

Church Preen Primary School

PE Progression

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Skills	<p>Throw and catch a ball</p> <p>Move fluently and safely in a range of ways changing speed and direction</p> <p>Use control and accuracy to roll, throw underarm, strike and kick a ball</p>	<p>Pass a ball over distance to a partner</p> <p>Show control to roll, throw, strike, kick, catch and gather a ball</p> <p>Show awareness of others when running, chasing, catching</p> <p>Choose where and when to run in a game</p>	<p>Use control to bounce a ball when travelling</p> <p>Show greater control when using basic skills needed to take part in a game</p> <p>Use skills needed to keep possession and control of a ball</p>	<p>Use a range of skills with increasing control and accuracy</p> <p>Use a range of different throwing skills to maintain a game</p> <p>Throw/field a ball more accurately</p> <p>Strike a ball with increasing accuracy and strength</p>	<p>Use a range of techniques to pass a ball</p> <p>Change speed /direction when travelling with a ball using either the hand of foot</p>	<p>Combine skills and use them with control</p> <p>Make decisions on which skill to use during a game</p> <p>Dribble around obstacles</p> <p>Show precision when sending/receiving</p> <p>Play shots from above the head and from both sides of the body</p>
Dance	<p>Perform simple movements, with or without a partner</p>	<p>Perform a sequence of movements/simple dance conveying feelings and emotions to a small group</p>	<p>Compose and perform a linked series of movements (dance) showing body tone and balance</p>	<p>Compose and perform fluently a sequence of movements showing good body tone and balance</p> <p>Practice these movements to improve</p>	<p>Perform, either singly or in a group, and with increased confidence and accuracy</p> <p>Use the whole body and different levels and spaces</p> <p>Perform to an audience</p>	<p>Perform sequences of movements to an audience</p> <p>Use multiple levels and show grace and control</p> <p>Use space available expressively</p>
Games	<p>Effectively choose and use skills for a given game</p> <p>Understand how to aim/hit into a space</p>	<p>Choose and use skills appropriately</p> <p>Understand simple tactics</p>	<p>Make up a simple game with a partner and play a simple rallying game</p> <p>Individually or with others, make progress</p>	<p>Effectively play a competitive net/wall game</p> <p>Understand and use taught rules of a game</p>	<p>Hit a ball with purpose, varying the speed, height and direction</p> <p>Hit a ball from both sides of the body</p>	<p>Use tactics and knowledge of rules and scoring when playing games</p>

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	<p>Understand where the ball needs to be to aim</p> <p>Respond to opponent's actions and try to win</p>	<p>Choose and use these tactics appropriately, depending on the game</p> <p>Respond to opponent's actions in a way that helps their partners and makes it difficult for the opponent</p>	<p>towards a goal by using a range of skills to keep possession</p> <p>Find space to receive a ball and explain why this is a good choice</p> <p>Choose and use batting/throwing skills to make a game difficult for opponents</p>	<p>Direct a ball into a space varying the speed and direction, making it difficult for an opponent</p>	<p>Consider the distance and speed they are able to run to score points</p>	<p>Respond consistently by choosing and using skills appropriate to the situation</p> <p>Maintain possession and make progress towards a goal by choosing when to pass and when to dribble</p>
Gymnastics	<p>Travel in a variety of ways, such as jump, roll</p> <p>Link more than one travelling movement</p> <p>Use a clear start and finish position</p>	<p>Make a short simple floor sequence using different elements</p> <p>Use a clear start and finish position</p> <p>Combine sequences with a partner and perform to a small group</p> <p>Travel in different directions and at different levels</p> <p>Hold shapes in position</p> <p>Begin to explore apparatus; understand ways to dismount</p> <p>H&S: Carry floor mats safely</p>	<p>Change speed when linking balances and travelling</p> <p>Use floor amts and apparatus</p> <p>Perform individual sequences</p> <p>Work around a small circuit of apparatus</p> <p>Find different start and finish places on apparatus</p> <p>H&S: Carry floor mats safely</p>	<p>Use different levels, speeds, directions, body shapes and balances</p> <p>Match and mirror a partner's movements</p> <p>Practice and refine performance of longer linked sequences on floor mats or apparatus</p> <p>H&S: Carry floor mats safely</p>	<p>With a partner, perform a longer sequence of movements that includes changes of direction and level, jumps, rolls, balances and match and mirror skills</p> <p>Perform on floor mats and apparatus</p> <p>Use symmetrical, asymmetrical actions, shapes and balances</p> <p>Control mounts and dismounts</p> <p>Perform with accuracy, control and fluency</p> <p>Start and finish at different levels</p> <p>H&S: Carry floor mats safely</p>	<p>Individually or with a partner, perform a longer sequence of movements on floor mats and apparatus that includes twists, turns, flight and changes of direction, speed, shapes and balances</p> <p>Control mounts and dismounts</p> <p>Perform on floor mats and apparatus</p> <p>Perform, practice and refine movements and sequences</p> <p>H&S: Carry floor mats safely</p>

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<p>Athletics</p>	<p>Run with a bent arm keeping head up and looking forward</p> <p>Start, stop and change speed with control</p> <p>Use arms in a swinging action to support jumping higher and longer</p> <p>Show safety and control when landing</p> <p>Throw underarm over increasing distances at a raised target</p>	<p>Accelerate quickly from a standing start</p> <p>Raise knees when sprinting</p> <p>Jump using two feet with spring in the legs and swing in the arms to jump as high as possible and land on two feet</p> <p>Use the right amount of effort in an over arm throw (speed and power) to reach different distances</p>	<p>Travel with control using different stride lengths</p> <p>Accelerate, decelerate and change direction rapidly</p> <p>Jump quickly with feet together over a low line of cones</p> <p>Link step and jump combinations with balance and coordination</p> <p>Throw accurately at raised target</p>	<p>Accelerate, decelerate and change direction rapidly</p> <p>Adjust my running pace smoothly</p> <p>Run for increasing lengths of time at a steady pace without stopping</p> <p>Demonstrate a vertical jump and touch a marker at the top of the jump</p> <p>Demonstrate a standing long jump using arms and legs and know how to measure this jump</p> <p>Demonstrate a standing throw action using foam javelin or rounders/cricket ball</p>	<p>React quickly from the correct standing start sprint position</p> <p>Pass a relay baton in a shuttle relay</p> <p>Maintain a good running technique when sprinting over low obstacles</p> <p>Perform a hop, step and jump with balance, control and flow</p> <p>Hop for distance on both legs and decide the best take off leg</p> <p>Use arms to swing at take off in the long jump to increase the height and length of the jump</p> <p>Perform a fast and powerful sling thrown looking for distance using a quoit</p>	<p>Improve stamina either by increasing the time or distance they are able to run, at a consistent pace</p> <p>Run with speed and agility</p> <p>Pass and receive a relay baton in a downward sweep working in a team of 4. Apply in a race situation</p> <p>Sprint fast and take off on my best leg from the take off board/line and jump for distance</p> <p>Perform a scissor jump over a low or medium obstacle from a short run up</p> <p>Perform, measure and record three different styles of throw (push, sling and javelin throw)</p>
<p>Swimming</p>			<p>Develop safe entry into the water including submersion</p> <p>Travel up to 10m on the front and back</p>	<p>Develop an understanding of buoyancy through a range of skills</p> <p>Refine kicking techniques for all strokes</p>	<p>Develop 'watermanship' through sculling and treading water skills</p> <p>Complete a rotation</p>	<p>Develop effective swimming skills, including coordinated breathing</p>

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			<p>Progress rotation skills</p> <p>Develop water safety knowledge</p>	<p>Swim 10m to a standard as directed by the ASA</p>	<p>Perform all strokes to a given standard as directed by the ASA</p> <p>Swim, using any stroke, up to 25m</p>	<p>Exit the water without using the steps</p> <p>Swim confidently and proficiently for at least 25m</p>
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