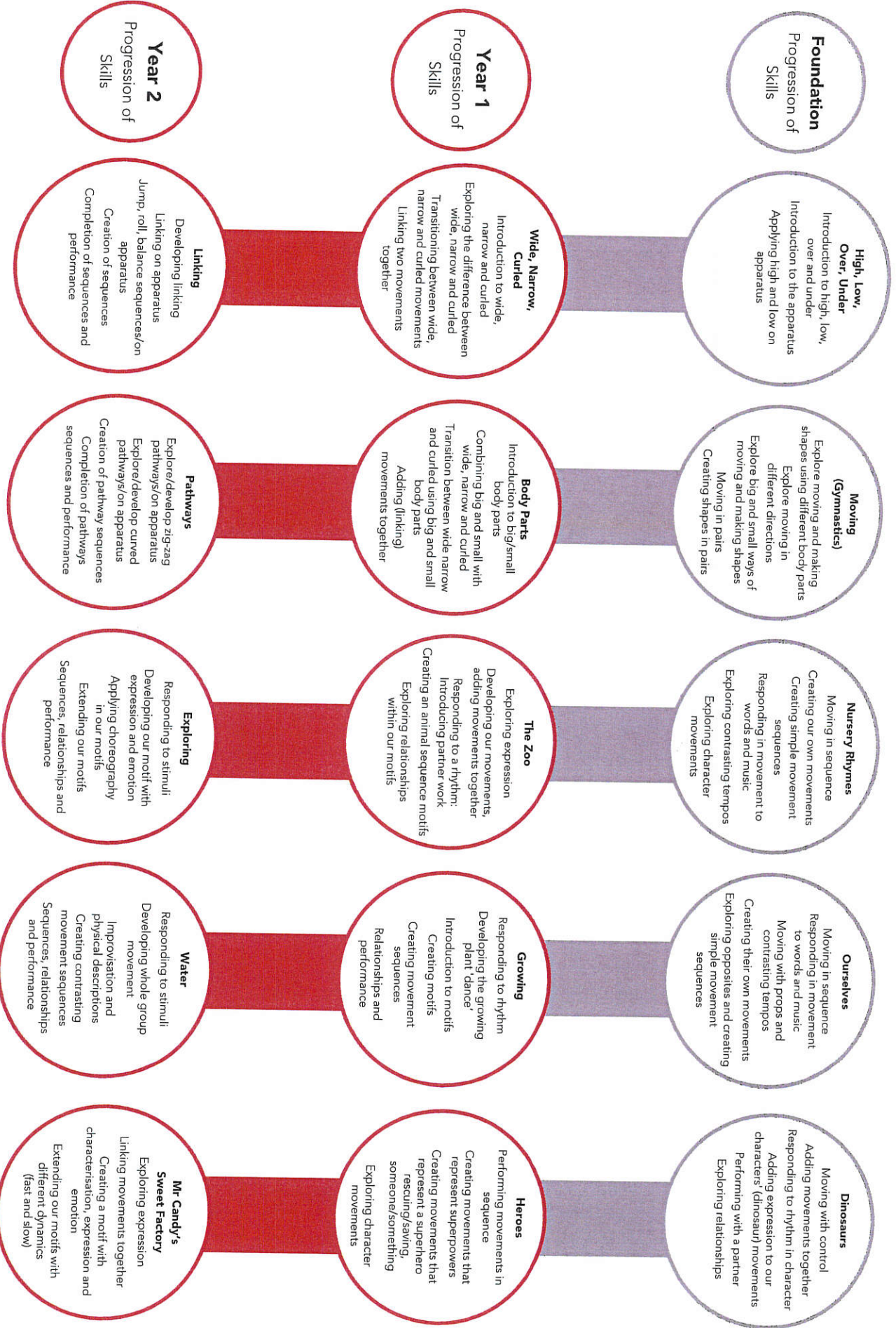
Locomotion: Jumping
Consolidate jumping
Apply jumping into a game
Linking jumping
Explore jumping combinations
Develop jumping combinations

Ball Skills Hands 1
Develop dribbling/passing and receiving
Combine dribbling, passing and receiving, keeping possession
Develop dribbling/passing and receiving to score a point
Combine dribbling, passing and receiving to score a point

Ball Skills Feet
Develop dribbling/passing/receiving, keeping possession
Combine dribbling, passing and receiving, keeping possession/to score a point
Apply dribbling, passing and receiving as a team to score a point

Ball Skills Hands 2
Consolidate pupils application and understanding of underarm throwing
Applying the underarm and overarm throw to win a game
Applying the underarm throw to beat an opponent

Foundation and KS1 Progression of Skills Overview



Foundation and KS1 Progression of Skills Overview

Foundation
Progression of Skills

Games For Understanding
Taking turns/keeping the score
Understanding and playing by the rules
Avoiding an attacker
Preventing an attacker from scoring
Applying attacking and defending into a game

Rackets, Bats and Balls units are not available on Complete P.E. for Foundation

Health and Wellbeing units are not available on Complete P.E. for Foundation

Team Building units are not available on Complete P.E. for Foundation

Year 1
Progression of Skills

Games For Understanding
Understanding the principles of attack/defence
Applying attacking/defending principles into a game
Consolidate attacking/defending

Rackets, Bats and Balls
Develop pushing (dribbling) a ball with a racket: Introducing control
Explore hitting and develop pushing a ball (with a racket) towards a target
Explore hitting a ball (with a racket) with accuracy and power

Health and Wellbeing
Introduce and explore agility
Introduce and explore balance
Introduce and explore coordination:
Bouncing, rolling and throwing

Team Building
Introducing teamwork
Develop teamwork
Building trust and developing communication
Cooperation and communication
Explore simple strategies
Problem solving:
Consolidate teamwork

Year 2
Progression of Skills

Games For Understanding
Attacking/defending as a team
Understanding the transition between defence and attack
Create and apply attacking/defensive tactics

Rackets, Bats and Balls
Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent
Introduce hitting (sending/striking) a ball into a space: Where and why?
Striking the ball (with a bat) into space with intent

Health and Wellbeing
Consolidate agility
Consolidate balancing:
Explore balancing on apparatus
Introduce and explore coordination: Dribbling and kicking

Team Building
Introducing teamwork
Develop teamwork
Building trust and developing communication
Cooperation and communication
Explore simple strategies
Problem solving:
Consolidate teamwork

Foundation and KS1 Progression of Skills Overview

Year 3
Progression
of skills

Basketball
Introduce dribbling:
keeping control
Introduce passing and receiving
Combine dribbling and
passing to create space
Develop passing, receiving
and dribbling
Introduce shooting

Dodgeball
Develop throwing changing
direction
Introduce throwing with accuracy
Introduce catching
Develop moving, changing
direction at speed
Combine throwing and
dodging

Football
Introduce/develop dribbling
keeping control
Introduce passing and receiving
Combine dribbling and passing
to create space
Develop passing, receiving
and dribbling

Handball
Introduce passing, receiving
and creating space
Develop passing and moving
Combine passing and moving
Introduce shooting
Develop passing and
shooting

Hockey
Introduce dribbling:
keeping control
Introduce passing and receiving
Combine dribbling and passing
to create space
Develop passing, receiving
and dribbling
Introduce shooting

Year 4
Progression
of skills

Basketball
Refine dribbling
Refine passing and receiving
Refine passing and
dribbling creating space
Refine passing and dribbling
creating shooting opportunities
Introduce marking

Dodgeball
Introduce jumping
and ducking
Develop throwing with accuracy and
power over an increased distance
Develop catching
Consolidate dodging, jumping
and ducking into games
Combine dodging, catching
and throwing

Football
Refine dribbling
Turning
Refine passing and receiving
Develop passing and dribbling
creating space
Introduce shooting

Handball
Refine passing and receiving
Develop passing and
creating space
Develop passing, moving
and shooting
Combine passing and shooting
Introduce defending

Hockey
Refine dribbling and passing
Develop shooting, combine
passing and dribbling to create
shooting opportunities
Develop passing and dribbling
creating space for attacking
opportunities
Introduce defending:
blocking and tackling

Year 5
Progression
of skills

Basketball
Recap and refine dribbling
and passing to create attacking
opportunities
Develop marking
Refine shooting
Refine attacking skills,
passing, dribbling and
shooting introduce
officiating

Dodgeball
Introduce blocking
Consolidate catching
Understand where we throw
and why we need to throw with
accuracy and power
Explore basic attacking and
defending tactics

Football
Refine dribbling and passing
to maintain possession
Introduce and develop
defending
Develop shooting
Refine attacking skills, passing,
dribbling and shooting,
introduce officiating

Handball
Consolidate passing
and receiving
Explore the function of
other passes
Develop defending
Develop passing and creating
space, introduce officiating
Refine shooting

Hockey
Develop defending:
block and tackling
Recap and refine dribbling and
passing to create attacking
opportunities
Refine attacking skills,
passing dribbling and shooting
Refine defending skills
developing transition from
defence to attack

Year 6
Progression
of skills

Basketball
Consolidate keeping
possession, develop officiating
Consolidate defending
Create, understand and apply
attacking tactics in game situations
Create, understand and apply
defending tactics in game
situations

Dodgeball
Consolidate/understanding
attacking and defending tactics
Transition between attack
and defence
Applying the rules:
Officiating games
Managing tactics and
officiate games

Football
Consolidate keeping
possession, develop officiating
Consolidate defending
Organise formations and manage
teams
Organise formations
decide tactics, manage teams
and officiate games

Handball
Consolidate keeping
possession, develop officiating
Consolidate defending understand
and apply defending tactics in
game situations
Consolidate defensive tactics;
understand and apply
defensive tactics in
game scenarios

Hockey
Consolidate keeping
possession, develop officiating
Consolidate defending
Create, understand and apply
attacking/defending tactics
in game situations

KS2 Progression of Skills Overview

Year 3
Progression
of skills

Netball
Introduce passing, receiving and creating space
Develop/combine passing and moving
Combine/develop passing and shooting

Tag Rugby

Introduce moving with the ball, passing and receiving
Introduce tagging
Create space when attacking
Develop passing/moving to create attacking opportunities

Cricket

Understand the concept of batting and fielding
Introduce throwing overarm
Introduce catching
Striking with intent

Rounders

Introduce to rounders
Introduce overarm throwing
Apply overarm and underarm throwing
Introduce stopping the ball
Application of stopping the ball in a game

Tennis

Introduction tennis, outwitting an opponent
Creating space to win a point
Consolidate how to win a game
Introduce rackets
Introduce the forehand

Year 4
Progression
of skills

Netball
Refine passing and receiving
Develop passing and dribbling creating space
Develop passing, moving and shooting
Refine passing and shooting
Develop footwear

Tag Rugby

Develop passing, moving and creating space
Apply learning to 3v3 mini games
Develop defending in game situations
Combine passing and moving to create an attack and score

Cricket

Develop an understanding of batting and fielding
Introduce bowling underarm
Develop stopping and returning the ball
Develop retrieving and returning the ball at different angles and speeds

Rounders

Develop fielding bowling with a backstop
Introduce batting: how
Develop batting: where and why
Introduce and apply basic fielding tactics

Tennis

Developing the forehand
Creating space to win a point using a racket
Introduce the backhand
Applying the forehand and backhand in game situations
Applying the forehand and backhand creating space to win a point

Year 5
Progression
of skills

Netball
Refine passing and receiving
Apply passing, footwear and shooting into mini games, introduce officiating
Introduce defending
Explore the function of other passing styles

Tag Rugby

Refine passing and moving to create attacking opportunities
Explore different passes that can be used to outwit defenders
Refine defending as a team
Create and apply defending tactics. Develop officiating

Cricket

Refine batting, understand and develop batting and bowling tactics
Refine fielding stooping, catching and throwing
Combine bowling and fielding creating and applying tactics
Introduce umpiring and scoring

Rounders

Develop fielding tactics maximising players
Understand what happens if the batter misses the ball
Refine fielding tactics, what players where?
Applying tactics in mini games

Tennis

Introduce/develop the volley
Controlling the game from the serve
Doubles, understanding and applying tactics to win a point

Year 6
Progression
of skills

Netball
Consolidate keeping possession, develop officiating
Consolidate defending
Create, understand and apply attacking/defending tactics in game situations

Tag Rugby

Consolidate passing and moving
Consolidate defending
Create, understand and apply attacking/defending tactics in game situations
Consolidate attacking and defending in mini games

Cricket

Consolidate batting/fielding/bowling
Create, understand and apply attacking/defensive tactics in game

Rounders

Introduction to full rounders
Consolidate fielding tactics
Refine our understanding of what happens if the batter misses or hits the ball backwards
Batting considerations

Tennis

Game application
Game application, mixed ability doubles, round robin games

KS2 Progression of Skills Overview

Year 3
Progression
of skills

Communication & Tactics
Creating and applying Simple tactics
Developing leadership
Developing communication as a team / collaborate effectively as a team
Create defending and attacking tactics as a team

Symmetry & Asymmetry

Introduction to symmetry
Introduction to asymmetry
Application of learning onto apparatus
Sequence formation
Sequence completion

Athletics

Explore running for speed
Explore acceleration
Introduce /develop relay: Running for speed in a team
Throwing: Accuracy vs distance
Standing long jump

Wild Animals

Responding to stimuli
Developing character dance into a motif
Developing sequences with a partner in character that show relationships
Extending sequences with a partner in character

Weather

Responding to stimuli, extreme weather
Developing thematic dance into a motif
Extending dance to create sequences with a partner
Developing sequences with a partner

Year 4
Progression
of skills

Problem Solving
Benches and mats challenge
Round the clock card challenge
The pen challenge
The river rope challenge
Caving challenges

Bridges

Introduction to bridges
Application of bridge learning onto apparatus
Develop sequences with bridges
Sequence formation
Sequence completion

Athletics

Develop running at speed
Exploring our stride pattern
Exploring running at pace
Understand and apply tactics when running for distance
Javelin
Standing triple jump

Cats

Responding to stimuli working together
Extending sequences with a partner in character
Exploring two contrasting Relationships and interlinking dance moves

Space

Extending sequences with a partner in character
Developing sequences with a partner in character that show relationships and interlinking dance moves
Sequences, relationships, choreography and performance

Year 5
Progression
of skills

Orienteering
Face orienteering
Cone orienteering
Point and return
Point to point
Timed course
Orienteering competition

Counter Balance & Counter Tension

Introduction to counter balance
Application of counter balance learning onto apparatus
Sequence formation
Counter Tension
Sequence completion

Athletics

Finishing a race
Evaluating our performance
Sprinting: My personal best
Relay changeovers
Shot Put
Introducing the hurdles

Greeks

Exploring the Greeks using compositional principles
Extending sequences with a partner using compositional principles
Creating movement using improvisation where movement is reactive

The Circus

Developing character movements linked to 19th Century prejudices
Creating movements to represent different characters and performers in a 19th Century circus
Extending our Performance incorporating props and apparatus linked to the variety of performers

Year 6
Progression
of skills

Leadership
Understanding what makes an effective leader
Communicating as a leader
Introducing the STEP principle: Space, Task, Equipment and People

Matching & Mirroring

Introduction to matching/mirroring
Application of matching/mirroring learning onto apparatus
Sequence development

Athletics

Running for speed competition
Running for distance competition
Throwing competition
Jumping competition

Carnival

Performing with technical control and rhythm in a group
Creating rhythmic patterns using the body
Experiencing dance from a different culture
Choreographical elements including still imagery

Titanic

Creating rhythmic patterns using our body
Extending our choreography through controlled movements, character emotion and expression
Explore the relationships between characters applying character emotion and expression
Performance and reflection

KS2 Progression of Skills Overview

Year 3
Progression
of skills

Witches and Wizards
Responding to stimuli
Developing characters and extending the story
Creating motifs with a partner
Developing characterisation

Health, Wellbeing & Mindfulness
Exploring relaxation techniques
Applying relaxation techniques and using them effectively
Performing balanced meditative poses
Using props to help us balance in our meditative poses

Boccia
Exploring sending
Sending the ball: Understanding why we need to be accurate
Sending the ball: Developing our sending technique and understanding of accuracy
Introduce scoring in Boccia

Badminton units are not available on Complete P.E. for Year 3

Year 4
Progression
of skills

World War II
Explore the behaviours of people in 1939
Creating sequences in small group that show character emotion
Creating movements that interconnect

Health, Wellbeing & Mindfulness
Creating movements to help express ourselves and our emotions.
Using mine to manage positive and negative emotions
Using meditative poses to help control and manage our emotions

Boccia
Consolidating sending with accuracy in Boccia: Sending with pace and speed
Tactical Play: Applying accuracy into our Boccia games
Tactical Play: Defending in Boccia

Badminton units are not available on Complete P.E. for Year 4

Year 5
Progression
of skills

Greeks
Exploring the Greeks using compositional principles
Extending sequences with a partner using compositional principles
Creating movement using improvisation where movement is reactive

Health Related Exercise
Explore and understand cardio fitness
Explore and understand flexibility fitness
Explore and understand strength fitness

Boccia
Sending the ball: Develop our understanding why we need to be accurate
Sending the ball: Refine our sending technique and understanding of accuracy
Sending the ball: Applying accuracy in teams

Badminton
Exploring different forehand /backhand shots
Applying different forehand/backhand shots to win a point
Consolidate outwitting an opponent
Doubles: Understanding and applying tactics to win a point

Year 6
Progression
of skills

Titanic
Creating rhythmic patterns using our body
Extending our choreography through controlled movements, character emotion and expression
Explore the relationships between characters applying character emotion and expression
Performance and reflection

Health Related Exercise
Develop a secure understanding of cardio fitness
Develop a secure understanding of flexibility fitness
Develop a secure understanding of strength fitness

Boccia
Creating and applying basic tactics: Coaching and officiating Boccia games
Level 1 Competition: Pairs Boccia
Level 1 Competition: Team Boccia

Badminton
Introduction to badminton: Outwitting an opponent
Introduce the forehand and backhand
Applying the forehand and backhand: Creating space to win a point
Controlling the game from the serve

KS2 Progression of Skills Overview