

PE Progression Map

National Curriculum			
<p>P.E is important in the National Curriculum as it is the only subject that focuses on the body to lay down the foundation for a healthy and active lifestyle. To identify and value the importance of the P.E curriculum and physical ability as highly as the skills learnt in Math's and English, helps with the social and cultural development of children. This also contributes to the obesity, lack of physical development and mental health surrounding children in schools.</p>			
KS1	KS2		
<p>Children should develop fundamental movement skills in order to become confident and to extend their balance, agility and coordination with other peers and themselves. They should also be able to engage in competitive and physical activities in a range of situations.</p> <p>Children should be taught to:</p> <ul style="list-style-type: none"> • Master basic movements such as running, jumping, throwing and catching as well as develop co-ordination, agility and balance to apply this in a range of activities. • Take part in team games in order to develop attacking and defending. • Children to show simple movement patterns in dance. 	<p>Children will continue to develop and apply a range of skills, learning how to use them in different ways and link them to create sequences and actions of movement. Children should enjoy communicating and competing with each other. They should also develop an understanding of how to improve in a range of sports and to learn to evaluate their success.</p> <p>Children should be taught to:</p> <ul style="list-style-type: none"> • Running, jumping, throwing and catching in combination and isolation. • Take part in competitive games and apply basic principles for attacking and defending. • Develop flexibility, control, technique, strength and balance through gymnastics and athletics. • Show a range of movement patterns in dance. • Children to take part in outdoor and adventurous activity to challenge themselves within a team and individually. • Children should also be able to compare their performances and demonstrate improvement. 		
Subject	KS1 Skills Progression	LK2 Skills Progression	UKS2 Skills Progression
Invasion Games	<p>Understand and develop basic skills for attacking and defending.</p> <p>Develop control when moving with a ball in a range of games.</p> <p>Pass, receive and dribble with minimum control.</p> <p>Take part in all team games.</p> <p>Describe and talk about what they see and help with ways to improve</p> <p>Understand how they work and how others work around them.</p> <p>Understand different rules and tactics for invasion games.</p> <p>Understand how to score and how keep track of the score.</p>	<p>Understand simple ways of playing.</p> <p>Choose and adapt their techniques to keep hold and control of the ball, but also give their team chance to score.</p> <p>Plan tactics and ways of scoring and also use the space and help each other.</p> <p>Understand the rules of the game to make it fair.</p>	<p>Understand ways of attacking and defending to use positions for their team carefully.</p> <p>Understand how to get ready for games.</p> <p>Understand when the team has the ball they are attacking and when they do they are defending.</p> <p>Understand different ways of attacking and defending</p>

<p>Net & Wall</p>	<p>Use what they have learnt to solve problems and make decisions.</p> <p>Pass and receive in various ways.</p> <p>Show control and accuracy.</p> <p>Show fielding techniques with accuracy and control.</p> <p>Use and show skills to start and end games.</p>	<p>Vary strength, length and direction during games.</p> <p>Understand game rules.</p> <p>Understand where to stand when receiving.</p> <p>Understand attacking and defending skills.</p>	<p>Understand the scoring for the game.</p> <p>Know where to stand when attacking and defending.</p> <p>Explain why and how they and others are playing in the game.</p> <p>Understand why they need to do to improve</p> <p>Improve height and distance of the ball.</p>
<p>Striking & Fielding</p>	<p>Recognise their performance and what needs improving.</p> <p>Take part in team games.</p> <p>Show control when passing, dribbling and receiving the ball. Able to show the correct throwing and catching technique.</p> <p>Take part in simple fielding techniques with control and co ordination.</p>	<p>Choose and use a range of simple skills and apply them to the game.</p> <p>Use balls in various way and show control using space and changing directions.</p> <p>Understand simple rules for striking and fielding.</p>	<p>Use and apply tactics, strategies and rules with control and consistency within game.</p> <p>Develop these skills and show the knowledge when and where to apply these skills.</p>
<p>Dance</p>	<p>Understand how to count the beat of the music and also keep in time whilst performing simple movements.</p> <p>Children must be able to follow, remember, and count simple movements whilst linking these to the music.</p> <p>Show a clear start middle and end to their movements/dances.</p> <p>Talk and describe moods and how dance makes the feel.</p> <p>Talk about their performances and evaluate to improve their own and others performances.</p>	<p>Explore and create ideas to link to a stimuli.</p> <p>Develop simple skills such as space, relationships, dynamics, balances, jumps and travel with good control.</p> <p>Create short dances with a clear start middle and end individually and with other children.</p>	<p>Understand how dance is performed and evaluate and develop their own and others work,</p> <p>Explore and perform ideas and combine movements fluently with control.</p> <p>Show more complex skills such as canon, mirroring, repetition changing the dynamics and space.</p> <p>Remember and perform a longer dance routine.</p>
<p>Gymnastics</p>	<p>Create short sequences on their own from movements taught them.</p> <p>Use their imagination to think of different to move and use the apparatus.</p> <p>To understand and show a clear start middle and end in their routines.</p>	<p>Create perform and remember that include travel, shape and balances.</p> <p>To be able to work with a partner and in small groups to create a sequence.</p> <p>Compare and discuss other sequences.</p>	<p>Use a range of dynamics to use space effectively.</p> <p>Work as a group and share roles fairly.</p> <p>Plan a sequence and adapt it to use apparatus.</p>

	<p>To be able to talk about their own movements as well as others and give positive feedback and ways to improve.</p> <p>Develop balance, co-ordination, jumping, direction, agility and timing.</p>		<p>Know how gymnastics improves strength, power and balance.</p> <p>To be able to do their own risk assessments on the equipment.</p> <p>Use link together levels, speed, timing, shape and actions.</p>
Athletics	<p>Children will be taught to sprint, jump, leap and run longer distances.</p> <p>In these activities they will be able to show skills of balance, agility and co-ordination.</p>	<p>Children to develop their technique for running longer and shorter distances</p> <p>Develop throwing techniques and height for jumping and leaping.</p>	<p>Children to sustain pace over longer distances.</p> <p>They must be able to throw with greater control, accuracy and efficiency.</p> <p>Perform a range of jumps showing power control and consistency at both take off and landing.</p> <p>To understand what athletic activities can improve strength, power or stamina.</p>
Outdoor Activity/Team Building	<p>Follow, understand and create a simple map.</p> <p>Suggest ideas as a team to solve problems.</p> <p>Work with a partner or small group.</p> <p>Begin to plan apply strategies to overcome challenges.</p>	<p>Develop map reading skills.</p> <p>Able to follow and give instructions and accept other peoples ideas.</p> <p>Can reflect on when and why they were successful at solving challenges.</p> <p>Plan independently and in small groups.</p> <p>Identify key symbols on maps and use a key to help them navigate.</p>	<p>Explore tactical planning to overcome challenging tasks.</p> <p>Put together ideas in a group selecting and applying the best method to solve a problem.</p>

Year 1

Invasion Games	Net & Wall	Striking & Fielding	Dance	Gymnastics	Athletics	Outdoor Activity
<p>Begin to use the terms attacking and defending.</p> <p>Use simple skills such as marking a partner or defending in a space.</p> <p>Understand different passing skills.</p>	<p>Children to use what they have learnt to solve problems and make decisions.</p> <p>Children are able to pass and receive in various ways.</p>	<p>To use and apply basic hitting skills.</p> <p>Practice basic striking, sending and receiving skills.</p> <p>To understand the basic reason why we</p>	<p>Children are able to focus and concentrate when dancing.</p> <p>To create sequences using movements.</p> <p>Understand counting the beat of the music and applying</p>	<p>To know how to land safely and finish skills.</p> <p>To know all basic gymnastics shapes, rolls, jumps and balances.</p>	<p>Children will be taught to sprint, jump, leap and run longer distances.</p> <p>In these activities they will be able to show skills of balance, agility and co-ordination.</p>	<p>Follow, understand and create a simple map.</p> <p>Suggest ideas as a team to solve simple problems.</p> <p>Work with a partner or small group.</p>

	<p>Children must Show control and accuracy.</p> <p>Show fielding techniques with accuracy and control.</p> <p>Use and show skills to start and end games.</p>	<p>have fielders in the game.</p>	<p>movements to the beat.</p> <p>To be able to work with other children to create sequences.</p>	<p>To understand why it is important we warm up before gymnastics.</p> <p>To know how to safely do balances individually and with a partner.</p> <p>To know how long balances are held for.</p>		<p>Begin to plan apply strategies to overcome challenges.</p>
--	---	-----------------------------------	--	---	--	---

Year 2

Invasion Games	Net & Wall	Striking & Fielding	Dance	Gymnastics	Athletics	Outdoor Activity
<p>Begin to use the terms attacking and defending.</p> <p>Use simple skills such as marking a partner or defending in a space.</p> <p>Understand different passing skills.</p>	<p>Children to use what they have learnt to solve problems and make decisions.</p> <p>Children are able to pass and receive in various ways.</p> <p>Children must Show control and accuracy.</p> <p>Show fielding techniques with accuracy and control.</p> <p>Use and show skills to start and end games.</p>	<p>To use and apply basic hitting skills.</p> <p>Practice basic striking, sending and receiving skills.</p> <p>To understand the basic reason why we have fielders in the game.</p> <p>Strike and hit a ball with increasing control.</p> <p>Learn skills for playing a striking and fielding games.</p> <p>Position the ball to strike a ball.</p>	<p>To understand you can use different body parts with a dance sequence.</p> <p>To understand that changing speed and rhythm can make a dance better.</p> <p>To understand the use of changing directions. Levels and speed in movements.</p> <p>To know how to use repetition and patterns in dance routines.</p> <p>To be able to keep in time with the beat of the music when working individually and with others.</p> <p>To express moods and feeling within dance.</p>	<p>To know how to land safely and finish skills.</p> <p>To know all basic gymnastics shapes, rolls, jumps and balances.</p> <p>To understand why it is important we warm up before gymnastics.</p> <p>To know how to safely do balances individually and with a partner.</p> <p>To know how long balances are held for.</p> <p>To know how to safely forward roll.</p>	<p>Children will be taught and develop how to sprint, jump, leap and run longer distances.</p> <p>In these activities they will be able to show skills of balance, agility and co-ordination.</p>	<p>Follow, understand and create a simple map.</p> <p>Suggest ideas as a team to solve simple problems.</p> <p>Work with a partner or small group.</p> <p>Begin to plan apply strategies to overcome challenges.</p>

Year 3						
Invasion Games	Net & Wall	Striking & Fielding	Dance	Gymnastics	Athletics	Outdoor Activity
<p>Move with the ball in a variety of ways with control.</p> <p>Use simple attacking and defending skills.</p> <p>Understand simple ways of playing.</p> <p>Choose and adapt their techniques to keep hold and control of the ball, but also give their team chance to score.</p> <p>Plan tactics and ways of scoring and also use the space and help each other.</p> <p>Understand the rules of the game to make it fair.</p>	<p>Apply and follow roles fairly.</p> <p>Vary strength, length and direction during games.</p> <p>Understand game rules.</p> <p>Understand where to stand when receiving.</p> <p>Understand attacking and defending skills.</p>	<p>Develop and demonstrate hitting and striking skills.</p> <p>Choose and use a range of simple skills and apply them to the game.</p> <p>Use balls in various way and show control using space and changing directions.</p> <p>Understand simple rules for striking and fielding.</p>	<p>Children are able to move freely and use their ideas in movements</p> <p>Share and create movements with a partner and small groups.</p> <p>Remember and repeat dance sequences.</p> <p>Understand to link different body parts at the same part to create a dance.</p> <p>Children understand that they create shapes and use different levels to make a routine.</p>	<p>Children understand what the main body parts are that need to be warmed before gymnastics.</p> <p>Understand the correct way of moving equipment.</p> <p>To know how to land safely and finish skills.</p> <p>To understand how to safely enter and exit group balances and what to do if the balance is unsafe.</p> <p>To know the difference between a leap and a jump.</p>	<p>Children to develop their technique for running longer and shorter distances</p> <p>Develop throwing techniques and height for jumping and leaping.</p>	<p>Develop map reading skills.</p> <p>Able to follow and give instructions and accept other peoples ideas.</p> <p>Can reflect on when and why they were successful at solving challenges.</p> <p>Plan independently and in small groups.</p> <p>Identify key symbols on maps and use a key to help them navigate.</p>
Year 4						
Invasion Games	Net & Wall	Striking & Fielding	Dance	Gymnastics	Athletics	Outdoor Activity
<p>Move with the ball in a variety of ways with control.</p> <p>Use simple attacking and defending skills.</p> <p>Understand simple ways of playing.</p> <p>Choose and adapt their techniques to keep hold and control of the ball, but also</p>	<p>Apply and follow roles fairly.</p> <p>Understand game rules.</p> <p>Understand where to stand when receiving.</p> <p>Understand attacking and defending skills.</p>	<p>Choose and use a range of simple skills and apply them to the game.</p> <p>Use balls in various way and show control using space and changing directions.</p> <p>Understand simple rules for striking and fielding.</p>	<p>Children know how to create their own dance routines in a creative way.</p> <p>Dance routines should show fluency and consistency.</p> <p>Understand how dance styles can impact the movements by adding dance elements.</p>	<p>To understand how they can improve their strength and endurance in gymnastics.</p> <p>To know how to land safely and finish skills.</p> <p>To understand how to safely enter and exit group balances and what to do if the balance is unsafe.</p>	<p>Children to develop their technique for running longer and shorter distances</p> <p>Develop throwing techniques and height for jumping and leaping.</p>	<p>Develop map reading skills.</p> <p>Able to follow and give instructions and accept other peoples ideas.</p> <p>Can reflect on when and why they were successful at solving challenges.</p> <p>Plan independently and in small groups.</p>

<p>give their team chance to score.</p> <p>Plan tactics and ways of scoring and also use the space and help each other.</p> <p>Understand the rules of the game to make it fair.</p>			<p>To understand dance can show feelings and narratives.</p>	<p>To know the difference between a leap and a jump.</p>		<p>Identify key symbols on maps and use a key to help them navigate.</p>
--	--	--	--	--	--	--

Year 5

Invasion Games	Net & Wall	Striking & Fielding	Dance	Gymnastics	Athletics	Outdoor Activity
<p>Can follow a leader and demonstrate cooperation and communication including good listening to work in a team.</p> <p>Use different skills to hit a ball.</p> <p>Choose the best tactic for attacking and defending.</p> <p>Understand ways of attacking and defending to use positions for their team carefully.</p> <p>Understand how to get ready for games.</p> <p>Understand when the team has the ball they are attacking and when they do they are defending.</p>	<p>Can follow a leader and demonstrate cooperation and communication including good listening to work in a team.</p> <p>Understand the scoring for the game.</p> <p>Know where to stand when attacking and defending.</p> <p>Explain why and how they and others are playing in the game.</p> <p>Understand why they need to do to improve</p> <p>Improve height and distance of the ball.</p>	<p>Can follow a leader and demonstrate cooperation and communication including good listening to work in a team.</p> <p>Develop these skills and show the knowledge when and where to apply these skills.</p>	<p>To understand how to create dance in a creative way.</p> <p>Perform a routine and take into account the rhythm and style of the music and mood of the dance piece.</p> <p>There dances show clarity, fluency and consistency.</p> <p>Create routines in a specific style of dance.</p> <p>Understand the impact of balance and coordination can make to dance performance and apply this when moving within a sequence at different levels.</p> <p>Children to know that dance can communicate and idea</p>	<p>To know a range of preparation for advances skills.</p> <p>To understand how they can improve their strength and endurance in gymnastics.</p> <p>To know how to land safely and finish skills.</p> <p>To understand how to safely enter and exit group balances and what to do if the balance is unsafe.</p> <p>To know the difference between a leap and a jump.</p>	<p>Children to develop their technique for running longer and shorter distances</p> <p>Develop throwing techniques and height for jumping and leaping.</p> <p>Children to sustain pace over longer distances.</p> <p>They must be able to throw with greater control, accuracy and efficiency.</p> <p>Perform a range of jumps showing power control and consistency at both take off and landing.</p> <p>To understand what athletic activities can improve strength, power or stamina.</p>	<p>Explore tactical planning to overcome challenging tasks.</p> <p>Put together ideas in a group selecting and applying the best method to solve a problem.</p> <p>Able to follow and give instructions and accept other peoples ideas.</p> <p>Can reflect on when and why they were successful at solving challenges.</p> <p>Plan independently and in small groups.</p> <p>Identify key symbols on maps and use a key to help them navigate.</p>

Understand different ways of attacking and defending			as well as feelings and ideas.			
Year 6						
Invasion Games	Net & Wall	Striking & Fielding	Dance	Gymnastics	Athletics	Outdoor Activity
<p>Can follow a leader and demonstrate cooperation and communication including good listening to work in a team.</p> <p>Understand ways of attacking and defending to use positions for their team carefully.</p> <p>Understand how to get ready for games.</p> <p>Understand when the team has the ball they are attacking and when they do not they are defending.</p> <p>Understand different ways of attacking and defending</p>	<p>Can follow a leader and demonstrate cooperation and communication including good listening to work in a team.</p> <p>Understand the scoring for the game.</p> <p>Know where to stand when attacking and defending.</p> <p>Explain why and how they and others are playing in the game.</p> <p>Understand why they need to do to improve</p> <p>Improve height and distance of the ball.</p>	<p>Can follow a leader and demonstrate cooperation and communication including good listening to work in a team.</p> <p>Develop these skills and show the knowledge when and where to apply these skills.</p> <p>Use and apply tactics, strategies and rules with control and consistency within game.</p>	<p>Children understand how to develop and improve their dance routine.</p> <p>To understand how to create dance in a creative way.</p> <p>Perform a routine and take into account the rhythm and style of the music and mood of the dance piece.</p> <p>There dances show clarity, fluency and consistency.</p> <p>Create routines in a specific style of dance.</p> <p>Understand the impact of balance and coordination can make to dance performance and apply this when moving within a sequence at different levels.</p> <p>Children to know that dance can communicate and ideas as well as feelings and ideas.</p>	<p>Children to know how to create their own complex sequences involving the whole range of movements.</p> <p>Can show correct placings and controlled movements.</p> <p>Understand how to develop strength.</p> <p>Children know how to apply skills and technique consistently showing control persistently.</p>	<p>Children to develop their technique for running longer and shorter distances</p> <p>Develop throwing techniques and height for jumping and leaping.</p> <p>Children to sustain pace over longer distances.</p> <p>They must be able to throw with greater control, accuracy and efficiency.</p> <p>Perform a range of jumps showing power control and consistency at both take off and landing.</p> <p>To understand what athletic activities can improve strength, power or stamina.</p>	<p>Explore tactical planning to overcome challenging tasks.</p> <p>Put together ideas in a group selecting and applying the best method to solve a problem.</p> <p>Develop map reading skills.</p> <p>Able to follow and give instructions and accept other peoples ideas.</p> <p>Can reflect on when and why they were successful at solving challenges.</p> <p>Plan independently and in small groups.</p> <p>Identify key symbols on maps and use a key to help them navigate.</p>