

# PROGRESSION DOCUMENT

# PHYSICAL EDUCATION

## BALL SKILLS & GAMES

	RECEPTION	CYCLE A YEAR 1	CYCLE B YEAR 2	CYCLE A YEAR 3	CYCLE B YEAR 4	CYCLE A YEAR 5	CYCLE B YEAR 6
Knowledge	<ul style="list-style-type: none"> <li>- Follow instructions and play safely as a group.</li> <li>- Know how to demonstrate strength, balance and coordination.</li> <li>- Understand how to move energetically.</li> </ul>	<ul style="list-style-type: none"> <li>- Understand how to show good control and coordinate movements when using equipment.</li> <li>- Know how to apply bat and ball skills to play a small-sided game.</li> </ul>	<ul style="list-style-type: none"> <li>- Know simple tactics for attacking and defending.</li> <li>- Understand why we have rules during a game.</li> <li>- Understand the roles of an attacker and defender.</li> </ul>	<ul style="list-style-type: none"> <li>- Understand the basic rules of games.</li> <li>- Identify when they are successful and the next steps in their learning.</li> <li>- Understand how to use equipment safely.</li> </ul>	<ul style="list-style-type: none"> <li>Identify the sporting spirit values and give examples of when they could demonstrate them during a game.</li> </ul>	<ul style="list-style-type: none"> <li>- Show a good understanding of how to play a variety of games.</li> <li>- Adapt the rules of a game for an intended purpose.</li> </ul>	<ul style="list-style-type: none"> <li>Assess their own performance and the performance of others to identify areas of development.</li> </ul>
Skills Progression	<ul style="list-style-type: none"> <li>- Hit a ball with a bat or racquet.</li> <li>- Throw underarm.</li> <li>- Throw an object at a target.</li> <li>- Catch equipment using two hands.</li> <li>- Move a ball in different ways, including bouncing and kicking.</li> <li>- Use equipment to control a ball</li> <li>- Kick an object at a target</li> <li>- Travel in different ways, including sideways and backwards.</li> <li>- Follow simple rules.</li> </ul>	<ul style="list-style-type: none"> <li>- Explore and use skills, actions and ideas individually and in combinations to suit the game being played.</li> <li>- Throw a ball accurately to a target.</li> <li>- Explore throwing and catching in different ways including over arm and underarm.</li> <li>- Catch and bounce a ball.</li> <li>- Hit a ball with control using an appropriate object.</li> <li>- Travel with a ball in different directions.</li> <li>- Practise basic striking, sending and receiving</li> <li>- Explore kicking in different ways with increasing control.</li> <li>- Follow simple rules to play games, including team games.</li> </ul>	<ul style="list-style-type: none"> <li>- Use basic movement such as co-ordination and agility in team games.</li> <li>- Catch and control a ball</li> <li>- Begin to intercept a moving ball.</li> <li>- Throw, catch and bounce a ball with a partner.</li> <li>- Strike or hit a ball with control.</li> <li>- Develop hand eye co-ordination to be able to send and receive balls using equipment.</li> <li>- Develop simple tactics to attacking and defending.</li> <li>- Bounce, kick and dribble a ball whilst moving.</li> <li>- Change speed and direction whilst running.</li> <li>- Decide where to stand during a team game to support the game.</li> <li>- Understand the importance of rules in games.</li> </ul>	<ul style="list-style-type: none"> <li>- Throw and catch with control and accuracy.</li> <li>- Use overarm and under arm throwing and catching skills with some accuracy.</li> <li>- Bowl a ball towards a target.</li> <li>- Begin to strike a ball after a bounce.</li> <li>- Move with the ball in a variety of ways with some control.</li> <li>- Move a ball towards a goal with increasing control.</li> <li>- Understand the role as an attacker and defender.</li> <li>- Move into a space to support my team.</li> <li>- Know how to keep and win back possession of the ball in a team game.</li> <li>- Choose a tactic for attacking and defending.</li> <li>- Apply and follow rules fairly.</li> </ul>	<ul style="list-style-type: none"> <li>- Use different apparatus to hit a ball or shuttlecock with accuracy and control.</li> <li>- Use hand-eye coordination to strike a moving and a stationary ball.</li> <li>- Pass, receive and shoot the ball with increasing control, speed and accuracy.</li> <li>- Defend against another player and know how to gain possession.</li> <li>- Use overarm throwing and catching skills with increasing accuracy.</li> <li>- Practise the correct technique for catching a ball and use it in a game.</li> <li>- Use simple tactics to help a team score or gain possession.</li> <li>- Vary the tactics used in a game.</li> </ul>	<ul style="list-style-type: none"> <li>- Understand that there are different skills for different situations.</li> <li>- Play in a range of positions.</li> <li>- Know how to contribute to a game when attacking and defending.</li> <li>- Use different techniques to hit a ball.</li> <li>- Consolidate different ways of throwing and catching and know when each is appropriate in a game.</li> <li>- Pass, receive and shoot the ball with some control when under pressure.</li> <li>- Strike a bowled ball.</li> <li>- Pass a ball with speed and accuracy using appropriate techniques in a game situation.</li> <li>- Vary tactics and adapt skills depending on what is happening in a game.</li> </ul>	<ul style="list-style-type: none"> <li>- Hit a bowled ball over longer distances.</li> <li>- Use good hand-eye coordination to be able to direct a ball when striking or hitting.</li> <li>- Throw and catch accurately and successfully under pressure in a game.</li> <li>- Choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move.</li> <li>- Follow and create complicated rules to play a game successfully.</li> <li>- Communicate plans to others during a game.</li> <li>- Lead others during a game.</li> </ul>

Vocabulary	catch	rules	co-ordination	attack	opposition	tactics	strategy	communication
	team	score	defence	agility	opponent	forehand	interception	
	kick	bounce	tactics	defender	control		technique	
			underarm	dribbling	possession		spatial awareness	
			release	attacker	backhand		co-operation	
			dodge					

GYMNASTICS							
RECEPTION		CYCLE A YEAR 1	CYCLE B YEAR 2	CYCLE A YEAR 3	CYCLE B YEAR 4	CYCLE A YEAR 5	CYCLE B YEAR 6
Knowledge	Know that bodies can respond to stories, topics and music.	Understand that we need to use our core strength to balance effectively	Understand that we can link different movements together to create a sequence.	- Understand how to safely use apparatus. - Develop ways to mount and dismount apparatus.	Comment on skills and techniques applied in his/her own and others' work and use this understanding to improve performance.	- Understand how to transition between different movements. - Know that a complex gymnastic sequence should include a range of balances and levels, with movements that involve changing speed and direction.	
	- Explore and copy basic body actions and rhythms. - Create a short sequence of movements. - Travel in different ways. - Stretch in different ways. - Jump in a range of ways from one space to another with control. - Begin to balance with control. - Move around, under, over, and through different objects and equipment.	- Perform the following actions – pencil, tuck, star, pike, dish and arch. - Travel confidently and safely using a change or speed and direction. - Perform a movement phrase using a range of body actions and body parts. - Explore making my body tense, relaxed, stretched and curled. - Control my body when balancing. - Roll in a variety of ways. - Copy sequences and repeat them. - Say what I liked about a performance. - Carry out a range of simple jumps, landing safely. - Move around, under, over, and through different objects and equipment.	- Work on my own and with a partner. - Create and remember simple repeating movements which include creating different shapes with my body and controlled balances. - Work with a partner sharing ideas and creating a simple sequence. - Say what I liked about a performance and suggest a way to improve it. - Hold a still shape whilst balancing on different points of the body. - Jump in a variety of ways and land with increasing control and balance. - Climb onto and jump off the equipment safely.	- Link actions together to create sequences of movement. - Choose and plan a sequence of contrasting actions, including changes of direction, speed or level - Complete actions with increasing balance and control. - Choose ideas to compose a movement sequence independently and with others. - Adapt sequences to suit different types of apparatus. - Use a range of jumps in sequences. - Begin to use equipment to vault. - Suggest changes and use feedback to improve a sequence	- Carry out balances, recognising the position of my centre of gravity and how this affects the balance. - Plan and perform sequences with a partner that include a change of level and shape. - Improve the placement and alignment of body parts in balances. - Use equipment to vault in a variety of ways. - Show changes of direction, speed and level during a performance. - Watch, describe and suggest improvements to a performance - Suggest changes and use feedback to improve a sequence	- Create and perform sequences using apparatus, individually and with a partner. - Use set criteria to make simple judgments about performances and suggest ways they could be improved. - Use cannon, synchronisation, and matching and mirroring when performing with a partner and a group. - Adapt my sequences to fit new criteria or suggestions. - Confidently develop the placement of my body parts in balances, recognising the position of my centre of gravity and where it should be in relation to the base of the balance. - Confidently use equipment to vault in a variety of ways.	- Create complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching. - Demonstrate precise and controlled placement of body parts in actions, shapes and balances. - Confidently use equipment to vault and incorporate this into sequences. - Apply skills and techniques consistently, showing precision and control. - Suggest changes and use feedback to improve a sequence
Skills Progression							

<b>Vocabulary</b>	move	space	sequence	criteria	contrasting	transitions	asymmetrical
	travel		repeat	evaluate	explore	perform	symmetrical
	shape		patterns	combination	create	balance	timing
	backwards		control	control	extension	flexibility	synchronisation
	forwards		perform	apparatus	technique	counterbalance	stability
	sideways		direction				

DANCE / MOVEMENT							
RECEPTION		CYCLE A YEAR 1	CYCLE B YEAR 2	CYCLE A YEAR 3	CYCLE B YEAR 4	CYCLE A YEAR 5	CYCLE B YEAR 6
<b>Knowledge</b>	- Explore and copy basic body actions and rhythms. - know that bodies can respond to stories, topics and music	Understand how to link movements to music.	Change our bodies to respond to music i.e. speed and direction.	Understand that a performance has a beginning, middle and end.	Understand that we can use movements to represent an idea.	Understand the different elements that need to be incorporated to create a dance, including dynamics, speed, energy and flow of the movement.	
	- Join a range of different movements together. - Change the speed of my actions. - Change the style of my movements. - Create a short movement phrase which demonstrates my own ideas	- Explore movement ideas and respond imaginatively to a range of stimuli. - Move confidently and safely around the space. - Change my speed and direction with control. - Perform movement phrases using a range of body actions. - Copy and repeat actions. - Use simple choreographic devices such as unison, canon and mirroring. - Begin to improvise independently to create a simple dance.	- Dance with control and co- ordination. - Use dance to show a mood or a feeling. - Show a change of rhythm, speed, level and direction. - Compose and perform a short dance inspired by a stimulus. - Copy, remember and repeat actions. - Move in time to music. - Improve the timing of my actions.	- Use dance to communicate an idea. - Share and create phases with a partner and small group. - Adapt and refine actions, dynamics and relationships in a dance. - Create dance phrases with a partner and in a small group using canon and unison. - Use counts to keep in time with a group and the music. - Use simple dance vocabulary to compare and improve work. - Perform with some awareness of rhythm and expression	- Respond imaginatively to a range of stimuli related to character and narrative. - Refine, repeat and remember dance phrases and dances. - Perform dances clearly and fluently. - Describe, interpret and evaluate dance, using appropriate language. - Compose a dance that reflects the chosen dance style. - Confidently improvise with a partner or on my own. - Compose longer dance sequences in a small group. - Demonstrate rhythm and spatial awareness.	- Dance that shows clarity, fluency, accuracy and consistency. - Perform different styles of dance clearly and fluently. - Recognise and comment on dances, showing an understanding of style. - Compose individual, partner and group dances that reflect the chosen dance style. - Demonstrate imagination and creativity in the movements they devise in response to stimuli. - Improvise with confidence, still demonstrating fluency across the sequence. - Suggest ways to improve my own and other people's work.	- Use dramatic expression in dance movements and motifs. - Demonstrate strong and controlled movements throughout a dance sequence. - Move appropriately and with the required style in relation to the stimulus, e.g. using various levels, ways of travelling and motifs. - Improvise with confidence, still demonstrating fluency across my sequence. - Demonstrate consistent precision when performing dance sequences. - Modify some elements of a sequence because of self and peer evaluation. - Use complex dance vocabulary to compare and improve work
<b>Skills Progression</b>							

Vocabulary	move	travel	sequence	direction	choreograph	expression	pace	motifs
	shape	copy	repeat	rhythm	unison	pattern	timing	reaction
	movement	turn	perform	coordination	repetition	character	interpretation	exploration
	freeze	create	patterns	phrase	partner	performance	improvisation	phrase
	pattern	space	movement		structure	technique	variation	
					dynamics			

ATHLETICS							
RECEPTION		CYCLE A YEAR 1	CYCLE B YEAR 2	CYCLE A YEAR 3	CYCLE B YEAR 4	CYCLE A YEAR 5	CYCLE B YEAR 6
Knowledge	<ul style="list-style-type: none"><li>- Know how to jump and leap in different ways for height and distance.</li><li>- Understand how to negotiate speed and space when running.</li><li>- Understand how to throw a ball.</li></ul>	Know that catching, throwing, jumping and running involves different skills.	Know that techniques in running, jumping, throwing and catching can be developed and modified to improve performance.	Know that a range of techniques can be used to throw, run and jump with increasing accuracy and competence.	<ul style="list-style-type: none"><li>- Develop a broader range of skills and learn how to use them in different ways.</li><li>- Understand how to improve in different areas.</li></ul>	Power and stamina are developed over time by carrying out regular exercise, which strengthens muscles, increases fitness and can improve skills and techniques.	Control, speed, strength and stamina in a variety of manners (jumping, throwing, running), are skills that can be developed over time through practice and training.

Skills Progression							
Vocabulary	<ul style="list-style-type: none"> <li>- Run in different ways for a variety of purposes.</li> <li>- Jump in a range of ways, landing safely.</li> <li>- Throw underarm.</li> <li>- Throw an object at a target.</li> </ul>	<ul style="list-style-type: none"> <li>- Explore and throw a variety of objects with one hand.</li> <li>- Throw underarm and overarm.</li> <li>- Improve the distance I can throw by using more power.</li> <li>- Jump from a stationary position with control.</li> <li>- Change direction when jogging and sprinting.</li> <li>- Sprint in a straight line.</li> <li>- Perform different types of jumps.</li> <li>- Perform a short jumping sequence.</li> <li>- Jump as high or as far as possible.</li> </ul>	<ul style="list-style-type: none"> <li>- Run at different paces.</li> <li>- Use a variety of different stride lengths.</li> <li>- Begin to select the most suitable pace and speed for distance.</li> <li>- Complete an obstacle course.</li> <li>- Combine different jumps together with some fluency and control.</li> <li>- Jump for distance from a standing position with accuracy and control.</li> <li>- Know that the leg muscles are used when performing a jumping action.</li> <li>- Throw different types of equipment in different ways, for accuracy and distance.</li> <li>- Investigate ways to alter throwing technique to achieve greater distance.</li> </ul>	<ul style="list-style-type: none"> <li>- Run at fast, medium and slow speeds, changing speed and direction.</li> <li>- Identify and demonstrate how different techniques can affect performance.</li> <li>- Focus on arm and leg action to improve sprinting technique.</li> <li>- Begin to combine running with jumping over hurdles.</li> <li>- Understand the importance of adjusting running pace to suit the distance being run.</li> <li>- Use different take off and landings when jumping.</li> <li>- Jump for distance and height.</li> <li>- Land safely and with control.</li> <li>- Take part in a relay activity.</li> <li>- Throw a variety of objects, changing my action for accuracy and distance.</li> <li>- Perform a push throw.</li> </ul>	<ul style="list-style-type: none"> <li>- Run, jump and catch in isolation and in combination.</li> <li>- Confidently demonstrate an improved technique for sprinting.</li> <li>- Carry out an effective sprint finish.</li> <li>- Perform a relay, focusing on the baton changeover technique.</li> <li>- Demonstrate different throwing techniques.</li> <li>- Throw with some accuracy and power into a target area.</li> <li>- Continue to develop techniques to throw for increased distance.</li> <li>- Jump for distance and height with control and balance.</li> <li>- Learn how to combine a hop, step and jump to perform the standing triple jump.</li> </ul>	<ul style="list-style-type: none"> <li>- Choose the best pace for a running event.</li> <li>- Accelerate from a variety of starting positions and select my preferred position.</li> <li>- Continue to practise and refine technique for sprinting, focusing on an effective sprint start.</li> <li>- Throw a variety of implements using a range of throwing techniques.</li> <li>- Show accuracy and good technique when throwing for distance.</li> <li>- Perform an effective standing long jump.</li> <li>- Perform the standing triple jump with increased confidence.</li> <li>- Develop an effective technique for the standing vertical jump including take-off and flight.</li> <li>- Lead a partner through short warm-up routines.</li> </ul>	<ul style="list-style-type: none"> <li>- Build up speed quickly for a sprint finish.</li> <li>- Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern.</li> <li>- Accelerate to pass other competitors.</li> <li>- Demonstrate endurance and stamina over longer distances.</li> <li>- Maintain control at each of the different stages of the triple jump.</li> <li>- Develop and improve techniques for jumping for height and distance and support others in improving their performance.</li> <li>- Continue to develop techniques to throw for increased distance and support others in improving their personal best.</li> <li>- Develop and refine techniques to throw for accuracy.</li> </ul>
	jump throw race run speed	Speed Direction Sprint Distance travel	jog take off height landing	teamwork relay combination transition stamina	compete	Pace accuracy communication sprint momentum	trajectory