



# PE Skills Progression

## Scheme: Get Set 4 PE

	Locomotor	Stability & Balance	Object Control	Key Vocabulary	Assessment Indicators	
<b>EYFS</b>	Walk, run, hop, jump, skip and climb with increasing coordination. Change direction and speed with control. Negotiate space safely with awareness of others	Balance on one and two feet Maintain balance whilst moving and stopping. Explore body shapes (wide, narrow, curled, stretched)	Roll, throw, catch, kick and stop large balls. Use two hands to catch stationary and moving objects. Begin to aim at targets	Run, jump, hop, balance, space, direction, control	Moves confidently in a range of ways. Shows increasing control of body and equipment. Begins to apply skills in simple games	
	Games	Gymnastics	Dance	Athletics	OAA	Health & Fitness
<b>Year 1</b>	Develop throwing and catching with increasing control. Kick and stop a ball with accuracy. Begin simple attacking (towards a target) and defending (blocking/intercepting)	Perform basic shapes with control. Link 2–3 movements together Perform simple balances on different body parts	Copy and repeat simple movement sequences. Use levels (high/low) and directions	Develop running technique (arm and leg coordination) Jump and land safely with control. Throw overarm and underarm towards targets	Follow simple pathways and instructions. Work with a partner to complete tasks	Recognise warm-ups prepare the body. Describe breathing and heartbeat changes

<p><b>Year 2</b></p>	<p>Pass, receive and move with a ball. Use simple tactics (finding space, marking) Apply skills in small-sided games</p>	<p>Link movements with changes in direction and level. Balance with control on different body parts Begin simple sequences with apparatus</p>	<p>Create short sequences with structure (beginning, middle, end) Respond to rhythm and tempo changes</p>	<p>Improve sprinting technique and stamina. Develop jumping for distance and height. Throw with increasing accuracy and distance</p>	<p>Follow simple maps and directions. Work cooperatively to solve challenges</p>	<p>Understand importance of warming up and cooling down. Describe how exercise affects the body</p>
<p><b>Year 3</b></p>	<p>Pass, receive and move under pressure. Apply basic attacking and defending tactics. Begin to use space effectively in invasion games</p>	<p>Perform rolls, balances and jumps with control. Develop partner sequences. Use apparatus to extend movement combinations</p>	<p>Perform with rhythm, timing and expression. Develop motifs and link movements</p>	<p>Develop sprinting and pacing strategies. Improve throwing technique for distance and accuracy Begin to compare performances</p>	<p>Use maps with symbols and basic orientation. Work effectively as part of a team</p>	<p>Understand endurance, strength and flexibility. Describe why fitness is important. Understand components of fitness (speed, stamina, strength, flexibility) Explain why different activities require different fitness is important</p>

<b>Year 4</b>	Use tactics (supporting, marking, defending space) Apply skills in modified game situations. Make quick decisions under pressure	Perform complex sequences with control. Include flight, rotation and changes in level. Work collaboratively to create routine	Perform synchronised group routines. Use dynamics, space and expression effectively	Improve technique in all events. Measure, record and compare results. Compete with increasing consistency	Use maps, symbols and directions accurately. Solve more complex team challenges	
<b>Year 5</b>	Apply advanced tactics across invasion, net/wall and striking games. Make effective decisions in competitive situations. Use skills consistently under pressure	Perform fluent sequences with transitions and control. Use counterbalance and counter tension in pairs/groups	Create structured choreography with narrative or theme. Refine timing, expression and spatial awareness	Refine technique for performance improvement. Develop consistency in competitive events	Use complex maps and navigation skills. Plan strategies for team challenges.	Understand training principles (overload, progression, rest) Plan simple fitness routines
<b>Year 6</b>	Apply advanced tactics in competitive games. Adapt strategies based on opposition. Consistently perform under pressure	Perform complex, fluent sequences with transitions. Evaluate and refine own and others' performance	Choreograph and perform polished group routines. Use space, timing and dynamics creatively and effectively	Compete in formal events with accurate technique. Analyse performance data and set targets	Independently plan and lead navigation tasks Solve complex problems collaboratively	Understand long-term health benefits of exercise. Design and evaluate personal fitness programmes