



Progression Plan for PE

	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Athletics	<ul style="list-style-type: none"> -Take weight on hand and knees, tummy down, like a table. -Lift up one hand or one foot at a time. -Hanging on a bar using hands. -Standing on a floor marker on two feet. -Bend down and pick up an object from the floor. -Jump with two feet along a line of floor markers. -Pass a balloon from hand to feet and back again whilst lying on back. 	<ul style="list-style-type: none"> -Take a tummy-up position with hands and feet on the floor, moving around the space. -Hang on a bar and lift up alternate legs, like marching in the air. -Stand on a floor marker while bending down to pick up objects place in different positions at varying distances from the marker. -Play French skipping over an elastic band. -Walk a large therapy ball up and down a wall with feet while lying on back (knees bent). 	<ul style="list-style-type: none"> -Run at different speeds. - Discover different styles of jumping to increase height/length. - Improve throwing techniques. 	<ul style="list-style-type: none"> -Develop agility in movement e.g. skipping, jumping, sending & receiving a ball and throwing & catching and also travelling backwards, balancing on one leg, jumping, dodging and volleying a ball. -Jump and land safely retaining balance. - Throw for accuracy, run within a lane and throw for distance. 	<ul style="list-style-type: none"> -Know how to start a sprint race -Demonstrate good sprinting technique -To hurdle effectively -Know that in long jump and triple jump, the jump is measured from the furthest landing point backwards -Know the technique for triple jump -Position body sideways when throwing -Throw overarm accurately 	<ul style="list-style-type: none"> -Know the importance of keeping low and powerful for the first few metres of a sprint -Develop coordination to improve speed -Sprint between hurdles -Run in an arc and approach the bar sideways when high jumping -Scissor kick -Throw overarm with power, for distance -Receive a relay baton efficiently 	<ul style="list-style-type: none"> -Know how to control my running over middle distances -Throw with power and accuracy, using the pull technique -Know how to throw a shot using 'clean palm, dirty neck' technique -Perform the correct techniques for triple jump, high jump and standing vertical jump -Combine sprinting with hurdling 	<ul style="list-style-type: none"> -Sustain pace over longer distances -Know how running a bend differs from running straight -Throw after a run up -Generate power from the thighs (when throwing) -Measure accurately my performance at standing vertical jump
Dance	<ul style="list-style-type: none"> -Explore music from a range of cultures that is intended for dancing. -Move to different musical rhythms and tempos. -Move in response to different stimuli. -Demonstrate emotions through facial expressions and gestures. -Dance to music from other cultures using different ways of moving. -Create dances with movements and gestures to express feelings and ideas. 	<ul style="list-style-type: none"> -Move safely in different directions to different types of music. -Understand high, low, fast, slow dynamics and musical tempo. -Create dances with different movements and sequences of gestures to express feelings and ideas. -Create a sequence of movements, evolving from individual to working with a partner. -Perform a dance routine in front of a larger audience. 	<ul style="list-style-type: none"> -Working collaboratively with partners. -Link movements. -Rehearse and perform dance sections. -Remember different dance actions and apply with some coordination and control. 	<ul style="list-style-type: none"> -Different dance styles including, line dancing, disco dancing and ballet dancing. -Learn and follow basic dance steps and compose their own simple dance routines. -Create own movements showing creativity & imagination. - Work as part of a team to create dance phrases and use techniques learnt. 	<ul style="list-style-type: none"> -Creatively change static movements into travelling movements -Develop a motif -Work in pairs to mirror a partner -Communicate effectively with a partner -Recognise good timing, execution and performance skills. -Evaluate the work of others and provide good feedback. 	<ul style="list-style-type: none"> -Develop a motif, demonstrating agility, balance, coordination and precision -Translate theme related actions into travelling movements -Show changes in level and pathway when travelling -Recognise good timing, execution and performance skills. -Evaluate the work of others using accurate technical language 	<ul style="list-style-type: none"> -Develop a motif, demonstrating agility, balance, coordination and precision -Creatively change static actions to travelling movements -Understand dance of 1950's rock n roll, / 1970's disco & funk -Include level changes and different directions -Choreograph a sequence -Include changes in formation, dynamics, canon, unison, direction and level 	<ul style="list-style-type: none"> -Learn and perform the Haka -Use canon, formation changes, direction and level to improve ideas -Effectively use choreography to create a sequence -Be creative with ideas when using a stimulus -Give useful feedback using appropriate and relevant dance vocabulary



<p>Games</p>	<p>-Start to develop throwing & catching skills e.g. alternate throwing & catching and passing with some control.</p>	<p>-Develop throwing & catching skills e.g. alternate throwing & catching and passing with control. -Develop ball Skills, including target games.</p>	<p>-Punt a ball. -Strike a ball at a target with some accuracy. -Throw a ball overarm at a target. -Striking a ball off a tee and work as a group to field a ball. -Throw underarm and overarm with accuracy. -Receive a ball with some accuracy. -Strike a ball when it is airborne. -Strike and volley a ball. -Keep a rally going with a partner. -Start to demonstrate tactical understanding.</p>	<p>-Develop throwing & catching skills e.g. one-handed throwing & catching and passing with control and accuracy. -Underarm throwing, kicking with control, striking a ball with a racket with accuracy and applying these skills to small team games. -Send and receive a ball over the net using forehand or backhand, strike & volley a ball with accuracy and keep a rally going. -Catch a ball after a bounce. -Strike the ball off a tee, bowl underarm / overarm. -Field the ball and throw over a distance.</p>	<p>Handball -Signal to receive a pass -Know how to lose an opponent -Pass a receive a ball on the move -Know the rules of handball -Intercept passes Tag-rugby -Scoop ball from the floor -Pocket pass accurately -Run at pace to commit a defender -Pass backwards consistently -Stagger the attacking line -Know the offside rule Hockey -Know how to hold the stick -Know the importance of close control -Develop push passing -Know how to jab tackle Tennis -Take up a ready position -Hit with a backswing -Hit forehand returns -Volley a ball, deflecting it downwards -Know the rules of tennis Rounders -Make decisions about when to run and when not to -Know what a 'no-ball' is</p>	<p>Netball -Pass a ball in a variety of ways -Receive a ball -Bypass a defender using feinting -Know the correct technique for shooting -Pivot when in possession Dodgeball -Aim low and throw down to make it harder for the opposition to catch -Keep on the move (moving target) -Know consequences of dropping an intended catch -Catch to bring teammates back -Show good peripheral awareness Hockey -Stop a ball -Use body when shielding the ball -Change direction -Control when receiving -Use short and flat back swing, when hitting a slap pass -Receive a pass whilst on the run Invasion Games -Travel with head up -Pass and move -Turn different ways whilst in possession -Deceive an opponent by feinting / dummies / use of eyes -Close space down when defending Handball -Move into space after passing -Catch on the run -Pass under pressure</p>	<p>Handball -Make passes unpredictable -Pass and move -Move the ball on quickly to catch out the opposition -‘Fake and go’ Hockey -Receive a ball by cushioning its impact -Jab tackle -Know when to pass and when to dribble -Play in formation Netball -Signal for a pass -Send a ball in a variety of ways -Land a pivot to pass a ball -Know what the different roles are within Bee Stinger netball -Position to take rebounds from missed shots Football -Demonstrate skills and close control -Get free from a defender -Combine skills to retain possession -Make it harder for the attacker -Know which shooting technique to use -Combine skills to create goal scoring opportunities Tennis -Backswing from a sideways-on position -Hit a forehand shot, consistently</p>	<p>Tag-Rugby -Pop pass and pocket pass -‘Roll’ hands when changing position and making catches -Send and receive a ball on the run under pressure -Dummy a pass -Take a tap penalty with a dummy half Lacrosse -Hold a stick to cradle and scoop -Scoop the ball consistently -Throw and catch consistently -Play a game, incorporating the skills of cradling, scooping, throwing, catching and scoring Handball -Send a ball accurately in different ways -Know why turning sideways on its important when receiving a ball. -Pass and move to support the ball carrier. -Shoot with power and accuracy. -Apply a range of skills purposefully in a game. Cricket -Slide bat over the crease when running -Throw accurately overarm -Bowl with a run up -Play a square-cut shot -Know how to bowl leg spin</p>
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Gymnastics	<ul style="list-style-type: none"> -Begin to experiment with moving in different ways. - Moving in response to accompaniment. 	<ul style="list-style-type: none"> -Explore different ways to move along floor, benches and boxes. -Take weight on different parts of the body. 	<ul style="list-style-type: none"> -Hold symmetrical shapes. -Spin at different levels. -Create a sequence of curled, narrow, wide movements on the floor and on apparatus. 	<ul style="list-style-type: none"> -Perform movements at different levels, zig zag & straight pathways. -Create sequences and travelling in different directions. -Perform curled positions, stretches & balances. - Bridge and create sequences with a clear starting & finishing position. 		<ul style="list-style-type: none"> -Know what points and patches are -Use floor space imaginatively, as well as the apparatus -Change direction and levels -Perform sequences -To create controlled rolls and back supports -Work in tandem with a partner 	<ul style="list-style-type: none"> -Slide, scramble, push and spin -Perform in cannon to a consistent tempo -Know what counter tension balances are -Create a sequence, working at different levels and dynamics -Work in symmetry and asymmetrically -Perform a routine, displaying canon and unison, with different dynamics, changes of level and speed -Perform and control an arabesque 	<ul style="list-style-type: none"> -Know what counter balancing is -Hold a variety of controlled balances -Use a range of pathways -Roll as part of a balancing and rolling sequence -Know what counter tension is -Use own body weigh in opposition to the apparatus -Make a variety of shapes in the air -Gain elevation from a powerful run and dynamic take off -Leapfrog safely -Perform a cat spring



<p>Outdoor Adventurous activities</p>	<ul style="list-style-type: none"> -Walk upstairs, putting one foot on each step. -Pedal a tricycle. -Push a tyre along the ground. 	<ul style="list-style-type: none"> -Moving outside in different ways e.g. run around, skip to the water tray, hop to the sand. -Sit up straight and leg strength to jump or ride a variety of wheeled vehicles. -Flick over a tyre and repeat, moving it from one small space to another. 	<ul style="list-style-type: none"> -Control speed to change direction quickly. -Travel 0backwards safely, balancing on one leg. -Jump in a variety of ways. - Be able to dodge. 	<ul style="list-style-type: none"> -Work as part of a team to solve problems/achieve goals. - Communicate effectively with teammates. -Navigate round an obstacle course. 	<ul style="list-style-type: none"> -Communicate and solve problems -Know compass points -Navigate and follow directions -Orientate a map and find clues 	<ul style="list-style-type: none"> -Compete under pressure -Navigate around an area following directions -Plan a route map -Run and think simultaneously to compete in a competition 	<ul style="list-style-type: none"> -Use non-verbal communication to solve problems -Work with a partner to navigate successfully across and through obstacles while blindfolded -Think creatively to find solutions to challenges -Use a map to navigate -Use a map to identify locations of controls 	<ul style="list-style-type: none"> -Use non-verbal communication effectively -Perform calmly under pressure -Know the importance of clear instructions -Know that it's important teammates understand who is doing what, especially of roles need to change -Communicate your role in the team
<p>Additional</p>					<p>Health-related fitness</p> <ul style="list-style-type: none"> -Know what stamina is -Perform a variety of yoga poses -Know how to mediate, and why -Know what plyometrics are -Know why it's important too cool down and stretch <p>Swimming</p>	<p>Health-related fitness</p> <ul style="list-style-type: none"> -Identify muscles used in physical activity -Know what flexibility is, and why it's important -Know about core strength -Keep going even when muscles are fatiguing -Know what areas of fitness plyometrics develops -Improve on previous personal bests 		<p>Health-related fitness</p> <ul style="list-style-type: none"> -Know why flexibility is important -Know why relaxation and stretching is an important part of all athletes training -Know how drinking water can hydrate the body -Know how to measure elements of fitness -Know how to set up a circuit of exercises