



PE Progression

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Games	<p>Roll, hit, run, jump, catch and kick with some control</p> <p>Throw, send and receive a ball in different of ways</p> <p>Practise different skills associated with simple games (e.g. co-ordinating throwing and catching)</p> <p>Work co-operatively in teams</p>	<p>Use rolling, hitting, running, jumping, throwing, catching and kicking skills in combination</p> <p>Use basic tactics for attacking and defending</p>	<p>Choose, use and vary simple tactics for attacking and defending (e.g. positioning)</p> <p>Use a variety of skills consistently in a game e.g. rolling, hitting, kicking, throwing, catching</p> <p>Practise skills in isolation and combination (e.g. throwing and catching with greater accuracy)</p> <p>Work well as a team in competitive games</p> <p>Apply basic principles of attacking and defending</p> <p>Develop an understanding of fair play (respect team - mates and opponents)</p>	<p>Strike, throw and catch with control and clear sense of direction</p> <p>Follow the formal rules of the game and demonstrate they can play fairly</p> <p>Keep possession of a ball (with e.g. hockey stick, hands, feet)</p> <p>Show awareness and accuracy in passing.</p>	<p>Carefully select and use a variety of techniques to pass</p> <p>Develop consistency in their skills of running, throwing, catching, passing, jumping and kicking through practise and repetition of the skills</p> <p>Develop the skills of forehand or backhand when playing racket games, showing control when hitting</p> <p>Hit a bowled or volleyed ball with accuracy in return</p>	<p>Choose and combine skills in game situations (running, throwing, catching, passing, jumping and kicking)</p> <p>Work alone and with a team to outwit an opponent / opposing team</p> <p>Use a range of shots and strokes to strike a ball in order to outwit the opponent, considering the direction of play</p> <p>Act as a good role model within a team, taking a lead role when required</p> <p>Develop techniques of a variety of skills to maximise team effectiveness</p> <p>Use the skills e.g. of throwing and catching to gain points in competitive games (fielding)</p> <p>Use tactics when attacking or defending</p> <p>Apply rules of fair play to competitive games</p>



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Gym	<p>Perform the basic actions of travelling, rolling, jumping and climbing</p> <p>Change speed and direction when travelling</p> <p>Show awareness of body parts, points and position when making still shapes</p>	<p>Move and jump with some control and awareness of space</p> <p>Create a sequence using 2 or more linked actions</p> <p>Show contrasts on use of body and shape (such as small, tall, straight, curved)</p> <p>Balance on different points of the body, holding a still position</p>	<p>Demonstrate control and coordination when performing a range of actions with transitions</p> <p>Devise, repeat and perform a short sequence that shows changes in speed, level and direction</p> <p>Create a sequence using apparatus</p>	<p>Plan, perform and repeat fluent gymnastic sequences, linking still shapes with travelling</p> <p>Show changes of direction, speed and level during a gymnastic sequence</p> <p>Create successful and stable balances and shapes</p> <p>Decide on strategies, skills and equipment needed to complete a challenge based on previous experience</p>	<p>Perform a range of gymnastic actions with consistency, fluency and clarity of movement</p> <p>Show body tension and extension and good weight transference when performing</p> <p>Combine dynamics when making sequences using changes of speed, level and direction</p>	<p>Create longer, more complex gymnastic sequences that include a good range of well performed gymnastic elements</p> <p>Incorporate a range of different speeds, directions, levels, pathways and body rotations during gymnastic performances</p> <p>Rehearse, refine and perfect gymnastic skills</p>



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<p style="writing-mode: vertical-rl; transform: rotate(180deg); text-align: center; font-weight: bold; font-size: 24px;">Athletics</p>	<p>Show differences in running at speed and jogging</p> <p>Use different techniques to meet challenges</p> <p>Describe different ways of running</p> <p>Throw into targets</p> <p>Perform a range of throwing actions e.g. rolling, underarm,</p>	<p>Perform the 5 basic jumps (2-2, 2-1, 1-2, 1-1 same foot, 1 to 1 landing on other foot)</p> <p>Perform combinations of the above</p> <p>Show control at take-off and landing</p> <p>Describe different ways of jumping</p> <p>Explain what is successful or how to improve</p>	<p>Run at a speed appropriate to the distance. Choose different styles of running of different distances Watch and describe specific aspects of running (e.g. what arms and legs are doing)</p> <p>Jump from a standing position. Choose different styles of jumping</p> <p>Watch and describe specific aspects of jumping e.g. what arms and legs are doing Throw a ball using an under and over arm technique</p> <p>Recognise and record how the body works in different types of challenges over different distances</p> <p>Carry out stretching and warm-up safely</p> <p>Set realistic targets when jumping for distance for or height (with guidance)</p>	<p>Sprint over a short distance</p> <p>Pace running over longer distances</p> <p>Develop technique to be able to throw further</p> <p>Jump in a number of ways using a run-up where appropriate.</p> <p>Explore different styles of throwing, e.g. pulling, pushing and slinging (to prepare for javelin, shot and discus)</p> <p>Throw with greater control</p> <p>Consistently hit a target with a range of implements Watch and describe specific aspects of throwing (e.g. what arms and legs are doing)</p> <p>Set realistic targets when throwing over an increasing distance and understand that some implements will travel further than others</p> <p>Set realistic targets of times to achieve over a short and longer distance (with guidance Perform combinations of jumps e.g. hop, step, jump showing control and consistency</p>	<p>Choose the best pace for running over a variety of distances</p> <p>Sustain pace over longer distance – 2 minutes</p> <p>Use a range of throws accurately to hit a target over a range of distances</p> <p>Combine running and jumping in athletic activities (long jump)</p> <p>Perform relay change-overs</p> <p>Identify the main strengths of a performance of self and others</p> <p>Identify parts of the performance that need to be improved</p> <p>Perform a range of warm-up exercises specific to running for short and longer distances</p> <p>Explain how warming up affects performance</p> <p>Explain why athletics can help stamina and strength</p> <p>Set realistic targets for self, of times to achieve over a short and longer distance</p>	<p>When running over a range of distances, show stamina, speed and control</p> <p>Throw accurately, perfecting techniques by analysing the movement and body shape</p> <p>Demonstrate control, balance and power in take-off and landing when jumping</p> <p>Compete with others, recording results, setting targets and endeavouring to improve performance.</p> <p>Demonstrate a range of jumps showing power and control and consistency at both take-off and landing</p> <p>Set realistic targets for self, when jumping for distance or height</p> <p>Throw with greater accuracy, control and efficiency of movement using pulling, pushing and slinging action with foam javelin, shot and discus</p> <p>Organise small groups to SAFELY take turns when throwing and retrieving implements</p> <p>Set realistic targets for self, when throwing over an increasing distance and understand that some implements will travel further than others</p>
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