



Progression Map

Subject: PE

Nursery	Reception
<p>3 and 4-year-olds will be learning to:</p> <p>Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</p> <p>Go up steps and stairs, or climb up apparatus, using alternate feet.</p> <p>Skip, hop, stand on one leg and hold a pose for a game like musical statues.</p> <p>Use large-muscle movements to wave flags and streamers, paint and make marks.</p> <p>Start taking part in some group activities which they make up for themselves, or in teams.</p> <p>Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.</p> <p>Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.</p> <p>Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.</p>	<p>Children in reception will be learning to:</p> <p>Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing.</p> <p>Progress towards a more fluent style of moving, with developing control and grace.</p> <p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines</p> <p>Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.</p> <p>Combine different movements with ease and fluency.</p> <p>Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</p> <p>Develop overall body-strength, balance, co-ordination and agility.</p> <p>Further develop and refine a range of ball skills</p> <p>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p> <p>ELG: Gross Motor Skills</p> <p>Children at the expected level of development will:</p> <ul style="list-style-type: none"> - Negotiate space and obstacles safely, with consideration for themselves and others; - Demonstrate strength, balance and coordination when playing; - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.



Progression Map

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Core Skills Progression					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>In KS1, pupils will develop fundamental movement skills and become increasingly competent and confident across a broad range of agility, balance and coordination based situations.</p> <p>They will begin to engage in competitive and cooperative activities and build the foundations of an active and healthy lifestyle by</p> <ul style="list-style-type: none"> - Mastering basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and beginning to apply these in a range of activities - Participating in team games, developing simple tactics for attacking and defending - Performing dances using simple movement patterns. 			<p>In KS2, pupils will build on the fundamental movement skills from KS1 and continue to engage in, and be exposed to, competitive and co-operative physical activities in a range of increasingly challenging situations. Children will continue to build on the foundations of an active and healthy lifestyle.</p> <ul style="list-style-type: none"> - Using running, jumping, throwing and catching in isolation and in combination - Playing competitive games, modified where appropriate e.g. badminton, basketball, cricket, football, hockey, netball, rounders and tennis, and applying basic principles suitable for attacking and defending. - Developing flexibility, strength, technique, control and balance e.g. through athletics and gymnastics, performing dances using a range of movement patterns. - Taking part in outdoor and adventurous activity challenges both individually and within a team - Comparing their performances with previous ones and demonstrating improvement to achieve their personal best. 		

Swimming and Water Safety	
Year 3	<p>Throughout their time at SMFR, pupils will learn to;</p> <ul style="list-style-type: none"> • Jump into the pool and submerge briefly • use a range of strokes effectively, for example, front crawl, backstroke and breaststroke • Have a reasonable knowledge of water safety code • Swim over 10m using a range of strokes • Perform a sequence of changing shapes whilst floating on the surface.



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Athletics - Running					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Vary pace and speed when running.</p> <p>Run with a basic technique over different distances.</p> <p>Show good posture and balance.</p> <p>Jog in a straight line.</p> <p>Change direction when jogging.</p> <p>Sprint in a straight line.</p> <p>Change direction when sprinting.</p> <p>Maintain control whilst changing direction when jogging or sprinting.</p>	<p>Run at different paces, describing the different paces.</p> <p>Use a variety of different stride lengths.</p> <p>Travel at different speeds.</p> <p>Begin to select the most suitable pace and speed for distance.</p> <p>Complete an obstacle course.</p> <p>Vary the speed and direction in which they are travelling.</p> <p>Run with basic techniques following a curved line.</p> <p>Maintain and control a run over different distances.</p>	<p>Identify and demonstrate how different techniques can affect performance.</p> <p>Focus on arm and leg action to improve sprinting technique.</p> <p>Begin to combine running with jumping over hurdles.</p> <p>Focus on trailing leg and lead leg action when running over hurdles.</p> <p>Understand the importance of adjusting running pace to suit the distance being run.</p>	<p>Confidently demonstrate an improved technique for sprinting.</p> <p>Carry out an effective sprint finish.</p> <p>Perform a relay, focusing on the baton changeover technique.</p> <p>Speed up and slow down smoothly.</p>	<p>Accelerate from a variety of starting positions and select preferred position. Identify reaction times when performing a sprint start.</p> <p>Continue to practise and refine technique for sprinting, focusing on an effective sprint start.</p> <p>Select the most suitable pace for the distance and fitness level in order to maintain a sustained run.</p> <p>Identify and demonstrate stamina, explaining its importance for runners.</p>	<p>Recap, practise and refine an effective sprinting technique, including reaction time.</p> <p>Build up speed quickly for a sprint finish.</p> <p>Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern.</p> <p>Accelerate to pass other competitors.</p> <p>Work as a team to competitively perform a relay.</p> <p>Confidently and independently select the most appropriate pace for different distances and different parts of the run.</p> <p>Demonstrate endurance and stamina over longer distances in order to maintain a sustained run.</p>



Progression Map

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Athletics - Jumping

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.</p> <p>Perform a short jumping sequence.</p> <p>Jump as high as possible.</p> <p>Jump as far as possible.</p> <p>Land safely and with control.</p> <p>Work with a partner to develop the control of their jumps.</p>	<p>Perform and compare different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.</p> <p>Combine different jumps together with some fluency and control.</p> <p>Jump for distance from a standing position with accuracy and control.</p> <p>Investigate the best jumps to cover different distances.</p> <p>Choose the most appropriate jumps to cover different distances.</p> <p>Know that the leg muscles are used when performing a jumping action.</p>	<p>Use one and two feet to take off and to land.</p> <p>Develop an effective take-off for the standing long jump.</p> <p>Develop an effective flight phase for the standing long jump</p> <p>. Land safely and with control.</p>	<p>Learn how to combine a hop, step and jump to perform the standing triple jump.</p> <p>Land safely and with control.</p> <p>Begin to measure the distance jumped.</p>	<p>Improve techniques for jumping for distance.</p> <p>Perform an effective standing long jump.</p> <p>Perform the standing triple jump with increased confidence.</p> <p>Develop an effective technique for the standing vertical jump (jumping for height) including take-off and flight.</p> <p>Land safely and with control.</p> <p>Measure the distance and height jumped with accuracy.</p> <p>Investigate different jumping techniques.</p>	<p>Develop the technique for the standing vertical jump.</p> <p>Maintain control at each of the different stages of the triple jump.</p> <p>Land safely and with control.</p> <p>Develop and improve their techniques for jumping for height and distance and support others in improving their performance.</p> <p>Perform and apply different types of jumps in other contexts.</p> <p>Set up and lead jumping activities including measuring the jumps with confidence and accuracy.</p>



Progression Map

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Athletics - Throwing						
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	
<p>Throw underarm and overarm.</p> <p>Throw a ball towards a target with increasing accuracy.</p> <p>Improve the distance thrown by using more power.</p>	<p>Throw different types of equipment in different ways, for accuracy and distance.</p> <p>Throw with accuracy at targets of different heights.</p> <p>Investigate ways to alter throwing technique to achieve greater distance.</p>	<p>Throw with greater control and accuracy.</p> <p>Show increasing control in overarm throw.</p> <p>Perform a push throw.</p> <p>Continue to develop techniques to throw for increased distance.</p>	<p>Perform a pull throw.</p> <p>Measure the distance of throws.</p> <p>Continue to develop techniques to throw for increased distance.</p>	<p>Perform a fling throw.</p> <p>Throw a variety of implements using a range of throwing techniques.</p> <p>Measure and record the distance of throws.</p> <p>Continue to develop techniques to throw for increased distance.</p>	<p>Perform a heave throw.</p> <p>Measure and record the distance of throws.</p> <p>Continue to develop techniques to throw for increased distance and support others in improving their personal best.</p> <p>Develop and refine techniques to throw for accuracy.</p>	



Progression Map

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Athletics- Health and Fitness					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Describe how the body feels before, during and after exercise.</p> <p>Carry and place equipment safely.</p>	<p>Recognise and describe how the body feels during and after different physical activities.</p> <p>Explain what they need to stay healthy.</p>	<p>Recognise and describe the effects of exercise on the body.</p> <p>Know the importance of strength and flexibility for physical activity.</p> <p>Explain why it is important to warm up and cool down.</p>	<p>Describe how the body reacts at different times and how this affects performance.</p> <p>Explain why exercise is good for your health.</p> <p>Know some reasons for warming up and cooling down.</p>	<p>Know and understand the reasons for warming up and cooling down.</p> <p>Explain some safety principles when preparing for and during exercise.</p>	<p>Understand the importance of warming up and cooling down.</p> <p>Carry out warm-ups and cool-downs safely and effectively.</p> <p>Understand why exercise is good for health, fitness and wellbeing. Know ways they can become healthier.</p>
Gymnastics - General Skills					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Create and perform a movement sequence.</p> <p>Copy actions and movement sequences with a beginning, middle and end.</p> <p>Link two actions to make a sequence.</p> <p>Recognise and copy contrasting actions (small/tall, narrow/wide).</p> <p>Travel in different ways, changing direction and speed.</p> <p>Hold still shapes and simple balances.</p> <p>Carry out simple stretches.</p> <p>Carry out a range of simple</p>	<p>Copy, explore and remember actions and movements to create own sequence.</p> <p>Link actions to make a sequence.</p> <p>Travel in a variety of ways, including rolling.</p> <p>Hold a still shape whilst balancing on different points of the body.</p> <p>Jump in a variety of ways and land with increasing control and balance.</p> <p>Climb onto and jump off the equipment safely.</p> <p>Move with increasing control and care.</p>	<p>Choose ideas to compose a movement sequence independently and with others.</p> <p>Link combinations of actions with increasing confidence, including changes of direction, speed or level.</p> <p>Develop the quality of their actions, shapes and balances.</p> <p>Move with coordination, control and care.</p> <p>Use turns whilst travelling in a variety of ways.</p> <p>Use a range of jumps in sequences.</p>	<p>Create a sequence of actions that fit a theme, and use an increasing range of actions, directions and levels in their sequences.</p> <p>Move with clarity, fluency and expression.</p> <p>Show changes of direction, speed and level during a performance.</p> <p>Travel in different ways, including using flight.</p> <p>Improve the placement and alignment of body parts in balances.</p> <p>Use equipment to vault in a variety of ways.</p>	<p>Select ideas to compose specific sequences of movements, shapes and balances.</p> <p>Adapt sequences to fit new criteria or suggestions.</p> <p>Perform jumps, shapes and balances fluently and with control.</p> <p>Confidently develop the placement of body parts in balances, recognising the centre of gravity and where it should be in relation to the base of the balance.</p> <p>Confidently use equipment to vault in a variety of ways.</p> <p>Apply skills and techniques</p>	<p>Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching.</p> <p>Demonstrate precise and controlled placement of body parts in their actions, shapes and balances.</p> <p>Confidently use equipment to vault and incorporate this into sequences.</p> <p>Apply skills and techniques consistently, showing precision and control.</p> <p>Develop strength, technique and flexibility throughout</p>



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<p>jumps, landing safely.</p> <p>Move around, under, over, and through different objects and equipment.</p> <p>Begin to move with control and care.</p>		<p>Begin to use equipment to vault.</p> <p>Create interesting body shapes while holding balances with control and confidence.</p> <p>Begin to show flexibility in movements.</p>	<p>Carry out balances, recognising the centre of gravity and how this affects balance.</p> <p>Begin to develop good technique when travelling, balancing and using equipment.</p> <p>Develop strength, technique and flexibility throughout performances</p>	<p>consistently.</p> <p>Develop strength, technique and flexibility throughout performances</p> <p>Combine equipment with movement to create sequences.</p>	<p>performances.</p>
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Gymnastics - Jumps

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
All previous jumps	All previous jumps	All previous jumps	All previous jumps	All previous jumps	All previous jumps
Star jump	Straddle jump Pike jump	Jumps with half turns	Jumps with full turns	Split leaps	Stag leap

Gymnastics - Rolls

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
All previous rolls with control	All previous rolls with control	All previous rolls with control	All previous rolls with control	All previous rolls with control	All previous rolls with control
Teddy bear roll	Rocking for forward roll Crouched forward roll	Forward roll from standing	Straddle forward roll Tucked backward roll	Pike forward roll Backward roll to straddle	Dive forward roll Backward roll to standing pike Pike backward roll



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Gymnastics - Vaults					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Straight jump off springboard	Previous vault with control Hurdle step onto springboard Tuck jump off springboard	Previous vaults with control Squat, star, straddle, pike jump off springboard	Previous vaults with control Straddle onto springboard	Previous vaults with control Squat through vault	Previous vaults with control Straddle over vault

Gymnastics - Handstands, Cartwheels, Round offs					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Previous H/C/R Front support wheelbarrow with partner	Previous H/C/R T –Lever Sciss kick	Previous H/C/R Handstand Lunge into handstand Cartwheel	Previous H/C/R Lunge into cartwheel	Previous H/C/R Lunge into round-off	Previous H/C/R Hurdle step Hurdle step into cartwheel Hurdle step into round-off

Gymnastics - Travelling					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Previous travels/links Skipping Hopping Galloping	Previous travels/links Hopscotch	Previous travels/links Chassis steps	Previous travels/links Cat leaps	Previous travels/links Cat leap half turn	Previous travels/links Cat leap full turn pivot

Gymnastics – Shape and Balance					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6



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Previous balances Kneeling balances Pike, star, tuck, straight, straddle shapes	Previous balances Large body part balances Balances on apparatus Balances with a partner – front and back support	Previous balances – large and small body part balances, including standing and kneeling balances Matching and contrasting partner balances	Previous balances 1,2,3 and 4 part balances	Previous balances Part body weight partner balances	Previous balances Develop technique, control and complexity of part weight partner balances Group formations
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Gymnastics - Compete and Perform					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Perform using a range of actions and body parts with some co-ordination. Begin to perform some learnt skills with some control.	Perform sequences of own composition with coordination. Perform learnt skills with increasing control.	Develop quality of actions in performances. Perform learnt skills and techniques with control and confidence. Compete against self and others in a controlled manner,	Perform and create sequences with fluency and expression. Perform and apply skills and techniques with control and accuracy.	Perform own , longer more complex sequences in time to music. Consistently perform and apply skills and techniques with accuracy and control. Begin to record own and peers performances, and evaluate these.	Link actions to create a complex sequence using a full range of movement that showcases different abilities, performed in time to music. Perform and apply a variety of skills and techniques confidently, consistently and with precision.

Ball, Racquet, Stick and Club Games - Health and Fitness					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Describe how the body feels before, during and after exercise. Carry and place equipment safely.	Recognise and describe how the body feels during and after different physical activities. Explain what is needed to stay healthy.	Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity.	Describe how the body reacts at different times and how this affects performance. Explain why exercise is good for your health.	Know and understand the reasons for warming up and cooling down. Explain some safety principles when preparing for and during exercise.	Understand the importance of warming up and cooling down. Carry out warm-ups and cool-downs safely and effectively.



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		Explain why it is important to warm-up and cool-down	Know some reasons for warming up and cooling down.		Understand why exercise is good for health, fitness and wellbeing. Know ways they can become healthier.
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Ball, Racquet, Stick and Club Games - Striking/Hitting					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Use hitting skills in a game.</p> <p>Practise basic striking, sending and receiving.</p>	<p>Strike or hit a ball with increasing control.</p> <p>Learn skills for playing striking and fielding games.</p> <p>Position the body to strike a ball.</p>	<p>Demonstrate successful hitting and striking skills.</p> <p>Develop a range of skills in striking (and fielding where appropriate).</p> <p>Practise the correct batting technique and use it in a game.</p> <p>Strike the ball for distance.</p>	<p>Use a bat, racquet or stick (hockey) to hit a ball or shuttlecock with accuracy and control.</p> <p>Accurately serve underarm.</p> <p>Build a rally with a partner.</p> <p>Use at least two different shots in a game situation.</p> <p>Use hand-eye coordination to strike a moving and a stationary ball.</p>	<p>Use different techniques to hit a ball.</p> <p>Identify and apply techniques for hitting a tennis ball.</p> <p>Explore when different shots are best used.</p> <p>Develop a backhand technique and use it in a game.</p> <p>Practise techniques for all strokes.</p> <p>Play a tennis game using an overhead serve.</p>	<p>Hit a bowled ball over longer distances.</p> <p>Use good hand-eye coordination to be able to direct a ball when striking or hitting.</p> <p>Understand how to serve in order to start a game.</p>



Progression Map

Subject: PE

Ball, Racquet, Stick and Club Games - Throwing and Catching					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Throw underarm and overarm.</p> <p>Catch and bounce a ball.</p> <p>Use rolling skills in a game.</p> <p>Practise accurate throwing and consistent catching.</p>	<p>Throw different types of equipment in different ways, for accuracy and distance.</p> <p>Throw, catch and bounce a ball with a partner.</p> <p>Use throwing and catching skills in a game.</p> <p>Throw a ball for distance.</p> <p>Use hand-eye coordination to control a ball.</p> <p>Vary types of throw used.</p>	<p>Throw and catch with greater control and accuracy</p> <p>Practise the correct technique for catching a ball and use it in a game.</p> <p>Perform a range of catching and gathering skills with control.</p> <p>Catch with increasing control and accuracy.</p> <p>Throw a ball in different ways (e.g. high, low, fast or slow).</p> <p>Develop a safe and effective overarm bowl.</p>	<p>Develop different ways of throwing and catching.</p>	<p>Consolidate different ways of throwing and catching, and know when each is appropriate in a game</p>	<p>Throw and catch accurately and successfully under pressure in a game.</p>



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Ball, Racquet, Stick and Club Games - Travelling					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Travel with a ball in different ways.</p> <p>Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency</p>	<p>Bounce and kick a ball whilst moving.</p> <p>Use kicking skills in a game.</p> <p>Use dribbling skills in a game</p>	<p>Move with the ball in a variety of ways with some control.</p> <p>Use two different ways of moving with a ball in a game.</p>	<p>Move with the ball using a range of techniques showing control and fluency.</p>	<p>Use a variety of ways to dribble in a game with success.</p> <p>Use ball skills in various ways, and begin to link together</p>	<p>Show confidence in using ball skills in various ways in a game situation, and link these together effectively</p>

Ball, Racquet, Stick and Club Games - Passing					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Pass the ball to another player in a game.</p> <p>Use kicking skills in a game.</p>	<p>Know how to pass the ball in different ways.</p>	<p>Pass the ball in two different ways in a game situation with some success.</p>	<p>Pass the ball with increasing speed, accuracy and success in a game situation</p>	<p>Pass a ball with speed and accuracy using appropriate techniques in a game situation.</p>	<p>Choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move.</p>

Ball, Racquet, Stick and Club Games - Possession					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
		<p>Know how to keep and win back possession of the ball in a team game.</p>	<p>Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.</p>	<p>Keep and win back possession of the ball effectively in a team game.</p>	<p>Keep and win back possession of the ball effectively and in a variety of ways in a team game.</p>



Progression Map

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Ball, Racquet, Stick and Club Games - Using Space					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Use different ways of travelling in different directions or pathways.</p> <p>Run at different speeds.</p> <p>Begin to use space in a game.</p>	<p>Use different ways of travelling at different speeds and following different pathways, directions or courses</p> <p>Change speed and direction whilst running.</p> <p>Begin to choose and use the best space in a game.</p>	<p>Find a useful space and get into it to support teammates.</p>	<p>Make the best use of space to pass and receive the ball.</p>	<p>Demonstrate an increasing awareness of space.</p>	<p>Demonstrate a good awareness of space.</p>

Ball, Racquet, Stick and Club Games - Attacking/Defending					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Begin to use the terms attacking and defending.</p> <p>Use simple defensive skills such as marking a player or defending a space.</p> <p>Use simple attacking skills such as dodging to get past a defender.</p>	<p>Begin to use and understand the terms attacking and defending.</p> <p>Use at least one technique to attack or defend to play a game successfully.</p>	<p>Use simple attacking and defending skills in a game.</p> <p>Use fielding skills to stop a ball from travelling past them.</p>	<p>Use a range of attacking and defending skills and techniques in a game.</p> <p>Use fielding skills as an individual to prevent a player from scoring.</p>	<p>Choose the best tactics for attacking and defending.</p> <p>Shoot in a game.</p> <p>Use fielding skills as a team to prevent the opposition from scoring.</p>	<p>Think ahead and create a plan of attack or defence.</p> <p>Apply knowledge of skills for attacking and defending.</p> <p>Work as a team to develop fielding strategies to prevent the opposition from scoring.</p>



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Ball, Racquet, Stick and Club Games - Tactics/Rules					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Follow simple rules to play games, including team games.</p> <p>Use simple attacking skills such as dodging to get past a defender.</p> <p>Use simple defensive skills such as marking a player or defending a space.</p>	<p>Understand the importance of rules in games.</p> <p>Use at least one technique to attack or defend to play a game successfully.</p>	<p>Apply and follow rules fairly.</p> <p>Understand and begin to apply the basic principles of invasion games.</p> <p>Know how to play a striking and fielding game fairly.</p>	<p>Vary the tactics they use in a game.</p> <p>Adapt rules to alter games.</p>	<p>Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</p> <p>Modify their use of skills or techniques to achieve a better result.</p>	<p>Follow and create complicated rules to play a game successfully.</p> <p>Communicate plans to others during a game.</p> <p>Lead others during a game.</p>

Ball, Racquet, Stick and Club Games - Compete/Perform					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Engage in competitive activities and team games.</p>	<p>Compete against self and others.</p>	<p>Compete against self and others in a controlled manner.</p>	<p>Take part in a range of competitive games and activities.</p>	<p>Take part in competitive games with a strong understanding of tactics and composition.</p>	<p>Take part in competitive games with a strong understanding of tactics and composition.</p>



Progression Map

Subject: PE

Dance - General Skills					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Copy and repeat actions.</p> <p>Put a sequence of actions together to create a motif.</p> <p>Vary the speed of actions.</p> <p>Use simple choreographic devices such as unison, canon and mirroring.</p> <p>Begin to improvise independently to create a simple dance.</p>	<p>Copy, remember and repeat actions.</p> <p>Create a short motif inspired by a stimulus.</p> <p>Change the speed and level of actions.</p> <p>Use simple choreographic devices such as unison, canon and mirroring.</p> <p>Use different transitions within a dance motif.</p> <p>Move in time to music.</p> <p>Improve the timing of actions.</p>	<p>Begin to improvise with a partner to create a simple dance.</p> <p>Create motifs from different stimuli.</p> <p>Begin to compare and adapt movements and motifs to create a larger sequence.</p> <p>Use simple dance vocabulary to compare and improve work.</p> <p>Perform with some awareness of rhythm and expression.</p>	<p>Identify and repeat the movement patterns and actions of a chosen dance style.</p> <p>Compose a dance that reflects the chosen dance style.</p> <p>Confidently improvise with a partner or on their own.</p> <p>Compose longer dance sequences in a small group.</p> <p>Demonstrate precision and some control in response to stimuli.</p> <p>Begin to vary dynamics and develop actions and motifs in response to stimuli.</p> <p>Demonstrate rhythm and spatial awareness.</p> <p>Change parts of a dance as a result of self- evaluation.</p> <p>Use simple dance vocabulary when comparing and improving work.</p>	<p>Identify and repeat the movement patterns and actions of a chosen dance style.</p> <p>Compose individual, partner and group dances that reflect the chosen dance style.</p> <p>Show a change of pace and timing in movements.</p> <p>Develop an awareness of use of space.</p> <p>Demonstrate imagination and creativity in the movements devised in response to stimuli.</p> <p>Use transitions to link motifs smoothly together.</p> <p>Improvise with confidence, still demonstrating fluency across the sequence.</p> <p>Ensure actions fit the rhythm of the music.</p> <p>Modify parts of a sequence as a result of self and peer evaluation.</p> <p>Use more complex dance vocabulary to compare and improve work.</p>	<p>Identify and repeat the movement patterns and actions of a chosen dance style.</p> <p>Compose individual, partner and group dances that reflect the chosen dance style.</p> <p>Use dramatic expression in dance movements and motifs.</p> <p>Perform with confidence, using a range of movement patterns.</p> <p>Demonstrate strong and controlled movements throughout a dance sequence.</p> <p>Combine flexibility, techniques and movements to create a fluent sequence.</p> <p>Move appropriately and with the required style in relation to the stimulus, e.g. using various levels, ways of travelling and motifs.</p> <p>Show a change of pace and timing in movements.</p> <p>Move rhythmically and accurately in dance sequences.</p>



Progression Map

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					<p>Dance with fluency and control, linking all movements and ensuring that transitions flow.</p> <p>Demonstrate consistent precision when performing dance sequences.</p> <p>Modify some elements of a sequence as a result of self and peer evaluation.</p> <p>Use complex dance vocabulary to compare and improve work.</p>
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Dance - Health and Fitness					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Describe how the body feels before, during and after exercise.</p> <p>Carry and place equipment safely.</p>	<p>Recognise and describe how the body feels during and after different physical activities.</p> <p>Explain what is needed to stay healthy.</p>	<p>Recognise and describe the effects of exercise on the body.</p> <p>Know the importance of strength and flexibility for physical activity.</p> <p>Explain why it is important to warm-up and cool-down</p>	<p>Describe how the body reacts at different times and how this affects performance.</p> <p>Explain why exercise is good for your health.</p> <p>Know some reasons for warming up and cooling down.</p>	<p>Know and understand the reasons for warming up and cooling down.</p> <p>Explain some safety principles when preparing for and during exercise.</p>	<p>Understand the importance of warming up and cooling down.</p> <p>Carry out warm-ups and cool-downs safely and effectively.</p> <p>Understand why exercise is good for health, fitness and wellbeing.</p> <p>Know ways they can become healthier.</p>



Progression Map

Subject: PE

Dance - Compete/Perform					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Perform using a range of actions and body parts with some coordination.</p> <p>Begin to perform learnt skills with some control</p>	<p>Perform sequences of own composition with coordination.</p> <p>Perform learnt skills with increasing control.</p> <p>Compete against self and others.</p>	<p>Develop the quality of the actions in performances.</p> <p>Perform learnt skills and techniques with control and confidence.</p> <p>Compete against self and others in a controlled manner.</p>	<p>Perform and create sequences with fluency and expression.</p> <p>Perform and apply skills and techniques with control and accuracy.</p>	<p>Perform own longer, more complex sequences in time to music.</p> <p>Consistently perform and apply skills and techniques with accuracy and control.</p>	<p>Link actions to create a complex sequence using a full range of movement.</p> <p>Perform the sequence in time to music.</p> <p>Perform and apply a variety of skills and techniques confidently, consistently and with precision.</p>

Dance - Evaluate					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Watch and describe performances.</p> <p>Begin to say how they could improve.</p>	<p>Watch and describe performances, and use what they see to improve their own performance.</p> <p>Talk about the differences between own work and that of others.</p>	<p>Watch, describe and evaluate the effectiveness of a performance.</p> <p>Describe how their performance has improved over time.</p>	<p>Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</p> <p>Modify use of skills or techniques to achieve a better result.</p>	<p>Choose and use criteria to evaluate own and others' performances.</p> <p>Explain why they have used particular skills or techniques, and the effect they have had on their performance.</p>	<p>Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements</p>