

PE Progression

KS1 Years 1 and 2		Reception	Year 1	Year 2
Progression statement				
<ul style="list-style-type: none"> 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 Participate in team games, developing simple tactics for attacking and defending Perform dances using simple movement patterns. 	Invasion	<ul style="list-style-type: none"> Progresses towards a more fluent style of moving, with developing control and grace. Moves around obstacles Can gauge where a moving obstacle may be and move themselves appropriately before reaching it 	Multi-skills (Unit 1) <ul style="list-style-type: none"> Perform balances using a number of different body parts. Run on the balls of the feet, concentrating on co-ordination not speed. Co-ordinate the upper and lower body together. Use timing to aim, stop and guide an object. Aim a variety of balls and equipment accurately. Quickly change direction whilst running, with control and fluency. Use agility, balance and co-ordination. 	Multi-skills (Unit 1) <ul style="list-style-type: none"> Learn about a stable base and losing balance Move the body in a variety of ways Know how to throw a ball at the right speed and strength. Be able to copy a partner and change speed and direction. Explore different ways of twisting and turning. Play fairly and understand the rules of a game.
		<ul style="list-style-type: none"> Throws ball forward 5ft in the air and use appropriate technique, such as moving arms up and back using upper trunk rotation, with arms and legs moving in opposition. Catches a large ball between extended arms Catches a large ball by bringing hands in towards chest Bounces and catch a large ball using 2 hands Walks towards and kick a ball towards a target Hits 2ft target from 5ft away with a tennis ball using underhand toss. Throws tennis ball underhand at least 5ft using trunk rotation and opposing arm/leg movements. Catches a tennis ball from 5 feet using only hands Bounces a tennis ball on the floor and can usually catch with two hands Runs towards and kick a ball Coordinates body to meet and kick a ball that is rolled to them from a distance Can usually hit a target from 10ft away using an overhand toss Throws with accuracy Bounces a tennis ball on the floor and attempts to catch in one hand 	Brilliant Ball Skills (Unit 4) <ul style="list-style-type: none"> Develop anticipation and reaction when working with beanbags or balls. Catch a ball or beanbag on a bounce. Catch a ball from a throw. Develop accurate throwing skills. Develop accuracy of send. Understand the overarm throwing technique. Understand when to use an underarm throw. Stop, trap or catch the ball while on the move. Play a game, following the rules and demonstrate fair play. 	Brilliant Ball Skills (Unit 4) <ul style="list-style-type: none"> Move a ball using hands and feet. Know how to catch different objects. Target the receiver's hand when throwing. Watch the ball or object when trying to catch it. Know how to throw underarm, overarm and bounce pass. Understand techniques for dribbling and passing a football. Pass with accuracy. Dribble with control. Catch the ball at different heights. Move with the ball, using hands.
	Gymnastics	<ul style="list-style-type: none"> Walks along a low, wide balance beam independently Holds a controlled static balance on one leg Walks along a low narrow balance beam Balances on a low narrow balance beam with increasing control 	Throwing and Catching (Unit 5) Four Ball Rounders <ul style="list-style-type: none"> Control a ball using hands. Understand the correct technique for catching. Practise throwing a ball underarm. Explore striking balls of different sizes using their hands and equipment. Throw and catch a ball to self and partner. Know how to stop and retrieve a ball. Practise throwing to a target. Play a game using striking and fielding skills (above) Know how to contact with a ball using different bats or rackets. Know the tactics and skills to use in order to win a game. 	Throwing and Catching (Unit 5) Cricket <ul style="list-style-type: none"> Know how to throw a ball underarm with accuracy. Know the correct technique for striking a ball from a tee. Receive and return a ball. Explore catching different balls. Know the overarm throw technique and when to use it. Aim for accurate throwing and consistent catching and striking.
	Athletics	<ul style="list-style-type: none"> Climbs upstairs using alternative feet Climbs up apparatus using two feet Performs different movements on a climbing frame, such as swinging Confidently moves across an obstacle course Confidently uses the climbing frame Jumps forward, taking off and landing on 2 feet, showing increasing control Hops on one foot 3 to 5 times Jumps and turn in the air Hops up to 10 times on alternate feet Skips rhythmically 	Groovy Gymnastics (Unit 3)/Gym-fit circuits (Unit 4) <ul style="list-style-type: none"> Travel in different directions at different speeds and levels. Link three moves together while travelling, aiming to change level, speed and direction. Link isolated moves and shapes when travelling. Explore rolling movements as a way of travelling. Explore travelling to move along, over, around onto and off a bench. Travel with a focus on changing direction and level, using small equipment. Use small equipment to perform a travelling sequence. 	Groovy Gymnastics (Unit 3)/Gym-fit circuits (Unit 4) <ul style="list-style-type: none"> Learn to perform balances and movements, and combine them into a routine. Link balances with other travelling moves, moving smoothly into and out of balances. Safely use benches and mats to develop sequences. Work with a partner to create a sequence of gymnastic actions. Use benches and mats to explore balances on different levels. Mirror and match a partner.
			Skip to the Beat (Unit 3) /Fitness Frenzy (Unit 6) <ul style="list-style-type: none"> Learn how to hop – same foot to same foot. Learn how to jump – two feet to two feet. Be able to do these two activities on the move. Develop the 'step hop' technique for a good skip without a rope. Explore the action of skipping at a low level. Skip with good balance and technique. 	Skip to the Beat (Unit 3) / Fitness Frenzy (Unit 6) <ul style="list-style-type: none"> Hop consistently. Jump with control. Skip with good technique. Improve awareness of where the rope is when skipping. Improve control of the rope and running skip technique. Observe and comment on others' performances
Mighty Movers (Unit 2) <ul style="list-style-type: none"> Understand that running can be done in many ways. Run at different speeds and in different directions with control. Run in a race with a team Complete a running circuit Understand the importance of arms when running. Run quickly in a relay activity, aiming to improve speed. 			Mighty Movers (Unit 2) <ul style="list-style-type: none"> Complete running activities with balance and co-ordination. Run for one minute without stopping. Develop good technique for running circuits. 	
Cool Core (Unit 5) (strength) <ul style="list-style-type: none"> Learn how to control breathing. Learn how to support body weight. Perform a movement that demonstrates good core control. Increase the speed at which you can travel through the ladders accurately Learn the technique for the plank, front support and back support Support body weight on the hands using the core muscles to keep balanced. Perform a wheelbarrow with a partner, with control. Walk demonstrating good posture and balance 			Cool Core (Unit 5) (strength) <ul style="list-style-type: none"> Learn how to maintain a good bridge using core strength. Improve plank technique. Maintain a wheelbarrow walk for longer period of time, using core strength. Perform a small crunch and understand what it does. Perform a squat and diagonal body twist. Jump with accuracy using core strength to maintain balance. 	
Dance	<ul style="list-style-type: none"> Watches dances and performances 	Active Athletics (Unit 6) <ul style="list-style-type: none"> Varying running speeds Explore footwork patterns of hopping. Explore arm mobility and different methods of throwing. Explore footwork patterns of jumping. Practise short distance running Complete an obstacle course with control and agility. 	Active Athletics <ul style="list-style-type: none"> Vary speeds, change from fast to slow using coordination and balance Throw safely in a variety of ways Hop, travel and land safely on two feet Use control and agility to complete an obstacle course 	
			Story Time Dance (Unit 2)	Ugly Bug Ball Dance (Unit 2)

	<ul style="list-style-type: none"> • Shares likes and dislikes about dances/performances • Learns short routines, beginning to match pace • Uses Ipad to record a performance and knows how to watch it back • Replicates dances and performances • Learns longer dance routines, matching pace • Put a sequence of actions together • Begin to improvise independently to create a simple dance 	<ul style="list-style-type: none"> • Practise travelling movements with a change of direction. • Develop gestures and ways of moving. • Understand beats in the music. • Move in time to the music, travelling, gesturing and jumping. • Perform dance moves that flow smoothly from one to the other. • Use gesture as an image in dance. • Perform a dance in time to music and with fluency. 	<ul style="list-style-type: none"> • Show contrasting movements with strength and clarity. • Explore performing actions in response to stimuli • Explore ideas by experimenting with actions, dynamics, directions and levels • Explore patterns of movement with a partner. • Work in small groups and develop phrases of movement. • Link contrasting movements together to make a short dance sequence. • Improve independent movement from one phrase to another. • Perform a complete dance with clarity and flow, showing changes in level and speed.
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Lower KS2 Years 3 and 4	Year 3	Year 4
Progression statement		
<ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in combination. • Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending • Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • Perform dances using a range of movement patterns. • Take part in outdoor and adventurous activity challenges both individually and within a team. • Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	Invasion Multi-skills (Unit 1) <ul style="list-style-type: none"> • Change the centre of balance to different parts of the body. • Use hand-eye co-ordination to keep control of an object. • Use agility, stopping and turning in a game. • To observe and be aware of others' speed and try to match it. • Use hand-eye co-ordination to balance, carry and travel with an object. 	Invaders (Unit 1) Football <ul style="list-style-type: none"> • Know how to dribble a ball, change direction and maintain control. • Be able to run with ball • Be able to turn with a ball. • Know how to pass a ball. • Work as a team. • Improve accuracy of passing by using a target. • Learn how to receive a ball. • Dribble with control. • Learn how to support other players in a team. • Know how to communicate with team members. • Learn what skills might be used to stop someone scoring. • Learn how to attack as team.
	Brilliant Ball Skills (Unit 4) <ul style="list-style-type: none"> • Dribble a ball with greater control. • Roll or throw a ball at a target with accuracy. • Develop the ability to control a ball while moving, throwing and catching it. • Anticipate the ball and have the hands ready to catch. • Stop the ball in the hands without fumbling. • Be ready to react quickly once the ball has been caught. 	Striking and Fielding (Unit 4) Kwik Cricket <ul style="list-style-type: none"> • Practise underarm and overarm throws and when to use them. • Practise receiving skills. • Know to play a kwik cricket game. • Be able to field a ball in a variety of ways in order to stop it travelling further. • Be able to return the ball accurately. • Consolidate and develop a range of skills in striking and fielding. • Practise the correct technique for batting and use it in a game situation • Field an approaching ball. • Strike a stationary ball.
	Throwing and Catching (Unit 5) Cricket/Rounders <ul style="list-style-type: none"> • Know techniques for accurate overarm and underarm throwing. • Catch with cushioned hands. • Know the batting technique for cricket. • Know how to play continuous cricket. • Retrieve the ball effectively. • Be able to hit the ball as far as possible with a rounder's bat. • Understand safe zone game play. • Use fielding skills to stop the batter scoring. 	Nimble Nets (Unit 5) Tennis <ul style="list-style-type: none"> • Learn how the racket feels and the best methods of holding it. • Improve hand-eye co-ordination by sending and receiving a ball with a hand and racket. • Learn how to drop and hit the ball. • Use the correct technique for holding the racket (forehand). • Learn how to play collaborative games, demonstrating forehand and backhand strokes. • Practise backhand technique. • Be aware of the correct body position and contact point for an accurate shot. • Practise the volley technique. • Play a competitive game with point scoring. • Learn when to play the correct shot in order to beat a partner. • Play a variety of tennis shots, demonstrating correct technique.
	Gymnastics Groovy Gymnastics (Unit 3) Gym-fit circuits (Unit 4) <ul style="list-style-type: none"> • Be able to jump with a stable, safe landing. • Try different ways of jumping. • Explore a variety of jumps (hop, bounce, leap, bunny hop) • Be able to land safely when jumping from a bench. • Use other skills learned to vary jumps. • Link jumps into sequences. • Co-operate in a group. • Use a different stimulus to create a sequence. 	Gym sequences (Unit 3) Gym-fit circuits (Unit 4) <ul style="list-style-type: none"> • Use and refine the following skills: flexibility, strength, balance, power and mental focus. • Learn how to perform symmetrical and asymmetrical balances with a partner and put them into a sequence. • Use linking moves to maintain the fluency of a sequence. • Adapt a sequence. • Perform gymnastic moves using a piece of equipment. • Use own and others' body weight to balance. • Add interest to a sequence by varying movement or balance. • Use own and others' body weight to balance. • Make up longer sequences and perform them with fluency and clarity of movement. • Develop the skill of critique, including the ability to identify strengths and areas for improvement.
	Athletics Skip to the Beat (Unit 3) <ul style="list-style-type: none"> • Participate in large rope skipping. • Develop large rope skipping technique. • Skip with a partner. • Compose a sequence of skipping moves. • Teach a partner your routine. 	Step to the Beat (Unit 3) <ul style="list-style-type: none"> • Learn basic step moves, practise and perfect them. (basic step/knee crunch) • Perform step moves in time to the music with co-ordination. • Practise and apply a sequence of step moves to a beat. • Understand the value of step-type exercise.
	Mighty Movers (Unit 2)/ Fitness Frenzy (Unit 6) <ul style="list-style-type: none"> • Demonstrate good use of arms when running at different speeds. • Analyse others' running technique and suggest ways of improving • Learn how to hand over in an efficient manner. • Complete a running circuit showing good balance, co-ordination and agility. 	Mighty Movers (Unit 2) Boxercise / Fitness Frenzy (Unit 6) <ul style="list-style-type: none"> • To learn footwork movement patterns showing co-ordination. • To demonstrate correct technique for a jab. • Apply the correct technique for the cross jab – co-ordination. • Link skills with control and precision. • Develop personal fitness levels, particularly strength and stamina.
Cool Core (Unit 5) (strength) <ul style="list-style-type: none"> • Understand how hula hooping helps to improve core strength. 	Cool Core (Unit 5) (Pilates) <ul style="list-style-type: none"> • Perform some controlled Pilates movements, and understand the benefit of doing them. 	

		<ul style="list-style-type: none"> • Improve core strength and agility performing squat thrusts, burpees and running squats 	<ul style="list-style-type: none"> • Perform basic Pilates moves with good technique and understanding. • Understand why breathing is important throughout all of the moves.
		<u>Boot Camp (Unit 1)</u> <ul style="list-style-type: none"> • Prepare the body for exercise. • Understand changes that occur during exercise. • Develop ABC • Demonstrate correct techniques. • Perform simple patterns of movement. 	<u>Boot Camp</u> <ul style="list-style-type: none"> • Understand how to prepare the body for exercise • Understand changes to the body during exercise e.g. increased heart rate. • Complete a range of circuit based activities and understand the reason for doing them. • Develop ABC • Perform more complex patterns of movement • Correct techniques for activities • Improve performance
			<u>Young Olympians</u> <ul style="list-style-type: none"> • Select and maintain running pace for different speeds • Modify stride length, arm action and knees • Throw safely and with understanding of throwing positions, power and actions • Explore different footwork patterns for jumping distances. • Perform a standing broad jump. • Running techniques when jumping over obstacles.
	Dance	<u>African Dance (Unit 2)</u> <ul style="list-style-type: none"> • Develop African dance steps with clarity and rhythm, using own ideas. • Count beats and change direction while dancing. • Perform a dance in time to music and with fluency. • Keep count and tempo while dancing. • Maintain a consistent tempo throughout the dance, using counting. • Learn how to work co-operatively with others to create a new dance. • Learn how to tell a story using dance. • Tell a story using gestures and step patterns with fluency. • Dance to the beat and keep time. 	<u>Dynamic Dance (Line dancing) (Unit 2)</u> <ul style="list-style-type: none"> • Perform a line dance using a range of movement patterns. • Develop dancing and performance skills. • Perform a line dance using a range of movement patterns. • Develop and improve dancing and performance skills. • Develop an understanding of how to prepare for a dance performance. • Identify the key skills needed to provide accurate and tactful evaluative feedback to peers

Upper KS2 Years 5 and 6		Year 5	Year 6
Progression statement			
<ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in combination. • Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending • Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • Perform dances using a range of movement patterns. • Take part in outdoor and adventurous activity challenges both individually and within a team. • Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<u>Invasion</u>	<u>Invaders (Unit 1) Netball</u> <ul style="list-style-type: none"> • Demonstrate basic passing and receiving skills using a netball. • Develop an understanding and knowledge of the basic footwork rule of netball. • Develop skills in the range of passes – chest pass, overhead pass, bounce pass and to understand which pass to use depending on the distance the ball needs to travel. • Begin to use a variety of dodges to outwit opponents and get free to receive a pass in a modified game situation. • Be able to demonstrate a range of defending skills and understand how to mark an opponent. • Understand how to intercept a pass. • Use the correct technique to successfully shoot a ball into a netball post from various points within the shooting circle. • Take part in a full game of High 5 Netball, playing in a range of positions. 	<u>Invaders (Unit 1) Tag Rugby</u> <ul style="list-style-type: none"> • Know how to tag. • Practise ball-handling skills. • To improve spatial awareness. • To practise moving into a space. • Place a ball down as if scoring a try. • Practise footwork and dodging skills while carrying the ball. • Reinforce catching and tagging skills and to apply them in a game. • Know how to play as a backstop in a game.
		<u>Striking and Fielding (Unit 4) Cricket</u> <ul style="list-style-type: none"> • Hold the bat correctly and place the ball accurately. • Return the ball accurately. • Choose which type of fielding technique to use. • Return the ball accurately. • Develop a safe and effective overarm throw. • Know how to direct the ball. 	<u>Striking and Fielding (Unit 4) Rounders</u> <ul style="list-style-type: none"> • To know how to react quickly. • Develop the long barrier technique. • Practise batting technique. • Know how to direct the ball. • Know how to play as a backstop in a game. • Assess and analyse others' strengths.
		<u>Nimble Nets (Unit 5) Tennis</u> <ul style="list-style-type: none"> • Know the correct technique for forehand, backhand and volley. • Improve forehand accuracy. • Explore tactics for beating an opponent. • Consolidate backhand technique. • Use all strokes appropriately. • Accurately play shots on the move. • Run towards the net to play a volley (approach shot). • Play a game of singles tennis. • Learn the correct techniques for an overhead serve. • Practise all the shots needed to beat an opponent 	<u>Nimble Nets (Unit 5) Badminton</u> <ul style="list-style-type: none"> • Hit the shuttle with reasonable consistency and accuracy in a co-operative rally. • Demonstrate the correct technique when serving the shuttle to start a game. • Explain and demonstrate the correct technique for the overhead clear shot. • Know the purpose and benefits of playing the overhead clear shot to outwit an opponent. • Develop children's ability to perform a 'drop shot' and their understanding of when to play the shot in a game in order to win a point. • Be able to select and apply a range of shots in a game situation to win points. • Demonstrate a variety of badminton shots in order to perform rallies and clearly understand, know how, and be able to win a point.
		Gymnastics	<u>Gym sequences (Unit 3) Gym-fit circuits (Unit 4)</u> <ul style="list-style-type: none"> • Use and refine the following skills: flexibility, strength, balance, power and mental focus. • Learn how to perform symmetrical and asymmetrical balances with a partner and put them into a sequence. • Use linking moves to maintain the fluency of a sequence. • Adapt a sequence. • Perform gymnastic moves using a piece of equipment. • Use own and others' body weight to balance. • Add interest to a sequence by varying movement or balance. • Use own and others' body weight to balance. • Add interest to a sequence by varying movement or balance. • Make up longer sequences and perform them with fluency and clarity of movement. • Develop the skill of critique, including the ability to identify strengths and areas for improvement.
Athletics	<u>Step to the Beat (Unit 3)</u> <ul style="list-style-type: none"> • Improve timing and stepping to the beat. • Count moves and perform in repetitions of eight, four, two and singles. 	<u>Step to the Beat (Unit 3)</u> <ul style="list-style-type: none"> • Perform aerobic activity to music. • Improve stamina, demonstrating correct technique. 	

		<ul style="list-style-type: none"> Perform step moves in time with the music. Work with a partner to produce a sequence of moves. Understand the benefits of improving muscle tone in the abdominals and legs. 	<ul style="list-style-type: none"> Analyse and evaluate others' performance and suggest areas of improvement.
		Mighty Movers (Unit 2) <i>Boxercise</i>/ Fitness Frenzy (Unit 6) <ul style="list-style-type: none"> Perform boxercise moves in time with the music in order to improve fitness. Learn how to include linking moves into a sequence Maintain balance throughout all the moves (Jab, cross jab, jog and roll, boxing twist, duck and dodge, sidekick, front kick, jumping jacks, punch) 	Mighty Movers (Unit 2) <i>Boxercise</i> Fitness Frenzy (Unit 6) <ul style="list-style-type: none"> Compose an aerobic warm-up that raises the heart rate over a sustained time. Demonstrate fluency of moves.
		Cool Core (Unit 5) (Pilates) <ul style="list-style-type: none"> Perform Pilates/yoga moves with accuracy. Learn how to link moves together to make a sequence. Help a partner to achieve good technique by observing and coaching. Devise a sequence of yoga/Pilates moves with fluency and accuracy. Devise own unique move and name it. 	Cool Core (Unit 5) (Pilates) <ul style="list-style-type: none"> Learn how to improve cool core, and how to create moves that need balance and strength. Work with a partner to create new moves. Devise a suitable warm-up activity for cool core. Learn how to evaluate others' creations. Perform sequences of strength and balance.
		Boot Camp <ul style="list-style-type: none"> Prepare the body for exercise Complete circuit based activities with good technique, balance and coordination. Perform more complex patterns of movement. Evaluate performance. 	Boot Camp <ul style="list-style-type: none"> Prepare the body for exercise Develop agility and coordination Improve on scores Understand what happens to the body during exercise.
		Young Olympians (Unit 6) <ul style="list-style-type: none"> Sustain running at a continuous pace. Know the position to stand in when receiving a baton. Understand how to successfully perform a standing long jump. 	Young Olympians (Unit 6) <ul style="list-style-type: none"> To run efficiently for speed. To demonstrate good arm and leg technique. Learn the pull technique for throwing. Sprint a short distance as part of a team. Understand how to perform a standing broad jump –(two feet to two feet).
	Dance	Dynamic Dance (Unit 2) <i>Bollywood</i> <ul style="list-style-type: none"> Perform a Bollywood dance using a range of movement patterns. Demonstrate an awareness of the music's rhythm and phrasing when improvising. Identify and practise the patterns and actions of the Bollywood dance style. Identify the key components of successful dancing and understand how to apply them to own sequences. 	Dynamic Dance (Unit 2) <i>Street Dance</i> <ul style="list-style-type: none"> Observe and understand the style of street dance. Learn some street dance moves and devise poses. Learn new moves that can be developed into a dance. Explore dance patterns and moving to the beat. Work as a group and co-operate to adapt two routines and put them together. Perform in front of an audience. To dance as a group in time to music in a street dance style.

Declarative knowledge – Know what?

Procedural knowledge – Know how.