



Appleton Wiske Community Primary School PE Progression



Year	Knowledge	Skills	Key Vocabulary
Year 1	<ul style="list-style-type: none"> - Understand basic movements: running, jumping, throwing, catching, balance, agility, coordination - Recognise simple rules of team games - Identify simple movement patterns in dance 	<ul style="list-style-type: none"> - Develop fundamental movement skills in running, jumping, throwing, catching - Begin balancing and coordination activities - Participate in simple team games using basic attacking and defending tactics - Perform simple dance movements and patterns 	Run, jump, throw, catch, balance, agility, coordination, team, attack, defend, dance, pattern
Year 2	<ul style="list-style-type: none"> - Know how to combine basic movements in activities - Understand the purpose of tactics in team games - Recognise different types of movement patterns in dance and gymnastics 	<ul style="list-style-type: none"> - Combine running, jumping, throwing and catching in sequence - Apply simple attacking and defending tactics in team games - Perform dances with a range of simple movement patterns - Begin to develop basic gymnastic balances and sequences 	Combine, sequence, tactic, attack, defend, dance, movement pattern, balance, sequence
Year 3	<ul style="list-style-type: none"> - Understand more complex movement combinations and rules in a wider range of games - Know the importance of flexibility, strength and control in gymnastics and athletics - Recognise components of safe warm-ups 	<ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and combination with control - Develop attacking and defending strategies in invasion and net/wall games - Perform dances using varied movement patterns - Develop gymnastic and athletic techniques focusing on control and balance 	Flexibility, strength, control, warm-up, invasion games, net/wall games, technique, stamina
Year 4	<ul style="list-style-type: none"> - Know a broader range of tactics for attacking and defending in different games - Understand the role of stamina and fitness in performance - Recognise the importance of teamwork in outdoor challenges 	<ul style="list-style-type: none"> - Play competitive games with modified rules showing tactical awareness - Develop flexibility, strength, technique, control and balance through athletics and gymnastics - Participate in outdoor and adventurous challenges individually and in teams 	Competitive, tactic, stamina, teamwork, outdoor challenge, flexibility, technique, control, balance

Year 5	<ul style="list-style-type: none"> - Understand how to apply and adapt tactics across different games - Know how to evaluate personal performance and identify areas for improvement - Recognise a wider range of dance and gymnastic movement patterns 	<ul style="list-style-type: none"> - Apply running, jumping, throwing and catching skills in competitive contexts - Develop and apply attacking and defending tactics effectively - Perform dances and gymnastic routines showing control and expression - Compare performances and demonstrate personal best improvements 	Adapt, evaluate, personal best, expression, routine, competitive, tactic
Year 6	<ul style="list-style-type: none"> - Know advanced tactics and strategies in team games and individual sports - Understand the importance of safe self-rescue in water-based activities - Recognise how physical fitness impacts performance and wellbeing 	<ul style="list-style-type: none"> - Confidently use running, jumping, throwing and catching in competitive games - Demonstrate advanced tactical understanding in invasion, net/wall, and striking/fielding games - Perform complex dance and gymnastic sequences with control and flair - Swim competently over 25m using a range of strokes and perform safe self-rescue techniques 	Strategy, advanced tactic, self-rescue, stroke, competitive, control, flair, stamina

This progression framework is designed to build pupils' physical competence and confidence incrementally from Year 1 to Year 6, aligning with Appleton Wiske's vision of developing happy, healthy, and productive children. It supports the school's priorities by embedding high-quality teaching of core physical skills and ensuring all pupils, including those with SEND and disadvantaged backgrounds, can access a broad, rich curriculum. The framework also encourages resilience, independence, and positive attitudes through progressively challenging activities and personal performance reflection, supporting the school's commitment to preparing pupils for life beyond primary education.