

Skills Map for Enquiry

Physical Health and Wellbeing (Please also see Progression statements documents for Real PE and Real Gym specific activities).

Early Years

Moving and Handling	Aut	Spr	Sum	Health and Self-Care	Aut	Spr	Sum
Show good control and co-ordination in large and small movements				Know the importance for good health of physical exercise, and a healthy diet			
Move confidently in a range of ways safely negotiating space				Talk about ways to keep healthy and safe			
Handle equipment and tools effectively, including pencils for writing				Manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently			
				Enjoy working on simple tasks with help			
Greater Depth	Aut	Spr	Sum	Greater Depth	Aut	Spr	Sum
Hop confidently and skip in time to music				Know about, and make healthy choices in relation to healthy eating and exercise			
Hold paper in position and use their preferred hand for writing using a correct pencil grip				Dress and undress independently, successfully managing to fasten buttons or laces			
Begin to be able to write on lines and control letter size							

Skills Map for Enquiry

Physical Education (Please also see Progression statements documents for Real PE and Real Gym specific activities).

Year 1

Physical Skills	Aut	Spr	Sum	Thinking Skills	Aut	Spr	Sum
Develop fundamental movement skills (including running, jumping, throwing and catching)				Develop simple tactics for attacking and defending and ways to score			
Develop an underarm and overarm throw.				Show good awareness of space and the actions of others			
Perform a run and jump sequence.				Watch, describe and comment on what they have seen			
Copy and repeat a sequence of actions with some control				Follow instructions, practise safely and work on simple tasks by themselves			
Perform basic actions using changes in speed and direction, including travelling, rolling, jumping and climbing and stay still when required				Work sensibly with others, taking turns and sharing			
Link two movements together and perform a movement phrase with a beginning, middle and end							
Static balance: stand still for 10 seconds, seated balance with hand or foot support, hold mini-front support							
Dynamic & counter balance: walk forwards and backwards, jump from 2 feet to 2 feet, in pairs rock back and forth, roll balls and collect the rebound							
Agility: roll a body up and down their legs and body, gallop with either foot, chase a ball rolled by a partner, catch a ball after 1 bounce							
Greater Depth	Aut	Spr	Sum	Greater Depth	Aut	Spr	Sum
Create and perform a movement phrase with a beginning, middle and end				Apply skills in a variety of situations			
Personal Skills	Aut	Spr	Sum	Health Skills	Aut	Spr	Sum
Develop confidence and resilience				Aware of how the body changes to the way they feel about exercise			
Describe the differences in the way their body works and feels when playing different games				Know why exercise is important for good health			
Compete fairly showing good sportsmanship							
Greater Depth	Aut	Spr	Sum	Greater Depth	Aut	Spr	Sum

Know running, jumping and throwing is good for them and describe what it feels like

Differentiates between healthy and unhealthy foods

Skills Map for Enquiry

Physical Education (*Please also see Progression statements documents for Real PE and Real Gym specific activities*).

Year 2

Physical Skills	Aut	Spr	Sum	Thinking Skills	Aut	Spr	Sum
Develop fundamental movement skills (specifically master basic movements including running, jumping, throwing and catching)				Show good awareness of space and the actions of others during games			
Show good awareness of space and the actions of others				Try several times if at first they do not succeed and ask for help when appropriate			
Learn skills for playing striking and fielding games.				Describe and explain some basic rules			
Run with a good technique at different speeds and distances				Handle apparatus safely and recognise risks involved			
Use simple choreographic devices such as unison, canon and mirroring.							
Perform a range of skills with some control and consistency							
Perform a sequence of movements with some changes in level, direction or speed.							
Show a good throwing technique and extend accuracy and distance							
Static balance: complete 5 mini-squats, seated balance and cone movement, hold mini-back support, stand on low beam for 10 seconds							
Dynamic & counter balance: walk fluidly lifting knees, jump 2 feet to 2 feet quarter turn, balance with partner and lean back, catch a ball without a bounce							
Coordination & agility: roll ball up and down their body with 1 hand, side-steps with pivot, collect rolled ball with a balanced position, catch ball after 1 bounce							
Greater Depth	Aut	Spr	Sum	Greater Depth	Aut	Spr	Sum
Repeat a sequence of gymnastic actions incorporating smooth transitions and stillness				Use appropriate language to accurately describe a gymnastic sequence, choosing one aspect and say how to improve it			
Personal Skills	Aut	Spr	Sum	Health Skills	Aut	Spr	Sum
Work and compete individually and with others				Identify physical activities that contribute to fitness			
Help, praise and encourage others				Recognise the health benefits of nutrition and physical activity			

Know playing games is good for them and describe what it feels like		■	■	Describe how the body feels before and after exercise	■	■	■
Know running, jumping and throwing is good for them and describe what it feels like		■	■				
Compete fairly showing good sportsmanship	■	■	■				

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Physical Education (Please also see Progression statements documents for Real PE and Real Gym specific activities).

Year 3

Physical Skills	Aut	Spr	Sum	Thinking Skills	Aut	Spr	Sum
Master fundamental movement skills with a good level of consistency when moving and standing still (specifically master basic movements including running, jumping, throwing and catching)				Show good awareness of space and the actions of others			
Throw and catch with control when under limited pressure to keep possession and score goals				Use simple rules fairly and extend them to devise their own games			
Show an awareness of opponents and team mates during games				Recognise good performances in themselves and others and use what they have learned improve their own work			
Perform with some awareness of rhythm and expression				Take part in relay activities remembering when to run and what to do			
Static balance: complete 5 squats, seated balance move cone from 1 side to the other, hold full front support position, raise alternate feet 5 times							
Dynamic & counter balance: walk with heel/toe landing, complete tuck jump, partner balance with 1 hand and lean back, kick ball with same foot							
Coordination & agility: move ball around waist 17 times, hopscotch forwards and backwards, chase ball and let it go through legs							
Greater Depth	Aut	Spr	Sum	Greater Depth	Aut	Spr	Sum
Throw a variety of objects, changing their action for accuracy and distance				Use ideas they have learned in one task and apply them in another			
Personal Skills	Aut	Spr	Sum	Health Skills	Aut	Spr	Sum
Begin to understand the importance of warming up				Recognise that strength and suppleness are important parts of fitness			
Identify that playing extended games improves their stamina				Know the importance of strength and flexibility for physical activity.			
Compete fairly showing good sportsmanship individually and with others				Explain why we need to warm up and cool down			
Recognise when their body is warmer or cooler and when their heart beats faster and slower							

Use simple dance vocabulary to compare and improve work.							
Greater Depth	Aut	Spr	Sum	Greater Depth	Aut	Spr	Sum
Know and describe the effects of different exercise activities on the body and how to improve stamina				Describes the concept of fitness and provides examples of physical activity to enhance fitness			

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Physical Education (Please also see Progression statements documents for Real PE and Real Gym specific activities).

Year 4

Physical Skills	Aut	Spr	Sum	Thinking Skills	Aut	Spr	Sum
Throw and catch with control when under limited pressure to keep possession and score goals				Describe their own and others' performance, making simple judgements about the quality of performances and suggesting ways they could be improved			
Change pace, length and direction to outwit their opponent				Appreciate that rules need to be consistent and fair, using this knowledge to create rules and teach them to others			
Show some control when using a range of basic running, jumping and throwing actions with some accuracy and power into a target area				To know where they are with their performance and challenge themselves.			
Perform a range of jumps showing contrasting techniques and sometimes using a short run up				Handle apparatus safely and recognise risks involved			
Select and apply a range of skills with good control and consistency							
Combine actions and show clarity of shape in longer sequences, alone or with a partner							
Perform dances using a range of movement patterns							
Perform and repeat longer sequences with clear shapes and controlled movement							
Static balance: complete 5 ankle extensions, sit in dish shape 5 seconds, move cone on and off back support, catch ball at chest height							
Dynamic & counter balance: walk fluidly with feet to bottom, tuck jump with turn, paired balance with eyes closed, kick 2 balls with alternate feet							
Coordination & agility: move ball around alternate legs 16 times, move in 3-step zigzag pattern back and forth, chase tennis ball and let it go through legs, catch ball after 1 bounce while balanced on 1 leg							
Greater Depth	Aut	Spr	Sum	Greater Depth	Aut	Spr	Sum
Choose and use a range of ball skills with a good degree of accuracy				Relate different athletic activities to changes in heart rate, breathing and temperature			

Use a variety of techniques and tactics to attack, keep possession and score				Choose and use a range of simple tactics for defending and challenging their opponent for striking, fielding, team and net games			
				Develop calming techniques and self-regulate emotions			
Personal Skills	Aut	Spr	Sum	Health Skills	Aut	Spr	Sum
Understand how strength, stamina and speed can be improved by playing games				Examines the health benefits of participating in physical activity			
Compete in small sided games fairly showing good sportsmanship				Explain why we need to warm up and cool down			
Show patience and support others, listening carefully to them about their work.							
Greater Depth	Aut	Spr	Sum	Greater Depth	Aut	Spr	Sum
Lead activities and teach to other children				Discusses the importance of hydration during physical activities			

Skills Map for Enquiry

Physical Education (Please also see Progression statements documents for Real PE and Real Gym specific activities).

Year 5

Physical Skills	Aut	Spr	Sum	Thinking Skills	Aut	Spr	Sum
Use a large range of sending, receiving and travelling techniques in games, with varied control				Know and apply the basic strategic and tactical principles of a some games and adapt them to different situations			
Demonstrate a range of throwing actions using modified equipment with some accuracy and control				Show good awareness of space and the actions of others			
Understand and demonstrate the differences between sprinting and distance running				Appreciate that rules need to be consistent and fair, using this knowledge to create rules and teach them to others			
Work cooperatively to put strategies and solutions into action				Identify good performances and suggest ideas for practices that will improve their play			
Perform dances, ensuring that their actions fit the rhythm of the music.				Work in cooperative groups to use different techniques, speeds and effort to meet challenges			
Static balance: stand on an uneven surface 10 seconds, pick up a cone arm distance away, transfer ball on and off back in front support, raise alternate knees to opposite elbow				Predict how different activities will affect heart rate, temperature and performance			
Dynamic & counter balance: lunge walk forwards, hope sideways and freeze on landing, with partner stand on 1 leg leaning back, alternatively throw and catch 2 balls against a wall				Evaluate a sequence and suggest improvements to speed, direction and level, applying some basic criteria			
Coordination & agility: with legs apart move ball around in figure of 8, move in 3-step zigzag pattern, roll and chase a ball and stop it with knee, from 2 meters bring hand across body to catch tennis ball							
Greater Depth	Aut	Spr	Sum	Greater Depth	Aut	Spr	Sum
Develop a broad range of techniques and skills for attacking and defending, using them with consistent accuracy, confidence and control				With help, devise warm up and cool down activities and justify their choices			
Perform actions, shapes and balances with good body tension and extension				Know and apply the strategic and tactical principles of various games and adapt them to different situations			
Personal Skills	Aut	Spr	Sum	Health Skills	Aut	Spr	Sum
Work and compete individually and with others				Understand fully why exercise is good for fitness, health and wellbeing			
Develop competence and confidence				Recognise when their body is warmer or cooler and when their heart beats faster and slower			
Compete in a range of team games showing good sportsmanship							

Recognise that strength and suppleness are important parts of fitness							
Greater Depth	Aut	Spr	Sum	Greater Depth	Aut	Spr	Sum
Design and lead activities and teach to other children				Designs a fitness plan to address ways to use physical activity to enhance fitness			

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Physical Education (*Please also see Progression statements documents for Real PE and Real Gym specific activities*).

Year 6

Physical Skills	Aut	Spr	Sum	Thinking Skills	Aut	Spr	Sum
Use a large range of sending, receiving and travelling techniques in games, with varied control				Understand, choose and apply a range of tactics and strategies for defence and attack			
Link actions together so that they flow in running, jumping and throwing activities				Appreciate that rules need to be consistent and fair, using this knowledge to create rules and teach them to others			
Perform skills with greater speed, fluency and accuracy in invasion, striking and net games							
Choose the best pace for a running event, in order to sustain running and improve their personal target				Cope well and react positively when things become difficult. To persevere with a task and improve my performance through regular practice.			
Identify and repeat the movement patterns and actions of a chosen dance style.				Keep and win back possession of the ball effectively and in a variety of ways in a team game.			
Work with a partner or small group to practise and refine a sequence				Accurately measure and record the distance of their throws and jumps.			
Use good hand-eye coordination to be able to direct a ball when striking or hitting.							
Perform a variety of movements and skills with good body tension							
Static balance: 10 squats to ankle extension, hold a v-shape for 10 seconds, transfer tennis ball from tummy in back support, catch small ball thrown close to body							
Dynamic & counter balance: lunge walk with eyes closed, sideways jump 1 foot to the other, stand on 1 leg and hold partners foot, throw 2 balls against a wall catching with opposite hands							
Coordination & agility: move ball around waist and legs with 1 hand, move in 3-step zigzag pattern changing leading leg, roll and chase a ball stopping it in front support position, from 3							

meters bring hand across body to catch tennis ball							
Greater Depth	Aut	Spr	Sum	Greater Depth	Aut	Spr	Sum
Prepare physically and organisationally for challenges they are set and adapt their skills and understanding as they move from familiar to unfamiliar environments				Organise and judge events and challenges well			
Combine and perform actions, shapes and balances with fluency increasingly difficult combinations				Know and apply strategic and tactical principles of a various games and adapt them to different situations			
Personal Skills	Aut	Spr	Sum	Health Skills	Aut	Spr	Sum
Develop competence and confidence				Understand how often and how long we should exercise for a healthy lifestyle			
Compete in a range of team games showing good sportsmanship				Identify activities that help develop stamina or power and suggest how some can be used in other types of activities			
Take part in outdoor and adventurous activity challenges both individually and within a team.							
Cooperate well with others and give helpful feedback. Help to organise roles and responsibilities.							
Greater Depth	Aut	Spr	Sum	Greater Depth	Aut	Spr	Sum
Know the importance and types of fitness and how playing games contributes to a healthy lifestyle				Designs a fitness plan to address ways to use physical activity to enhance fitness			
				Analyses the impact of food choices relative to physical activity and personal health			

Skills Map for Enquiry

Swimming

Working Towards	Expected	Greater Depth
Swims up to 15 metres unaided	Confidently swim 25 metres	Confidently swim further than 100 metres
Is able to swim for 30 seconds using swimming aids and support	To swim 3 different strokes	To swim all 3 strokes with confidence and control
A variety of basic arm and leg actions are used when on their front and on their back	Have controlled breathing	Have controlled, calm breathing so that their swimming pattern is not disrupted
Carefully lowers themselves into the pool without support	Recognise that swimming affects their body and pace their efforts to meet different challenges	Swims short distances using butterfly
Recognise how their body reacts and feels when swimming		Performs a wide range of personal survival techniques confidently