

P.E Progression - Dance, gymnastics, games, athletics and swimming

EYFS	Gymnastics Dance	I can move with control and co-ordination. I can link two or more actions in a sequence.
Y1	Athletics Handball Invasion Games Striking/Fielding Games	<p>I can move with some control and awareness of space. I can link two or more actions to make a sequence. I can show contrasts (e.g.: small/tall, straight/curved, wide/narrow. I can climb safely on low level equipment. I can stretch and curl to develop flexibility. I can jump in a variety of ways and land with some control and balance.</p> <p>I show control when rolling a ball. I can hit a ball with control, using appropriate equipment. I can run with control. I can jump with control. I can catch a ball / moving object. I can kick with control.</p> <p>I can run at different speeds. I can jump from a standing position. I can perform a variety of throws with basic control.</p>
Y2	Handball Multi-skills Gymnastics Dance Swimming	<p>I can copy and remember moves and positions. I can choose appropriate movements to communicate mood/feelings/ideas.</p> <p>I can copy and remember actions. I can travel by rolling forwards, backwards and sideways. I can hold a position whilst balancing on different points of my body. I can climb safely on large equipment. I can stretch and curl to develop increasing flexibility. I can jump in a variety of ways and land with increasing control and balance.</p> <p>I understand the terms 'opponent' and 'team mate'. I can develop basic tactics for small team games. I can lead others in small game situations. I can set myself targets to improve my performance.</p> <p>I can change speed and direction whilst running. I can jump from a standing position with accuracy. I can perform a variety of throws with control and co-ordination.</p>
Y3	Basketball Hockey Swimming Tennis Athletics	<p>I can refine movements into sequences. I can change speed and level within a performance. I can develop suppleness through stretching.</p> <p>I can refine movements into sequences. I can show changes of direction, speed and level during a performance. I can swing and hang from equipment safely using my hands.</p> <p>I can throw and catch various objects / balls with control and accuracy. I follow rules of games and play fairly. I can maintain possession of a ball. I can pass to teammates when appropriate.</p> <p>I can sprint over a short distance up to 60m. I can use a range of throwing techniques (underarm / overarm). I can compete with others. I can improve personal best performances.</p>
Y4	Swimming Gymnastics Dance Tennis Athletics	<p>I can plan, perform and repeat sequences. I can move in a clear, fluent and expressive manner. I can create dances and movements that convey a clear idea. I can develop physical strength by practicing moves.</p> <p>I can plan, perform and repeat sequences. I can move in a clear, fluent and expressive manner. I can travel in a variety of ways (e.g: flight by transferring weight to generate power in movement). I understand centre and gravity and can use this to create interesting body shapes.</p> <p>I can strike a ball and field with control. I can choose appropriate tactics to cause problems for the opposition. I am an effective team member. I can lead a team effectively.</p> <p>I can run over a longer distance, conserving energy to sustain performance. I can throw with accuracy to hit a target or cover a distance. I can jump in a number of ways, using a</p>

		run up if appropriate. I can compete with others and aim to improve personal best performances.
Y5	Netball Badminton Gymnastics Dance Athletics Cricket	<p>I can compose creative and imaginative dance sequences. I can express an idea in original and imaginative ways.</p> <p>I can create complex and well executed sequences that include a range of movements: - travelling - balances - swinging - bending - stretching- twisting - gestures - linking shapes. I can link sequences of movements effectively. I can practice and refine gymnastic techniques. I demonstrate good kinaesthetic awareness.</p> <p>I can choose and combine techniques in games (eg: running, throwing, catching, passing, jumping and kicking). I can work alone or with team mates in order to gain points or possession. I can strike a bowled or volleyed ball with some accuracy. I can choose appropriate tactics for a game. I uphold the spirit of fair play and respect in all competitive situations.</p> <p>I can combine sprinting with low hurdles over 60m. I can throw accurately and refine performance by analysing technique and body shape. I can compete with others and keep track of personal best performances, setting targets for improvement.</p>
Y6	Netball Badminton Gymnastics Dance Athletics Cricket	<p>I can perform expressively and hold a precise and strong body posture. I can create and perform complex sequences. I can perform with high energy, slow grace or other themes and maintain this throughout a performance. I can perform complex moves that combine strength and stamina gained through gymnastics, (eg: cartwheels and handstands).</p> <p>I can create complex and well executed sequences that include a range of movements: - springing - flight - vaults - inversions – rotations - shapes that are strong, fluent and expressive. I can vary speed, direction, level and body rotation during floor performances. I can practice and refine the gymnastic techniques listed above. I can use equipment to vault and to swing, remaining upright.</p> <p>I can strike a bowled or volleyed ball with increasing accuracy. I can use forehand and backhand strokes in racket games. I can field, defend and attack tactically by anticipating the direction of play. I can lead others when called upon. I am a good role model to other.</p> <p>I can choose the best place for running over a variety of distances. I show control in take-off and landing when jumping. I compete with others and keep track of personal best performances, setting challenging targets for improvement.</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively e.g. front crawl, backstroke, breaststroke Perform safe self-rescue in different water-based situations.</p>