

Physical Education Progression of Knowledge and Skills

This progression document is based on the National Curriculum for PE and aligns with the progressive development of physical competence, tactical awareness, leadership, teamwork and healthy lifestyles expected across Key Stage 2.

Area	Year 3	Year 4	Year 5	Year 6
Fundamental Movement Skills	Develop balance, agility, coordination and movement control in a range of activities.	Apply movement skills with greater consistency and control.	Combine movement patterns fluently and confidently.	Demonstrate precision, control and adaptability across a range of activities.
Games Skills	Develop basic attacking and defending skills. Begin to apply simple tactics.	Select and apply skills appropriately within small-sided games.	Apply a wider range of tactics in competitive situations.	Adapt tactics independently and make strategic decisions during games.
Ball Control and Handling	Dribble, pass, receive and travel with increasing control.	Apply ball skills under pressure.	Use ball skills confidently in different game contexts.	Demonstrate control, accuracy and decision-making in competitive situations.
Teamwork and Communication	Work cooperatively with others and understand basic team roles.	Communicate effectively during activities and support teammates.	Demonstrate leadership and collaboration within teams.	Lead, motivate and organise others effectively while maintaining team performance.
Gymnastics	Perform basic balances, rolls, jumps and travelling movements with control.	Create and perform sequences using a greater range of actions.	Demonstrate strength, flexibility and control within complex sequences.	Refine and perform sequences with precision, fluency and creativity.
Dance	Copy, perform and create simple sequences.	Perform movements with increasing expression and control.	Choreograph and perform dances demonstrating a variety of styles.	Create, refine and evaluate performances with confidence and creativity.
Athletics	Develop running, jumping and throwing techniques.	Improve technique and begin measuring performance.	Apply effective techniques across a range of athletic disciplines.	Demonstrate efficient, controlled techniques and strive for personal bests.
Outdoor Adventurous Activities	Work collaboratively to solve simple challenges.	Demonstrate problem-solving and communication skills outdoors.	Apply teamwork and leadership in more complex challenges.	Lead problem-solving activities and adapt strategies when required.
Fitness and Physical Health	Understand why exercise is important. Identify how the body feels during activity.	Recognise components of fitness and how exercise affects the body.	Explain how exercise contributes to physical and mental wellbeing.	Evaluate personal fitness and understand the benefits of an active lifestyle.
Evaluation and Improvement	Identify what went well and suggest simple improvements.	Evaluate own and others' performances using appropriate vocabulary.	Provide constructive feedback and use it to improve performance.	Analyse performance critically and implement strategies for improvement.
Leadership	Take turns and follow instructions.	Take responsibility within group activities.	Lead small groups and support others' learning.	Demonstrate effective leadership, organisation and decision-making skills.
Competition	Participate positively in competitive activities.	Apply rules fairly and demonstrate sportsmanship.	Compete with increasing confidence and resilience.	Demonstrate strategic thinking, resilience and respect in competition.

PE Knowledge Progression

Knowledge Area	Year 3	Year 4	Year 5	Year 6
Health and Fitness	Understand that exercise improves health and wellbeing.	Know that different activities develop different aspects of fitness.	Understand how fitness affects performance.	Understand how physical activity contributes to lifelong health.
Rules and Tactics	Know and follow simple game rules.	Begin to use simple tactics in games.	Understand how tactics influence success.	Apply and adapt tactics independently.
Safety	Understand safe participation and correct use of equipment.	Apply safety rules consistently.	Assess simple risks and take responsibility for safety.	Demonstrate leadership in maintaining safe participation.
Performance	Know that practice improves performance.	Understand how technique influences success.	Recognise strengths and areas for development.	Analyse performance and identify specific improvements.
Teamwork	Understand the importance of cooperation.	Recognise individual and team responsibilities.	Understand effective communication and leadership.	Appreciate how leadership and teamwork contribute to success.

PE Vocabulary Progression

Strand	Year 3	Year 4	Year 5	Year 6
Fundamental Movement	balance, agility, coordination, speed, control, movement, travel, direction	flexibility, stability, reaction, rhythm, accuracy	technique, fluency, precision, momentum	adaptability, efficiency, consistency, precision
Games	attack, defend, possession, pass, receive, target, teammate	intercept, space, marking, opponent, strategy	tactics, formation, transition, create space	adapt, exploit, outwit, counterattack, strategic
Ball Skills	dribble, catch, throw, bounce, control	receive, accuracy, technique	accuracy, possession, control under pressure	precision, consistency, decision-making
Gymnastics	balance, roll, jump, sequence, landing	apparatus, transition, extension, control	tension, symmetry, asymmetry, counterbalance	fluency, composition, precision, performance
Dance	rhythm, sequence, movement, perform	expression, formation, timing	choreography, style, dynamics	interpretation, motif, refinement, evaluation
Athletics	sprint, jog, throw, jump, distance	pace, relay, technique, stamina	acceleration, endurance, power	efficiency, performance, personal best
Outdoor and Adventurous Activities	teamwork, challenge, route, solve	communication, cooperation, trust	leadership, decision-making, navigation	strategy, resilience, adaptability
Fitness	exercise, heartbeat, breathing, healthy	fitness, strength, stamina, flexibility	cardiovascular, muscular endurance, wellbeing	lifestyle, performance, recovery, fitness components

Evaluation	improve, feedback, success, effort	evaluate, strengths, targets	analyse, refine, constructive feedback	critique, effectiveness, improvement strategy
Competition and Sportsmanship	rules, fair play, respect	official, cooperation, sportsmanship	resilience, determination, leadership	integrity, responsibility, competitive mindset

End of Key Stage 2 Expectations

By the end of Year 6, pupils will:

- Demonstrate competence and confidence across a broad range of physical activities.
- Apply tactics, strategies and skills effectively in competitive situations.
- Evaluate and improve their own performance and that of others.
- Show leadership, teamwork and effective communication.
- Understand how exercise contributes to physical, mental and emotional wellbeing.
- Demonstrate resilience, determination and sportsmanship.
- Be prepared for continued participation in sport and physical activity at secondary school and beyond.