



Star

NURTURING TODAY'S **YOUNG PEOPLE**,
INSPIRING TOMORROW'S **LEADERS**

PE

Progression Map



Statutory Framework for EYFS and National Curriculum Programmes of Study							
	Reception Year	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Sports and Games	<p><u>ELG 6 Gross Motor Skills:</u> <u>ELG 6a:</u> Negotiate space and obstacles safely, with consideration for themselves and others</p> <p><u>ELG 6b:</u> Demonstrate strength, balance and coordination when playing</p> <p><u>ELG 6c:</u> Move energetically, such as running, jumping, dancing, hopping, skipping and climbing</p>	<p>1a: Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>1b: Participate in team games, developing simple tactics for attacking and defending.</p> <p>1c: Perform dances using simple movement patterns.</p>	<p>2a: Use running, jumping, throwing and catching in isolation and in combination.</p> <p>2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.</p> <p>2c: Develop flexibility, strength, technique, control and balance.</p> <p>2d: Perform dances using a range of movement patterns.</p> <p>2e: Take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>				
Swimming and Water Safety		<p><i>All schools must provide swimming instruction either in key stage 1 or key stage 2.</i> In particular, pupils should be taught to:</p> <p>1d: Swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>1e: Use a range of strokes effectively.</p> <p>1f: Perform safe self-rescue in different water-based situations</p>					

	Reception Year	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Acquiring, Developing, Selecting and Applying Skills						
Gymnastics	<p>Move and stop upon command; move confidently and safely, negotiating space and obstacles effectively, moving over, under and on apparatus</p> <p>Show contrast with their bodies including tall/short, wide/thin, straight/curved</p> <p>Copy and explore simple movements and link balances, jump and travel actions, on & off apparatus.</p> <p>Learn and refine a variety of shapes, jumps, balances and rolls.</p>	<p>Move confidently and safely in their own and general space, using change of speed and direction.</p> <p>Explore, perform and link gymnastics actions (e.g. pencil/straight, tuck, star, pike, dish and arch), body shapes, balances and rolls with increasing control.</p> <p>Explore making their body tense, relaxed, stretched and curled.</p> <p>Copy, explore, create, sequence and perform movement ideas, on their own and with a partner.</p> <p>Perform movement phrases using a range of body actions and body parts.</p> <p>Explore and develop different ways of stretching, rolling, balancing and travelling.</p>	<p>Develop the range and quality of actions, body shapes, balances and rolls they include in performances. Link these with increasing control and precision.</p> <p>Create gymnastic sequences that follow a set criteria, following a specific theme or piece of music, including changes in height, speed and direction.</p> <p>Use change in speed, level and direction to adapt sequences on different apparatus.</p> <p>Work with a partner to create, repeat and improve a sequence with two or more phrases, including the development of matching and mirroring partners.</p>	<p>Combine and perform gymnastic actions, shapes, balances (including pair balances) and rolls more fluently and effectively, ensuring actions are clear, accurate and consistent, on their own, with partners or small groups.</p> <p>Develop longer and more complex gymnastic sequences by understanding, choosing and applying a range of compositional principles, including changes in height, speed and direction.</p> <p>Set sequences to specific timings and strictly adhere to them - individually, with a partner or in a small group.</p> <p>Work with a small group to create, repeat and improve a sequence with multiple phrases, including matching and mirroring.</p>			
Dance	<p>Explore and copy basic body actions and rhythms.</p> <p>Negotiate space confidently, using appropriate strategies.</p> <p>Use their bodies to respond to stories, topics and music.</p>	<p>Explore, remember, repeat and link actions with co-ordination, control and expression.</p> <p>Move confidently in their own space, exploring changes of rhythm, speed, level and direction.</p> <p>Compose and perform short dances with beginning, middle and end movements, expressing and communicate moods, ideas and feelings.</p>	<p>Respond and improvise imaginatively to a range of stimuli related to character, narrative and music - on their own, with a partner and in a small group.</p> <p>Begin to manipulate space in a controlled manner to respond appropriately to character, narrative and music.</p> <p>Use simple choreographic principles to create motifs and narrative. Able to take the lead when working with a partner or in a group. Perform dances that communicate character, narrative and music, with good control - on their own, with a partner and in a small group.</p>	<p>Explore, improvise and combine movement ideas in different styles, fluently, effectively and creatively - on their own, with a partner and in a small group.</p> <p>Show controlled movements which express emotion and feeling.</p> <p>Compose motifs, sections and whole dances by adapting and developing a variety of movements. Perform with expression, accuracy and fluency. Select their own music, style and dance based on interests.</p>			

	Reception Year	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Acquiring, Developing, Selecting and Applying Skills						
Athletics	<p>Develop skills of running, jumping & throwing with a small range of equipment.</p> <p>Use comparative language i.e. faster, longer, and be able to physically demonstrate this.</p> <p>Vary speed of running based on commands given.</p>	<p>Remember, repeat and link combinations of actions. Use their bodies and a variety of equipment with greater control and co-ordination.</p> <p>Explore and throw a variety of objects with one hand, including towards a target.</p> <p>Jump from a stationary position with control, landing safely</p> <p>Safely change speed and direction whilst running.</p>	<p>Consolidate and improve the quality, range and consistency of the techniques they use.</p> <p>Throw a variety of objects with one hand and know how to aim these to improve performance, including the under-arm, over-arm and push throws.</p> <p>Take a running jump with appropriate feet patterns/movements.</p> <p>Show accurate pace - run at a speed that is appropriate for the distance being run.</p> <p>Begin to develop the discipline of hurdling, combining running and jumping</p> <p>Take part in relay activities, understanding the concept.</p>	<p>Increase the number of techniques they use and develop the consistency and precision of their actions in a wide range events.</p> <p>Be accurate when throwing at a target, showing precision in throwing techniques, and develop techniques for throwing at a distance.</p> <p>Take a running jump with a controlled take-off and landing, showing precision in jumping techniques; develop the technique of the standard vertical jump.</p> <p>Improve and sustain running techniques at different speeds, including both the development of a sprint start and the ability to self-set an appropriate pace and end with a sprint finish.</p> <p>Develop the discipline of hurdling, combining running and jumping with increasing fluency, sometimes using the preferred leg to lead.</p> <p>Develop relay techniques, including knowing how to pass and receive a baton using the downsweep.</p> <p>Confidently explain rules of track and field events.</p>			
Striking and Fielding <i>cricket, rounders</i>	<p>Roll and throw a ball under-arm, including at a target.</p> <p>Begin to develop the skill of catching a sponge ball.</p>	<p>Throw a small ball with increasing control.</p> <p>Catch a small ball with increasing control.</p> <p>Perform the basic fielding technique of tracking and stopping a small ball with increasing control and coordination.</p> <p>Strike a small ball with a bat, with development of correct body position.</p>	<p>Develop a range of throwing techniques for small balls and use them in a game situation.</p> <p>Use ABC (agility, balance, coordination) to move into good catching positions and catch a small ball.</p> <p>Use ABC (agility, balance, coordination) to accurately track and stop a small ball when fielding, and apply this in a game situation.</p> <p>Develop correct batting and body positioning techniques for both moving and still small balls.</p> <p>To play in a competitive situation, and to demonstrate sporting behaviour.</p>	<p>Utilise a range of throwing techniques appropriately and under pressure in a game situation, including a safe and effective over-arm throw.</p> <p>Use ABC (agility, balance, coordination) to move into good catching positions and catch a small ball under pressure in game situations.</p> <p>Use ABC (agility, balance, coordination) to accurately and quickly track and stop a small ball when fielding, and apply this in a game situation.</p> <p>Exercise control over batting technique and appropriate choice of shot in a game situation.</p> <p>Play in a tournament and work as team using tactics.</p> <p>Learn and play the roles of backstop and wicketkeeper.</p> <p>Develop an understanding of the running rules for both cricket and rounders.</p>			

	Reception Year	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Acquiring, Developing, Selecting and Applying Skills						
<p>Invasion Games Football Rugby Netball Basketball Hockey Dodgeball</p>	<p>Throw and catch a large ball.</p> <p>Begin to show control over a balls, including with bats and sticks.</p> <p>Experiment with different ways of moving.</p>	<p>Receive and send the ball to others, with the feet and hands as appropriate.</p> <p>Begin to use a range of ball skills in games, including shooting and ball control.</p> <p>Travel in a variety of ways including running and jumping</p> <p>Developing simple tactics for attacking and defending in variety of invasion games.</p> <p>Participate in simple games, develop simple tactics and use them appropriately.</p>	<p>Receive and pass the ball with increasing accuracy., with the feet and hands as appropriate.</p> <p>Begin to show confidence in using ball skills in various ways, and link these together effectively (e.g. dribbling in different directions, bouncing, shooting and turning).</p> <p>Uses running, jumping, throwing and catching in isolation and combination.</p> <p>Perform basic hockey skills such as dribbling and push pass.</p> <p>Develop basic netball skills such as the chest pass, catching and shooting.</p> <p>Apply basic skills suitable for attacking and defending in variety of invasion games.</p> <p>Work well in a group and begin to communicate tactically</p> <p>Understand and implement the basic rules of some invasion games (e.g. football, rugby, netball, basketball, hockey, dodgeball).</p>	<p>Receive and pass the ball with increasing accuracy., with the feet and hands as appropriate.</p> <p>Begin to show confidence in using ball skills in various ways, and link these together effectively (e.g. dribbling in different directions, bouncing, shooting and turning).</p> <p>Uses running, jumping, throwing and catching in isolation and combination.</p> <p>Perform basic hockey skills such as dribbling and push pass.</p> <p>Develop basic netball skills such as the chest pass, catching and shooting.</p> <p>Apply basic skills suitable for attacking and defending in variety of invasion games.</p> <p>Work well in a group and begin to communicate tactically</p> <p>Understand and implement the basic rules of some invasion games (e.g. football, rugby, netball, basketball, hockey, dodgeball).</p>	<p>Receive and accurately pass the ball at distance and with increased power, with the feet and hands as appropriate.</p> <p>Show confidence in using ball skills in various ways, and link these together effectively at speed, selecting according to the game situation (e.g. dribbling in different directions using varied feet positions, bouncing, shooting, turning and controlling the ball effectively).</p> <p>Uses running, jumping, throwing and catching in isolation and in combination in appropriate ways according to the game situation.</p> <p>Perform and combine basic hockey skills such as dribbling and push pass at increased speed and over longer distances.</p> <p>Develop a range of netball skills such as accurate shooting, marking, pivoting, dodging, blocking and bounce pass.</p> <p>Keep possession of balls during games situations at appropriate times and passes in others.</p> <p>Defend and attack tactically by anticipating the direction of play.</p> <p>Understand and implement the basic rules of some invasion games (e.g. football, rugby, netball, basketball, hockey, dodgeball).</p> <p>Play effectively in a variety of positions.</p> <p>Work cooperatively and tactically with others in a team.</p>		

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	Acquiring, Developing, Selecting and Applying Skills						
<u>Net and Wall Games</u> Tennis Badminton				Be familiar with tennis balls and short tennis rackets. Explore different shots (forehand, backhand). Understand and use an accurate under-arm serve in short tennis. Engage in a rally with a partner. Develop the use of a variety of short tennis shots with increasingly accurate shots. Play a competitive short tennis game.	Demonstrate and develop the use of the correct grip of the racket and understand how to get into the ready position for striking a tennis ball or shuttlecock. Use good hand-eye coordination to contact a tennis ball or shuttlecock with the middle of the racket in forehand and backhand shots Understand and use the correct under-arm serve in badminton and over-arm serve in tennis. Develop backhand and forehand ground shot techniques in tennis. Develop an understanding of the impact of an overhead shot, and use it to win points during play. Understand and use the drop shot as an attacking shot, successfully aiming for space near the net. Understand and use the lob as an attacking shot, successfully aiming for space near the back of the court. Understand the rules of tennis and badminton and score games accurately. Develop knowledge, understanding and principles within a doubles game, including tactics and strategies used.		
<u>Outdoor Adventure and Activity</u>				Work with others collaboratively in defined roles to solve problems. Both lead others and be led. Use maps, symbols and compasses to develop orientation of the school site. Create a short trail for others.	Work with others collaboratively in defined roles to solve more complex problems. Take responsibility for a role in a group. Use maps, symbols and compasses to develop confident orientation of the school site and beyond. Design a challenging orienteering course that is easy to follow.		

	Reception Year	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Fitness, Health and P.E Life Skills						
<u>healthy participation/body awareness</u>	<p>Begin to understand the importance of healthy eating and exercise.</p> <p>To be informed about where they can partake in sport outside of school</p> <p>Recognise and describe how the body changes during exercise.</p>	<p>Understand the importance of a healthy eating and regular, varied exercise.</p> <p>To be informed about where they can partake in sport outside of school.</p> <p>Recognise and describe how different rhythms, paces and movements make them feel.</p> <p>Understand the importance of warm up and cool down.</p>	<p>Understand the importance of a healthy eating and regular, varied exercise, and have a positive attitude towards it.</p> <p>To be informed about where they can partake in sport outside of school</p> <p>Recognise and describe how different rhythms, paces, movements, activities and games can effect specific parts of the body, and how these affect the way they perform. Measure heart rate with support.</p> <p>Understand the importance of warm up and cool down, and begin to understand the importance of suppleness, strength, speed and stamina.</p>	<p>Understand and discuss why a range of P.E activities are good for health, fitness and wellbeing, and demonstrate an understanding of how they themselves can be healthier.</p> <p>To be informed about where they can partake in sport outside of school.</p> <p>Recognise and describe how different rhythms, paces, movements, activities and games can effect specific parts of the body, and how these affect the way they perform. Measure heart rate independently.</p> <p>Take safe, necessary steps to independently prepare for a range of P.E activities, using accurate and appropriate warm up and cool down strategies. Understand the importance of suppleness, strength, speed and stamina.</p>			
<u>Apparatus Safety</u>	Know that equipment and apparatus can be harmful.	Demonstrate an appreciation of safety when lifting, moving and placing apparatus and equipment.					
<u>Evaluation</u>	Watch and copy some basic movements in P.E.	Watch and describe some basic techniques and movements across a range of P.E disciplines and use what they learn to improve their own performance.	Describe, interpret, evaluate and compare their own performance and that of others, using appropriate language.	Describe, critically analyse, interpret, evaluate and compare their own performance, and that of others, using appropriate language.			
<u>Feedback</u>	Express their enjoyment of an activity using simple feedback techniques (e.g. thumbs up/down).	Use peer feedback to improve their own performance and recognise good quality in others.	Use peer feedback to improve their own performance and offer specific ways that others can improve.	Engage in constructive feedback, evaluating, refining and developing their own work and others' work using appropriate peer- and self-review criteria.			
<u>Peer-coaching</u>			Positively comment on others whilst working	Engage in peer-coaching, providing advice and support to others whilst working.			
<u>Measuring and Improving</u>		Where appropriate, begin to measure performance and set simple targets to improve.	Where appropriate, independently measure performance and set targets to improve.	Where appropriate, independently measure performance with increasing accuracy and set targets to improve.			
<u>Personal development</u>	<p>Ask questions about what they have heard.</p> <p>Work cooperatively with another person</p>	<p>Demonstrate to a class or group with support from the teacher.</p> <p>Communicate with a partner to make decisions when creating a routine or sequence</p>	<p>Lead instructions or demonstrations of techniques, skills and movements to a class or group.</p> <p>Communicate with a group and make decisions when creating a routine or sequence.</p> <p>Start to discuss strategies and begin taking on roles within groups such as leader/captain.</p> <p>Work together as a team to accomplish a goal or outcome</p>	<p>Confidently lead instructions or demonstrations of substantial techniques, skills and movements to a class or group.</p> <p>Communicate with adults and children to make decisions about sequencing or routines.</p> <p>Voice opinions and justify these when making decisions about tactics or positions.</p> <p>Work together with a range of children to accomplish a goal or outcome.</p>			

<u>Reciprocal Teaching</u>				Engage in reciprocal teaching, taking turns to teach each other a new skill or tactic.
<u>Motor Competence</u>	Have a basic understanding of fundamental movement skills including locomotor skills (running, jumping) stability skills (twisting , balancing) and manipulation skills (throwing, catching).	Demonstrate competence in fundamental movement skills such as run, jump, throw, catch, hop, skip, balance. Begin to adapt these skills to suit varied equipment or situations.	Begin to refine and apply fundamental movement skills to a range of physical activities/equipment or situations via appropriate instruction and opportunities to practice and apply. To link increasingly complex movements together. To apply fundamental movement skills to various context specific practice.	To understand and apply fundamental movement skills to sport specific situations. To understand how fundamental movement skills can apply within different parameters such as how running at different speeds links to various situations within a football game.
<u>Rules, strategies, and tactics</u>	To understand basic rules of fundamental movements such as a hop is on one foot	To understand basic rules of common games including invasion style, net and ball and striking and fielding.	To understand rules of games as well as strategies such as attack and defence	Understand and apply increasingly complex rules within different sports. Apply strategies and tactics to improve performance and outcomes such as altering position on a field to make a goal opportunity more likely.
<u>Use of Sport specific Vocabulary</u>	Understand basic vocabulary linked to fundamental movements such as run, hop, skip, jump, climb, gallop.	Understand, use, and apply vocabulary linked to basic movement skills (jump, run, hop, skip, roll) including vocabulary linked to adjustments in those skills such as high, medium, low level/Sprint or jog running/ teddy, log, forward rolls etc To know simple tier 2 and 3 vocabulary linked to specific sports.	To know and understand tier 2 vocabulary in the context of sport such as collaborate, pass, team. Begin to have confidence in using a range of sport specific vocabulary including tier 3 language such as over arm throw, push pass, volley, line.	To know, understand, use, and apply tier 2 and 3 P.E vocabulary.