

PE Curriculum progression and end points

Year 3 skills	Year 4 Skills	Year 5 skills	Year 6 Skills
1. I am developing my movement skills with improved technique.	1. I am developing my movement skills with improved technique.	1. I can practise, consolidate and refine my skills to improve my performance.	1. I am developing and sustaining my levels of fitness.
2. I can explore different styles of body shape and create strong movements and balances.	2. I can explore different styles of body shape and create strong movements and balances.	2. I can show good positions and posture when I link a short sequence of shapes and balances, moving in and out of positions of stillness.	2. I can maintain a strong core position in my performance demonstrating control, accuracy and fluency of movement when performing.
3. I can move my body well, exploring how to manage and control it and finding out how to use and share space.	3. I can move my body well, exploring how to manage and control it and finding out how to use and share space.	3. I can improve my skills to develop control and flow.	3. I can demonstrate my ability to select, adapt and apply movement skills and strategies, creatively, accurately and with control.
4. I can understand the simple tactics of attacking and defending.	4. I can understand the simple tactics of attacking and defending.	4. I can recognise and suggest patterns of play which will increase chances of success and outwit opponents.	4. I can read and react to different game situations as they develop.
5. I show patience and support to others, listening carefully and sharing my ideas.	5. I show patience and support to others, listening carefully and sharing my ideas.	5. I am beginning to involve others and motivate those around me to perform better.	5. I can involve others and motivate those around me to perform better.
6. I am developing a recognised stroke on my front (swimming).	6. I am developing a recognised stroke on my front (swimming).	6. I can swim 25 metres using a recognised stroke on my front or back.	6. I can swim 25 metres using a recognised stroke on my front and back.