

PE Progression



KS1 Advent 1 – Multi Skills

	Acquire and develop new skills	Recognise, observe and apply rules in competitive and cooperative games and use and apply simple tactics	Evaluating and improving performance	Knowledge and understanding of fitness and health
Year 1	<ul style="list-style-type: none"> Explore rolling and sliding activities with a range of small equipment (bean bags, balls). •Develop sending and receiving skills and put them into simple game situations. •Develop an understanding of simple rules when working with partners or in small groups. Move fluently, changing direction and speed to avoid collisions •Show control and accuracy when rolling/sliding, aiming, and receiving. •Show control and accuracy with the basic actions for rolling, underarm throwing, striking a ball, and kicking. Balance: Am I stable, can I hold my body balance. Co-ordination: Moving on my own moving with a partner, moving whilst using a piece of equipment e.g. with a hockey stick 	<ul style="list-style-type: none"> Teaching children how to score games. Understand tactics for aiming & need for accuracy. Explain the difference between helping a partner & need for accuracy. Explore different ways of sending equipment so it's difficult to intercept or stop. How to defend their targets/ make it difficult for them to score. Playing simple games to understand tactics and rules. 	<ul style="list-style-type: none"> Watch others movements carefully. Describe what they have done or seen others doing. Copy what they see and explain why this is good. 	<ul style="list-style-type: none"> Understanding the benefits of regular exercise and explain how they feel when they exercise. Understand why it's important to stay fit and healthy



PE Progression

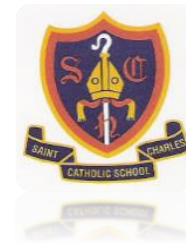


Year
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| <ul style="list-style-type: none"> • Explore rolling and sliding activities with a range of small equipment (bean bags, balls). • Develop sending and receiving skills and put them into simple game situations. • Develop an understanding of simple rules when working with partners or in small groups • Move fluently, changing direction and speed to avoid collisions • Show control and accuracy when rolling/sliding, aiming, and receiving. • Understand the concept of tracking and get in line with ball to receive it. • Perform a range of dribbling skills with control. • Show good awareness of others when moving with or without the ball. • Balance: Am I stable, can I hold my body balance. • Co-ordination: Moving on my own moving with a partner, moving whilst using a piece of equipment e.g. with a hockey stick. • Playing simple games to understand tactics and rules. | <ul style="list-style-type: none"> • Teaching children how to score games. • Understand tactics for aiming & need for accuracy. • Explain the difference between helping a partner & need for accuracy. • Explore different ways of sending equipment so it's difficult to intercept or stop. • How to defend their targets/ make it difficult for them to score • Understand the concepts of aiming and judging distances, and moving into space. • Learn the qualities of different implements and which are easier to use in chosen situations. • Learn how to adapt to the position of others in game situations • Playing simple games to understand tactics and rules. | <ul style="list-style-type: none"> • Watch others movements carefully. • Describe what they have done or seen others doing. • Copy what they see and explain why this is good | <ul style="list-style-type: none"> • Understanding the benefits of regular exercise and explain how they feel when they exercise. • Understand why it's important to stay fit and healthy. • Describe what it feels like when they breathe faster during exercise. • Explain why running and playing games is good for them. |
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PE Progression KS2 Advent 1 – Invasion Games



	Acquiring and developing skills	Selecting applying skills and tactics for attacking and defending	Evaluating and improving performance	Knowledge and understanding of fitness and health
Year 3/4	<ul style="list-style-type: none"> learn how to hold the stick correctly. -dribbling skills (use flat side of stick only). - passing skills (use the push pass effectively). -Receiving skills (be able make a barrier to receive a pass). tackling skills (use block and jab tackle effectively). -learn how to hold the stick correctly (use good posture). -dribbling skills (how to stop the ball, make a bridge to change direction). -passing skills (use the push pass effectively). -Receiving skills (be able make a barrier to receive a pass). -tackling skills (use block and jab tackle effectively). 	<ul style="list-style-type: none"> Understand basic passing techniques. -Communication between players. Find and use space to help out teammates. Understand basic passing techniques. -Communication between players. Find and use space to help out team mates. Choose positions in their team 	<ul style="list-style-type: none"> Be able to ask questions about what skills they need to improve on etc. Be able to ask questions about what skills they need to improve on etc. Understating what went well and what they need to practice more on 	<ul style="list-style-type: none"> Variety of skills related to warm up games. -Why cool downs are important. Variety of skills related to warm up games. -Why cool downs are important. - Make sure that the warm up that is done is appropriate to the skill/game.
Year 5/6	<ul style="list-style-type: none"> learn how to hold the stick correctly (bend knees and keep back straight). -dribbling skills (how to stop the ball, make a bridge to change direction). -passing skills (use the push pass effectively). -Receiving skills (be able make a barrier to receive a pass). - 	<ul style="list-style-type: none"> Understand basic passing techniques. Communication between players. - Find and use space to help out team mates. Choose positions in their team. -Know how to mark and defend the goals. Play small sided games effectively Understand basic passing techniques. Communication between players 	<ul style="list-style-type: none"> Be able to ask questions about what skills they need to improve on etc. Understating what went well and what they need to practice more on. Explain why their performance was good. Be able to ask questions about what skills they need to improve on etc. 	<ul style="list-style-type: none"> Variety of skills related to warm up games. Why cool downs are important. Make sure that the warm up that is done is appropriate to the skill/game. Give good explanations of why a warm-up is important before a session. Carry out a warm up carefully and thoroughly.



PE Progression

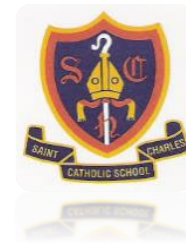


	<p>tackling skills (use block and jab tackle effectively).</p> <ul style="list-style-type: none"> • learn how to hold the stick correctly (bend knees and keep back straight.) -dribbling skills (how to stop the ball, make a bridge to change direction). - passing skills (use the push pass effectively). • -Receiving skills (be able make a barrier to receive a pass). - tackling skills (use block and jab tackle effectively). 	<ul style="list-style-type: none"> • Find and use space to help out team mates. • Choose positions in their team. -Know how to mark and defend the goals. • Play small sided games effectively. -Use a variety of tactics to keep the ball from the opponent. • Know different ways to get the ball to the opponent's goal. 	<ul style="list-style-type: none"> • Understanding what went well and what they need to practice more on. • Explain why their performance was good. • Pupils to do a self- assessment on their performance each lesson. • How to adapt their play so that suits their needs and others strengths. 	<ul style="list-style-type: none"> • Variety of skills related to warm up games. • Why cool downs are important. • Make sure that the warm up that is done is appropriate to the skill/game. - Give good explanations of why a warm-up is important before a session. • Carry out a warm up carefully and thoroughly. • Recognise exercises that helps strength, stamina and speed.
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PE Progression

KS1 Advent 2 - Gymnastics



	Perform dances / gymnastic routines using simple movement patterns	Evaluating and improving performance	Knowledge and understanding of fitness and health
<p>Year 1/2</p>	<ul style="list-style-type: none"> Performing a range of balances working with control. Showing movement and stillness in their dance or gymnastics Explore ways of travelling at different levels along different pathways or using apparatus. Show awareness of each other, floor spaces, mats, and small apparatus. Explore Rhythmic gymnastics using ribbon sticks, balls, and hoops. Exploring different types of shapes. Perform a range of jumps and leaps Performing a range of balances working with control, accuracy. Showing movement and stillness in their dance or gymnastics. Perform a range of leaps/ jumps that show control at both take-off and landing. Explore ways of travelling at different levels and speeds along different pathways or using apparatus. Show awareness of each other, floor spaces, mats, the equipment and apparatus. Explore Rhythmic gymnastics using ribbon sticks, balls, and hoops. Working together in small groups or in partner work. Mirroring each other <p>Linking the movements and basic steps they have learnt, whilst working under control.</p>	<ul style="list-style-type: none"> Watch others movements carefully. Describe what they have done or seen others do. Watch others movements carefully. Describe what they have done or seen others doing. Copy what they see and explain why this is good. 	<ul style="list-style-type: none"> Explain how their body feels before and during exercise. Can they feel their heart beating fast and slow. Understanding the benefits of regular exercise and explain how they feel when they exercise. Understand why it's important to stay fit and healthy

KS2 Advent 2 - Gymnastics

	Acquiring and developing skills	Perform and develop a range of movements using flexibility, strength, control and balance	Evaluating and improving performance	Knowledge and understanding of fitness and health
Year 3/4	<ul style="list-style-type: none"> • Use of balances and shapes to improve flexibility in warm-ups and cool downs. • Introducing / consolidating basic: • Travelling skills • Jumping skills • Rolling skills • Balancing skills • Skill introduction on the climbing frame and apparatus • Perform a variety of gymnastics actions, balances and body shapes accurately. • Perform travelling, jumping, rolling and balancing skills more accurately and precisely • Create simple sequences on the climbing frame and large apparatus. • Introduce Rhythmic gymnastics 	<ul style="list-style-type: none"> • Working individually or with a partner create a movement phase or sequence putting travelling, rolling, jumping and balancing skills together on the floor / apparatus. • Perform the sequences for another individual or pair to evaluate. • Perform and repeat longer sequences that include changes of level, clear shapes and quality of movement. • Adapt work to include a partner. • Perform sequences in front of the whole class for evaluation feedback. 	<ul style="list-style-type: none"> • Describe and comment on their own performance and that of others and make simple suggestions to improve quality. • Observe others carefully, in relation to the success criteria, begin to modify and change in response to what they see. • Be confident to analyse and comment on what they see. 	<ul style="list-style-type: none"> • Children suggest appropriate warm-up ideas • Children dress appropriately for PE - Children work in a responsible and safe manner • Children recognise changes in body temperature • Children begin to think about warm-up activities that prepare them for exercise. • They can talk confidently about the effect exercise has on their body and why they need to exercise to stay fit and healthy. • Know how to stretch individual parts of the body correctly / safely.

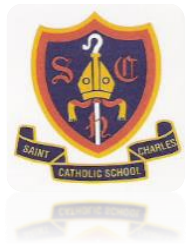


PE Progression



Year
5/6

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| <ul style="list-style-type: none"> • Perform a variety of more advances actions, balances and body shapes accurately with emphasis on extension and control. • Perform skills learnt precisely with confidence on both floor and large apparatus • Perform more advanced Rhythmic gymnastics skills using ribbon, sticks, balls and hoops. • Perform a variety of more advances actions, balances and body shapes accurately with emphasis on extension and control. • Perform skills learnt precisely with confidence on both floor and large apparatus • Work with body tension and extension. • Perform more advanced Rhythmic gymnastics skills using ribbon, sticks, balls and hoops. • Show awareness of each other, the mats, and the equipment / apparatus. | <ul style="list-style-type: none"> • Compose more complex sequences from a wider range of themes including changes of speed, direction and showing work at different levels. • Develop and adapt sequences to incorporate large apparatus and hand held apparatus. • To select more advanced actions learnt and use them to create more advanced movement phrases / sequences. • Use a range of compositional principals and their own solutions to improve the look of a sequence. • perform in front of class and teachers. | <ul style="list-style-type: none"> • From observation of others begin to describe constructively how to refine, improve and modify performance • Refine own performance in response to comments of others and self-analysis. • Use judging sheets with specific criteria of the core task on them, to check the content of sequences. • Analyse the selected skills and techniques within the activity and suggest ways to improve the quality of performance demonstrating sound knowledge and understanding of the subject area. • Use judging sheets and video performances so that the children can evaluate their own and others work. | <ul style="list-style-type: none"> • Demonstrate activities for specific aspects of warm-up stretching, joint mobility, raising heart and breathing rates. • Also, introduce / consolidate gymnastic skills and actions in warm-ups. • Describe the effects of exercise on the body showing understanding of the principles of respiration, temperature fatigue and recovery. • Can show responsibility for personal warm-up programme specific to activity. • Understand the need for a warm-up and working body strength, tone and flexibility and how these contribute to health and fitness. • Know how to safely stretch individual parts of the body and understand how this will help when performing gymnastics actions and movements. • Demonstrate all round safe practice, including handling of equipment, safety of self and others and playing within accepted rules and conventions. |
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PE Progression

KS1 Lent 1 – Multi Skills

	Acquire and develop new skills	Recognise, observe and apply rules in competitive and cooperative games and use and apply simple tactics	Evaluating and improving performance	Knowledge and understanding of fitness and health
Year 1	<ul style="list-style-type: none"> Explore rolling and sliding activities with a range of small equipment (bean bags, balls). •Develop sending and receiving skills and put them into simple game situations. •Develop an understanding of simple rules when working with partners or in small groups. Move fluently, changing direction and speed to avoid collisions •Show control and accuracy when rolling/sliding, aiming, and receiving. •Show control and accuracy with the basic actions for rolling, underarm throwing, striking a ball, and kicking. Balance: Am I stable, can I hold my body balance. Co-ordination: Moving on my own moving with a partner, moving whilst using a piece of equipment e.g. with a hockey stick 	<ul style="list-style-type: none"> Teaching children how to score games. Understand tactics for aiming & need for accuracy. Explain the difference between helping a partner & need for accuracy. Explore different ways of sending equipment so it's difficult to intercept or stop. How to defend their targets/ make it difficult for them to score. Playing simple games to understand tactics and rules. 	<ul style="list-style-type: none"> Watch others movements carefully. Describe what they have done or seen others doing. Copy what they see and explain why this is good. 	<ul style="list-style-type: none"> Understanding the benefits of regular exercise and explain how they feel when they exercise. Understand why it's important to stay fit and healthy
Year 2	<ul style="list-style-type: none"> Explore rolling and sliding activities with a range of small equipment (bean bags, balls). Develop sending and receiving skills and put them into simple game situations. 	<ul style="list-style-type: none"> Teaching children how to score games. Understand tactics for aiming & need for accuracy. Explain the difference between helping a partner & need for accuracy. 	<ul style="list-style-type: none"> Watch others movements carefully. Describe what they have done or seen others doing. Copy what they see and explain why this is good 	<ul style="list-style-type: none"> Understanding the benefits of regular exercise and explain how they feel when they exercise. Understand why it's important to stay fit and healthy. Describe what it feels like when they breathe faster during exercise.



PE Progression



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| <ul style="list-style-type: none">• Develop an understanding of simple rules when working with partners or in small groups• Move fluently, changing direction and speed to avoid collisions• Show control and accuracy when rolling/sliding, aiming, and receiving.• Understand the concept of tracking and get in line with ball to receive it.• Perform a range of dribbling skills with control.• Show good awareness of others when moving with or without the ball.• Balance: Am I stable, can I hold my body balance.• Co-ordination: Moving on my own moving with a partner, moving whilst using a piece of equipment e.g. with a hockey stick.• Playing simple games to understand tactics and rules. | <ul style="list-style-type: none">• Explore different ways of sending equipment so it's difficult to intercept or stop.• How to defend their targets/ make it difficult for them to score• Understand the concepts of aiming and judging distances, and moving into space.• Learn the qualities of different implements and which are easier to use in chosen situations.• Learn how to adapt to the position of others in game situations• Playing simple games to understand tactics and rules. | <ul style="list-style-type: none">• Explain why running and playing games is good for them. |
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PE Progression



KS2 Lent 1 - Tag Rugby

	Acquiring and developing skills	Selecting applying skills and tactics for attacking and defending	Evaluating and improving performance	Knowledge and understanding of fitness and health
Year 3/4	<ul style="list-style-type: none"> introducing ball handling 'W' technique for catching. introduce passing techniques and where to throw from 'pocket pass'. -skills to use when handling the ball when running. dodging drills to help understand when to dodge. Show good handling technique when running. - Correct technique when handling ball for passing/catching. Show good change of pace when catching and throwing. Throw and catch using correct 'W' technique. - introducing 2v1 to apply dodging & evasion. 	<ul style="list-style-type: none"> Understanding the reasons why spatial awareness and communication is important in a game. Understand differences between attacking and defending. understand how to position the team when attacking and defending. understanding positions in the game and how they help with attacking and defending. developing how to use spatial awareness and communication - develop skills on how to keep the ball from opponents develop the different ways to attack and defend TRY line. 	<ul style="list-style-type: none"> Describe and comment on their own performance and that of others and make simple suggestions to improve quality. Observe others carefully, in relation to the success criteria, begin to modify and change in response to what they see. Be confident to analyse and comment on what they see. 	<ul style="list-style-type: none"> Children suggest appropriate warm-up ideas Children dress appropriately for PE - Children work in a responsible and safe manner Children recognise changes in body temperature Children begin to think about warm-up activities that prepare them for exercise. They can talk confidently about the effect exercise has on their body and why they need to exercise to stay fit and healthy.
Year 5/6	<ul style="list-style-type: none"> Sustain and maintain running speed at different distances while handling the ball. Start moving while handling/passing ball. -Throw fluently with power improving on personal targets 	<ul style="list-style-type: none"> Developing knowledge on positions for games to help attack and defend. know how to defend their line and attack the other teams understanding why spatial awareness and communication is important in a game. Be confident and use knowledge learnt to select passing, positioning, running 	<ul style="list-style-type: none"> From observation of others begin to describe constructively how to refine, improve and modify performance Refine own performance in response to comments of others and self- analysis. Analyse the selected skills and techniques within the activity and suggest ways to improve the quality of performance demonstrating sound 	<ul style="list-style-type: none"> Demonstrate activities for specific aspects of warm-up stretching, joint mobility, raising heart and breathing rates. Describe the effects of exercise on the body showing -understanding of the principles of respiration, temperature fatigue and recovery.



PE Progression



	<ul style="list-style-type: none">• Strength, stamina and managing speed when running while handling the ball.• applying dodging & evasion in game situations• Throw with excellent accuracy, power, speed and strength while running and standing still.• catching with 'W' handling technique.	<p>spaces and speeds in different game situations.</p> <ul style="list-style-type: none">• Use correct and specific movements during the game i.e. dodging.• using spatial awareness and communication to attack and defend effectively.	<p>knowledge and understanding of the subject area</p>	<ul style="list-style-type: none">• Can show responsibility for personal warm-up programme specific to activity.• Demonstrate all round safe practice, including handling of equipment, safety of self and others and playing within accepted rules and conventions.
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KS1 Lent 2 – Multi Skills

	Acquire and develop new skills	Recognise, observe and apply rules in competitive and cooperative games and use and apply simple tactics	Evaluating and improving performance	Knowledge and understanding of fitness and health
Year 1	<ul style="list-style-type: none"> • Explore rolling and sliding activities with a range of small equipment (bean bags, balls). • Develop sending and receiving skills and put them into simple game situations. • Develop an understanding of simple rules when working with partners or in small groups. • Move fluently, changing direction and speed to avoid collisions • Show control and accuracy when rolling/sliding, aiming, and receiving. • Show control and accuracy with the basic actions for rolling, underarm throwing, striking a ball, and kicking. Balance: Am I stable, can I hold my body balance. • Co-ordination: Moving on my own moving with a partner, moving whilst using a piece of equipment e.g. with a hockey stick 	<ul style="list-style-type: none"> • Teaching children how to score games. • Understand tactics for aiming & need for accuracy. • Explain the difference between helping a partner & need for accuracy. • Explore different ways of sending equipment so it's difficult to intercept or stop. • How to defend their targets/ make it difficult for them to score. • Playing simple games to understand tactics and rules. 	<ul style="list-style-type: none"> • Watch others movements carefully. • Describe what they have done or seen others doing. • Copy what they see and explain why this is good. 	<ul style="list-style-type: none"> • Understanding the benefits of regular exercise and explain how they feel when they exercise. • Understand why it's important to stay fit and healthy



PE Progression



Year
2

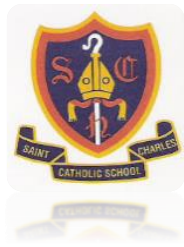
- Explore rolling and sliding activities with a range of small equipment (bean bags, balls).
- Develop sending and receiving skills and put them into simple game situations.
- Develop an understanding of simple rules when working with partners or in small groups
- Move fluently, changing direction and speed to avoid collisions
- Show control and accuracy when rolling/sliding, aiming, and receiving.
- Understand the concept of tracking and get in line with ball to receive it.
- Perform a range of dribbling skills with control.
- Show good awareness of others when moving with or without the ball.
- **Balance:** Am I stable, can I hold my body balance.
- **Co-ordination:** Moving on my own moving with a partner, moving whilst using a piece of equipment e.g. with a hockey stick.
- Playing simple games to understand tactics and rules.

- Teaching children how to score games.
- Understand tactics for aiming & need for accuracy.
- Explain the difference between helping a partner & need for accuracy.
- Explore different ways of sending equipment so it's difficult to intercept or stop.
- How to defend their targets/ make it difficult for them to score
- Understand the concepts of aiming and judging distances, and moving into space.
- Learn the qualities of different implements and which are easier to use in chosen situations.
- Learn how to adapt to the position of others in game situations
- Playing simple games to understand tactics and rules.

- Watch others movements carefully.
- Describe what they have done or seen others doing.
- Copy what they see and explain why this is good

- Understanding the benefits of regular exercise and explain how they feel when they exercise.
- Understand why it's important to stay fit and healthy.
- Describe what it feels like when they breathe faster during exercise.
- Explain why running and playing games is good for them.

PE Progression



KS2 Lent 2 – Tennis

	Acquiring and developing skills	Selecting applying skills and tactics for attacking and defending	Evaluating and improving performance	Knowledge and understanding of fitness and health
Year 3/4	<ul style="list-style-type: none"> Know and perform the basic grip Use throwing and catching motor skills Learn the following basic shots: Forehand, Backhand, Volley, Overhead, Serve(mainly under-arm) -Good body position Understand and use hand eye coordination Understand what a rally is and have a go at it. Play in both singles and doubles matches Know and perform the basic grip Use the following shots in short rallies: Forehand, Backhand, Volley, Overhead, Serve (under and over arm) -Good body position of feet, hips, shoulders and head -Start to improve spatial awareness Use good hand eye coordination to improve accuracy and consistency of shots. Play in both singles and doubles matches 	<ul style="list-style-type: none"> Understand that the ball can only bounce once on their side of the court Move quickly to the ball and aim for opponents side of the court Stand in a good court position -Spot the spaces in their opponent’s court and try to hit the ball towards them. Work as a partnership in doubles 	<ul style="list-style-type: none"> Describe and comment on their own performance and that of others and make simple suggestions to improve quality. Observe others carefully, in relation to the success criteria, begin to modify and change in response to what they see. -Be confident to analyse and comment on what they see. 	<ul style="list-style-type: none"> Children suggest appropriate warm-up ideas Children dress appropriately for PE Children work in a responsible and safe manner Children recognise changes in body temperature Children begin to think about warm-up activities that prepare them for exercise. They can talk confidently about the effect exercise has on their body and why they need to exercise to stay fit and healthy.



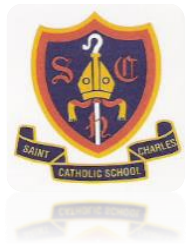
PE Progression



Year
5/6

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| <ul style="list-style-type: none"> • Perform the correct grip and demonstrate a good back swing, connection and follow through - Understand and perform all shots and use them in longer rallies and progress to using the over-arm serve. • Play shots on both sides of the body • Direct the ball reasonably well towards their opponents court or target area • Perform the skills in a well-balanced body position • Understand the difference of match play in singles and doubles • Demonstrate throwing and catching motor skills • Perform the correct grip and demonstrate a good back swing, connection and follow through • Demonstrate technical skills of each shot: <ul style="list-style-type: none"> *Forehand *Backhand *Volley *Overhead *Under-arm and over-arm serves -Demonstrate good body position, court position and spatial awareness -Accuracy and consistency during long rallies • Monitor and assess ball flight and speed • Understand difference in singles and doubles and work as a team in doubles matches. | <ul style="list-style-type: none"> • As soon as they have taken their shot aim to make it back to the centre of the court to make it easier when receiving the next shot • Hit the ball with purpose, varying speed, width, depth, height and direction to outwit opponent. • Play individually and in doubles - Understand scoring system and game-play • Decide when to attack and when to defend depending on opponents shot. • Quickly move to centre of court after taking a shot and explain why this is a good idea • Use different methods of hitting the ball (changes of speed, direction, depth, height and width) to outwit your opponent e.g. a drop shot • Demonstrate good doubles play, where to stand on court and how to cover each other when court positions change • Understand scoring system, game- play and how tie-breaks work. • Show understanding of when to attack and when to defend during a point e.g. to attack if opponent plays a high loopy shot. | <ul style="list-style-type: none"> • From observation of others begin to describe constructively how to refine, improve and modify performance • Refine own performance in response to comments of others and self-analysis. • Analyse the selected skills and techniques within the activity and suggest ways to improve the quality of performance demonstrating sound knowledge and understanding of the subject area. | <ul style="list-style-type: none"> • Demonstrate activities for specific aspects of warm-up stretching, joint mobility, raising heart and breathing rates. • Describe the effects of exercise on the body showing understanding of the principles of respiration, temperature fatigue and recovery. • Can show responsibility for personal warm-up programme specific to activity. • Demonstrate all round safe practice, including handling of equipment, safety of self and others and playing within accepted rules and conventions. |
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PE Progression

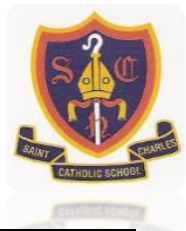


KS1 Lent 2 – Dance

	Perform dances / gymnastic routines using simple movement patterns	Evaluating and improving performance	Knowledge and understanding of fitness and health
Year 1/2	<ul style="list-style-type: none"> Performing a range of balances working with control. Showing movement and stillness in their dance or gymnastics Explore ways of travelling at different levels along different pathways or using apparatus. Show awareness of each other, floor spaces, mats, and small apparatus. Explore Rhythmic gymnastics using ribbon sticks, balls, and hoops. Exploring different types of shapes. Perform a range of jumps and leaps Performing a range of balances working with control, accuracy. Showing movement and stillness in their dance or gymnastics. Perform a range of leaps/ jumps that show control at both take-off and landing. Explore ways of travelling at different levels and speeds along different pathways or using apparatus. Show awareness of each other, floor spaces, mats, the equipment and apparatus. Explore Rhythmic gymnastics using ribbon sticks, balls, and hoops. Working together in small groups or in partner work. Mirroring each other Linking the movements and basic steps they have learnt, whilst working under control. 	<ul style="list-style-type: none"> Watch others movements carefully. Describe what they have done or seen others do. Watch others movements carefully. Describe what they have done or seen others doing. Copy what they see and explain why this is good. 	<ul style="list-style-type: none"> Explain how their body feels before and during exercise. Can they feel their heart beating fast and slow. Understanding the benefits of regular exercise and explain how they feel when they exercise. Understand why it's important to stay fit and healthy



PE Progression



KS2 Lent 2 – Dance

	Acquiring and developing skills	Selecting applying skills and tactics for attacking and defending	Evaluating and improving performance	Knowledge and understanding of fitness and health
Year 3/4	<ul style="list-style-type: none"> Children make an attempt to explore movement and combine ideas within group activity. They should consider action and space. Learn and practice a range of movements to perform with a piece of modern/ commercial music (top-rock, popping, body wave, cool walks, freezes, isolations and attempt the helicopter). Develop clarity of movement using different levels and movement patterns (High, medium, low, line formation, circle, diagonal, zig zag, triangle, canon, and unison). Children make an attempt to explore movement and communicate ideas effectively within group activity. They should consider action, space and dynamics (quality of movement – how?) Learn and practice a range of movements to perform with a piece of modern/ commercial music (top-rock, popping, body wave, cool walks, freezes, isolations and the helicopter). Develop clarity of movement using different levels and movement patterns (High, medium, low, line formation, 	<ul style="list-style-type: none"> Choose correct technique when performing the Dance. Perform a combination of movements/actions with control and balance -Select which technique to use for the given Dance style. Perform a combination of movements/ actions with control and balance. - Select which technique to use for the given style of Dance. 	<ul style="list-style-type: none"> Describe and comment on their own performance and that of others and make simple suggestions to improve quality. Observe others carefully, in relation to the success criteria, begin to modify and change in response to what they see. Be confident to analyse and comment on what they see. 	<ul style="list-style-type: none"> Children suggest appropriate warm-up ideas -Children dress appropriately for PE Children work in a responsible and safe manner -Children recognise changes in body temperature Children begin to think about warm-up activities that prepare them for exercise. They can talk confidently about the effect exercise has on their body and why they need to exercise to stay fit and healthy.



PE Progression



	<p>circle, diagonal, zig zag, triangle, canon, and unison).</p>			
<p>Year 5/6</p>	<ul style="list-style-type: none"> Children learn to explore, improvise and combine movement ideas imaginatively and effectively within group activity and individual tasks. They should consider action, space, dynamics and relationship. -Learn and practice a range of movements to perform with a piece of modern/ commercial music (top-rock, helicopter, locking, popping, baby freeze, ripple, body wave, cool walks, freezes, isolations). Develop clarity of movement using different levels and controlled movement patterns (High, medium, low, line formation, circle, diagonal, zig zag, triangle, canon and unison). -Children should be able to explain canon and unison and give examples. Children learn to explore, improvise freely and combine movement ideas imaginatively with fluency and effectiveness within group activity and individual tasks. They should consider action, space, dynamics and relationship. Learn and practise a range of movements to perform with a piece of modern/ commercial music (top-rock, helicopter, 	<ul style="list-style-type: none"> Choose correct technique when performing the Dance; consider alignment, focus, posture, extension, projections. Perform movements in unison, keeping in time with coach and/or music. - Perform movements/ motifs with fluency and control. Apply correct technique with confidence and use knowledge learnt to portray the difference in dynamics. Consider alignment, focus, posture, extension, projection. Perform movements in unison, keeping in time with coach and/or music. Perform movements/ motifs with accuracy, fluency and control. Adapt skills and techniques to different activities that they are set. 	<ul style="list-style-type: none"> From observation of others, begin to describe constructively how to refine, improve and modify performance Refine own performance in response to comments of others and self-analysis. Analyse the selected skills and techniques within the activity and suggest ways to improve the quality of performance demonstrating sound knowledge and understanding of the subject area. 	<ul style="list-style-type: none"> Demonstrate activities for specific aspects of warm-up stretching, joint mobility, raising heart and breathing rates. Describe the effects of exercise on the body showing understanding of the principles of respiration, temperature fatigue and recovery Can show responsibility for personal warm-up programme specific to activity. -Demonstrate all round safe practice, including handling of equipment, safety of self and others and playing within accepted rules and conventions.



**St Ralph
Sherwin**

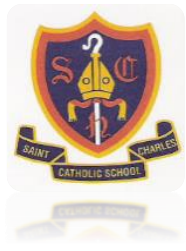
Catholic Multi Academy Trust

PE Progression



	<p>locking, popping, baby freeze, ripple, body wave, cool walks, freezes, isolations).</p> <ul style="list-style-type: none">• Develop clarity of movement using different levels and controlled movement patterns (High, medium, low, line formation, circle, diagonal, zig zag, triangle, canon and unison).• Children should be able to clearly explain all choreographic devices, such as canon, unison, dynamics, levels, direction, formation, repetition, giving examples and demonstrating through practical motifs.			
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PE Progression



KS1 Pentecost 2 – Athletics

	Acquire and develop new skills	Recognise, observe and apply rules in competitive and cooperative games and use and apply simple tactics	Evaluating and improving performance	Knowledge and understanding of fitness and health
Year 1	<ul style="list-style-type: none"> • Explore rolling and sliding activities with a range of small equipment (bean bags, balls). • Develop sending and receiving skills and put them into simple game situations. • Develop an understanding of simple rules when working with partners or in small groups. • Move fluently, changing direction and speed to avoid collisions • Show control and accuracy when rolling/sliding, aiming, and receiving. • Show control and accuracy with the basic actions for rolling, underarm throwing, striking a ball, and kicking. • Balance: Am I stable, can I hold my body balance. • Co-ordination: Moving on my own moving with a partner, moving whilst using a piece of equipment e.g. with a hockey stick 	<ul style="list-style-type: none"> • Teaching children how to score games. • Understand tactics for aiming & need for accuracy. • Explain the difference between helping a partner & need for accuracy. • Explore different ways of sending equipment so it's difficult to intercept or stop. • How to defend their targets/ make it difficult for them to score. • Playing simple games to understand tactics and rules. 	<ul style="list-style-type: none"> • Watch others movements carefully. • Describe what they have done or seen others doing. • Copy what they see and explain why this is good. 	<ul style="list-style-type: none"> • Understanding the benefits of regular exercise and explain how they feel when they exercise. • Understand why it's important to stay fit and healthy



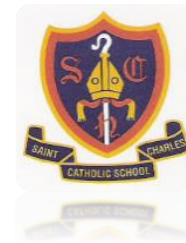
PE Progression



Year
2

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| <ul style="list-style-type: none"> • Explore rolling and sliding activities with a range of small equipment (bean bags, balls). • Develop sending and receiving skills and put them into simple game situations. • Develop an understanding of simple rules when working with partners or in small groups • Move fluently, changing direction and speed to avoid collisions • Show control and accuracy when rolling/sliding, aiming, and receiving. • Understand the concept of tracking and get in line with ball to receive it. • Perform a range of dribbling skills with control. • Show good awareness of others when moving with or without the ball. • Balance: Am I stable, can I hold my body balance. • Co-ordination: Moving on my own moving with a partner, moving whilst using a piece of equipment e.g. with a hockey stick. • Playing simple games to understand tactics and rules. | <ul style="list-style-type: none"> • Teaching children how to score games. • Understand tactics for aiming & need for accuracy. • Explain the difference between helping a partner & need for accuracy. • Explore different ways of sending equipment so it's difficult to intercept or stop. • How to defend their targets/ make it difficult for them to score • Understand the concepts of aiming and judging distances, and moving into space. • Learn the qualities of different implements and which are easier to use in chosen situations. • Learn how to adapt to the position of others in game situations • Playing simple games to understand tactics and rules. | <ul style="list-style-type: none"> • Watch others movements carefully. • Describe what they have done or seen others doing. • Copy what they see and explain why this is good. | <ul style="list-style-type: none"> • Understanding the benefits of regular exercise and explain how they feel when they exercise. • Understand why it's important to stay fit and healthy. • Describe what it feels like when they breathe faster during exercise. • Explain why running and playing games is good for them. |
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PE Progression



KS2 Pentecost 2 – Athletics

	Acquiring and developing skills	Perform and develop a range of movements using flexibility, strength, control and balance	Evaluating and improving performance	Knowledge and understanding of fitness and health
Year 3/4	<ul style="list-style-type: none"> Run at different speeds and know the difference between sprinting and running. Understand relay races. Jump with accuracy and good technique Throw with accuracy and power in to targets at different distances Show good technique when sprinting and increase the distance when running. Correct technique when changing over the baton in relays. Show good technique on take-off and landing when jumping Throw using correct techniques for different events (shot, discus and javelin). 	<ul style="list-style-type: none"> Choose correct running technique to use depending on the distance Perform combination jumps with control and balance Select which throwing technique to use for accuracy and distance Choose correct running technique and pace to reduce their times at different distances Bring together hop, step and jumping skills learnt to perform the triple jump Select and use correct throw to reach different targets and challenges set 	<ul style="list-style-type: none"> Describe and comment on their own performance and that of others and make simple suggestions to improve quality. Observe others carefully, in relation to the success criteria, begin to modify and change in response to what they see. -Be confident to analyse and comment on what they see. 	<ul style="list-style-type: none"> Children suggest appropriate warm-up ideas Children dress appropriately for PE - Children work in a responsible and safe manner Children recognise changes in body temperature Children begin to think about warm-up activities that prepare them for exercise. They can talk confidently about the effect exercise has on their body and why they need to exercise to stay fit and healthy.
Year 5/6	<ul style="list-style-type: none"> Sustain and maintain running speed at different distances showing good technique. Start to jog slowly on change-over in relays. Jump with fluency and control through all stages. Throw fluently with power improving on personal targets and to use run-up in Javelin Understand rules and judge/measure events. 	<ul style="list-style-type: none"> Choose pace for running longer distances. Use different speeds during races to out- smart other athletes. To make each stage of the triple-jump the same distance (don't collapse on certain stages). -Introduce 3 stride run up for javelin and shuffle movement for discus/shot – to perform sequences together with fluency and control Be confident and use knowledge learnt to select running paces and speeds in different events. Use correct and 	<ul style="list-style-type: none"> From observation of others begin to describe constructively how to refine, improve and modify performance - Refine own performance in response to comments of others and self- analysis. Analyse the selected skills and techniques within the activity and suggest ways to improve the quality of performance demonstrating sound knowledge and understanding of the subject area. 	<ul style="list-style-type: none"> Demonstrate activities for specific aspects of warm-up stretching, joint mobility, raising heart and breathing rates. Describe the effects of exercise on the body showing understanding of the principles of respiration, temperature fatigue and recovery. Can show responsibility for personal warm-up programme specific to activity. Demonstrate all round safe practice, including handling of equipment, safety



PE Progression



	<ul style="list-style-type: none">• Strength, stamina and speed when running and knowing how to pace themselves effectively. Change-over efficiently with the baton at high speeds during relays.• Jump with strength, balance and speed throughout all stages of the jump.• Throw with excellent accuracy, power, speed and strength using run-up in Javelin.• Aim to achieve personal bests in all events -Organise and manage an athletics event using knowledge and understanding learnt.	<p>specific movements during the change-over in relays.</p> <ul style="list-style-type: none">• Introduce 3 stride run up for jumps – to perform movements efficiently and correctly.• -perform throwing events with correct run-up and movements to increase throwing distance.• -Adapt skills and techniques to different challenges and equipment that they are set.		<p>of self and others and playing within accepted rules and conventions</p>
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