



Progression in PE

All objectives taken from the national curriculum KS1 & KS2 * objectives from Target Tracker statements for PE.
Skills Sections broken down to see progression across all year groups.



	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Acquiring and developing skills	<p>*Hold a balance whilst walking along a straight line. *Zig zag through a series of markers spaced evenly, about 2m apart. *Hop on the spot using the same foot. *Jump for distance. *Jump for height. *Catch a bean bag. *Throw a small ball underarm, using the correct technique.</p> <p>Games I can throw underarm I can hit a ball with a bat I can move and stop safely I can throw & catch with both hands I can throw and kick in different ways</p> <p>Gymnastics I can make my body curled, tense stretched and relaxed I can control my body when travelling and balancing</p> <p>Dance/movement I can move to music I can copy dance moves I can move safely in a space</p> <p>General I can copy actions I can move with control & care I can use equipment safely</p>	<p>*Zig zag through a series of tightly spaced markers. *Hop along a straight line using the same foot. *Jump for distance controlling the landing. *Jump for height with a controlled landing. *Catch a small ball. *Throw a small ball overarm, using the correct technique.</p> <p>Games I can use hitting, kicking and/or rolling in a game</p> <p>Gymnastics I can work on my own and with a partner</p> <p>Dance/movement I can change rhythm, speed, level and direction in my dance I can dance with control and co-ordination I can use dance to show a mood or a feeling</p>	<p>*Balance on one foot. *Climb a set of wall bars (or similar). *Perform a side stepping gallop. *Run at speed over a distance.</p> <p>Games I can throw and catch with control</p> <p>Gymnastics I can adopt sequences to suit different types of apparatus and criteria</p> <p>Dance/movement I can share and create phases with a partner and small group</p> <p>Athletics I can run at fast, medium and slow speeds; changing speed and direction I can take part in a relay, remembering when to run and what to do</p>	<p>*Complete a forward roll and land on the feet. *Skip forwards in a fluid motion. *Kick a ball accurately. *Pass a ball from chest height to a partner.</p> <p>Games I can catch with one hand I can throw and catch accurately I can hit a ball accurately with control</p> <p>Gymnastics I can work in a controlled way I can include change of speed and direction I can include a range of shapes</p> <p>Dance/movement I can use dance to communicate an idea</p> <p>Athletics I can run over a long distance I can sprint over a short distance I can throw in different ways I can hit a target I can jump in different ways</p>	<p>*Perform a sequence of one footed leaps. *Gallop with a fluid motion. *Dribble a football between cones.</p> <p>Games I can use forehand & backhand with a racket I can field I can choose a tactic for defending & attacking I can use a number of techniques to pass, dribble and shoot</p> <p>Gymnastics I can make complex extended sequences I can combine action, balance and shape</p> <p>Dance/movement I can perform to an accompaniment My dance shows clarity, fluency, accuracy and consistency</p> <p>Athletics I am controlled when taking off and landing I can throw with accuracy</p>	<p>*Perform a 'drop-kick'. *Perform a 'basketball dribble'. *Strike a ball with a range of bats for accuracy and distance.</p> <p>Games I can explain rules I can umpire</p> <p>Gymnastics I can combine my work with that of others I can link sequences to specific timings</p> <p>Dance/movement I can choose my own music and style</p> <p>Athletics I can demonstrate stamina</p>

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Applying skills and using tactics	<p>*Link skills and actions in different ways to suit different activities. *Establish sequences of actions and skills which have a clear beginning, middle and ending.</p> <p><u>Gymnastics</u> I can copy sequences and repeat them I can roll, curl, travel and balance in different ways</p> <p><u>Dance/movement</u> I can perform my own dance moves I can make up a short dance</p> <p><u>General</u> I can repeat actions & skills</p>	<p>*Structure sequences of actions and skills in different orders to improve performance (speed / direction / level / etc.)</p> <p><u>Games</u> I can follow rules I can decide the best space to be in during a game I can use one tactic in a game</p> <p><u>Gymnastics</u> I can plan and perform a sequence of movements I can think of more than one way to create a sequence which follows some rules</p> <p><u>Dance/movement</u> I can make a sequence by linking sections together</p> <p><u>General</u> I can copy and remember actions</p>	<p>*Vary skills, actions and ideas and link these in different ways to suit different activities. -*Vary his/her responses to tactics, strategies and sequences used.</p> <p><u>Games</u> I know and use rules fairly I am aware of space and use it to support team-mates and to cause problems for the opposition</p> <p><u>Dance/movement</u> I can improvise freely and translate ideas from a stimulus into movement I can repeat, remember and perform phrases</p>	<p>*Apply skills and tactics in combination with a partner or as part of a group / team.</p> <p><u>Games</u> I can vary tactics and adapt skills depending on what is happening in a game I can keep possession of the ball</p> <p><u>Gymnastics</u> I can work with a partner to create, repeat and improve a sequence with at least three phases</p> <p><u>Dance/movement</u> I can take the lead when working with a partner or group</p>	<p>*Participate in recognised activities and games with skill and precision showing creativity with tactics and strategy. *When performing in an activity, draw upon previous knowledge and experiences of tactics, strategies and composition. *Develop interest in participating in sports activities and events at a competitive level.</p> <p><u>Games</u> I can gain possession by working as a team I can pass in different ways</p> <p><u>Gymnastics</u> I can perform consistently to different audiences</p> <p><u>Dance/movement</u> I can compose my own dances in a creative way</p> <p><u>Athletics</u> I can combine running and jumping</p>	<p>*When planning activities and actions, take into account a range of strategies, tactics and routes to success, considering his/her strengths and weaknesses and the strengths and weaknesses of others.</p> <p><u>Games</u> I can play to agreed rules I can make a team and communicate a plan I can transfer skills and movements across a range of activities and sports I can lead others in a game situation</p> <p><u>Dance/movement</u> I can develop sequences in a specific style</p> <p><u>Athletics</u> I can link together actions so that they flow in running, jumping and throwing activities</p>
Evaluating and improving performance	<p>*Describe and comment on performance.</p>	<p>*Compare his/her performance with others.</p> <p><u>General</u> I can talk about what is different from what I did and what someone else did</p>	<p>*Compare and contrast his/her performance with others.</p> <p><u>Gymnastics</u> I can explain how strength and suppleness affect performance I can compare and contrast gymnastic sequences</p>	<p>*Comment on skills and techniques applied in his/her own and others' work and use this understanding to improve performance.</p>	<p>*Identify different levels of performance and use subject specific vocabulary.</p>	<p>*Analyse, modify and refine skills and techniques and how these are applied. *Consider how specific aspects of an activity or performance can influence the outcome and suggest the best possible strategy</p>