

KS2 progression of skills, knowledge and understanding.

	Throw and catch	Agility	Effects on body	Dance	Gymnastics	Athletics	Tactics	Swimming	Fair play and team work
3	Throw and catch displaying with accuracy, in isolation and varied environments	Demonstrate changes of direction, speed & level in competitive environments or during performances	Demonstrates a clear understanding of how the body changes/functions during exercise	Moves in a fluent and expressive manner	Plan, perform and repeat sequences of movements in a group	Competent in the FUNdamentals of movement (Jog, Sprint, Hop, Weight on Hands, Jump, Balance & Coordination)	Use FUNdamentals of movement to employ simple tactics in competitive environments	Swim 25m unaided	Displays an understanding of fair play, respect and working well with others
4	Can adapt throwing technique to ensure success in a variety of activities (distance, accuracy, control)	Utilise changes of direction, speed & level during performances/competition to succeed	Demonstrates a developed understanding of how the body changes/functions during exercise	Create movements that convey a clear stimulus, refining these movements into sequences	Plan, perform & repeat sequences of movements, experimenting with ways of travelling and complex movements	Change running styles according to distance, with the intention of beating personal best's	Select and utilise appropriate tactics and techniques to cause problems for opponents	Swim 25-50m unaided, demonstrates proficiency in a range of strokes	Displays an understanding of fair play, working well with others and leading a small group
5	Utilise knowledge of technique to perform at an optimum level in different types of throw, jump and run	Utilise new skills in competitive situations, as an individual or part of a team	Uses knowledge of the relationship between the body and exercise to improve various fitness components	Compose creative and imaginative dance sequences with a clear stimulus, performing expressively and precisely	Create complex and well executed sequences containing a variety of gymnastic components	Utilise knowledge of technique to perform at an optimum level in different types of throw, jump and run	Field, defend and attack tactically by anticipating the direction of play.	Swim 50m fluently with controlled strokes (breast stroke, front and back.)	Display an understanding of fair play, working well with others and leading a medium sized group
6		Utilise new skills in competitive situations, as an individual or part of a team	Uses knowledge of the relationship between the body and exercise to improve all fitness components	Compose and perform creative and imaginative dance sequences with a clear stimulus, performing expressively and precisely	Create complex, demanding and well executed sequences containing a variety of gymnastic components	Utilise knowledge of technique to perform at an optimum level in different types of throw, jumps and runs (sprints, middle distance and hurdles)	Field, defend and attack tactically by anticipating and reacting to the direction of play.	Swim 100m fluently with controlled strokes (breast stroke, front and back.)	Display an understanding of fair play, working well with others and leading a large group