

Physical Education Progression in the Curriculum 2020-2021

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Acquiring & Developing Skills	<p>I copy actions. I repeat & explore skills. I move with some control & care.</p>	<p>I copy & remember actions. I repeat & explore skills. I move with careful control, co-ordination & care.</p>	<p>I select & use the most appropriate skills, actions & ideas. I move with co-ordination & control.</p>	<p>I link skills, techniques & ideas & apply them accurately & appropriately. I am controlled & skilful in my actions & movements.</p>	<p>I select & combine my skills, techniques & ideas. I apply my skills, techniques & ideas accurately, appropriately & consistently. I show precision, control & fluency.</p>	<p>I select & combine my skills, techniques & ideas. I apply my skills, techniques & ideas accurately, appropriately & consistently. I show precision, control & fluency.</p>
Games	<p>I can throw a ball underarm. I can roll a ball or a hoop. I can hit a ball with a bat. I can move & stop. I can move to catch or collect. I can throw & kick a ball in different ways. I can decide where to stand to make a game difficult for the other team.</p>	<p>I use the terms 'opponent' & 'team-mate' when playing games. I use my rolling, hitting & kicking skills in games. I decide on the best position to be in during a game. I have developed some tactics for the game I am playing.</p>	<p>I throw & catch a ball with control & accuracy. I strike a ball & field with control. I choose the appropriate tactics to cause a problem for the opposition. I follow rules in a game. I keep possession of a ball (feet, hockey stick, hands).</p>	<p>I use a variety of techniques to pass. I work with my team or alone to gain possession of the ball. I can strike a bowled ball. I use forehand & backhand when playing racquet games. I filed well. I choose the most appropriate tactics in a game.</p>	<p>I use tactics & follow rules. I plan my approach to attacking & defending. I use a range of shots & strokes to strike a ball. I can strike a ball on the volley.</p>	<p>I understand that when team has ball they are attacking & when they haven't they are defending. I understand different ways of attacking & encourage them to use positions for their team carefully. I understand different ways to attack & defend. I choose right formations & tactics for attack & defence. I know how they support other players in attack & defence.</p>

<p>Dance</p>	<p>I can perform some dance moves. I put moves together to make a short dance. I show rhythm in my dance. I choose the best movements to show different ideas. I move carefully with control. I use space safely.</p>	<p>I perform my dance actions with control & co-ordination. I link two or more actions together to make a sequence. I remember & repeat dance movements. I choose the best movements to communicate a mood or feeling.</p>	<p>I improvise with ideas & movements. My dance movements communicate an idea. I refine my movements into sequences. My dance movements are clear & fluent. I know that dance can express a variety of things.</p>	<p>I am creative & imaginative in composing my own dances. I perform expressively. My movements are controlled & express emotion or feeling.</p>	<p>I refine my dances with style & artistic intention. My dance matches the mood of the accompanying music. I choose my own dance steps or movements & develop them.</p>	<p>I explore, improvise & combine movement ideas fluently & effectively. I understand how a dance is formed & performed. I evaluate, refine & develop their own & others' work.</p>
<p>Gymnastics</p>	<p>I show control & co-ordination when travelling or balancing. I choose which actions to make. I copy sequences & repeat them. I can roll. I can travel in lots of ways. I can balance. I can climb safely. I can stretch my body. I can curl my body.</p>	<p>I plan sequences of movements. I can show contrasts such as small/tall, straight/curved & wide/narrow. My movements are controlled. I can balance on different points of my body.</p>	<p>My body is balanced. My shapes are controlled. I plan, perform & repeat sequences. My sequences include changes in speed & level. I work on improving strength & suppleness by practicing stretches & shapes.</p>	<p>I make complex sequences that include changes in direction, level & speed. I combine actions, shapes & balances in my gymnastic performance. My movements are clear, accurate & consistent. I prepare & perform to an audience.</p>	<p>I practice & perform with control. My movements include very controlled balances, shapes, levels & actions. I link & adapt actions together into a well-timed sequence.</p>	<p>I make up a sequence & adapt it to different apparatus layouts. I use combinations of dynamics (pathways) to use space effectively. I make up own rule for longer, more complex sequences. I plan a sequence & adapt it to limited equipment. I work as a group & share roles fairly. I investigate different ways of working with a partner or small group. I use compositional ideas (contrasts & variation in shape, speed, level, timing & actions). I know how gymnastics promotes strength, power & suppleness. I understand the importance of warming up. I value of exercise outside of school day. I devise effective warm up for gymnastics.</p>

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<p>Swimming</p>	<p>With help I can swim up to 20 metres with floats. I can swim up to 5 metres without floats. I can put my head in the water. I join in water activities at the pool. I explore different ways of moving in water.</p>	<p>I can swim up to 20 metres using my arms & legs to move. I use one basic stroke to swim, breathing properly. Using floats, I swim with a controlled leg kick. I describe different swimming strokes.</p>	<p>I can swim between 25 & 50 metres. My arms & legs are co-ordinated. I use more than one swimming stroke. I swim both on the surface & below the surface of the water. My breathing is co-ordinated with the stroke I am using.</p>	<p>I can swim between 50 & 100 metres. I use breast, front crawl & back stroke styles confidently. My swimming uses arms & legs in a confident & co-ordinated manner. I can describe personal survival skills.</p>	<p>I can swim over 100 metres. I swim fluently. I use all three strokes with control & can sustain this for over 2 minutes. I breathe so that the pattern of my swimming is not interrupted.</p>	<p>I can swim over 100 metres. I swim fluently. I use all three strokes with control & can sustain this for over 2 minutes. I breathe so that the pattern of my swimming is not interrupted.</p>
<p>Athletics</p>	<p>I run at fast, medium & slow speeds, changing speed & direction. I link running & jumping activities with fluency, control & consistency. I make up & repeat a short sequence of linked jumps. I take part in an athletic event, e.g. a relay activity. I know & demonstrate a range of throwing techniques. I throw with some accuracy & power into targets.</p>	<p>I understand & demonstrate the difference between sprinting & running for sustained periods. I increase the fluency & control of running & / or jumping activities. I perform a range of jumps showing consistent technique & where appropriate using a short run up. I effectively assume the role of a team member taking part in an athletic event, e.g. in a relay team I throw objects, changing their action for accuracy & distance including the throwing of objects at Targets.</p>	<p>I can sprint over a short distance. I can run over a longer distance, conserving energy. I have a range of throwing techniques (underarm, over arm, putting & hurling). I throw with accuracy to hit a target. I can jump in a number of ways, sometimes using a short run-up.</p>	<p>I choose the best pace for running. I am controlled in take off & landing when jumping. I am accurate when throwing for distance. I combine running & jumping well.</p>	<p>I show accurate control, speed, strength & stamina in my athletics. I adapt my skills to different situations. I know & follow event rules.</p>	<p>I develop the consistency of their actions in a number of events. I increase the number of techniques they use. I sustain pace over longer distances, e.g. sprint for seven seconds , run for one or two minutes. I throw with greater control, accuracy & efficiency. I perform a range of jumps showing power, control & consistency at both take off & landing. I understand why exercise is good for fitness, health & wellbeing.</p>
<p>Outdoor & Adventurous</p>	<p>I move from familiar to unfamiliar environments & pinpoint their positions. I use plans & diagrams to follow a short trail</p>	<p>I travel around a simple course; respond when the task or environment changes. I use more detailed plans & diagrams to</p>	<p>I can follow a sketch map of places known to me. I use plans & diagrams to help me get from one place to another.</p>	<p>I use maps & diagrams to orientate myself. I can adapt my actions to changing situations (e.g. weather).</p>	<p>I am careful but confident in unfamiliar environments. I use my senses to assess risks & adapt</p>	<p>I work confidently in familiar & changing environments, adapting quickly to new situations. I use a range of different maps & tracking devices</p>

	<p>from one point to another. I respond to a set challenge or problem. I discuss how to follow trails & solve problems. I begin to work & behave safely.</p>	<p>pinpoint their position & plot a route. I solve problems by using & applying a range of approaches. I explain reasons for choosing the approach used to solve a problem, recognising other possible approaches. I begin to work & behave safely.</p>	<p>I enjoy solving problems or challenges outdoors. I work & behave safely. I discuss with others' how to solve problems.</p>	<p>With others', I plan careful responses to challenges or problems.</p>	<p>my plans accordingly. I prepare well by considering safety first. I can plan with others, seeking advice.</p>	<p>identify & respond to events as they happen. I can devise, select & put into practice a range of solutions to problems & challenges. I understand clearly the nature of a challenge or problem & what they want to achieve. I take a leading role when working with, & taking responsibility for, others.</p>
Evaluating	<p>I can talk about what I have done. I can describe what others' have done.</p>	<p>I talk about the differences between my own & others' performances. I say what has gone well & why. I identify how a performance could be improved.</p>	<p>I say how my work is similar to & different from others'. I use this understanding to improve my own performance.</p>	<p>I compare & comment on the skills, techniques & ideas used in my work & in others'. I use this to improve my performance.</p>	<p>I analyse & comment on skills & techniques & how they are applied in my own & in others' work. I modify & refine my skills & techniques to improve my performance.</p>	<p>I analyse & comment on skills & techniques & how they are applied in my own & in others' work. I modify & refine my skills & techniques to improve my performance.</p>
Knowledge & Understanding of Fitness & Health	<p>I can describe how my body feels during an activity. I know how to exercise safely by looking for space.</p>	<p>I can describe how my body feels during different activities, using parts of the body to describe the effects. I know how to exercise safely by looking for space, others' & by warming up properly.</p>	<p>I give reasons why warming up before an activity is important. I give reasons why physical activity is good for my health.</p>	<p>I explain & apply basic safety principles in preparing for exercise. I describe the effects exercise has on my body. I describe how valuable physical exercise is to my health.</p>	<p>I explain how different parts of my body react during different types of exercise. I warm up & cool down in ways that suit the activity. I describe why regular, safe exercise is good for my fitness & health.</p>	<p>I explain how different parts of my body react during different types of exercise. I warm up & cool down in ways that suit the activity. I describe why regular, safe exercise is good for my fitness & health.</p>