



PE Progression

	Gymnastic Movements	Basic Movements and Team Games	Dance
	<i>Developing balance, agility and co-ordination, and begin to apply these in a range of activities.</i>	<i>Master basic movements including running, jumping, throwing and catching, as well as participate in team games, developing simple tactics for attacking and defending.</i>	<i>Perform dances using simple movement patterns.</i>
Early Years	<ul style="list-style-type: none"> Stand momentarily on one foot when shown Jump off objects and land safely Travel with confidence and skill around, under, over and through balancing and climbing equipment Explore different types of balances, rolls and jumps ELG: Demonstrate strength, balance and coordination 	<ul style="list-style-type: none"> Experiment with different ways of moving Adjust speed and direction, negotiating speed successfully Show control when kicking, throwing and catching a large ball Demonstrate good control in large and small movements ELG: Negotiate space and obstacles safely, with consideration for themselves and others ELG: Move energetically, such as running, jumping, dancing, hopping, skipping and climbing 	<ul style="list-style-type: none"> Begin to move rhythmically and move in response to music Imitate movement in response to music Create simple movements in response to music Begin to build a repertoire of dances
Year 1	<ul style="list-style-type: none"> Make body curled, tense, stretched and relaxed Control body when travelling and balancing Copy sequences and repeat them Roll, curl, travel and balance in different ways Copy stretching movements for different parts of the body. Create different shapes when balancing Jump: side to side; both feet together; one foot to the other 	<ul style="list-style-type: none"> Use over arm and underarm throws to throw items in a straight line. Throw and kick in different ways Sprint for up to 20ms Run at least 200m without stopping and at a steady pace Use hitting, kicking and/or rolling in a game Beginning to understand where to stand to make a game more difficult for an opponent. 	<ul style="list-style-type: none"> Perform own dance moves Copy or make up a short dance Move safely in a space

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Year 2	<ul style="list-style-type: none"> Plan and perform a sequence of movements Improve sequence based on feedback Think of more than one way to create a sequence which follows some 'rules' Copy short movements to combine simple balances Perform simple rolls Balance using hands, feet or seat. 	<ul style="list-style-type: none"> Throw a ball underarm, overarm and use a bounce pass. Move into a given space to catch a ball. Pass a ball to a partner using hands and feet. Hit a ball with a tennis style bat or racquet. Stop a ball with feet before passing it. Sprint for up to 40ms Run at least 400m without stopping and at a steady pace Move into a given space within a game. Use a tactic in a game Follow rules Decide the best space to be in during a game 	<ul style="list-style-type: none"> Change rhythm, speed, level and direction in dance Make a sequence by linking sections together Use dance to show a mood or feeling

	Gymnastics	Competitive Games	Dance
	<i>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</i>	<i>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.</i>	<i>Perform dances using a range of movement patterns.</i>
Year 3	<ul style="list-style-type: none"> Adapt sequences to suit different types of apparatus and criteria Explain how strength and suppleness affect performance Balance on pads and points. Combine shapes and balances in a performance. Use all parts of body when travelling in different ways. 	<ul style="list-style-type: none"> Be aware of space and use it to support team-mates and to cause problems for the opposition Know and use rules fairly Show control of a range of different throws / passes Dribble a ball in a straight line Find space to move into within a game. 	<ul style="list-style-type: none"> Improvise freely and translate ideas from a stimulus into movement Share and create phrases with a partner and small group Perform given routines from memory, performing all the elements in the correct order. Perform basic dance actions with greater control over each element.

	Gymnastics	Competitive Games	Dance
Year 4	<ul style="list-style-type: none"> • Move in a controlled way • Include change of speed and direction in a sequence • Work with a partner to create, repeat and improve a sequence with at least three phases • Make a range of different shapes when balancing. • Create own stretching routine to prepare for gymnastics. • Perform a range of rolls with a good level of accuracy 	<ul style="list-style-type: none"> • Throw and catch accurately with one hand • Hit a ball with a range of different bats/racquets • Vary tactics and adapt skills depending on what is happening in a game • Move to catch a ball within a game, maintaining eye contact with the ball. • Pass a ball accurately when moving around during a game. • Use a range of techniques to help keep possession of the ball in a team game. 	<ul style="list-style-type: none"> • Take the lead when working with a partner or group • Use dance to communicate an idea • Choreograph motifs using repetition, direction, level, speed & space • Choreograph short routines in time with a given piece of music. • Explore different styles of dance and copy steps from them with increasing accuracy.
Year 5	<ul style="list-style-type: none"> • Make complex extended sequences • Combine action, balance and shape • Perform consistently to different audiences • Perform actions in and out of rolls. • Lead others in a stretching routine to prepare for gymnastics. • Perform a range of balances with a high level of control and accuracy. 	<ul style="list-style-type: none"> • Gain possession by working a team and pass in different ways • Choose a specific tactic for defending and attacking • Use a number of techniques to pass, dribble and shoot • Choose the most appropriate throw to use within a game. • Call out for a catch in a game showing they know they are in the best place. • Dribble a ball in different directions and avoid obstacles • Help other members of team to find space within a team game. 	<ul style="list-style-type: none"> • Compose own dances in a creative way • Perform dance to an accompaniment • Dance shows clarity, fluency, accuracy and consistency • Choose own dance steps and movements and then develop them into a routine. • Perform dance actions with control and expression.
Year 6	<ul style="list-style-type: none"> • Combine own work with that of others • Sequences to specific timings • Hold different positions when balancing and use different shapes to express a given theme/mood. • Create sequences that have changes of speed and level. • Select the most appropriate ways to travel from one balance to another. 	<ul style="list-style-type: none"> • Agree and explain rules to others • Work as a team and communicate a plan • Lead others in a game situation when the need arises • In a game, select the most appropriate person to pass to and the style of pass to use • Hit a ball into space to help increase score within a game. • Use a range of attacking and defending skills when playing a team game. 	<ul style="list-style-type: none"> • Develop sequences in a specific style • Choose own music and style • Perform longer routines from memory adding expression and extension to movements. • Choreograph short routines to portray a particular mood or style. • Explore different styles of dance and develop short routines in those styles.

	Athletics	Outdoor and Adventurous Activity	Evaluate
	<i>Use running, jumping, throwing and catching in isolation and in combination.</i>	<i>Take part in outdoor and adventurous activity challenges both individually and within a team.</i>	<i>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</i>
Year 3	<ul style="list-style-type: none"> • Run at fast, medium and slow speeds; changing speed and direction • Take part in a relay, remembering when to run and what to do • Sprint for up to 60ms • Run at least 600m without stopping and at a steady pace • Use the correct action to throw a javelin without a run up. 	<ul style="list-style-type: none"> • Follow a map in a familiar context • Use clues to follow a route • Follow a route safely • Use verbal communication within group activities to help solve problems/complete challenges. 	<ul style="list-style-type: none"> • Compare and contrast gymnastic sequences • Recognise own improvement in ball games
Year 4	<ul style="list-style-type: none"> • Sprint over a short distance and show stamina when running over a long distance • Jump in different ways • Throw in different ways and hit a target, when needed • Sprint for up to 80ms • Run at least 800m without stopping and at a steady pace • Use a push throw to throw a discus and shot put. • Jump: one foot to the other; one foot to two feet 	<ul style="list-style-type: none"> • Follow a school map to navigate around a simple course designed by themselves and others. • Follow a route within a time limit • Read basic symbols on an orienteering map and start to create own appropriate symbols. • Use verbal communication within group activities to help solve problems/complete challenges. • Use non-verbal communication strategies to help solve problems/complete challenges. • Follow the instructions of others when working within a team. • Evaluate own performance within a group or individual challenges 	<ul style="list-style-type: none"> • Provide support and advice to others in gymnastics and dance • Be prepared to listen to the ideas of others • Evaluate own performance within a group or individual challenge.

	Athletics	Outdoor and Adventurous Activity	Evaluate
Year 5	<ul style="list-style-type: none"> Controlled when taking off and landing Throw with increasing accuracy Combine running and jumping Run longer distances; knowing when to use a sprint. 	<ul style="list-style-type: none"> Follow a map into an unknown location Use clues and a compass to navigate a route Change route to overcome a problem Use new information to change route Plan ideas of how to solve a problem before attempting it. 	<ul style="list-style-type: none"> Pick up on something a partner does well and also on something that can be improved Know why own performance was better or not as good as their last Evaluate own and the team's performance and suggest improvements
Year 6	<ul style="list-style-type: none"> Demonstrate stamina and increase strength when running at distance and sprinting Use a body shape to decrease air resistance when running. Use the correct action to throw a javelin with a run up. Use toe and heel to spin and throw a discus and shot put. Jump: one foot to same foot to two feet 	<ul style="list-style-type: none"> Plan a simple orienteering trial for others to complete Plan with others, taking account of safety and danger Read a wide variety of map symbols and use a compass when following a given route. Decide if verbal or non-verbal communication is the most effective choice when solving problems. Take the lead within a group challenge and give clear instructions to others. 	<ul style="list-style-type: none"> Know which sports they are good at and find out how to improve further Evaluate own and the team's performance and suggest improvements

	Beginning	Intermediate	Advanced
Swimming	<ul style="list-style-type: none"> Swim 10m on front and back without stopping. Use the correct arm and leg movements to swim front crawl and backstroke. Climb out of the pool unaided. Submerge head under water and blow bubbles. 	<ul style="list-style-type: none"> Swim a complete length of the pool, on front and back without stopping. Use the correct arm and leg movements to swim breaststroke. Tread water for at least 2 minutes. Put head in the water when using different strokes. 	<ul style="list-style-type: none"> Swim a distance of 25m without stopping and using a consistent stroke. Swim using a range of strokes accurately Perform different self-rescue actions Synchronise breathing with stroke.