



PE Whole School Progression Document

	KS1 Year 1 and 2		Year 3	Year 4	Year 5	Year 6
Gymnastics	<p>KS1 PE National Curriculum: Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>		<p>KS2 PE National Curriculum: Develop flexibility, strength, technique, control and balance</p>			
	<p>Recognise and copy basic actions – travelling, rolling, jumping and staying still.</p> <p>Perform different body shapes at different levels, speed and directions.</p> <p>Hold still shapes and simple balances with some control.</p> <p>Perform a 2 footed jump landing safely.</p> <p>Move around, under, over and through different objects and equipment.</p>	<p>Copy and explore and remember actions to link a number of gymnastic actions into own sequence.</p> <p>Hold a still shape while balancing on different points of the body.</p> <p>Jump in a variety of ways and land safely with increasing control.</p> <p>Perform movement phrases using a range of different body parts.</p> <p>Use equipment in a variety of ways to create a sequence.</p> <p>Climb on and off equipment safely.</p>	<p>Copy, explore and remember a variety of movements.</p> <p>Work independently and with others to create a sequence using own ideas.</p> <p>Travel in a variety of ways and begin to develop good technique when travelling, balancing.</p> <p>Describe own work using simple gymnastics vocabulary.</p> <p>Begin to notice similarities and differences between sequences.</p> <p>Use turns whilst travelling in a variety of ways.</p> <p>Begin to show flexibility in movements.</p>	<p>Link skills with control, technique, coordination and fluency using a range of directions and levels.</p> <p>Begin to use gymnastics vocabulary to describe how to improve and refine performances.</p> <p>Develop strength, technique and flexibility throughout performances.</p> <p>Recognise how the position of their centre of gravity affects their balance.</p> <p>To perform movements in canon and unison.</p> <p>Create more complex sequences using various body shapes and equipment.</p>	<p>Select ideas to compose specific sequences of movements, shapes and balances.</p> <p>To identify and practise symmetrical and asymmetrical body shapes.</p> <p>Use and refine flexibility, strength, balance and power.</p> <p>Develop skills for movement including rolling, bridging and dynamic movement.</p> <p>To perform and evaluate own and others sequences using gymnastics vocabulary.</p>	<p>Create their own complex sequences involving the full range of actions and movements: balancing, traveling, holding shapes, jumping, leaping, swinging and stretching.</p> <p>Demonstrate precise and controlled placement of body parts in their actions, shapes and balances.</p> <p>Confidently use equipment and incorporate into sequences.</p> <p>Apply skills and techniques consistently, showing precision and control.</p> <p>Develop strength, technique and flexibility throughout a performance.</p>

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Dance	KS1 PE National Curriculum: Perform dances using simple movement patterns		KS2 PE National Curriculum: Perform dances using a range of movement patterns			
	<p>Respond to a range of stimuli.</p> <p>Perform movement phrases using a range of different body parts.</p> <p>Copy and repeat actions and vary their speed.</p> <p>Put a sequence of actions together to create a motif.</p> <p>Begin to improvise independently to create a simple dance.</p> <p>Explore, remember and repeat short dance phrases.</p>	<p>Copy, remember and repeat actions to create a motif.</p> <p>Perform movement phrases using a range of different body parts with control and accuracy.</p> <p>Explore different speeds and levels of actions.</p> <p>Put a sequence of actions together with clear beginning, middle and end.</p> <p>Move in time to music using movements that show rhythm and control.</p>	<p>Create motifs in response to different stimuli.</p> <p>Begin to improvise and work cooperatively with a partner to create a simple dance.</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>Create characters and narratives in response to arrange of stimuli.</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, demonstrating an awareness of the music's rhythm.</p> <p>Confidently improvise with a partner or on their own to compose longer dance sequences.</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>Demonstrate imagination and creativity in the movements they devise 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 their 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>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>Move rhythmically and confidently in dance sequences. Improvise with confidence, still demonstrating fluency across their sequence, ensuring transitions flow.</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>

	Key Stage 1 Year 1 and 2	Year 3	Year 4	Year 5	Year 6	
Games	KS1 PE National Curriculum: Use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending		KS2 PE National Curriculum: Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities Participate in team games, developing simple tactics for attacking and defending			
	Striking and Hitting a Ball					
	Use hitting skills in a game. Practise basic striking, sending and receiving.	Strike or hit a ball with increasing control. Learn skills for playing striking and fielding games. Position the body to strike a ball.	Demonstrate successful hitting and striking skills. Develop a range of skills in striking (and fielding where appropriate). Practise the correct batting technique and use it in a game. Strike the ball for distance.	Use a bat, racquet or stick (hockey) to hit a ball or shuttlecock with accuracy and control. Accurately serve underarm. Build a rally with a partner. Use at least two different shots in a game situation. Use hand-eye coordination to strike a moving and a stationary ball.	Use different techniques to hit a ball. Identify and apply techniques for hitting a tennis ball. Explore when different shots are best used. Develop a backhand technique and use it in a game. Practise techniques for all strokes. Play a tennis game using an overhead serve. Hit a bowled ball over longer distances. Use good hand-eye coordination to be able to direct a ball when striking or hitting. Understand how to serve in order to start a game.	Hit a bowled ball over longer distances. Use good hand-eye coordination to be able to direct a ball when striking or hitting. Understand how to serve in order to start a game.

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	Throwing and Catching a Ball					
	Throw underarm and overarm. Catch and bounce a ball. Use rolling skills in a game. Practise accurate throwing and consistent catching.	Throw different types of equipment in different ways, for accuracy and distance. Throw, catch and bounce a ball with a partner. Use throwing and catching skills in a game. Throw a ball for distance. Use hand-eye coordination to control a ball. Vary types of throws used.	Throw and catch with greater control and accuracy. Practise the correct technique for catching a ball and use it in a game. Perform a range of catching and gathering skills with control. Catch with increasing control and accuracy. Throw a ball in different ways (e.g. high, low, fast or slow). Develop a safe and effective overarm bowl.	Develop different ways of throwing and catching.	Consolidate different ways of throwing and catching, and know when each is appropriate in a game.	Throw and catch accurately and successfully under pressure in a game.
	Key Stage 1 Year 1 and 2		Year 3	Year 4	Year 5	Year 6
Games	Travelling with a Ball					
	Travel with a ball in different ways. Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency.	Bounce and kick a ball whilst moving. Use kicking skills in a game. Use dribbling skills in a game.	Move with the ball in a variety of ways with some control. Use two different ways of moving with a ball in a game.	Move with the ball using a range of techniques showing control and fluency.	Use a variety of ways to dribble in a game with success. Use ball skills in various ways, and begin to link together.	Show confidence in using ball skills in various ways in a game situation, and link these together effectively.
Passing a Ball						

Pass the ball to another player in a game. Use kicking skills in a game	Know how to pass the ball in different ways.	Pass the ball with increasing speed, accuracy and success in a game situation.	Pass a ball with speed and accuracy, using appropriate techniques in a game situation.	Pass a ball with speed and accuracy using appropriate techniques in a game situation.	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.
Possession					
		Know how to keep and win back possession of the ball in a team game.	Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.	Keep and win back possession of the ball effectively in a team game.	Keep and win back possession of the ball effectively and in a variety of ways in a team game.
Using Space					
Use different ways of travelling in different directions or pathways. Run at different speeds. Begin to use space in a game.	Use different ways of travelling at different speeds and following different pathways, directions or courses. Change speed and direction whilst running. Begin to choose and use the best space in a game.	Find a useful space and get into it to support teammates.	Make the best use of space to pass and receive the ball.	Demonstrate an increasing awareness of space.	Demonstrate a good awareness of space.
Attacking and Defending					
Begin to use the terms attacking and defending. Use simple defensive skills such as marking a player or defending a space. Use simple attacking skills such as dodging to get past a defender.	Begin to use and understand the terms attacking and defending. Use at least one technique to attack or defend to play a game successfully.	Use simple attacking and defending skills in a game. Use fielding skills to stop a ball from travelling past them	Use a range of attacking and defending skills and techniques in a game. Use fielding skills as an individual to prevent a player from scoring	Choose the best tactics for attacking and defending. Shoot in a game. Use fielding skills as a team to prevent the opposition from scoring.	Think ahead and create a plan of attack or defence. Apply knowledge of skills for attacking and defending. Work as a team to develop fielding strategies to prevent the opposition from scoring.

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Athletics	KS1 PE National Curriculum: Master basic movements including running, jumping and throwing, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	KS2 PE National Curriculum: Use running, jumping and throwing isolation and in combination			
	<p>Perform and practise a variety of athletic movements and apply athletic skills and techniques to a variety of activities.</p> <p>Show understanding and a basic level of control, combination and consistency when running.</p> <p>Experiment with different jumping techniques showing control, coordination or consistency throughout.</p> <p>Develop coordination and balance whilst exploring different running, throwing and jumping techniques.</p> <p>Develop the distance running technique, understanding the difference between sprinting and running over long distances.</p>	<p>Throwing and Catching a Ball</p> <p>Apply and develop a broad range of athletic skills in different ways.</p> <p>Show control, coordination and consistency when running, jumping and throwing.</p> <p>Choose the appropriate running speed to meet the demands of the task.</p> <p>Understand the pace judgement when running over an increased distance, choosing the appropriate speed to meet the demand of the task.</p> <p>Combine basic jump actions to form a jump combination, using a controlled jumping technique.</p>		<p>Understand and apply appropriate age judgement for the running distance to be covered.</p> <p>Run, jump and throw in combination and in isolation.</p> <p>Combine and perform skills with control. Demonstrate a range of throwing actions e.g. Push, pull, sling using different equipment.</p> <p>Choose the appropriate speed to run at for the distance to be covered.</p> <p>Understand and apply the appropriate throwing and jumping technique to achieve maximum distance and height.</p> <p>Select and apply skills that meet the needs of the situation, combining and performing each skill with control and speed.</p>	

	KS1 PE National Curriculum:	KS2 PE National Curriculum: Take part in outdoor and adventurous activity challenges both individually and within a team			
Outdoor and Adventurous	<p>Orientate themselves with increasing confidence and accurately around a short trail.</p> <p>Identify and use effective communication to begin to work as a team.</p> <p>Begin to choose equipment that is appropriate for an activity.</p>	<p>Orientate themselves with accuracy around a short trail.</p> <p>Create a short trail for others with a challenge.</p> <p>Communicate clearly with other people in a team.</p> <p>Experience a range of roles within a team and identify the key skills required to succeed at each.</p> <p>Create a simple plan of activity for others to follow and choose the appropriate equipment.</p>	<p>Start to orientate themselves with increasing accuracy around a large trail.</p> <p>Use clear communication to effectively complete a particular role in a team.</p> <p>Complete orienteering activities as part of a team and independently.</p> <p>Create a plan of activity for others to follow and choose the appropriate equipment for a route that challenges others.</p>	<p>Orientate themselves with increasing accuracy around a large trail whilst under pressure.</p> <p>Use clear communication to effectively complete a particular role in a team.</p> <p>Complete orienteering activities as part of a team and independently, identifying the quickest route.</p> <p>Manage an orienteering event for others to compete in.</p>	

By the end of Year 6 children will: -

- lead healthy and active lives
- enjoy engaging in a variety of sports activities (competitive and non-competitive; individual and team)
- show team-work: boost self-esteem of self and others and communicate strategy
- show a broad range of skills, flexibility, strength, technique, control and balance when participating in sporting activities

- know and apply the basic principles of attacking and defending when playing a variety of competitive sports
- perform dances using a range of movement patterns
- be confident swimmers who are able to: swim a distance of at least 25 metres; use a range of swimming strokes; perform safe self- rescue
- be able to analyse and evaluate their own performances and those of others