

# PE Progression

## 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

### **EYFS links:**

#### **Physical Development**

##### **In Reception**

- Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing
- Progress towards a more fluent style of moving, with developing control and grace
- Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming
- Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor
- Combine different movements with ease and fluency
- Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group
- Develop overall body-strength, balance, co-ordination and agility
- Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming
- Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball
- Know and talk about the different factors that support their overall health and wellbeing: regular physical activity, healthy Eating

##### **Gross Motor Skills ELG**

- 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

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Games</b>	<ul style="list-style-type: none"> <li>Play a variety of running and avoiding games, running and changing direction at speed.</li> <li>Explore different ways of moving including skipping, walking, running, and jumping.</li> <li>Throw in different ways, underarm, overarm and overhead.</li> <li>Retrieve and stop a ball using different parts of the body.</li> <li>Kicking the ball along the ground, kicking the ball in the air.</li> <li>Exploring different ways of sending/passing a ball, bean bag using hands, equipment against a wall.</li> <li>Experiment using racquets (Badminton, Squash, Tennis) with bean bags, sponge balls, tennis balls, air flow.</li> <li>Develop the fundamental movement skills of balance, co-ordination and agility, moving slowly, quickly, changing direction.</li> <li>Know some simple game tactics and ways of dodging an opponent.</li> <li>Show how to exercise safely.</li> <li>Make a suggestion on how to improve my performance.</li> </ul>	<ul style="list-style-type: none"> <li>Move and stopping with and without a ball e.g. when dribbling a football, bouncing a ball.</li> <li>Develop skipping, walking, running, and jumping skills.</li> <li>Throw and catch with increased control and co-ordination.</li> <li>Throw and catch with a variety of different sized balls</li> <li>Dribbling the ball along the ground in and out of objects e.g. cones, kicking the ball towards a target</li> <li>Developing passing to a partner using a number of sending and receiving techniques - along the ground, in the air, using different levels</li> <li>Know the grips for using both bats and racquets.</li> <li>Demonstrate control over movements and show good co-ordination.</li> <li>Choose, use and vary simple tactics.</li> <li>Describe how my body feels during different activities and explain what my body needs to keep healthy</li> <li>Watch others accurately. Describe what they see and ask to copy others' ideas, skills and tactics.</li> </ul>	<ul style="list-style-type: none"> <li>Remain in control of an object, such as a ball, while travelling.</li> <li>Continue to develop skipping, walking, running and jumping skills in combination. These skills will be refined through movement patterns in games activities.</li> <li>Throw and catch with control using different throws.</li> <li>Throw and catch with a variety of different balls and different types of throwing and catching</li> <li>Dribbling, passing the ball along the ground. Flicking the ball in the air, dribbling in different directions</li> <li>Improving passing and receiving skills e.g. underarm throw to a partner</li> <li>Practice hitting with bats and racquets using a variety of equipment e.g. bean bags, shuttles, balls.</li> <li>Work towards precision of movement and co-ordination.</li> <li>Understand attacking and defensive tactics.</li> <li>Explain why it is important to warmup and cool-down.</li> <li>Make some suggestions on how to improve my performance and performances of others</li> </ul>	<ul style="list-style-type: none"> <li>Remain in control of a ball while travelling and stopping.</li> <li>Continue to develop skipping, walking, running and jumping skills in combination. These skills will be refined through movement patterns in games activities.</li> <li>Throw and catch accurately</li> <li>Catch with one hand</li> <li>Kicking the ball towards large and small targets</li> <li>Improve accuracy of passes and understand where to stand when receiving e.g. closer together for underarm, further apart for overarm throw.</li> <li>Develop racquet and ball skills-hitting the balls against a wall or at a partner.</li> <li>Demonstrate precision of movement and co-ordination.</li> <li>Understand and use attack and defence tactics.</li> <li>Identify some muscle groups used in physical activities.</li> <li>Use appropriate language to describe what they do well in a game and what they need help with and what they need to practice.</li> </ul>	<ul style="list-style-type: none"> <li>Change speed and direction while travelling with a ball.</li> <li>Continue to develop skipping, walking, running and jumping skills in combination. These skills will be refined through movement patterns in games activities.</li> <li>Throw with control when under increased pressure.</li> <li>Catch with one hand with control when under increased pressure.</li> <li>Developing shooting skills into goals working on accuracy.</li> <li>Know how to pass to make it difficult for an opponent to receive the ball e.g. bounce pass underarm to get past a player</li> <li>Developing hitting the ball on the open side of the body-forehand and the closed side of the body-the backhand.</li> <li>Develop the range and consistency of skills.</li> <li>Vary tactics and adapt skills according to what is happening.</li> <li>Explain why keeping fit is good for health and explain what effect exercise has on the body</li> <li>Identify parts of the game that are going well and parts that need improving and know what they need to do to get better at and what to practice.</li> </ul>	<ul style="list-style-type: none"> <li>Change speed and direction with control and accuracy while travelling with a ball.</li> <li>Continue to develop skipping, walking, running and jumping skills in combination. These skills will be refined through movement patterns in games activities.</li> <li>Vary strength, length, height and direction of throw with accuracy</li> <li>Catch successfully and consistently when under pressure</li> <li>Linking dribbling, passing and shooting skills.</li> <li>Know how to make it difficult for an opponent using speed, height and direction of ball.</li> <li>Developing rallying skills using forehand and backhand with control and accuracy</li> <li>Develop the range, accuracy, precision and consistency of skills.</li> <li>Understand that when team has ball they are attacking and when they haven't they are defending and choose the best tactics for attacking and defending.</li> <li>Watch and evaluate the success of the game. Explain why they or others are playing well in the games. Know what they need to do to get better at and what to practice.</li> </ul>

						<ul style="list-style-type: none"> <li>Explain some important safety principles when preparing for physical activity.</li> </ul>
<b>Athletics</b>			<ul style="list-style-type: none"> <li>Run at fast, medium and slow speeds, changing speed and direction</li> <li>Take part in a relay activity, remembering when to run and what to do, staying in a lane/area and able to pass on the baton.</li> <li>Make up and repeat a short sequence of linked jumps.</li> <li>Throw a variety of throwing implements including bean bags, balls, discus, javelin</li> </ul>	<ul style="list-style-type: none"> <li>Run over a long distance.</li> <li>Link running and jumping activities with some fluency, control and consistency.</li> <li>Link jumping activities with some fluency, control and consistency.</li> <li>Throw a variety of objects, changing my action for accuracy and distance.</li> <li>Use appropriate language to describe what they do well in a athletic activities and what they need help with and what they need to practice.</li> </ul>	<ul style="list-style-type: none"> <li>Sprint over a short distance.</li> <li>Combine running and jumping.</li> <li>Jump in different ways.</li> <li>Throw in different ways to hit a target.</li> <li>Identify parts of the activities that are going well and parts that need improving and know what they need to get better at and what to practice.</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate stamina</li> <li>Use my athletics skills in different situations.</li> <li>Taking off and land with power and control when jumping.</li> <li>Throw with accuracy</li> <li>Watch and evaluate the success of the activities. Explain why they or others are doing well in the activities. Know what they need to get better at and what to practice</li> </ul>
<b>Dance</b>	<ul style="list-style-type: none"> <li>Demonstrate more control in a variety of movements.</li> <li>Recognise rhythm and beat within the music and be able to move in time to the music led by the teacher.</li> <li>Work with a partner or small group to copy or create a formation for the movements.</li> <li>Create and develop a variety of actions and movements that travel and change direction and speed.</li> <li>Link 2 movements together to begin a sequence.</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate control over movements and show good co-ordination.</li> <li>Move in time to the music independently.</li> <li>Work with a partner or small group to copy start and end positions.</li> <li>Explore combining skills such as travelling and jumping, turning on different levels.</li> <li>Link 2 or more movements together to form a sequence. Remember the movement order and perform the sequence.</li> </ul>	<ul style="list-style-type: none"> <li>Work towards precision of movement and co-ordination.</li> <li>Move in time to the music confidently using varying types of accompaniment.</li> <li>Work with a partner to create dance sequences including start and end positions and changing formations.</li> <li>Combine skills such as travelling and turning, with some complexity and confidence.</li> <li>Link 3 or more movements together to form a sequence. Remember the movement order and perform the sequence.</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate precision of movement and co-ordination.</li> <li>Move in time to the music demonstrating an awareness of rhythm and phrasing</li> <li>Work with a partner to create dance sequences with good synchronicity.</li> <li>Combine skills with more complexity, confidence and precision.</li> <li>Link several movements together to form a sequence. Remember the movement order and perform the sequence.</li> </ul>	<ul style="list-style-type: none"> <li>Work towards showing varying movement types e.g. strength, softness, power, flexibility, control, energy, etc. within one performance.</li> <li>Move in time to the music demonstrating confidence with rhythm and phrasing.</li> <li>Alternate between working solo, with a partner and as part of a group with good synchronicity within the same performance.</li> <li>Combine skills to develop flexibility, strength, technique, control and balance.</li> <li>Create more than one sequence of movements and perform the sequences in a specific order.</li> </ul>	<ul style="list-style-type: none"> <li>Consistently demonstrating with accuracy more varying movement types e.g. strength, softness, power, flexibility, control, energy, etc. within one performance.</li> <li>Move in time to the music demonstrating confidence with more complex rhythm and phrasing.</li> <li>Alternate between working solo, with a partner and as part of a group with good synchronicity within the same performance.</li> <li>Combine skills to consistently demonstrate flexibility, strength, technique, control and balance.</li> <li>Create more than one sequence of movements and</li> </ul>

						perform the sequences in a variety of different orders.
<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>• Make my body tense, relaxed, curled and stretched in different positions including Dish, Arch etc.</li> <li>• Rolling, travelling, balancing and jumping in different ways with control.</li> <li>• Climb on the equipment and off it with support in the first instance leading on to being independent.</li> <li>• Plan and show a sequence of movements.</li> <li>• Talk about my movements and actions and the movements and actions of others and describe them to other people.</li> </ul>	<ul style="list-style-type: none"> <li>• Show some control of basic movements.</li> <li>• Rolling, travelling, balancing and jumping in specific movements with control.</li> <li>• Climb on and perform movements on equipment safely. Create a sequence of movements which follow a set of rules.</li> <li>• Suggest on how to improve my gymnastics sequence and sequences of others.</li> </ul>	<ul style="list-style-type: none"> <li>• Work with increasing control and strength and improving flexibility.</li> <li>• Rolling, travelling, balancing and jumping in specific movements with increased control and precision.</li> <li>• Mount, dismount and perform movements on equipment safely. Create some linking and transition movements to a specific theme.</li> <li>• Compare and contrast gymnastic sequences, commenting on similarities and differences.</li> </ul>	<ul style="list-style-type: none"> <li>• Work with increasing control and strength and improving flexibility.</li> <li>• Rolling, travelling, balancing and jumping in specific movements with control and precision and changing speed and direction.</li> <li>• Mount, dismount and perform movements on equipment safely with increasing control and balance. Combine movements and shapes to create new patterns. Make suggestions on how to improve my own performance and performances of others.</li> </ul>	<ul style="list-style-type: none"> <li>• Movements are accurate, clear and consistently controlled with improved balance, strength and flexibility.</li> <li>• Rolling, travelling, balancing and jumping in specific movements with control and precision and changing speed and direction including a range of shapes.</li> <li>• Mount, dismount and perform more complex movements on equipment safely with control and balance.</li> <li>• Create more complex and extended sequences.</li> <li>• Make suggestions on how to improve my own performance and performances of others using correct gymnastics terminology.</li> </ul>	<ul style="list-style-type: none"> <li>• Movements are accurate, clear and consistently controlled at varying speeds with improved balance, strength and flexibility</li> <li>• Rolling, travelling, balancing and jumping in specific movements with control and precision. Changing speed and direction and moving seamlessly between action, balance and shapes</li> <li>• Mount, dismount and perform more complex movements on equipment safely at varying speeds with control and balance.</li> <li>• Link sequences and perform to specific timings.</li> <li>• Make suggestions on how to improve my own performance and performances of others using correct gymnastics terminology.</li> </ul>
<b>Outdoor Adventurous Activities</b>			<ul style="list-style-type: none"> <li>• Follow a map in a familiar context.</li> <li>• Move from one location to another following a map.</li> <li>• Use clues to follow a route.</li> <li>• Follow a route accurately, safely and within a time limit</li> </ul>	<ul style="list-style-type: none"> <li>• Follow a map in an unknown location and plan a route.</li> <li>• Plan a route for someone else.</li> <li>• Plan a series of clues for someone else.</li> <li>• Plan with others taking account of safety and danger.</li> </ul>	<ul style="list-style-type: none"> <li>• Communicate effectively with others to share ideas on how to complete tasks and challenges. This must involve voicing own ideas and listening to others.</li> <li>• Work well with others to solve problems and challenges.</li> <li>• Demonstrate a level of confidence and self-esteem to share ideas and discuss with others. This will vary according to children's age, maturity and personality and should be addressed accordingly.</li> <li>• Enjoy participating in Outdoor Adventurous Activities which challenge children's thinking skills, resilience and determination.</li> </ul>	