

PE Progression of Skills for Mixed-Age Primary Classes

This document outlines a progression of Physical Education (PE) skills designed for mixed-age primary classes (YR/1, Y2/3, Y4/5/6). It ensures coherent development of physical skills, teamwork, and fitness across all age groups.

Skill Strand	YR/1	Y2/3	Y4/5/6
Fundamental Movement	Run, jump, hop, skip, balance, crawl, climb confidently. Basic throwing, catching, kicking, rolling. Explore movement at different speeds, directions, levels.	Develop agility, balance, coordination. Improve accuracy and control in throwing, catching, kicking, striking. Combine movements into sequences.	Demonstrate advanced balance, agility, coordination. Combine skills into controlled, accurate, complex sequences.
Games / Teamwork	Participate in simple games with rules. Take turns, cooperate, follow instructions safely.	Small-sided games with basic tactics. Understand positions, strategies, simple rules. Show fair play.	Apply tactics and strategies in competitive games. Understand rules, positions, roles. Lead and support others.
Gymnastics	Travel in different ways; balance on body parts; basic shapes; link simple movements.	Perform controlled balances, rolls, jumps, turns. Link movements into short sequences with control.	Perform controlled, complex sequences individually and in groups. Show strength, flexibility, coordination, creativity.
Dance	Explore rhythm, actions, movement patterns. Respond imaginatively to music or stories.	Perform sequences with rhythm, expression, coordination. Explore dynamics (fast/slow, high/low, strong/gentle).	Perform expressive, complex dance sequences. Choreograph short dances with motifs/themes. Evaluate and refine performances.
Athletics / Fitness	Run short distances, jump, throw with control. Participate in simple challenges and exercises.	Improve technique in running, jumping, throwing. Participate in relay races, timed challenges, basic fitness exercises.	Improve technique in competitive events. Develop personal fitness plans, monitor progress.
Swimming / Water Skills	Introduction to water confidence, basic floating and kicking.	Swim short distances independently; basic strokes and water safety.	Swim longer distances, multiple strokes with technique; basic lifesaving and water safety.