



## Physical Education Progression of Skills Assessment Grid

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