



PE Curriculum

Progression of Skills 2026-27

PE Skills Progression

Substantive Threads

Skill	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Movement & Physical Control	Explore basic movements, balance, coordination and changes of direction. Move safely in different spaces and begin to control the body and equipment.	Develop coordination, balance, agility and control. Combine movements and begin to change speed and direction with purpose.	Combine movements with greater fluency and control. Move effectively while responding to opponents, teammates, space and equipment.	Apply movement skills with increasing speed, accuracy and control. Link movements and respond effectively to changing situations.	Perform movements confidently under pressure, combining speed, agility, balance and coordination. Adapt movement to achieve a tactical or performance goal.	Apply movement skills fluently and efficiently in complex situations, demonstrating control, adaptability and physical awareness.
Sending, Receiving & Ball Control	Explore throwing, catching, rolling, passing and receiving using two hands and simple equipment. Develop basic control.	Improve accuracy and consistency when throwing, catching, passing and receiving. Begin to move into space to receive.	Select and execute a range of passes and catches with increasing accuracy. Receive while moving and maintain control.	Pass and receive accurately under pressure. Select appropriate techniques according to distance, space and opposition.	Use a range of passes and receiving techniques effectively in competitive situations. Maintain possession under pressure.	Combine and adapt passing, receiving and ball-control skills fluently, selecting appropriate techniques to maintain possession and create opportunities.

Dribbling & Moving with Equipment	Move with a ball or object under simple control. Develop awareness of space and other players.	Dribble or carry with increasing control, beginning to change direction and speed.	Dribble with control while changing direction and begin to shield or protect possession.	Use turns, feints and changes of speed to evade opponents and maintain control.	Use a range of techniques to beat or evade defenders while retaining possession.	Dribble and move with purpose, combining speed, direction changes and decision-making to beat opponents or retain possession.
Striking & Hitting	Explore striking from a stationary position using a bat or other equipment. Make contact with a ball and develop basic coordination.	Strike a stationary ball with increasing control and begin to direct it towards a target or space.	Strike moving or bounced balls with improved timing and accuracy.	Develop controlled placement, power and direction when striking.	Select techniques to strike for distance, accuracy or space and apply them under pressure.	Adapt striking technique to different deliveries and situations, making purposeful decisions about placement, power and space.
Running, Jumping & Throwing	Develop basic sprinting, jumping, landing, throwing and relay skills. Focus on safe technique and participation.	Improve running posture, arm action, jumping technique, throwing and relay exchanges.	Develop coordination, rhythm, take-off and landing, throwing technique and relay timing.	Increase speed, power and accuracy. Apply technique more consistently in running, jumping and throwing events.	Refine starts, acceleration, jumping and throwing technique. Apply pacing, power and relay strategies.	Perform with technical efficiency, refining sprinting, jumping, throwing and relay skills and applying appropriate

						race/event strategies.
Space, Positioning & Awareness	Recognise personal space and begin to move into open areas. Follow simple boundaries and rules.	Identify space and move to receive or support. Begin to understand simple attacking and defending positions.	Create and use space, move off the ball and begin to understand positional roles.	Use width, depth and space effectively. Understand how positioning supports attacking and defending.	Recognise and exploit space, create passing options and adjust positioning in response to opponents.	Read the game or performance environment, anticipate movement and use space strategically to create, deny or exploit opportunities.
Attacking, Defending & Decision-Making	Explore simple attacking and defending ideas through games. Shadow, tag or block safely.	Develop basic marking, shadowing and defending. Begin to decide when to pass, move, shoot or run.	Apply simple attacking and defensive principles in small-sided games. Make increasingly purposeful decisions.	Choose when to pass, shoot, dribble, support, defend or intercept. Apply skills within game situations.	Make decisions under pressure, using tactics to maintain possession, create opportunities and regain possession.	Apply a range of attacking and defensive strategies, anticipate play and make quick, effective decisions in realistic game situations.
Rules, Fair Play & Game Understanding	Follow simple safety rules, boundaries, instructions and turn-taking. Understand the importance	Apply basic rules consistently and understand how they affect play.	Understand and apply key rules and begin to recognise positional and tactical responsibilities.	Apply rules independently in small-sided games and begin to self-officiate.	Apply rules confidently, resolve simple disputes fairly and understand how rules influence tactics.	Apply rules confidently and consistently, self-officiate and demonstrate sportsmanship, respect and responsibility.

	of fairness and teamwork.					
Dance, Gymnastics & Creative Movement	Explore shapes, balances, levels, pathways, basic jumps, rolls and simple movement sequences. Respond to music and cues.	Develop stronger shapes, balances, travelling movements, rhythm and short sequences. Begin partner and group work.	Combine movements with greater control. Develop rolls, jumps, balances, pathways and introductory choreographic devices such as unison and canon.	Link movements fluently and develop turns, balances, transitions, formations and choreographic devices. Refine performance through feedback.	Create and perform longer, more complex sequences using dynamics, pathways, levels and advanced choreographic/gymnastic skills. Evaluate and refine performance.	Perform polished sequences demonstrating technical precision, fluency, expression, creativity and control. Use complex choreography, transitions, balances and movement combinations.
Communication, Teamwork & Leadership	Work cooperatively with others, share equipment and respond to instructions. Recognise the qualities of a good teammate.	Communicate with partners and small groups and begin to support teammates during games and activities.	Communicate effectively, give simple feedback and understand individual roles within a team.	Take greater responsibility for roles and responsibilities and begin to self-manage games and activities.	Communicate tactically, provide constructive feedback and begin to officiate or lead aspects of PE.	Demonstrate leadership by organising teams, leading warm-ups, officiating and supporting others. Reflect on performance and set personal goals.

PE Progression Principles

- **Revisit:** Fundamental movement, control, sending and receiving, spatial awareness, teamwork and safe participation are revisited across different sports and activities.
- **Consolidate:** Skills become increasingly consistent, controlled and accurate as pupils move from isolated practice into small-sided and conditioned games.
- **Extend:** Pupils progressively apply skills under greater pressure, select appropriate techniques, make tactical decisions and adapt their performance.
- **Transfer:** Skills are deliberately transferable across sports — for example, throwing, catching, passing, moving into space and defending are developed through basketball, netball, football, rugby, handball and hockey.
- **Perform:** Dance and gymnastics develop control, balance, coordination, sequencing, creativity and expression, while athletics develops running, jumping, throwing and competitive performance.
- **Understand:** Knowledge progresses from following simple rules and instructions to understanding tactics, positioning, strategy and the reasons behind decisions.
- **Lead:** Responsibility develops from participating safely to self-officiating, leading activities, organising teams, giving feedback and demonstrating sportsmanship.

End of Key Stage 2

By the end of Year 6, pupils should be able to **perform and apply a broad range of physical skills confidently and effectively**, adapting techniques to different activities and situations. They should understand how to use space, positioning and tactics, make informed decisions during games, perform with increasing technical precision, and demonstrate teamwork, leadership, fair play and reflection across a range of sports and physical activities.