

## Church Preen Primary School

### PE Progression

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

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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&amp;S: Carry floor mats safely</p>	<p>Change speed when linking balances and travelling</p> <p>Use floor mats 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>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>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>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&amp;S: Carry floor mats safely</p>

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

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