

PE Progression document

	THROWING AND CATCHING	BALL SKILLS		FUN AND GAMES	BALANCE AND GYMNASTICS	DANCE/CREATE DANCE	MOVEMENT	
EYFS	<p>To develop accuracy when throwing to a target</p> <p>To throw and catch with a partner</p> <p>To dribble a ball using feet</p> <p>To kick a ball to a target</p>	<p>To roll and track a ball</p> <p>To develop control when using equipment</p> <p>To work cooperatively with a partner</p> <p>To explore using different equipment</p> <p>To dribble using hands</p>		<p>To develop accuracy when throwing and practise keeping score</p> <p>To follow instructions and move safely when playing tagging games</p> <p>To learn to play against an opponent</p> <p>To play by the rules and develop coordination</p> <p>To explore striking a ball and keeping score</p> <p>To work cooperatively as a team</p>	<p>To create short sequences using shapes, balances and travelling actions</p> <p>To balance and safely use apparatus</p> <p>To jump and land safely from a height</p> <p>To develop rocking and rolling</p> <p>To explore traveling around, over and through apparatus</p> <p>To create short sequences linking actions together and including apparatus</p>	<p>To use counting to help to stay in time with the music when copying and creating actions</p> <p>To move safely with confidence and imagination, communicating ideas through movement</p> <p>To explore movement using a prop with control and coordination</p> <p>To move with control and coordination, expressing ideas through movement</p> <p>To move with control and coordination, copying, linking and repeating actions</p>	<p>To begin to line up and queue</p> <p>To begin to develop good posture</p> <p>To move safely in a space</p> <p>To stop safely</p> <p>To follow a path and take turns</p> <p>To explore different ways to travel using equipment</p> <p>To balance/run and stop/ change direction/ jump/ hop/ roll/ climb/ crawl/ skip</p>	
	THROWING AND CATCHING	NET AND WALL GAMES	STRIKING AND FIELDING	INVASION GAMES	GYMNASTICS	DANCE	ATHLETICS	OAA
Year 1	<ul style="list-style-type: none"> Throw underarm and overarm. Catch and bounce a ball. Use rolling skills in a game. Practise accurate throwing and consistent catching. 	<ul style="list-style-type: none"> Use hitting skills in a game. Practise basic underarm and overarm techniques. Practise accurate sending and receiving skills. 	<ul style="list-style-type: none"> Use hitting skills in a game. Practise basic striking, sending and receiving. 	<ul style="list-style-type: none"> Begin to use the terms attacking and defending Use simple defensive skills such as marking a player. 	<ul style="list-style-type: none"> Copy actions with a beginning, middle and end. Link two actions to make a sequence. Recognise and copy contrasting actions (small/tall). Travel in different ways. Hold still shapes and balances. Carry out a range of simple jumps. 	<ul style="list-style-type: none"> Copy and repeat actions. Create a sequence of actions. Use simple choreographic devices such as canon and mirroring. Begin to create a simple dance. 	<ul style="list-style-type: none"> Vary their pace and speed when running. Show good posture and balance over different distances. Maintain control as they change direction when jogging and sprinting. 	
Year 2	<ul style="list-style-type: none"> Throw different types of equipment in different ways, for accuracy and distance. Throw, catch and bounce a ball with a partner. Use throwing and catching skills in a game. Throw a ball for distance. Use hand-eye coordination to control a ball. Vary types of throw used. 	<ul style="list-style-type: none"> Use hitting skills in a game. Practise basic underarm and overarm techniques. Practise accurate sending and receiving skills. 	<ul style="list-style-type: none"> Strike or hit a ball with increasing control. Learn skills for playing striking and fielding games. Position the body to strike a ball. 	<ul style="list-style-type: none"> Begin to use and understand the terms attacking and defending Use at least one technique to attack or defend to play a game successfully. Compete against self and others. 	<ul style="list-style-type: none"> Copy, explore and remember actions and movements to create their own sequence. Travel in a variety of ways. Hold a still shape whilst balancing on different points of the body. Jump in a variety of ways and land with control and balance. Climb onto and jump off the equipment safely. Move with increasing control and care. 	<ul style="list-style-type: none"> Copy and repeat actions. Create a short motif inspired by a stimulus. Use simple choreographic devices such as canon and mirroring. Use different transitions within a dance motif. Move in time to music. Improve the timing of their actions. 	<ul style="list-style-type: none"> Run at different paces, describing the different paces. Use a variety of different stride lengths. Travel at different speeds. Be able to maintain and control a run over different distances. 	
Year 3	<ul style="list-style-type: none"> Throw and catch with greater control and accuracy. Practise the correct technique for catching a ball and use it in a game. Perform a range of catching and gathering skills. Catch with accuracy. Throw a ball in different ways. 	<ul style="list-style-type: none"> Demonstrate successful hitting skills in a game. Develop a range of skills for sending and receiving equipment. Practise the correct hitting technique. Develop accurate sending and receiving skills over distance. 	<ul style="list-style-type: none"> Demonstrate successful hitting and striking skills. Develop a range of skills in striking and fielding where appropriate Practise the correct batting technique and use it in a game. Strike the ball for distance. 	<ul style="list-style-type: none"> Use simple attacking and defending skills in a game. Use fielding skills to stop a ball from travelling past them. Apply and follow rules. 	<ul style="list-style-type: none"> Compose a movement sequence independently and with others. Link combinations of actions with confidence. Develop the quality of their actions, shapes and balances. Use a range of jumps in their sequences. Begin to show flexibility in movements 	<ul style="list-style-type: none"> Begin to improvise with a partner to create a simple dance. Create motifs from different stimuli. Begin to compare and adapt movements and motifs to create a larger sequence. Perform with some awareness of rhythm and expression. 	<ul style="list-style-type: none"> Identify and demonstrate how different techniques can affect their performance. Focus on their arm and leg action. Begin to combine running with jumping over hurdles. 	<ul style="list-style-type: none"> Holding a map the right way when moving in different directions. Working part as a team to achieve better results Scaling the map to fit the surroundings.

Year 4	<ul style="list-style-type: none"> • Throw and catch with greater control and accuracy. • Perform a range of catching and gathering skills. • Throw a ball in different ways. • Develop a safe and effective overarm bowl. 	<ul style="list-style-type: none"> • Show ability to maintain control of a ball on a racket while moving • Occasionally move their feet to attempt to improve their position for catching a ball • Use the forehand stroke • Use the back hand stroke 	<ul style="list-style-type: none"> • Use a bat or stick to hit a ball or shuttlecock with accuracy and control. • Accurately serve underarm. • Build a rally with a partner. • Use at least two different shots in game. • Use hand-eye coordination to strike a moving and stationary ball. 	<ul style="list-style-type: none"> • Use a range of attacking and defending skills and techniques in a game. Use fielding skills as an individual to prevent a player from scoring. • Vary the tactics they use in a game. 	<ul style="list-style-type: none"> • Create a sequence of actions that fit a theme. • Use an increasing range of actions in their sequences. • Move with clarity, fluency and expression. • Travel in different ways. • Begin to develop good technique when travelling. • Develop strength, technique and flexibility. 	<ul style="list-style-type: none"> • Identify and repeat the movement of a chosen style. • Compose a dance that reflects the chosen style. • Confidently improvise with a partner or on their own. • Demonstrate rhythm. • Change parts of a dance on their own. • Use simple dance vocab. 	<ul style="list-style-type: none"> • Confidently demonstrate an improved technique for sprinting. • Perform a relay, focusing on the baton changeover technique. • Develop a fluent changeover. • Speed up and slow down smoothly. 	<ul style="list-style-type: none"> • Follow a map in a (more demanding) familiar context. • Follow a route within a time limit • Mark on a map where they are
Year 5	<ul style="list-style-type: none"> • Develop different ways of throwing and catching. • Consolidate different ways of throwing and catching, and know when each is appropriate in a game. • Throw and catch under pressure. 	<ul style="list-style-type: none"> • Use the forehand stroke, with some shots landing on the oppositions side of the court • Use the backhand stroke, with some shots landing on the oppositions side of the court • Explain an advantage and disadvantage of using the backhand and forehand techniques • Understand some of the basic rules of tennis/table tennis. 	<ul style="list-style-type: none"> • Use different techniques to hit a ball. • Identify and apply techniques for hitting a tennis ball. • Explore when different shots are best used. • Develop a backhand technique and use it in a game. • Practise techniques for all strokes. 	<ul style="list-style-type: none"> • Choose the best tactics for attacking and defending. Shoot in a game. Use fielding skills as a team to prevent the opposition from scoring. • Know when to pass and when to dribble in a game. • Devise and adapt rules to create their own game. 	<ul style="list-style-type: none"> • Create their own complex sequences. • Demonstrate precise and controlled placement of body parts in their actions, shapes and balances. • Confidently use equipment to vault and incorporate this into sequences. • Apply skills and techniques consistently, showing precision and control. 	<ul style="list-style-type: none"> • Select ideas to compose specific sequences. • Adapt their sequences to fit new criteria or suggestions. • Perform jumps, shapes and balances fluently and with control. • Confidently use equipment in a variety of ways. • Apply skills and techniques consistently. • Combine equipment with movement to create sequences. 	<ul style="list-style-type: none"> • Breakdown the technique of different jumping events and develop each area to provide an overall improvement • Be able to measure with accuracy • Throw with increasing distance 	<ul style="list-style-type: none"> • Follow a map into an unknown location • Use clues and a compass • To navigate a route change route to overcome a problem • Use information to change route • Explain to others how their map is providing help
Year 6	<ul style="list-style-type: none"> • Develop different ways of throwing and catching. • Consolidate different ways of throwing and catching, and know when each is appropriate in a game. • Throw and catch under pressure. 	<ul style="list-style-type: none"> • Effectively use balance and coordination to keep control of a moving ball on their racket while travelling; • Use a racket effectively to catch and keep control of a ball travelling at different heights and angles; • Demonstrate an excellent understanding of positioning and move their feet quickly to get into a good position to control a ball with a racket 	<ul style="list-style-type: none"> • Hit a bowled ball over longer distances. • Use good hand-eye coordination to be able to direct a ball when striking or hitting. • Understand how to serve in order to start a game. 	<ul style="list-style-type: none"> • Think ahead and create a plan of attack or defence. Apply knowledge of skills for attacking and defending. Work as a team to develop fielding strategies to prevent the opposition from scoring. • Follow and create complicated rules to play a game successfully. • Communicate plans to others during a game. 	<ul style="list-style-type: none"> • Combine own work with that of others • Sequences to specific timings • Adapt sequence and teach others key gymnastic movements 	<ul style="list-style-type: none"> • Compose for a chosen style. • Demonstrate controlled movements throughout a dance • Combine flexibility, techniques to create a fluent sequence. • Move rhythmically in dance sequences. • Improvise. • Modify some elements of a sequence. Use dance vocab. 	<ul style="list-style-type: none"> • Build up speed quickly for a sprint finish. • Use their preferred leg when running over hurdles. • Accelerate to pass other competitors 	<ul style="list-style-type: none"> • Plan a route and a series of clues for someone else • Plan with others, taking account of safety and danger • Apply a strategy, work efficiently and effectively with the help of a map