




PE Skills Document – Year 1

TERM OF COVERAGE  SKILLS ↓	Autumn Term	Spring Term	Summer Term
Team Games Negotiate space and dodge when racing and chasing, adjusting speed or changing direction to avoid obstacles. Develop simple tactics for attacking and defending	Yellow	White	Blue
Throwing/Catching/Striking a Ball Pat, throw (Over-arm/under-arm), kick, stop and sometimes catch a ball.	Yellow	Green	Blue
Tactics Accurately shadow a partner's movements.	White	White	Blue
Dance Create simple movement patterns showing some awareness of rhythm. Perform simple movement or dance work, sometimes with a partner.	Yellow	White	White
Athletics Skills Run a short distance with some control. Jump with both feet from standing, jump for height/distance Hop	Yellow	White	Blue
Gymnastics Skills Show control and co-ordination when standing still. Line balance Perform basic sequences, using space safely. Recognises simple technical words (e.g. roll, travel and balance).	White	Green	White
Development Identifies a simple goal for improvement in an area of PE.	Yellow	Green	Blue


PE Skills Document – Year 2

TERM OF COVERAGE  SKILLS ↓	Autumn Term	Spring Term	Summer Term
Team Games Pass a ball, bean bag or tag in a team game, working collaboratively. Develop simple tactics for attacking and defending			
Throwing/Catching/Striking a Ball Stop or catch a projectile, such as a bean bag or ball. Hit with a bat or racket. Over-arm/under-arm throw			
Tactics Use a range of simple tactics to aid attacking and defending.			
Dance Perform movements to express ideas, emotions or feelings and repeat dance phrases. Perform a simple dance or movement sequence to a small group, expressing ideas, emotions or feelings.			
Athletics Skills Run a short distance with co-ordination and speed. Throw a projectile over arm. Jump from one foot, landing on the opposite foot or both feet. Jump for height/distance Hop			
Gymnastics Skills Balance and move over, under and through apparatus. Line balance Create a variety of shapes with the body. Identifies well-performed moves.			
Development Identifies a simple goal in PE and can talk about how they could achieve it.			


PE Skills Document – Year 3

TERM OF COVERAGE  SKILLS ↓	Autumn Term	Spring Term	Summer Term
Team Games Create own games, adapting the rules as required. Emerging knowledge of warmups and cool downs. Apply basic principles suitable for attacking and defending			
Throwing/Catching/Striking a Ball Keep control of ball-based equipment e.g. a hockey stick. Work effectively as part of a team. Chest pass, Kick			
Tactics Choose tactics to cause problems for an opposition.			
Dance Compare, develop and adapt movements and motifs to create movement patterns. Create/perform a sequence of movements, showing good balance/body tone.			
Athletics Skills Demonstrate a range of throwing techniques e.g. under and over arm throw. Use accuracy and power to throw. Perform a range of jumps, sometimes with run ups. Sprint run, Skip, Sidestep			
Gymnastics Skills Vary height and speed in a sequence of gymnastic movements. Balance on one foot Forward roll Climb			
Swimming Swim between 10 and 20 metres unaided, using basic stroke and developing confidence under water. Move in and around water confidently and competently, exploring ways of swimming above and below water.			
Development Recognises strengths in PE and identifies areas for improvement. Compare their performance with previous ones and demonstrate improvement to achieve their personal best.			


PE Skills Document – Year 4

TERM OF COVERAGE  SKILLS ↓	Autumn Term	Spring Term	Summer Term
Team Games Follow rules to play more challenging games. Such as rounders, hockey, non-stop cricket or team tag. Apply basic principles suitable for attacking and defending	Yellow	Green	Blue
Throwing/Catching/Striking a Ball Throw, chest pass, catch, strike and field a ball with control and accuracy. Kick	Yellow	Green	Blue
Tactics Work effectively, as part of a team, choosing an appropriate strategy or tactic to cause an opposition problems.	Yellow	Green	Blue
Dance Improvise and move with precision, control and fluency in response to a range of stimuli. Create/perform fluently a sequence of movements, showing good balance/body tone. Practise to improve the quality of performance.	Yellow	White	White
Athletics Skills Run with pace over longer distances and for more extended periods. Able to identify the difference between longer distance running and sprinting.	Yellow	White	Blue
Gymnastics Skills Combine movements, actions and balances, individually or collaboratively, to create a fluid routine. Balance on one foot Forward roll Climb	White	Green	White
Development Use constructive feedback to make improvements to performance Compare performance with previous ones and demonstrate improvement to achieve their personal best.	Yellow	Green	Blue

PE Skills Document – Year 5

TERM OF COVERAGE  SKILLS ↓	Autumn Term	Spring Term	Summer Term
Team Games Explain, evaluate and develop ideas and plans for a game that includes a scoring system. Apply basic principles suitable for attacking and defending	Yellow	White	Blue
Throwing/Catching/Striking a Ball Use different techniques and skills to pass, dribble, travel and shoot in ball games. Foot dribble, hand dribble Punt Two-handed strike	Yellow	Green	Blue
Tactics Mark an opposing player(s) preventing them from gaining possession.	Yellow	White	Blue
Dance Vary dynamics of movement or dance. Develop actions in time to music either individually or part of a group. Perform individually or with a group with increasing confidence and accuracy, using the whole body across different levels/spaces to a range of audiences.	Yellow	White	White
Athletics Skills Explain how power and stamina is developed and how this improves performance. Continuous leap Gallop	Yellow	Green	Blue
Gymnastics Skills Create and perform complex sequences, including change of direction, different methods of travelling, speed, height, showing good stability and core strength.	White	Green	White
Swimming Swim between 50-100 metres. Beginning to develop the use of more than one stroke. Developing the ability to swim for an extended period of time.	Yellow	White	White
Development Compare performances with previous ones – identifying where improvements have been made and what needs to continue to be a focus for development.	Yellow	Green	Blue

PE Skills Document – Year 6

TERM OF COVERAGE  SKILLS ↓	Autumn Term	Spring Term	Summer Term
Team Games Use and adapt tactics, choosing the most effective one for different situations. Apply basic principles suitable for attacking and defending	Yellow	White	Blue
Throwing/Catching/Striking a Ball Select and perform combinations of sending and striking skills with confidence, accuracy and consistency. Foot dribble, hand dribble Punt Two-handed strike	Yellow	Green	Blue
Tactics Apply tactical knowledge effectively in attacking and defending situations.	Yellow	White	Blue
Dance Move in time to music. Create movements that express the meaning and mood of a piece of music. Perform sequences on multiple levels to an audience with control and grace, using available space expressively.	Yellow	White	White
Athletics Skills Demonstrate a high level of control, speed, strength and stamina when running, jumping and throwing. Suggest ways to improve their own performance. Continuous leap Gallop	Yellow	Green	Blue
Gymnastics Skills Combine and perform gymnastic actions using the whole body. Adapt movements and balances in a routine so that they fit into an effective sequence.	White	Green	White
Swimming Able to swim over 100 metres. Uses three different strokes at a sustainable pace. Able to perform a wide range of survival techniques.	White	Green	White
Development Explain how to improve their performance in order to achieve personal bests. Compare performances with previous ones – identifying where improvements have been made and what needs to continue to be a focus for development.	Yellow	Green	Blue

