



PE Progression and Assessment Grids

KS1	LKS2	UKS2
<p>Intent:</p> <ul style="list-style-type: none">• Ensure we are covering skills and concepts from the National Curriculum• We aim to develop their PE skills through a variety of sports.• We will ensure children have the opportunity to use and develop these skills throughout the lessons.		
<p>Implementation:</p> <ul style="list-style-type: none">• We will structure lessons so that prior learning and revision of key skills are continuously built upon.• We will ensure key skills and techniques are introduced and used with lessons.		
<p>Impact:</p> <ul style="list-style-type: none">• We want children to develop a love of Sport and competitions.• We will measure the impact of learning through assessing their development of key skills.		

	Year 1 and Year 2	Year 3,4,5 and 6
Skills	<ul style="list-style-type: none"> · confidently perform 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 · participate in team games, developing simple tactics for attacking and defending · perform dances using simple movement patterns 	<ul style="list-style-type: none"> · use running, jumping, throwing and catching in isolation and in combination · play competitive games, modified where appropriate e.g. badminton, basketball, cricket, football, hockey, netball, rounders and tennis and apply basic principles suitable for attacking and defending · develop flexibility, strength, technique, control and balance e.g. through athletics and gymnastics · perform dances using a range of movement patterns · take part in outdoor and adventurous activity challenges both individually and within a team · swim competently, confidently and proficiently over a distance of at least 25 metres · use a range of swimming strokes effectively e.g. front crawl, backstroke and breaststroke · perform safe self-rescue in different water-based situations

Key Vocabulary	
KS1	KS2
Running Jumping Throwing Catching Agility Coordination Team Games Tactics Attacking Defending Dance Movement	Competitive Games Flexibility Strength Technique Control Balance Outdoor/adventurous activity performance