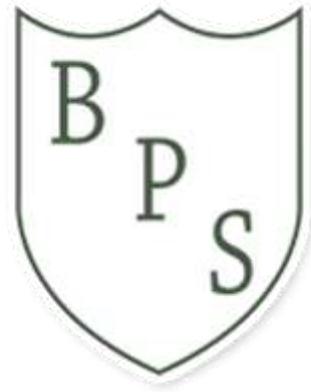


PE Progression Document



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Year 1				
	Gymnastics	Dance	Games	Athletics
	<p>Show basic control and co-ordination when travelling and when being still</p> <p>Perform actions and repeat these actions in a sequence</p> <p>Find and use space safely, travelling in a variety of ways, with an awareness of others</p> <p>Perform basic gymnastic rolls, jumps and balances</p> <p>Make their body tense, relaxed stretched, curled</p>	<p>Perform basic body actions</p> <p>Use different parts of the body with control</p> <p>Vary the speed of their actions</p> <p>Choose appropriate movements for different ideas</p> <p>Remember and repeat short dance phrases</p> <p>Describe how their body is feeling after exercise</p>	<p>Use hitting skills in a game</p> <p>Use basic underarm, rolling and hitting skills</p> <p>Sometimes use overarm skills</p> <p>Practice basic striking, sending and receiving of beanbag/ball</p> <p>Bounce and catch a ball</p> <p>Track balls, moving in line with the ball to collect it</p> <p>Throw, hit and kick a ball in a variety of ways</p> <p>Decide where to stand to make it easy for their partner</p>	<p>Run with a variety of speeds – jog run sprint</p> <p>Run over a variety of distances</p> <p>Practice a variety of jumps ie 2 to 2 feet, 2 to 1 foot, 1 foot to 2 feet</p> <p>Practice leap jumps ie from one foot to the other</p> <p>Practice jumping – for height and distance</p> <p>Throw an object towards a target.</p>

Year 2				
	Gymnastics	Dance	Games	Athletics
	<p>Plan, perform actions and repeat these actions in a sequence</p> <p>Travel in a variety of ways, with an awareness of others, including rolling</p> <p>Perform basic gymnastic rolls, jumps and balances with control and variety</p> <p>Use equipment safely</p> <p>Say how their body feels during and after exercise</p>	<p>Perform basic body actions with increased control and co-ordination</p> <p>Choose movements with different dynamic qualities to make phrases expressive</p> <p>Begin to describe the mood/feeling of a dance</p> <p>Remember and repeat dance phrases with more independence</p> <p>Know why it is important to be active</p>	<p>Play games with some fluency using a range of throwing and catching techniques</p> <p>Know the rules of games</p> <p>Use hitting skills in a game with more accuracy</p> <p>Use basic underarm, overarm, rolling and hitting skills effectively</p> <p>Practice basic striking, sending and receiving of beanbag/ball of different sizes</p> <p>Bounce and catch a ball whilst moving</p> <p>Throw, hit and kick a ball in a variety of ways with accuracy</p>	<p>Vary pace and speed when running</p> <p>Use different stride lengths</p> <p>Begin to select most suitable speed for distance runs</p> <p>Complete and obstacle course</p> <p>Perform and compare different types of jumps</p> <p>Combine different jumps</p> <p>Jumping for distance from standing position</p> <p>Throw different objects towards a target at different heights</p>

Year 3				
	Gymnastics	Dance	Games	Athletics
	<p>Perform a greater number of actions together with increasing confidence, including changes in direction, speed and level</p> <p>Use a wider range of equipment safely.</p> <p>Perform gymnastic rolls, jumps and balances with variation – taking into account their partner’s ability</p> <p>Compare and contrast gymnastic movements</p> <p>Begin to recognise how their performance could be improved</p> <p>Explain why it is important to warm up/cool down</p>	<p>Improvise freely, using a stimulus for ideas</p> <p>Create a short dance phrase with a partner</p> <p>Remember and repeat these short dance phases with a partner</p> <p>Use dynamic, rhythmic and expressive movements with control</p> <p>Begin to suggest improvements to their own work</p> <p>Describe the effects exercise has on the body</p>	<p>Throw and catch with control to keep possession</p> <p>Be aware of moving into space</p> <p>Know and use rules fairly to a game</p> <p>Explain how a player has moved effectively</p> <p>Use a small range of basic racket skills</p>	<p>Identify and demonstrate how different techniques can effect running performances</p> <p>Improve arm and leg action when running</p> <p>Begin to combine running and jumping with hurdles</p> <p>Develop effective take-offs when jumping</p> <p>Know how to land safely from a jump</p> <p>Improve accuracy when throwing objects to a target over a longer distance</p>

Year 4				
	Gymnastics	Dance	Invasion Games	Athletics
	<p>Perform jumps, balances, body shapes and agilities with control</p> <p>Plan and perform a greater number of actions together with increasing confidence, including changes in direction, speed and level</p> <p>Adapt their own movements to include a partner in a sequence</p> <p>Suggest warm up activities</p> <p>Recognise how to improve their own performances ie change of level, speed direction</p> <p>Explain why exercise is good for their health</p>	<p>Respond imaginatively, using a stimulus for ideas</p> <p>Create a short dance phrase with a partner or small group</p> <p>Remember and repeat these short dance phases with a partner/small group</p> <p>Use dynamic, rhythmic and expressive movements with control</p> <p>Begin to suggest and adapt improvements to their own work/group work</p>	<p>Play games with some fluency and accuracy, using a range of throwing and catching techniques</p> <p>Become more effective when attacking/defending in a game</p> <p>Watch others' performances and suggest tactics that will help them and others to play better as a team</p> <p>To know the rules of more games</p>	<p>Confidently demonstrate an improved running technique</p> <p>Perform a relay focusing on baton change-over</p> <p>Perform a hop,step and jump movement</p> <p>Begin to measure distances jumped</p> <p>Continue to develop throwing techniques over longer distances</p>

Year 5				
	Gymnastics	Dance	Invasion Games	Athletics
	<p>Plan, practice and refine longer more complex sequences</p> <p>Choose actions, body shapes, balances etc from a wider range of these and ideas</p> <p>Adapt their sequences to meet a criteria/theme</p> <p>Adapt their own movements to include a partner in a sequence</p> <p>Suggest and lead warm up activities</p> <p>Make simple judgements about performances of others and suggest improvements</p> <p>Explain some safety principles when preparing for and during exercise</p>	<p>Compose and plan dances creatively and collaboratively in groups</p> <p>Adapt and refine ways to use weight, space, rhythm to express ideas</p> <p>Perform different styles of dance clearly and fluently</p> <p>Lead small group warm up sessions</p> <p>Watch and evaluate other people's performances and suggest improvements</p> <p>Explain the effect of warming up to the body before exercise</p>	<p>Pass, dribble and shoot with control</p> <p>Play games with fluency and accuracy, using a range of throwing and catching techniques</p> <p>Mark opponents and help each other in defence</p> <p>Watch others' performances and suggest tactics that will help them and others to play better as a team</p> <p>To know the rules of more games</p> <p>Strike a ball with a racket using forearm, back-hand shots</p>	<p>Select preferred starting positions for a sprint</p> <p>Continue to refine running techniques over a variety of distances</p> <p>Select suitable paces for runs over longer distances</p> <p>Perform the standing triple jump with control</p> <p>Develop a technique for vertical jump (ie height)</p> <p>Measure length and height of jumps accurately</p> <p>Continue to improve throwing techniques using heavier objects ie shot/javelin</p>

Year 6				
	Gymnastics	Dance	Invasion Games	Athletics
	<p>Plan, practice and refine longer more complex sequences</p> <p>Develop their own solutions to a task</p> <p>Show an increase clarity, fluency and consistency in their movements</p> <p>Perform in small group effectively</p> <p>Suggest and lead warm up activities</p> <p>Make judgements about performances of others and suggest improvements</p> <p>Know ways their can become healthier</p>	<p>Compose and plan dances creatively and collaboratively in groups</p> <p>Adapt and refine ways to use weight, space, rhythm to express ideas</p> <p>Perform different styles of dance clearly and fluently</p> <p>Lead whole group warm up sessions</p> <p>Use appropriate criteria to evaluate a performance using correct terminology</p> <p>Explain the effect of warming up to the body before exercise</p>	<p>Use different techniques for passing, controlling, dribbling and shooting the ball in games</p> <p>Apply basic principles of team play to keep possession of the ball</p> <p>Improve marking, tackling and defending techniques</p> <p>Understand how to be an effective team player even if not in possession of the ball</p> <p>Strike a balled ball</p> <p>Use effective fielding skills</p> <p>Understand the rules of a game ie rounders/cricket</p>	<p>Choose best pace for running over specified distances</p> <p>Run over hurdles with fluency, focusing on lead leg techniques</p> <p>Perform in a relay</p> <p>Show good accuracy and technique wen throwing objects over distances</p> <p>Understand how stamina and power help people to perform well</p> <p>Maintain control in the triple jump – especially if using running approach</p> <p>Measure jumps and throws accurately</p>