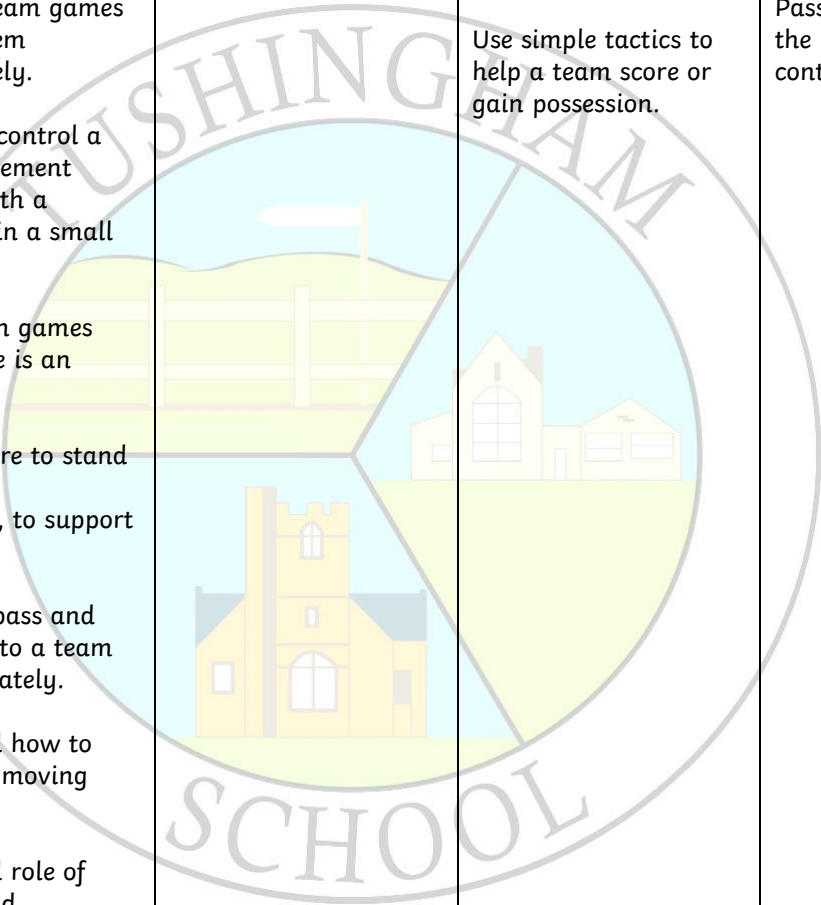




PE – Progression Document

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Dance	<p>Explore movement ideas and respond imaginatively to a range of music.</p> <p>Move confidently and safely in their own general space using changes of speed level and direction.</p> <p>Compose and link movements to make simple dance routines.</p> <p>Perform movement phrases using a range of body actions and body parts.</p>	<p>Move to music whilst your friends watch.</p> <p>Explore, remember, repeat and link a range of actions with coordination, control and awareness of the expressive qualities of dance.</p> <p>Explore the change of rhythm, speed, level and direction.</p> <p>Compose and perform short dances that express and communicate moods, ideas and feelings choosing and varying simple compositional ideas.</p>	<p>Create dance phrases that communicate ideas.</p> <p>Create dance phrases with a partner and in a small group using canon and unison.</p> <p>Repeat, remember and perform these phrases in a dance.</p> <p>Use dynamic and expressive qualities in relation to an idea.</p> <p>Use counts to keep in time with a group and the music.</p> <p>Recognise and talk about the movements used and the expressive qualities of dance.</p>	<p>Respond imaginatively to a range of stimuli related to character and narrative.</p> <p>Understand how to use formation, canon and unison in dance.</p> <p>Use simple movement patterns to structure dance phrases on own, with a partner and in a group.</p> <p>Refine, repeat and remember dance phrases and dances.</p> <p>Perform a small dance routine clearly and fluently.</p> <p>Describe, interpret and evaluate dance, using appropriate language.</p>	<p>Define a stimulus in dance. Create a dance routine with a clear stimulus with partial guidance.</p> <p>Adapt and refine actions, dynamics and relationships in a dance.</p> <p>Perform different styles of dance clearly and fluently.</p> <p>Recognise and comment on dances, showing an understanding of style.</p> <p>Suggest ways to improve their own and other people's work.</p>	<p>Create a dance routine with a clear stimulus with little to no guidance.</p> <p>Experiment with 'group gestures'.</p> <p>Work creatively and imaginatively individually, with a partner and in a group to choreograph motifs and structure simple dances.</p> <p>Adapt and refine actions, dynamics and relationships to improve a dance. Choreograph a dance using props.</p> <p>Perform dances fluently and with control.</p> <p>Use appropriate technical language to evaluate and refine their own and others' work.</p>

<p>Gymnastics</p>	<p>Move confidently and safely in their own and general space, using change of height, speed and direction.</p> <p>Use apparatus safely.</p> <p>Explore and perform gymnastic actions (pencil/straight, tuck, star, pike, dish and arch) and balances.</p> <p>Copy, create and link two movement phrases using a range of body actions and body parts.</p>	<p>Develop ways to travel and balance on the floor and apparatus</p> <p>Intro to Mirror and Match.</p> <p>Perform a variety of body shapes and balances with control and precision.</p> <p>Choose, use and vary simple compositional ideas in the sequence they create and perform, with moderate control, remembering, repeating and linking combinations of three gymnastic actions – beginning, middle and end.</p> <p>Work with a partner sharing ideas and creating a simple sequence.</p>	<p>Develop ways to travel and balance on the floor and apparatus</p> <p>Use a greater number of own ideas for movements in response to a task.</p> <p>Choose and plan sequences of contrasting actions.</p> <p>Complete actions with increasing balance and control.</p> <p>Use unison and canon techniques with a partner or group.</p> <p>Choose actions that flow well into one another.</p> <p>Adapt sequences to suit different types of apparatus.</p> <p>With support, recognise how performances could be improved.</p>	<p>Pupils use skills and knowledge to create routines as small groups with partial guidance.</p> <p>Safely perform balances individually and with a partner.</p> <p>Plan and perform sequences with a partner that include a change of level and shape.</p> <p>Understand how body tension can improve the control and quality of their movements.</p> <p>Watch, describe and suggest possible improvements to a performance.</p>	<p>Pupils create gymnastic routines, using apparatus, as small groups, independently & with a partner.</p> <p>Use canon, synchronisation, and mirroring when performing with a partner and a group.</p> <p>Use strength and flexibility to improve the quality of a performance.</p> <p>Use set criteria to make simple judgments about performances and suggest ways they could be improved.</p>	<p>Pupils create gymnastics routines as medium sized groups involving canon/unison, mirror/match, partner balances and apparatus without guidance.</p> <p>Understand what counter balance and counter tension is and show examples with a partner.</p> <p>Combine and perform gymnastic actions, shapes and balances with control and fluency.</p> <p>Create and perform sequences using compositional devices to improve the quality.</p> <p>Suggest changes and use feedback to improve a sequence.</p>
<p>Invasion Games Tag Rugby Football Netball Basketball</p>	<p>To be confident and keep themselves safe in the space in which an activity or game is being played.</p> <p>Explore and use skills, actions and</p>	<p>Demonstrate increasing coordination and control in various activities.</p>	<p>Move with a ball towards goals with increasing control.</p> <p>Understand their role as an attacker and as a defender.</p>	<p>Pass, receive and shoot the ball with increasing control.</p> <p>Work as part of a team to keep</p>	<p>Understand there are different skills for different situations and begin to use these.</p> <p>Move into space to help a team.</p>	<p>Pass, receive and shoot the ball with increasing control under pressure.</p> <p>Select the appropriate action for the situation.</p>

	<p>ideas individually and in combination to suit the game that is being played.</p> <p>Show ability to work with a partner in throwing and catching games.</p> <p>Choose and use skills effectively for particular games: -Throw a ball accurately to a target using increasing control. -Explore throwing and catching in different ways. -Explore kicking in different ways with increasing control.</p>	<p>Remember, repeat and link combinations of skills where necessary.</p> <p>Develop basic tactics in simple team games and use them appropriately.</p> <p>Catch and control a ball in movement working with a partner or in a small group.</p> <p>Take part in games where there is an opposition.</p> <p>Decide where to stand during a team game, to support the game.</p> <p>Be able to pass and stop a ball to a team mate accurately.</p> <p>Understand how to intercept a moving ball.</p> <p>Understand role of attacker and defender.</p>	<p>Move into space to help support a team.</p> <p>Defend an opponent and try to win the ball.</p> 	<p>possession and score goals when attacking.</p> <p>Defend one on one and know when and how to win the ball.</p> <p>Use simple tactics to help a team score or gain possession.</p>	<p>Play in a range of positions and know how to contribute when attacking and defending.</p> <p>Pass, receive and shoot the ball with some control under pressure.</p>	<p>Create and use a variety of tactics to help a team.</p> <p>Create and use space to help a team.</p> <p>Select and apply different movement skills to lose a defender.</p> <p>Use marking, and or interception to improve defending.</p>
<p>Athletics</p>	<p>Introduction to sprints, hurdles, jumping for distance and throwing for distance.</p>	<p>Use their bodies and a variety of equipment with greater control and co-ordination.</p>	<p>Develop knowledge and understanding of how effectively complete techniques of athletics events.</p>	<p>Develop a greater knowledge and understanding of how to effectively complete</p>	<p>Develop secure knowledge and understanding of how to effectively complete</p>	<p>The children use their knowledge and understanding to evaluate and improve</p>

	<p>Use their bodies and a variety of equipment with some control and co-ordination.</p>	<p>Develop the following skills with increasing accuracy and velocity:</p> <ul style="list-style-type: none"> - Explore and throw a variety of objects with one hand. - Jump from a stationary position with control. - Change speed and direction whilst running. 	<p>Run at fast, medium and slow speeds.</p> <p>Develop jumping for distance and height.</p> <p>Take part in a relay activity, remembering when to run and what to do.</p> <p>Throw a variety of objects, changing my action for accuracy and distance.</p> <p>Introduce the chest push.</p> <p>Record my best distances and times.</p>	<p>techniques for athletics events.</p> <p>Introduce 400m & Bull nosed Javelin.</p> <p>Demonstrate the difference between sprinting and running over varying distances.</p> <p>Jump for distance and height with control and balance.</p> <p>Demonstrate different throwing techniques. Throw with some accuracy and power into a target area.</p>	<p>techniques for athletics events.</p> <p>Introduce the 600m & Shotput.</p> <p>Choose the best pace for a running event.</p> <p>Understand how stamina and power help people to perform well in different athletic activities.</p> <p>Perform a range of jumps showing some technique.</p> <p>Show control at take-off in jumping activities.</p> <p>Show accuracy and good technique when throwing for distance.</p> <p>Lead a partner through short warm-up routines.</p>	<p>the performance of their peers.</p> <p>Select and apply the best pace for a running event. Exchange a baton with success.</p> <p>Perform jumps for height and distance using good technique.</p> <p>Show accuracy and good technique when throwing for distance.</p> <p>Lead a small group through a short warm-up routine.</p>
<p>Net and Wall Games Tennis</p>	<p>Keep themselves safe in the space in which an activity or game is being played.</p> <p>Explore and use skills, actions and ideas individually and in combination to suit</p>	<p>Improve the way they coordinate and control their bodies in various activities.</p> <p>Remember, repeat and link combinations of skills where</p>	<p>Return a ball to a partner.</p> <p>Use basic racket skills.</p> <p>Play a range of basic shots.</p>	<p>Play continuous games.</p> <p>Use a range of basic racket skills and variety of shots in different areas of the court.</p>	<p>Develop a wider range of skills and begin to use these under some pressure.</p> <p>Select and apply preferred skills with increasing consistency.</p>	<p>Use a wider range of skills in game situations.</p> <p>Play cooperatively with a partner and in a team.</p>

	<p>the game that is being played.</p> <p>Show ability to work with a partner in throwing and catching games.</p> <p>Develop basic hand eye co-ordination, striking stationary objects.</p> <p>Hit a ball with control using an appropriate object.</p>	<p>necessary.</p> <p>Develop basic tactics in simple team games and use them appropriately.</p> <p>Choose use and vary simple tactics.</p> <p>Catch and control a ball in movement working with a partner or in a small group.</p> <p>Take part in games where there is an opposition.</p> <p>Decide where to stand during a team game, to support the game.</p> <p>Begin to lead others in a simple team game.</p> <p>Develop hand eye co-ordination to be able to receive and send balls with intention towards a rough area.</p>	<p>Move quickly around the court using a variety of movement patterns.</p> <p>Hit a ball with precision from a stationary target to a stationary target.</p>	<p>Demonstrate good footwork on the court.</p> <p>Return to the ready position to defend my own court.</p> <p>Hitting with control and accuracy in pairs: Increase in variables (moving ball).</p>	<p>Understand the need for tactics and make decisions about when best to use them.</p> <p>Play cooperatively with a partner.</p> <p>Demonstrate good footwork to cover a court space in a game situation.</p> <p>Hitting with precision to a stationary target from a moving ball.</p>	<p>Demonstrate good decision making when making shots within a game.</p> <p>Identify and use a variety of tactics.</p> <p>Hitting the ball to outwit an opponent from a moving ball.</p>
<p>Striking and Fielding Games Cricket Rounders</p>	<p>Keep themselves safe in the space in which an activity or game is being played.</p> <p>Explore and use skills, actions and</p>	<p>Improve the way they coordinate and control their bodies in various activities.</p>	<p>Use overarm and underarm throwing and catching skills.</p> <p>Introduction to correct fielding/bowling/batti</p>	<p>Use overarm and underarm throwing and catching skills with increasing accuracy.</p>	<p>To sometimes strike a bowled ball.</p> <p>Begin to develop a wider range of skills and use these under some</p>	<p>Strike a bowled ball with increasing consistency.</p> <p>Use some tactics and refined technique in</p>

	<p>ideas individually and in combination to suit the game that is being played.</p> <p>Show ability to work with a partner in throwing and catching games in an isolated environment.</p> <p>Choose and use skills effectively for particular games: -Throw a ball accurately underarm to a target using increasing control. -Show increasing control when rolling an object, using a technique. -Hit a ball with control using an appropriate object.</p> <p>Explore throwing and catching in different ways.</p>	<p>Remember, repeat and link combinations of skills where necessary.</p> <p>Develop basic tactics in simple team games and use them appropriately.</p> <p>Choose use and vary simple tactics.</p> <p>Use basic hand eye co-ordination, striking objects with intention towards a rough area.</p> <p>Catch and control a ball in movement working with a partner or in a small group.</p> <p>Take part in games where there is an opposition.</p> <p>Decide where to stand during a team game, to support the game.</p> <p>Begin to lead others in a simple team game.</p> <p>To be able to hit a ball accurately</p>	<p>ng technique in isolated environments.</p> <p>Begin to strike a bowled ball after a bounce.</p> <p>Bowl a ball towards a target.</p> <p>Develop an understanding of tactics and begin to use them in game situations.</p>	<p>Strike a bowl and ball after a bounce.</p> <p>Bowl a ball with some accuracy and consistency.</p> <p>Choose and use simple tactics for different situations.</p> <p>Develop fielding/bowling/battling skills in increasingly varied environments (Batting to Offside/Legside)</p>	<p>pressure.</p> <p>Use batting techniques effectively in a competitive situation to outwit opponents.</p>	<p>the game as a batter, bowler and Fielder to outwit opponents.</p> <p>Select the appropriate action for the situation.</p>
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		using a piece of equipment.				
<p>Swimming A detailed programme of swimming study is delivered by local swimming coaches in our hired swimming pool every 2 years (year A). YN-Y6.</p>	<p>Submerge and regain feet in the water.</p> <p>Breathe in sync with an isolated kicking action from poolside.</p> <p>Use arms and legs together to move effectively across a short distance in the water.</p> <p>Glide on front and back over short distances.</p> <p>Float on front and back for short periods of time.</p> <p>Confidently roll from front to back and then regain a standing position.</p>	<p>Confidently and consistently retrieve an object from the floor with the same breath.</p> <p>Begin to co-ordinate breath in time with basic strokes showing some consistency in timing.</p> <p>Demonstrate a fair level of technique, consistently co-ordinating the correct body parts in a range of strokes.</p> <p>Combine gliding and floating on front and back over an increased distance.</p> <p>Float on front and back using different shapes with increased control.</p> <p>Float on front and back using different shapes with increased control.</p> <p>Comfortably demonstrate sculling headfirst, feet first and treading water.</p>	<p>Confidently combine skills to retrieve an object from greater depth.</p> <p>Confidently co-ordinate a smooth and consistent breathing technique with a range of strokes.</p> <p>Confidently demonstrate good technique in a wider range of strokes over increased distances.</p> <p>Combine gliding and transitioning into an appropriate stroke with good control.</p> <p>Confidently link a variety of floating actions together demonstrating good technique and control.</p> <p>Select and apply the appropriate survival technique to the situation.</p>			
<p>Orienteering and Outdoor/ Adventurous Activity</p>	<p>Follow and give simple instructions using left, right, forwards, backwards, quarter and half turn.</p> <p>Work with a partner.</p> <p>Develop ability to understand the link between their position and details on a map.</p>	<p>Follow and give simple instructions using left, right, clockwise, anti-clockwise, forwards, backwards, quarter, half and $\frac{3}{4}$ turn.</p> <p>Work with a partner.</p> <p>Develop ability to 'thumb the map'.</p>	<p>Follow and give instructions.</p> <p>Communicate ideas and listen to others.</p> <p>Work with a partner and a small group.</p> <p>Plan and attempt to apply strategies to solve problems.</p> <p>Reflect on when and why I was successful at solving challenges.</p>	<p>Accurately follow and give instructions.</p> <p>Work effectively with a partner and a small group.</p> <p>Identify key symbols on a map and use a basic key to help navigate around a grid.</p>	<p>Reflect on when and how they were successful at solving challenges, and alter methods in order to improve.</p> <p>Work effectively with a partner and a small group, sharing ideas and agreeing on a team strategy.</p> <p>Use critical thinking to approach a task.</p>	<p>Work effectively with a partner and a group.</p> <p>Use critical thinking to form ideas.</p> <p>Pool ideas within a group, selecting and applying the best method to solve a problem.</p> <p>Reflect on why and how they are successful at solving</p>

			<p>Developing basic map reading skills.</p> <p>Using the compass outside to identify North.</p>	<p>Plan and apply strategies to solve problems.</p>	<p>Navigate around a course using a map with a key.</p>	<p>challenges and adapt methods in order to improve.</p> <p>Orientate and map efficiently to navigate around a course using a compass.</p>
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