

## WHOLE SCHOOL PROGRESSION PE

	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Games – Disciplinary Knowledge	<p>I can continue to develop movements and balances when riding (scooters, trikes and bikes) and with ball skills.</p> <p>I can start to take part in some group activities which they make up for themselves, or in teams. E.g. finding shapes or colours.</p>	<p>I can further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</p> <p>I can develop confidence, competence, precision, and accuracy when engaging in activities that involve a ball.</p> <p>ELG: I can negotiate space and obstacles safely with consideration for themselves and others.</p>	<p>I can show control when rolling a ball.</p> <p>I can catch a ball / moving object.</p> <p>I can use an appropriate underarm throw.</p> <p>I can throw a ball/object with control.</p> <p>I can predict where to move to receive a ball.</p>	<p>I can send, receive and field a ball with the correct techniques (recap 1)</p> <p>I can strike an object from a static start.</p> <p>I can strike a moving object.</p> <p>I can start to show some accuracy when striking an object.</p> <p>I can control a ball with a racket.</p> <p>I can send a ball with control and direction.</p> <p>I can send a ball using appropriate power.</p> <p>I can move with a ball under control using my feet.</p> <p>I can move a ball whilst maintaining control.</p> <p>I can complete a short pass to a partner.</p> <p>I can stop and control a ball when receiving.</p> <p>I can send and receive a ball whilst moving showing some control.</p>	<p>I can use the correct techniques when using a hockey stick.</p> <p>I can control a ball using a hockey stick.</p> <p>I can send and receive a ball showing control.</p> <p>I can use a range of passing techniques.</p> <p>I can choose an appropriate position when receiving and give reasons for my choice.</p> <p>I can move a ball whilst maintaining control.</p> <p>I can use a range of skills to help me keep possession and control of the ball.</p> <p>I can anticipate opportunities to intercept.</p> <p>I can use a range of skills to defend and intercept a ball/object.</p> <p>I can identify some ways to make the game harder for their opponents.</p>	<p>I can use a range of throwing and catching techniques.</p> <p>I can effectively play a competitive game.</p> <p>I can show the correct technique when performing forehand and backhand shots.</p> <p>I can confidently stand in the correct position when sending and receiving a ball and give reasons for my choice.</p> <p>I can perform a rally with a partner using a range of forehand and backhand shots.</p> <p>I can consistently hit a moving ball with control.</p> <p>I can hit a ball in an intended direction with power.</p> <p>I can choose appropriate tactics to outwit my opponent.</p>	<p>I can choose and combine techniques in games</p> <p>I can work alone or with team mates in order to gain points or possession</p> <p>I can strike a bowled or volleyed ball with some accuracy</p> <p>I can travel with a ball showing changes of speed and directions using either foot or hand.</p> <p>I can use a range of techniques confidently when passing, e.g. high, low, bounced, fast, slow.</p> <p>I can choose appropriate tactics for attacking and defending applied to a game situation.</p> <p>I can use space appropriately.</p> <p>I can apply basic principles suitable for attacking and defending.</p>	<p>I can confidently apply a range of principles suitable for attacking and defending.</p> <p>I can show precision and accuracy when sending and receiving a ball/ object.</p> <p>I can perform skills with accuracy, confidence, and control.</p> <p>I can show the correct technique when performing a range of throws.</p> <p>I can use my skills and knowledge to effectively win games.</p> <p>I can consistently select the correct shot in game situations.</p> <p>I can show the correct technique when performing a range of passes.</p> <p>I can change the speed and position of my shot/pass to outwit my opponents.</p>

<b>Games – Substantive Knowledge</b>		<p>I know how to move around objects safely.</p>	<p>I know what an underarm throw looks like.</p>	<p>I know how to hold a racket correctly.</p>	<p>I know the correct position in the given game situation.</p> <p>I know how to mark a player.</p>	<p>I know the rules given to play a competition game.</p> <p>I know the correct positioning in game situations.</p> <p>I know a tactic to outwit my opponent.</p>	<p>I know the techniques I need to use to win a game.</p> <p>I know the spirit of fair play and respect and how to use it in a competitive game situations.</p>	<p>I know how to use a range of tactics and strategies to overcome opponents.</p> <p>I know how to improve my performance in different physical activities and sports.</p> <p>I know how to select the correct shot in a game situation.</p>
<b>Dance – Disciplinary Knowledge</b>	<p>I can continue to develop my movements, balances, riding (scooters, trikes and bikes) and ball skills.</p> <p>I can go up steps and stairs, or climb up apparatus, using alternate feet.</p> <p>I can increase my ability to use and remember sequences and patterns of movements which are related to music and rhythm.</p> <p>I can match my developing physical skills to tasks and activities in the setting.</p>	<p>I can revise and refine the fundamental movement skills already acquired:- rolling- crawling - walking - jumping - running - hopping - skipping - climbing</p> <p>I can progress towards a more fluent style of moving, with developing control and grace.</p> <p>I can 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.</p> <p>I can combine different movements with ease and fluency.</p> <p>I can develop overall body-strength, balance, co-ordination and agility.</p> <p>ELG</p> <p>I can negotiate space and obstacles safely, with consideration for themselves and others;</p> <p>I can demonstrate strength, balance and coordination when playing.</p>	<p>I can recall some simple moves and positions.</p> <p>I can begin to move with control and co-ordination in a variety of ways.</p> <p>I can jump in different directions.</p> <p>I can link two or more actions in a sequence.</p> <p>I can explore different ways to travel.</p>	<p>I can copy and remember moves and positions.</p> <p>I can move with careful control and coordination.</p> <p>I can make shapes with my body to reflect a theme.</p> <p>I can choose appropriate movements to communicate mood / feelings / ideas.</p> <p>I can move my body in time with the music.</p> <p>I can jump with power and balance.</p> <p>I can work with a partner to link two or more actions to perform a sequence in unison.</p>	<p>I can perform actions with my body showing flexibility and strength.</p> <p>I can translate stimuli to dance moves.</p> <p>I can move and travel appropriately with expression.</p> <p>I can move at different speeds, directions and levels.</p> <p>I can perform a dance which has a clear beginning, middle and end.</p> <p>I can explore and perform a variety of jumps and turns in isolation.</p> <p>I can mirror movements with expression.</p>	<p>I can link a series of actions in a sequence.</p> <p>I can use jumps and turns to link movements within a sequence.</p> <p>I can link travelling movements together to change formation or starting position.</p> <p>I can move in a clear, fluent and expressive manner.</p> <p>I can link movements to create a short sequence with contrasting dynamics.</p> <p>I can create dances and movements that convey a clear idea.</p> <p>I can show an understanding of rhythm and how to move in time with the music.</p> <p>I can change speed and levels within a performance.</p>	<p>I can link actions with clear transitions and technique.</p> <p>I can use jumps, turns and leaps to show different levels.</p> <p>I can travel in variety of ways to links movements from starting to end position.</p> <p>I can generate movements to travel along a given pathway.</p> <p>I can plan and perform a movement sequence showing contrasts in speed ,level and direction.</p> <p>I can create an expressive dance which shows some sensitivity to accompaniment.</p> <p>I can describe and comment on their own performance and that of others and make simple suggestions to improve quality and performance.</p>	<p>I can explore a range of styles of dance.</p> <p>I can generate appropriate movements to express a given dance style.</p> <p>I can use jumps, turns and leaps with increasing control, balance and fluency.</p> <p>I can demonstrate the spotting technique when turning.</p> <p>I can use a range of pathways to change formation.</p> <p>I can show canon and unison within a dance sequence.</p> <p>I can perform expressively and hold a precise and strong body posture.</p> <p>I can perform with high energy, slow grace or other themes and maintain this throughout a performance.</p> <p>I can perform complex moves that combine strength and stamina gained through gymnastics, (eg: cartwheels and handstands).</p>

Dance – Substantive knowledge						I know how to create a dance to reflect a theme.	I know how to describe a peer's performance.	<p>I know a range of dance styles.</p> <p>I know how to show good body posture.</p> <p>I know how to transfer movements throughout different dance styles.</p>
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<p style="writing-mode: vertical-rl; transform: rotate(180deg);"><b>Gymnastics – Disciplinary Knowledge</b></p>	<p>I can go up steps and stairs, or climb up apparatus, using alternate feet.</p> <p>I can skip, hop, stand on one leg and hold a pose for a game like musical statues.</p> <p>I can increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.</p> <p>I can match my developing physical skills to tasks and activities in the setting.</p>	<p>I can revise and refine the fundamental movement skills I have already acquired:- rolling- crawling - walking - jumping - running - hopping - skipping - climbing</p> <p>I can progress towards a more fluent style of moving, with developing control and grace.</p> <p>I can 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.</p> <p>I can combine different movements with ease and fluency.</p> <p>I can confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</p> <p>I can develop overall body-strength, balance, co-ordination and agility.</p> <p>ELG</p> <p>I can negotiate space and obstacles safely, with consideration for myself and others.</p> <p>I can demonstrate strength, balance and coordination when playing.</p> <p>I can move energetically, such as running, jumping, dancing, hopping, skipping and climbing</p>	<p>I can copy and remember actions.</p> <p>I can copy static balances.</p> <p>I can climb safely on low level equipment.</p> <p>I can jump in a variety of ways and land with some control and balance.</p> <p>I can move with some control and awareness of space.</p> <p>I can perform some simple rolls.</p> <p>I can link two or more actions to make a sequence</p>	<p>I can show contrasting shapes (such as small/tall, straight/curved and wide/narrow).</p> <p>I can perform a range of static balances.</p> <p>I can hold a position whilst balancing on different points of the body.</p> <p>I can turn and spin consistently with control.</p> <p>I can complete a rock to stand movement.</p> <p>I can climb safely on and off of equipment.</p> <p>I can jump in a variety of ways and land with increasing control and balance.</p> <p>I can adjust speed or direction to avoid obstacles.</p> <p>I can create a 3 movement sequence using the floor and apparatus.</p>	<p>I can refine movements into sequences using the floor and apparatus.</p> <p>I can show changes of direction, speed and level during a performance.</p> <p>I can perform ½ and full turns on the floor with control.</p> <p>I can perform controlled balances on apparatus.</p> <p>I can perform a range of jumps demonstrating strength, poise and agility.</p> <p>I can perform a forward roll safely.</p> <p>I can start to be aware of kinesthetic in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the center of gravity successfully over base and organise body parts to create an interesting body shape).</p> <p>I can perform a sequence including a balance, shapes, traveling and jumps.</p>	<p>I can perform balances using apparatus for support.</p> <p>I can move in a clear, fluent and expressive manner.</p> <p>I can travel in a variety of ways, including flight, by transferring weight to generate power in movements.</p> <p>I can safely mount and dismount apparatus.</p> <p>I can complete a forward roll with poise and increasing control.</p> <p>I can refine movements into sequences.</p> <p>I can change speed, level and direction in a sequence.</p>	<p>I can perform mirrored balances using a range of body parts and levels.</p> <p>I can perform balances on a range of levels with confidence and control.</p> <p>I can jump on and off of equipment with increasing fluidity.</p> <p>I demonstrate good kinesthetic awareness.</p> <p>I can perform a handstand with increasing control and stability.</p> <p>I can respond imaginatively and with control and coordination</p> <p>I can vary dynamics, speed, direction and level of my movements during floor sequences.</p> <p>I can link a sequence of movements of increasing complexity.</p>	<p>I can vary speed, direction, level and body rotation during floor performances.</p> <p>I can travel in a variety of ways including flight.</p> <p>I can use strength and power to execute a range of shapes with flight.</p> <p>I can practice and refine the gymnastic techniques listed above with fluidity and poise.</p> <p>I can perform a range of rolls safely and confidently with lead in and outs.</p> <p>I can respond imaginatively to a variety of stimuli, demonstrating a wide range of actions with precision, control and fluency.</p> <p>I can incorporate different dynamics and develop new actions with a partner and in a group.</p> <p>I can perform a cartwheel using the correct technique.</p> <p>I can demonstrate strength and body tension when executing moves.</p> <p>I can create complex and well executed sequences that include a range of movements: - springing - flight - vaults - inversions - rotations - hold shapes that are strong, fluent and expressive.</p>
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Gymnastics – Substantive knowledge								
<b>Athletics – Disciplinary Knowledge</b>	<p>I can continue to develop my movements, balances, riding (scooters, trikes and bikes) and ball skills.</p> <p>I can skip, hop, stand on one leg and hold a pose for a game like musical statues.</p>	<p>I can revise and refine the fundamental movement skills they have already acquired:- rolling- crawling - walking - jumping - running - hopping - skipping - climbing</p> <p>I can progress towards a more fluent style of moving, with developing control and grace.</p> <p>I can 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.</p> <p>I can further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</p> <p>ELG</p> <p>I can negotiate space and obstacles safely, with consideration for myself and others.</p> <p>I can demonstrate strength, balance and coordination when playing.</p> <p>I can move energetically, such as running, jumping, dancing, hopping, skipping and climbing</p>	<p>I can copy and develop a range of movements.</p> <p>I can use basic sprinting techniques.</p> <p>I can demonstrate a variety of jumps.</p> <p>I can begin to understand how to adapt my speed to suit activity.</p> <p>I can use different techniques to throw objects.</p>	<p>I can improve my sprinting techniques.</p> <p>I can adjust my speed to suit activity.</p> <p>I can identify different throws.</p> <p>I can use correct techniques shown to throw an object.</p> <p>I can respond quickly to stimuli.</p> <p>I can shift my weight to suit activity.</p> <p>I can demonstrate good technique when jumping for height and distance.</p>	<p>I can run over a short distance up to 500m</p> <p>I can run effectively at different speeds.</p> <p>I can begin to develop good printing technique.</p> <p>I can show good acceleration from a static start.</p> <p>I can begin to develop change over techniques.</p> <p>I can use throwing techniques for distance.</p> <p>I can use different techniques for take off and landing when jumping.</p> <p>I can jump and land safely.</p>	<p>I can begin to adapt breathing and pace to suit running distance up to 1500m.</p> <p>I can demonstrate quick reactions and evaluate different starting positions.</p> <p>I can pass a baton without a change of pace.</p> <p>I can use correct techniques to throw with accuracy to hit a target or cover a distance.</p> <p>I can throw with power using a run up.</p> <p>I can jump in a number of ways, using a run up if appropriate.</p>	<p>I can adapt breathing and pace to suit running distance.</p> <p>I can run with controlled pace over a long distance developing stamina up to 2000m.</p> <p>I can develop my preferred starting position.</p> <p>I can refine and apply baton passing techniques.</p> <p>I can combine sprinting with low hurdles up to 80m</p> <p>I can throw accurately and refine performance by analysing technique and body shape.</p> <p>I can select my preferred take off foot for jumping.</p> <p>I can combine power and control for jumping.</p> <p>I can combine elements of a jump to maximise distance.</p> <p>I can isolate parts of a jump in order to improve performance.</p>	<p>I can demonstrate running stamina to complete long distance runs up to 2500m.</p> <p>I can perform a variety of jumps fluently with control.(triple, long and standing)</p> <p>I can analyse techniques and evaluate performance in order to improve my personal best.</p> <p>I can show consistent power and technique when sprinting, throwing and jumping.</p>

Athletics – Substantive Knowledge					<p>I know my heart rate will raise when completing exercise.</p> <p>I know how to perform stretches, so my body is ready to perform exercise.</p>	<p>I know how to keep my body healthy.</p>	<p>I know a range of ways of how to keep my body healthy.</p>	<p>I know how to maintain a balanced diet.</p>
Swimming – Disciplinary Knowledge		<p>I can develop 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.</p>			<p>I can put my face in water and blow bubbles.</p> <p>I can fully submerge under water.</p> <p>I can swim 10 metres front crawl and back stroke.</p>	<p>I can swim 25 unaided</p> <p>I can use more than one stroke and co-ordinate breathing</p> <p>I can use breaststroke, front crawl and backstroke, ensuring that breathing is correct.</p>	<p>I can take part in catch up sessions for those not reaching expected standard in four – see skills for Year 4</p>	
Swimming – Substantive knowledge								

Outdoor adventurous activities – Disciplinary Knowledge						<p>I can use maps and diagrams to navigate.</p> <p>I can use a compass to orientate myself.</p> <p>I can use a compass to navigate myself.</p> <p>I can complete a star orienteering relay.</p> <p>I am aware of changing conditions and change plans if necessary.</p>		<p>I can select appropriate equipment for OAA</p> <p>I can plan and organize an orienteering trail.</p> <p>I can participate in OAA using non verbal forms of communication.</p> <p>I can quickly assess changing conditions and adapt plans to ensure safety comes first.</p>
Outdoor adventurous activities – Substantive Knowledge						<p>I know how to read a compass.</p>		<p>I know how to identify possible risks and think of ways to manage them.</p>