



Physical Education Skills Grid

	Physical	Skills & Technique	Tactical	Social	Health
Purpose	Ambitious, capable learners. Healthy, confident individuals.				
What Matters Statement	Developing physical health has lifelong benefits				
Nursery	Move in different ways using gross motor movements and fine motor movements.	Throw, catch, walk, run, jump, crawl.	Combine gross motor skills and fine motor skills to achieve an outcome working individually.	Develop confidence and motivation through different activities. Respond to instructions.	Make connections between diet and physical health and well-being.
Reception					
Year 1					
Year 2	Use and improve basic movement skills such as running, jumping and skipping.	Use fine motor skills individually, in pairs and in small groups such as throwing and catching.	Follow simple rules to play games, including team games. Pupils must listen to instructions then apply them in each game.	Develop confidence and motivation in different physical challenges. For example, when communicating with teammates. Respond to prompts in dance and gymnastics in imaginative and creative ways.	Explain a balanced diet and make informed choices about food.
Year 3					
Year 4	Develop a range of sport specific movements such as batting, bowling, dribbling, passing and shooting.	Demonstrate sporting movements in isolated practices and small sided invasion games. Fixed and varied practiced will be used in both closed and open environments.	Work in familiar, unfamiliar and changing situations. Pupils need to apply isolated skills in small sided games. Explore space creatively in response to a variety of stimuli. For example, when creating gymnastic/dance routines.	Motivate myself to engage confidently in regular physical activity and sport, and be aware of my own progress.	Explain the importance of a balanced diet and nutrition and its impact on health and wellbeing.
Year 5					
Year 6					
Year 7	Moderate to vigorous physical activity: Increase HR intensity to perform in a range of health and fitness sessions.	Develop, recall and apply a breadth of skills and techniques with control through paired and group work.	Make decisions in competitive activities/sports. For example, selecting and applying the right pass in invasion games.	Self and Peer feedback: Identify strengths and weaknesses of their own and others' performance when doing individual or team sports.	Explain the benefits of a healthy active lifestyle.
Year 8	Situational fitness: Work at different intensities to meet the demands of different fitness activities.	Recall and apply a breadth of skills and techniques in invasion and striking/fielding games with precision, control and fluency.	Respond to dynamic situations: Anticipate when to adapt their role to prevent tactical changes.	Sportsmanship. Value and respect one another in all aspects of physical education. For example giving positive feedback to peers as players, coaches and officials..	Explain the impact of lifestyle choice on our health and wellbeing.
Year 9	Demonstrate components of fitness that underpin performances and apply them with precision, fluency and control. Such as coordination, balance, speed and endurance.	Developing technical expertise: Perform complex sequenced techniques with precision, fluency and control. Such as bowling, batting, dribbling, passing and shooting.	Preventative and proactive decision making: Consistently make effective decisions during small sided games with success.	Inclusion and trust developed through different types of group/team work.	Explain the benefits of good nutrition.
Year 10	Utilise all physical characteristics for the activity efficiently and effectively. For example, consistency, decision making and aesthetics in their performance.	Apply the appropriate skills and techniques to the activity in demanding situations such as full games in rugby, football, netball and basketball.	Apply appropriate decision making and strategies in demanding situations such as full games.	Communicate effectively with others to benefit the team performance.	Understand energy balance equation. Explain the functions of nutrients; protein, carbohydrate, fats minerals and water.
Year 11	Utilise all physical characteristics efficiently and effectively in a range of different activities.	Apply appropriate skills and techniques for the position/activity. Consistency, precision and fluency are evident.	Implementation of appropriate team strategies and tactics and/or compositional ideas. For example, creating space in attack during invasion games.	Show awareness of the actions of other performers and respond appropriately whilst also showing their individual role in achieving the collective aims.	Explain the importance of nutrition for overall health and its roles in different types of physical activity.