



PE Skills Coverage

Skill	Y3	Y4	Y5	Y6
Team Games	Create their own games, adapting rules and displaying knowledge of warm up and cool downs.	Follow rules to play more challenging team games, such as rounders, hockey, non-stop cricket and team-tag.	Explain, evaluate and develop ideas and plans for a game that includes a scoring system.	Use and adapt tactics, choosing the most effective one for different situations.
Striking and Fielding	Keep control of ball-based equipment (e.g. a hockey stick), working effectively as part of a team.	Throw, catch, strike and field a ball with control and accuracy.	Use different techniques and skills to pass, dribble, travel and shoot in ball games.	Select and perform combinations of sending and striking skills with confidence, accuracy and consistency.
Strategy	Choose tactics/a suitable strategy to cause problems for the opposition.	Work effectively as part of a team, choosing an appropriate strategy or tactic to cause problems for the opposition.	Mark an opposing player or players, preventing them from gaining possession.	Apply tactical knowledge effectively in attacking and defending situations.
Dance	Compare, develop and adapt movements and motifs to create movement patterns.	Improvise and move with precision, control and fluency in response to a range of stimuli.	Vary dynamics of a movement or dance, developing actions in time to music, with a partner or as part of a group.	Move in time to music, creating movements that express the meaning and mood of the piece.
Athletics	Demonstrate a range of throwing techniques, using accuracy and power and perform a range of jumps, sometimes with run ups.	Run with pace over longer distances and for more extended periods, identifying the difference between this and sprinting.	Explain how power and stamina is developed and how this improves performance.	Demonstrate a high level of control, speed, strength and stamina when running, jumping and throwing and suggest ways to improve their performance.



Gymnastics	Vary height and speed in a sequence of gymnastic movements.	Combine movements, actions and balances, individually or collaboratively, to create a fluid routine.	Create and perform more complex sequences, including change of direction, travelling, speed and height, showing good stability and core strength.	Combine and perform gymnastic actions, using the whole body, adapting movements and balances to a routine so that they fit into a sequence.
Outdoor Adventurous Activities (OAA)	Work effectively as part of a team to safely navigate to familiar places, solving problems and evaluating their performance.	Respond positively to increased challenges and other team members, showing ability to listen to feedback.	Plan routes and orientate maps, responding positively to increasing challenges, listening to feedback and evaluating their role.	Lead groups in problem solving, analysing their own effectiveness as a team leader.
Performance	Create/perform a sequence of movements, showing good balance/body tone. Recognise their strengths in PE, identifying areas for improvement.	Create/perform fluently a sequence of movements, showing good balance/body tone and practise to improve. Use constructive feedback to make improvements to their performance.	Perform individually or with a partner/as a group with increasing confidence and accuracy, using the whole body across different levels/spaces, to a range of audiences. Compare performances with previous ones.	Perform sequences, on multiple levels to an audience with control and grace, using available space expressively. Explain how they need to improve their own performance in order to achieve their personal best.
Swimming		Move in and around water confidently and competently, exploring ways of swimming above and below the water. Move in and around water confidently and competently, exploring		



Saltersgate Junior School Subject Progression Map – Whole School

		<p>ways of swimming above and below the water. Swim between 50 and 100 metres, using three strokes, sustaining swimming over an extended time. Show a problem solving approach to survival Swim over 100 metres, using three strokes, at a sustainable pace, being able to perform a wide range of survival techniques</p>		
--	--	--	--	--