



PE Progression Big School Hub UNITED SCHOOLS



FEDERATION

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics 	Copy and explores basic movements with some control and coordination. Perform different body shapes Perform on different levels Perform 2 footed jumps Use equipment safely Balance with some control Link 2-3 simple movements	Explore and create different pathways and patterns. Use equipment in a variety of ways to create a sequence Link movements together to create a sequence	Apply compositional ideas independently and with others to create a sequence. Copy, explore and remember a variety of movements and uses these to create their own sequence. Describe work using simple gym vocabulary. Begin to notice similarities and differences between sequences. Use turns whilst travelling in a variety of ways. Begin to show flexibility in movements Begin to develop good technique when travelling, balancing, using equipment	Link skills with control, technique, coordination and fluency. Understand composition by performing more complex sequences. Begin to use gym vocabulary to describe how to improve and refine performances. Develop strength, technique and flexibility throughout performances. Create sequences using various body shapes and equipment. Combine equipment with movement to create sequences.	Select and combine their skills, techniques and ideas. Apply combined skills accurately and appropriately, consistently showing precision, control and fluency. Draw on what they know about strategy, tactics and composition when performing and evaluating. Analyse and comment on skills and techniques and how these are applied in their own and others' work. Use more complex gym vocabulary to describe how to improve and refine performances. Develop strength, technique and flexibility throughout performances. Link skills with control, technique, coordination	Plan and perform with precision, control and fluency, a movement sequence showing a wide range of actions including variations in speed, levels and directions. Perform difficult actions, with an emphasis on extension, clear body shape and changes in direction. Adapt sequences to include a partner or a small group. Gradually increase the length of sequence work with a partner to make up a short sequence using the floor, mats and apparatus, showing consistency, fluency and clarity of movement. Draw on what they know about strategy, tactics and composition when performing and evaluating. Analyse and comment on skills and techniques and how these are applied in their own and others' work. Use more complex gym vocabulary to describe how to improve and refine performances. Develop strength, technique and flexibility throughout performances
Dance 	Copy and explore basic movements and body patterns Remember simple movements and dance steps	Copy and explore basic movements with clear control. Vary levels and speed in sequence Vary the size of their body shapes	Begin to improvise independently to create a simple dance. Begin to improvise with a partner to create a simple dance.	Confidently improvises with a partner or on their own. Begin to create longer dance sequences in a larger group. Demonstrate precision and some control in response to stimuli.	Begin to exaggerate dance movements and motifs (using expression when moving) Demonstrate strong movements throughout a dance sequence.	Exaggerate dance movements and motifs (using expression when moving) Perform with confidence, using a range of movement patterns. Demonstrate a strong imagination when

	<p>Link movements to sounds and music. Respond to a range of stimuli.</p>	<p>Add a change of direction to a sequence Use space well and negotiate space clearly. Describe a short dance using appropriate vocabulary. Respond imaginatively to stimuli.</p>	<p>Translate ideas from stimuli into a movement with support. Begin to compare and adapt movements and motifs to create a larger sequence. Use simple dance vocabulary to compare and improve work.</p>	<p>Begin to vary dynamics and develop actions and motifs. Demonstrate rhythm and spatial awareness. Modify parts of a sequence as a result of self-evaluation. Use simple dance vocabulary to compare and improve work.</p>	<p>Combine flexibility, techniques and movements to create a fluent sequence. Move appropriately and with the required style in relation to the stimulus. e.g using various levels, ways of travelling and motifs. Begin to show a change of pace and timing in their movements. Use the space provided to maximum potential. Improvises with confidence, demonstrating fluency across their sequence. Modify parts of a sequence as a result of self and peer evaluation. Use more complex dance vocabulary to compare and improve work</p>	<p>creating own dance sequences and motifs. Demonstrate strong movements throughout a dance sequence. Combines flexibility, techniques and movements to create a fluent sequence. Move appropriately and with the required style in relation to the stimulus. e.g using various levels, ways of travelling and motifs. Begin to show a change of pace and timing in their movements. Is able to move to the beat accurately in dance sequences. Improvises with confidence, still demonstrating fluency across their sequence. Dance with fluency, linking all movements and ensuring they flow. Demonstrate consistent precision when performing dance sequences. Modify parts of a sequence as a result of self and peer evaluation. Use more complex dance vocabulary to compare and improve work.</p>
<p style="text-align: center;">Games</p> 	<p>Travel in a variety of ways including running and jumping. Begin to perform a range of throws. Receive a ball with basic control Begin to develop hand-eye coordination Participates in simple games</p>	<p>Confidently send the ball to others in a range of ways. Begin to apply and combine a variety of skills (to a game situation) Develop strong spatial awareness. Begin to develop own games with peers. Understand the importance of rules in games. Develop simple tactics and use them appropriately. Begin to develop an understanding of attacking/defending</p>	<p>Understand tactics and composition by starting to vary how they respond. Vary skills, actions and ideas and link these in ways that suit the activity of the game. Begin to communicate with others during game situations. Uses skills with coordination and control. Develop own rules for new games. Make imaginative pathways using the equipment. Work well in a group to develop various games. Begin to understand how to compete with each other in a controlled manner.</p>	<p>Vary skills, actions and ideas and link these in ways that suit the activity of the game. Show confidence in using ball skills in various ways, and can link these together. e.g. dribbling, bouncing, kicking Use skills with coordination, control and fluency. Take part in competitive games with a strong understanding of tactics and composition. Can create their own games using knowledge and skills. Work well in a group to develop various games. Compares and comments on skills to support the creation of new games Make suggestions as to what</p>	<p>Vary skills, actions and ideas and link these in ways that suit the activity of the game. Show confidence in using ball skills in various ways, and can link these together. Use skills with coordination, control and fluency. Take part in competitive games with a strong understanding of tactics and composition. Create their own games using knowledge and skills. Make suggestions as to what resources can be used to differentiate a game. Apply basic skills for attacking and defending. Use running, jumping, throwing and</p>	<p>Vary skills, actions and ideas and link these in ways that suit the activity of the game. Show confidence in using ball skills in various ways, and can link these together effectively. e.g. dribbling, bouncing, kicking Keep possession of balls during games situations. Consistently use skills with coordination, control and fluency. Take part in competitive games with a strong understanding of tactics and composition. Create their own games using knowledge and skills. Modify competitive games.</p>

			Begin to select resources independently to carry out different skills.	resources can be used to differentiate a game. Apply basic skills for attacking and defending. Use running, jumping, throwing and catching in isolation and combination.	catching in isolation and combination	Compare and comment on skills to support the creation of new games. Make suggestions as to what resources can be used to differentiate a game. Apply knowledge of skills for attacking and defending. Use running, jumping, throwing and catching in isolation and in combination.
<p>Athletics</p> 	Run at different speeds. Jump from a standing position Perform a variety of throws with basic control	Change speed and direction whilst running. Jump from a standing position with accuracy. Perform a variety of throws with control and coordination. Use equipment safely.	Begin to run at speeds appropriate for the distance. e.g. sprinting and cross country Perform a running jump with some accuracy Perform a variety of throws using a selection of equipment. Use equipment safely and with good control.	Begin to build a variety of running techniques and use with confidence. Perform a running jump with more than one component. e.g. hop skip jump (triple jump) Demonstrate accuracy in throwing and catching activities. Describes good athletic performance using correct vocabulary. Use equipment safely and with good control.	Begin to build a variety of running techniques and use with confidence. Perform a running jump with more than one component. e.g. hop skip jump (triple jump) Begin to record peers performances, and evaluate these. Demonstrate accuracy and confidence in throwing and catching activities. Describe good athletic performance using correct vocabulary. Use equipment safely and with good control.	Begin to build a variety of running techniques and use with confidence. Perform a running jump with more than one component. e.g. hop skip jump (triple jump) Begin to record peers performances, and evaluate these. Demonstrate accuracy and confidence in throwing and catching activities. Describe good athletic performance using correct vocabulary. Use equipment safely and with good control.
<p>Swimming</p> 			Swims competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively e.g. front crawl, backstroke and breaststroke. Perform safe self-rescue in different water-based situations.	Swims competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively e.g. front crawl, backstroke and breaststroke. Perform safe self-rescue in different water-based situations.	Swims competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively e.g. front crawl, backstroke and breaststroke. Perform safe self-rescue in different water-based situations.	Swims competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively e.g. front crawl, backstroke and breaststroke. Perform safe self-rescue in different water-based situations.
<p>Evaluation</p>	Comment on own and others performance Give comments on how to improve performance. Use appropriate vocabulary when giving feedback.		Watch and describe performances accurately. Begin to think about how they can improve their own work. Work with a partner or small group to improve their skills. Make suggestions on how to improve their work, commenting on similarities and differences.	Watch and describe performances accurately. Learn from others how they can improve their skills. Comment on tactics and techniques to help improve performances. Make suggestions on how to improve their work, commenting on similarities and differences.		
<p>Healthy Lifestyles</p>	Describe the effect exercise has on the body Explain the importance of exercise and a healthy lifestyle		Describe the effect exercise has on the body Explain the importance of exercise and a healthy lifestyle. Understand the need to warm up and cool down.	Describe the effect exercise has on the body Explain the importance of exercise and a healthy lifestyle. Understand the need to warm up and cool down.		

