

Ravensden Primary Academy PE Skills Progression Tracker

Essential Skills	Early Learning Goal	Year 1 and 2	Year 3 and 4	Year 5 and 6
PE	- Negotiate space and obstacles safely, with consideration for themselves and others; - Demonstrate strength, balance and coordination when playing; - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	- Develop tactics for team games. - Use rolling, hitting, running, jumping, catching and kicking skills in combination. - Master basic movements, including running, jumping, throwing and catching as well as developing balance, agility and co-ordination and begin to apply these in a range of activities. - Move with careful control and coordination. - Link two or more moves to perform a sequence. - Choose movements to communicate a mood, feeling or idea. - Perform dances using simple movement patterns. • Lead others when appropriate.	- Follow the rules of the game and play fairly. - Choose appropriate tactics to cause problems for the opposition. - Take part in outdoor and adventurous activity challenges both individually and within a team - Perform dances using a range of movement patterns. - Apply and develop a range of skills and link them to make actions and sequences of movement. - Create dances and movements that convey a definite idea. - Compete with others and aim to improve personal best performances.	- Choose and combine techniques in game situations. - Choose the most appropriate tactics for a game. - Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis, and apply basic principles suitable for attacking and defending. - Compose creative and imaginative dance sequences. - Perform expressively and hold a precise and strong body posture. - Perform dances using a range of movement patterns. - Refine movement into sequences. - Vary Speed, direction, level and rotation during floor performances. - Compete with others and keep track of personal best performances, setting targets for improvement.

