

P.E Progression Document



	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics	<p>Can experiment with different space shapes</p> <p>Experiment with different jumps</p> <p>Experiment with different ways of rolling in small shape (moon roll, moon roll)</p> <p>Experiment with balancing on different body parts</p> <p>Moving along the floor in different ways like aliens sliding, rolling, stretching etc</p> <p>Show a start shape, rocket roll and finishing shape (beginning of a sequence)</p>	<p>Can perform shapes</p> <p>Perform basic space jump (rocket jump)</p> <p>Perform a moon rock and a moon roll and rocket roll with pointed toes</p> <p>Perform a simple balance</p> <p>Perform a bunny hop- hands first then feet</p> <p>Perform a basic sequence (roll and a jump)</p>	<p>Can perform shapes with a strong body and control</p> <p>Perform jumps (rocket, star, moon jump) with control and a strong body</p> <p>Perform a moon rock, moon roll, forward roll and dish saucer roll.</p> <p>Perform a balance holding for 3 seconds</p> <p>Perform a bunny hop – hands flat with straight arms</p> <p>Perform a sequence – (roll, jump and balance)</p>	<p>Can perform a variety of shapes with good control</p> <p>Perform a rocket jump with a half turn</p> <p>Perform a Teddy bear roll</p> <p>Perform matching and mirroring balances</p> <p>Perform a bunny hop across a mat run and onto/across low benches and apparatus</p> <p>Hopscotch on throw down feet</p> <p>Perform a short sequence on mats</p>	<p>Can perform a variety of shapes with good control when performing various skills</p> <p>Perform a rocket jump with a ¼ and full turn with pointed toes</p> <p>Teddy bear roll with a partner/group in sequence with pointed toes</p> <p>Perform matching and mirroring balance routines on apparatus</p> <p>Perform a bunny hop onto variety of apparatus with control</p> <p>Hopscotch across the floor to develop hurdle step</p> <p>Perform a short sequence on mats showing levels, control and pointed toes</p>	<p>Can perform complex shapes with control and some flexibility</p> <p>Perform more complex jumps, tuck, pike and begin leaps</p> <p>Side star roll and T-roll</p> <p>Perform point and patch balances</p> <p>Perform a 'squat on and squat off' on various apparatus</p> <p>To perform a hurdle step on the floor/springboard</p> <p>Link and sequence actions.</p> <p>Co-operate, communicate and collaborate with others.</p>	<p>Can perform complex shapes when performing Sequences and skills with flexibility</p> <p>Perform more complex jumps, tuck, pike and leaps scissor kick and cat leap</p> <p>Side star roll, T-roll (with pointed toes), backwards roll</p> <p>Perform more complex point and patches balances in a sequence on apparatus</p> <p>Perform a 'squat on and squat off' apparatus with a run up (with or without a spring board)</p> <p>Perform a hurdle step on the floor/springboard and onto low apparatus</p> <p>Compete in teams to win points with sequences and a vault competitions</p>
Catching and throwing	<p>Throw to self, catching a soft ball/balloon</p> <p>Experiment with rolling the ball, throw and catch to self and to a partner (hand eye co-ordination)</p> <p>Moving around at speed and changing direction</p> <p>Fun games encouraging throwing and catching different types of balls</p> <p>Passing with a partner and counting to 5 and 10</p> <p>Explore stopping a ball with different parts of the body</p>	<p>Catch a soft ball safely</p> <p>Pass the soft ball from chest – 'W' shape when passing and receiving.</p> <p>Small sided games (super hero ball) 3v3 introducing passing and receiving a ball</p> <p>Play an adapted superhero game and introduces rules</p> <p>Scoring in a variety of ways</p> <p>Stopping a ball with the inside of feet</p>	<p>Catch a ball in an adapted game</p> <p>Bounce pass from a short distance to a partner.</p> <p>Small sided games (super hero ball) Small sided games 3v3 encouraging chest passes in game</p> <p>Play an adapted super hero netball game. One team is to attack and attempt to score, the opposing team is to stop (defending) them from scoring. Scoring in a variety of ways and begin to use in a game situation</p>				

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	<p>Experiment kicking the ball with feet to a partner Move a bean bag on the floor using inside of foot Fox and rabbits game. Object of the game is to move away from the rabbit onto a spot (finding a space) Passing with a partner and counting to 5 and 10 Follow a partner to steal their bib Move with different objects in their hands</p> <p>Passing an object to another child</p> <p>Moving around in a space in different ways</p> <p>Scoring points with beanbag treasure in a simple hoop invasion game.</p>	<p>Pass the ball beginning to use inside of feet "toe, toe, toe, no, no, no!" Dribble the ball with the inside of feet Follow my leader – trying to stay near their partner</p> <p>Scoring point in a variety of ways in adapted games</p> <p>Play a simple game of tag</p> <p>Move with control with the ball in their hands at chest height</p> <p>Hand over the Rugby ball sideways</p> <p>Attempt to get past a defender Scoring a try in a modified drill using correct technique- stay on feet using 2 hands</p>	<p>Stopping a ball with the sole and inside of feet</p> <p>Pass the ball to a partner P,P,P, Plant, Pass Point to help with accuracy Dribble the ball with the inside of feet keeping the ball close to their body Tag game– trying to catch their partner</p> <p>Scoring in a variety of ways and begin to use scoring techniques game situations</p> <p>Play a tag game whilst moving at speed</p> <p>Move with the ball holding it with hands - in 'W' shape at chest height</p> <p>Pass the ball sideways- with smile technique</p> <p>Dodge around a defender in small area</p> <p>Scoring a try in a 2v2 game in the end zone</p>				
Dance	<p>Moving in time to happy and sad music</p> <p>Experiment with different ways of moving</p> <p>Experiment with actions at different levels</p> <p>Moving around as different characters or animals to the music</p>	<p>Listen to the music and begin to move in time to it</p> <p>Perform basic dance movements</p> <p>Perform dance movements showing some levels</p> <p>Perform basic dance travelling movements e.g. stepping, skipping, jumping</p> <p>Perform simple dance moves with some control</p>	<p>Move in time to the music showing some expression</p> <p>Perform dance movements with control</p> <p>Perform dance movements showing a variety of levels</p> <p>Perform dance movements showing travelling in different directions e.g. sliding, turning, gesturing</p>	<p>Collaborate to make a dance warm up</p> <p>Use a stimulus to create a dance</p> <p>Dance in unison with a partner</p> <p>Perform canon with a group</p> <p>Use some different levels and pathways</p>	<p>Cooperate to make a dance warm up and take on a leadership role</p> <p>Respond imaginatively to a stimulus</p> <p>Dance in unison with a partner/group Performing a range of movement patterns Perform canon showing a range of movement patterns</p>	<p>Co-operate and collaborate to create a warm up displaying a variety of movement patterns I can translate ideas from a stimulus showing control and fluency</p> <p>Dance in unison in a group keeping in time with each other</p> <p>Dance in canon showing good timing</p> <p>Perform using a variety of levels and using the space</p>	<p>Co-operate, communicate and collaborate with group to make up a warm up with good rhythm and timing I can translate ideas from a stimulus into movement showing expression, precision, control and fluency Dance in unison in a group showing good timing, energy and strength</p>

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			Remember simple dance steps perform with control in time to the music		Perform a variety of levels and pathways in a dance		Dance in canon in a group showing good timing, energy and strength Use levels, travelling and space with timing and musicality
Athletics	<p>Marching/running for co-ordination</p> <p>Experiment with different ways of throwing under/overarm</p> <p>Experiment with different ways of jumping- measuring with various objects</p> <p>Working with friends in a team – taking turns</p>	<p>Running pumping arms at various speeds</p> <p>Throw a variety of objects with some accuracy</p> <p>Jumping bending knees and pushing off – being competitive to improve distance as a pair</p> <p>Co-operate and compete in a team in various running games</p>	<p>Using arms and keeping head still when exploring running patterns</p> <p>Throw in correct stance ‘Usain Bolt position’</p> <p>Use arms to improve jumping technique – beating their own score</p> <p>Compete in a team in various running/obstacle games and working together to improve team performance</p>	<p>Begin to perform ‘FAST’ technique</p> <p>Throw a javelin/vortex using correct stance rotating hips forward</p> <p>Perform a hop, step and jump (standing triple jump) in isolation and in combination</p> <p>In warm ups develop running for distance</p> <p>Develop relay change over techniques</p> <p>Run and take off over obstacles at some speed</p>	<p>Perform ‘FAST’ technique confidently when sprinting</p> <p>Throw a javelin/vortex with height and distance</p> <p>Perform a hop, step and jump (standing triple jump)</p> <p>In warm ups develop running for distance increasing each lesson</p> <p>Pass a relay baton with control with a partner in adapted games</p> <p>Run and jump over hurdles with some speed and control</p>	<p>React quickly and accelerate over short distances</p> <p>Throw a javelin/vortex/ tennis ball using correct stance rotating hips forward with good height and distance</p> <p>Perform a variety of jumps (Long jump and triple jump) and measure for distance</p> <p>Develop pace when running longer distance</p> <p>Pass a relay baton with control and timing in a pairs change over</p>	<p>Accelerate quickly with speed and control in movement – timed/competitive races</p> <p>Throw a javelin/vortex /shot put safely with accuracy and power.</p> <p>Perform a jump for distance varying techniques to improve performance</p> <p>In an competitive game and begin to hit/place a ball into a space</p> <p>Develop long distance running- learning to pace and show good technique</p> <p>Pass a relay baton in competitive situations (timed)</p>
Football	<p>Explore stopping a ball with different parts of the body</p> <p>Experiment kicking the ball with feet to a partner</p> <p>Move a bean bag on the floor using inside of foot</p> <p>Fox and rabbits game. Object of the game is to move away from the rabbit onto a spot (finding a space)</p> <p>Passing with a partner and counting to 5 and 10</p>	<p>Stopping a ball with the inside of feet</p> <p>Pass the ball beginning to use inside of feet “toe, toe, toe, no, no, no!”</p> <p>Dribble the ball with the inside of feet</p> <p>Follow my leader – trying to stay near their partner</p> <p>Scoring point in a variety of ways in adapted games</p>	<p>Stopping a ball with the sole and inside of feet</p> <p>Pass the ball to a partner P,P,P, Plant, Pass Point to help with accuracy</p> <p>Dribble the ball with the inside of feet keeping the ball close to their body</p> <p>Tag game– trying to catch their partner</p> <p>Scoring in a variety of ways and begin to use scoring techniques game situations</p>	<p>Control a ball using inside, outside and sole of feet</p> <p>Pass the ball with inside of feet with accuracy</p> <p>Dribble the ball beginning to turn with some control (inside and outside hook)</p> <p>Begin to defend making a standing tackle in a 1v1</p> <p>Kick a ball stationary past a goal keeper</p> <p>Embracing rules and playing fairly</p>	<p>Move body to correct position to stop and control a ball</p> <p>Pass the ball with inside of feet whist on the move</p> <p>Dribble the ball using inside, outside hook and drag back beginning to accelerate</p> <p>Begin to defend making a standing tackle or intercept a pass</p> <p>Kick a ball whilst moving past a goal keeper with some accuracy</p> <p>Inspire others with fair play and being gracious in victory and defeat</p>	<p>Control the ball using either foot when moving</p> <p>Pass the ball with inside, front or laces on the foot</p> <p>Dribble the ball using various turns beginning to accelerate past an opponent</p> <p>Show good body position to defend and press in a 2v2 game</p> <p>Scoring using top of foot (laces)- aiming for corners of the goal</p> <p>Begin to communicate with team to develop tactics for attacking and defending</p>	<p>Move into space to receive the ball and control with either foot in a game</p> <p>Select the correct pass for various distances in a game situation</p> <p>Dribble the ball in a game situation around a defender</p> <p>Communicate with team when defending in a game -making interceptions, cover space</p>

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							To work as a team to score, shooting from various angles Communicate with team evaluate and recognise success to help improve individual and team performance
Kwik Cricket	<p>Rolling and stopping a ball sitting down and standing up</p> <p>Move with different objects in their hands</p> <p>Passing an object to another child</p> <p>Pushing a ball away from body with hands</p> <p>Push ball with throw down strips to develop hand eye co-ordination</p>	<p>Rolling and stopping a ball with one/two hands</p> <p>Throw and catch a ball with some control</p> <p>Bowl underarm towards a target</p> <p>Hit a ball off a tee using various bats</p> <p>Play a modified game hitting off a tee</p>	<p>Roll and stop a ball with control/accuracy</p> <p>Throw underarm with some accuracy and catch a ball</p> <p>Bowl underarm towards a target with control and accuracy</p> <p>Begin to hold the bat in correct position and hit a ball off a tee</p> <p>Play a modified game encouraging teamwork when fielding</p>	<p>Roll the ball with one hand and stop the ball attempting Long barrier method</p> <p>Throw and catch underarm with both hands (in isolation)</p> <p>Bowl at a wicket underarm and attempt overarm</p> <p>Control with a bat (holding it correctly) hitting a ball off a tee and whilst moving</p> <p>Play a modified game using fielding and batting skills</p>	<p>Roll the ball with one hand and stop the ball from different directions using Long barrier method</p> <p>Throw and catch under pressure in modified games</p> <p>Bowl at a wicket underarm/overarm with accuracy and control</p> <p>Hit a drop fed ball and/or moving ball with a bat</p> <p>Play a game communicating as a team</p>	<p>Begin to use fielding techniques with throwing and stopping and scooping up the ball</p> <p>Throwing over/underarm and catching over various distances</p> <p>Bowl attempting to hit the wicket using under/overarm</p> <p>Hit a moving ball with control and some distance</p> <p>Communicate and collaborate as team to beat an opponent</p>	<p>Positioning in a modified game to field a ball (both throwing and stopping it)</p> <p>Making correct decisions with the type of throw to use in modified game. Move body into a position to catch the ball Bowl (over/underarm) at a wicket in a game against a batter with some speed and control to hit the wicket</p> <p>In a competitive game begin to tactically hit/place a ball into a space</p> <p>Use a variety of tactics to attack and defend in a game of quick cricket</p>
Netball	<p>Throw to self, catching a soft ball/balloon</p> <p>Experiment with rolling the ball, throw and catch to self and to a partner (hand eye co-ordination)</p> <p>Moving around at speed and changing direction</p> <p>Fun games encouraging throwing and catching different types of balls</p> <p>Passing with a partner and counting to 5 and 10</p>	<p>Catch a soft ball safely</p> <p>Pass the soft ball from chest – 'W' shape when passing and receiving.</p> <p>Small sided games (super hero ball) 3v3 introducing passing and receiving a ball</p> <p>Play an adapted superhero game and introduces rules</p> <p>Scoring in a variety of ways</p>	<p>Catch a ball in an adapted game</p> <p>Bounce pass from a short distance to a partner.</p> <p>Small sided games (super hero ball) Small sided games 3v3 encouraging chest passes in game</p> <p>Play an adapted super hero netball game. One team is to attack and attempt to score, the opposing team is to stop (defending) them from scoring.</p>	<p>Pass and receive a netball safely (chest and bounce pass)</p> <p>Perform a stride stop in netball</p> <p>Perform a jump stop in netball</p> <p>Perform a dodge in netball to get into a space</p> <p>Marking a player keeping on the balls of your feet</p> <p>Shooting the ball high and bending knees</p> <p>Introduce high fives game or an adapted game</p>	<p>Pass and receive stepping into the pass (chest, bounce and shoulder pass)</p> <p>Perform a stride stop with a pivot</p> <p>Perform a jump top with a pivot</p> <p>Perform two different dodges (Drive and the dodge)</p> <p>Marking a player standing side on sticking to player</p>	<p>Pass and move (chest, shoulder and bounce)</p> <p>Receive the ball on the move and perform the correct footwork (stride stop,)</p> <p>Receive the ball on the move and perform the correct footwork (jump stop)</p> <p>Perform three different dodges (Drive dodge and double dodge) and receive a ball</p> <p>To defend a player and attempt to intercept a pass</p> <p>Flick my wrist to shoot into a goal</p>	<p>Perform a variety of passes within a game with precision and control</p> <p>Perform correct footwork in a game (stride stop with a pivot)</p> <p>Perform correct footwork in a game (jump stop with a pivot)</p> <p>Perform a variety of dodges to move into a space and receive a ball in a practice and in a game situation</p>

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			Scoring in a variety of ways and begin to use in a game situation		Shooting- bend knees and place hand under the ball to shoot Begin to understand the positions in a high five game	Know where the positions are on a netball court	To defend a player during a game to intercept the ball Shoot into a goal and attempt to get the rebound if missed. Rotate into different positions on the court.
Quick sticks hockey				Dribble the ball holding the stick in correct position Perform a pass at a short distance and receive the ball with some control Pass the ball over a longer distance Begin to tackle a player safely Can occasionally score whilst the ball is stationary Embracing rules and playing fairly	Dribble the ball the ball with control Perform a short pass and begin to move into a space and receive the ball with some control Pass the ball over a longer distance with accuracy and power Tackle a player using correct grip Can occasionally score whilst the ball is moving Inspire others with fair play and being gracious in victory and defeat	Dribbling the ball in different directions keeping head up Perform a pass with control, accuracy and with movement into a space Pass the ball over a variety of distances with some accuracy and power in a game situation I can begin to defend against an opponent in a game situation Can hit a moving ball with some accuracy and control into a goal Begin to communicate with team to develop tactics for attacking and defending	Dribble the ball at various speeds- both in isolation and a game situation Pass and move into a space with accuracy, control and speed (in isolation/game situation) I can start to pass the ball over a variety of distances in attacking or defensive situations Begin to defend as an individual and communicate to defend as a team (marking and tackling) I can hit a moving ball into a goal from different angles and sometimes with different levels of power. Communicate with team evaluate and recognise success to help improve individual and team performance
Rugby	Follow a partner to steal their bib Move with different objects in their hands	Play a simple game of tag Move with control with the ball in their hands at chest height	Play a tag game whilst moving at speed	Tag a player in isolation using the tag belts Move with a ball in their hand using correct position 'dirty fingers clean palms'	Tag a player whilst moving using tag belts Move with control in a variety of directions	Tag more than one player using either hand whilst moving with tag belts	Tag a player using either hand when moving at full speed in a game situation Dodge around a defender at speed with a ball in

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	<p>Passing an object to another child</p> <p>Moving around in a space in different ways</p> <p>Scoring points with beanbag treasure in a simple hoop invasion game.</p>	<p>Hand over the Rugby ball sideways</p> <p>Attempt to get past a defender</p> <p>Scoring a try in a modified drill using correct technique- stay on feet using 2 hands</p>	<p>Move with the ball holding it with hands - in 'W' shape at chest height</p> <p>Pass the ball sideways- with smile technique</p> <p>Dodge around a defender in small area</p> <p>Scoring a try in a 2v2 game in the end zone</p>	<p>Pass the ball backwards and sideways in isolation</p> <p>Move into a space to avoid a defender through dodging techniques</p> <p>Beat a defender to score a try</p>	<p>holding the ball in the correct position.</p> <p>Pass the ball backwards/ sideways with control whilst moving</p> <p>Use speed and space to avoid a passive defender</p> <p>Beat a defender at speed to score a try</p>	<p>Choose different pathways to move with a ball in hands against a defender</p> <p>Pass and receive the ball in a game situation</p> <p>Use speed and space to avoid an active defender</p> <p>In a game situation beat defenders to score a try</p>	<p>hands avoiding being tagged</p> <p>Pass and receive the ball when in a pressurised modified game situation</p> <p>Play modified competitive games avoiding defenders</p> <p>Work as a team in a game situation to score a try</p>
<p>Rounders</p>				<p>To strike a ball in a striking and fielding game</p> <p>To receive a ball in a striking and fielding game.</p> <p>To evaluate success</p> <p>Use simple tactics in a game</p>	<p>To strike a ball a striking and fielding game</p> <p>To receive the ball correctly in a striking and fielding game.</p> <p>To evaluate tactics used in a striking and fielding game</p> <p>Use simple tactics in a game</p>	<p>To strike the ball with developing accuracy of where it will land.</p> <p>To receive the ball correctly in a striking and fielding game.</p> <p>To evaluate and improve techniques used in a striking and fielding game.</p> <p>To use all the skills learned by playing in a mini tournament.</p>	<p>To strike the ball with accuracy of where it will land.</p> <p>To throw and catch under pressure.</p> <p>To evaluate and improve techniques used by yourself and others in a striking and fielding game.</p> <p>To play in a tournament and work as team, using tactics in order to beat another team.</p>