

Progression of PE

Bredbury Green Primary School



	Gymnastics	Dance	Throwing and Catching	Invasion Games	Athletics	Striking and Fielding
Year 1	Know that you can move your body in different ways, including stretching, curling, balancing, and rolling. Know that combining movements into short sequences helps develop coordination and control. Explain how using different shapes, balances, and sequences can improve your agility, confidence, and safety in gymnastics.	Know how to move safely and creatively to a beat, exploring simple actions like travelling, turning, stretching, and jumping. Know how to use changes in speed, direction, and level to make movements more expressive and dynamic. Explain how performing movements in time with others and copying sequences can show control, coordination, and awareness of a group.	Know how to throw and catch a variety of objects (balls, beanbags) using basic techniques, aiming for accuracy and control. Know how to move into space safely and adjust body position to receive or intercept a thrown object. Explain how using the correct grip, stance, and hand-eye coordination helps improve accuracy and control when throwing and catching.	Know basic ways to move safely with and without a ball, including running, stopping, and changing direction. Know simple passing techniques, such as underhand rolls or gentle throws, and how to aim at a target or teammate. Explain why following rules and working with others helps everyone play safely and enjoy the game.	Know how to run, jump, and throw with control, using basic techniques for speed, distance, and accuracy in different activities. Know how to pace themselves for short and longer distances and adjust effort depending on the activity. Explain how using correct techniques and practicing skills helps them improve performance and stay safe during athletic activities.	Know how to hold and use equipment safely, including bats and balls, and the basic rules for taking turns to strike and field. Know simple techniques for striking a ball with control and accuracy, and for stopping or retrieving a ball when fielding. Explain why following rules, taking turns, and working with others is important for safety, fairness, and enjoyment in striking and fielding games.
Year 2	Know that you can perform a wider range of movements, including jumps, rolls, balances, and stretches, with increasing control. Know that linking movements into longer sequences helps improve flow, coordination, and accuracy. Explain how changing speed, direction, and level in your sequences can make your gymnastics more dynamic, controlled, and expressive.	Know how to perform a wider range of movements, including jumps, turns, balances, and stretches, with more control and coordination. Know how to link movements together to create short sequences and change speed, direction, and level effectively. Explain how performing movements in sequence and with a partner or small group can show rhythm, expression, and awareness of others.	Know a range of throwing and catching techniques, including underarm, overarm, and chest passes, and when to use each. Know how to move and position your body to improve success when receiving or intercepting objects, including tracking the object through space. Explain how using control, accuracy, and coordination helps you work effectively with others in throwing and catching activities.	Know how to move with control while carrying or dribbling a ball and how to avoid opponents safely. Know how to pass, receive, and aim with increasing accuracy, using a range of simple techniques (e.g., rolling, underarm, bouncing). Explain why teamwork, communication, and fair play help their team succeed and make games enjoyable.	Know how to run at different speeds, jump for distance and height, and throw with increasing control and accuracy. Know how to choose and use appropriate techniques for different types of runs, jumps, and throws, including how to pace themselves and measure effort. Explain how practicing and refining skills helps improve performance, maintain safety, and achieve personal bests in athletic activities.	Know how to strike a ball with increasing control and consistency and how to throw and catch over short distances. Know how to move to intercept a ball and return it accurately when fielding. Explain why teamwork, communication, and taking turns improve fairness and success in games.
End Points	Movement and Gymnastics - Know a wide range of basic and more complex movements, including stretching, curling, balancing, rolling, jumping, and turning. - Know how to link movements into sequences with control, flow, and coordination, changing speed, direction, and level appropriately. - Explain how using shapes, balances, sequences, and movement variation can improve agility, confidence, safety, and expressiveness in gymnastics. Games and Team Activities - Know how to throw, catch, pass, and strike a variety of objects with increasing control, accuracy, and consistency. - Know how to move safely with and without equipment, position themselves effectively, and apply simple tactics during team games. - Explain how following rules, communicating, taking turns, and working with others supports fairness, safety, and enjoyment in games. Dance, Athletics, and Personal Performance - Know how to perform dance and movement sequences with control, rhythm, expression, and awareness of others in time with a beat. - Know basic athletic skills including running, jumping, throwing, pacing, and adjusting effort for different activities, with increasing control and accuracy. - Explain how practicing and refining physical skills, performing with control, and understanding effort and technique improves performance, wellbeing, and confidence.					
Year 3	Know that you can combine different movements such as balances, jumps, rolls, and shapes	Know how to perform a variety of movements with increased coordination,	Know how to use a variety of throwing and catching techniques with increasing	Know how to use different techniques to pass, receive,	Know how to run at varied speeds over different distances, jump for distance	Know how to use different striking techniques to control

	into longer, more controlled sequences. Know that using different levels, directions, and speeds in your sequences makes your gymnastics more challenging and interesting. Explain how applying control, precision, and creativity when linking movements improves the overall quality and safety of your performance.	control, and accuracy, including more complex jumps, turns, balances, and gestures. Know how to create longer sequences that incorporate rhythm, tempo changes, and different levels, using space effectively on your own and with a partner or group. Explain how using expressive movements, body shapes, and gestures can communicate ideas, moods, or stories to an audience.	accuracy and consistency, including underarm, overarm, and bounce throws. Know how to adjust your body position, timing, and movement to catch and intercept objects in different contexts, including small games and team activities. Explain how using coordination, spatial awareness, and teamwork improves performance and helps maintain control during throwing and catching tasks.	and control a ball under pressure from opponents. Know strategies to move into space and create opportunities for themselves and teammates. Explain how effective communication, teamwork, and fair play can help their team perform better and make games enjoyable.	and height with improved technique, and throw with control using different types of throws (e.g., underarm, overarm). Know how to select and combine skills effectively for different events, including pacing, rhythm, and using momentum to improve performance. Explain how practising, refining techniques, and evaluating performance helps achieve personal bests and develops physical confidence and resilience.	distance and direction of the ball. Know how to anticipate and position yourself to catch or stop a moving ball effectively. Explain how working together and following basic tactics helps your team to score points and prevent the opposition from scoring.
Year 4	Know that you can perform sequences using a variety of balances, jumps, rolls, and shapes with increased control and accuracy. Know that you can use changes in speed, direction, and level to make your sequences more dynamic and expressive. Explain how reflecting on your performance and that of others helps you improve technique, creativity, and overall quality of movement.	Know how to perform more controlled and precise movements, including complex jumps, turns, and balances, while maintaining coordination and timing. Know how to develop sequences that show changes in speed, direction, level, and formation, both individually and in small groups. Explain how expressive movement, gesture, and musicality can convey character, mood, or narrative in a performance to an audience.	Know how to throw and catch with increasing precision and control, using both hands and different throwing techniques (underarm, overarm, and chest pass). Know how to change speed, direction, and force to maintain accuracy and adapt to moving targets or teammates. Explain how understanding timing, positioning, and teamwork helps improve success in games and cooperative activities.	Know how to use a variety of passing, dribbling, and shooting techniques accurately in a game. Know how to make decisions about when to pass, dribble, or shoot based on the positions of teammates and opponents. Explain how applying tactics, strategies, and rules can improve team performance and promote fair play.	Know how to run with control over longer distances, jump with increased power and accuracy, and throw with improved coordination using a range of techniques. Know how to plan and use strategies in races and events, including pacing, take-off timing, and combining movements to improve performance. Explain how observing, evaluating, and refining your own and others' performances helps develop technique, achieve personal goals, and build confidence.	Know how to vary strength, speed, and angle when striking or throwing a ball to increase accuracy and effectiveness. Know how to judge when to pass, intercept, or retrieve the ball during a game. Explain how understanding roles, positions, and simple strategies can improve team performance and fairness.
End Points	Gymnastics and Dance - Know how to combine different movements—balances, jumps, rolls, turns, and shapes—into longer, controlled sequences with increased coordination and accuracy. - Know how to use changes in speed, direction, level, and formation to make sequences more dynamic, expressive, and interesting, both individually and with a partner or group. - Explain how control, creativity, precision, and reflection on performance improve the quality, safety, and expressiveness of gymnastic and dance sequences. Throwing, Catching, and Invasion Games - Know a variety of throwing, catching, passing, dribbling, and shooting techniques, and how to adjust body position, timing, and force to improve accuracy and control. - Know strategies for moving into space, making decisions under pressure, and cooperating with teammates to create opportunities and apply simple tactics during games. - Explain how coordination, spatial awareness, teamwork, communication, and fair play improve performance, safety, and enjoyment in games and cooperative activities. Athletics and Striking/Fielding - Know how to run, jump, and throw with control, accuracy, and appropriate technique over different distances, heights, and events, and how to pace and combine skills effectively. - Know how to strike, retrieve, and intercept balls with increasing precision, adjusting strength, speed, and angle, while understanding roles, positions, and simple strategies. - Explain how practising, evaluating, and refining performance—individually or in teams—improves skill, achieves personal goals, and builds confidence, resilience, and fairness.					
Year 5	Know how to perform controlled sequences using a combination of balances, rolls, jumps, and	Know how to perform increasingly complex sequences with control, coordination, and clarity,	Know a variety of throwing and catching techniques, including overarm, underarm, and chest passes, and when to	Know how to perform and combine a wider range of passing (chest pass, bounce pass, push pass), dribbling	Know how to run with speed and endurance, jump with greater power and control,	Know how to strike, throw, and catch with consistency under pressure, including aiming at specific targets.

	shapes, both on the floor and using apparatus. Know how to link movements smoothly and vary direction, speed, and level to create more advanced and expressive sequences. Explain how evaluating your own and others' performances helps improve technique, sequencing, and creativity in gymnastics.	incorporating varied dynamics, levels, and directions. Know how to work collaboratively in groups to create and refine choreographed sequences, using timing, formation, and spatial awareness effectively. Explain how dance can communicate ideas, emotions, and narratives, and how choices in movement, expression, and musicality influence the audience's understanding.	use them effectively in different situations. Know how to anticipate movements of teammates and opponents to improve accuracy and timing during games and activities. Explain how using space, communication, and teamwork contributes to success in both competitive and cooperative throwing and catching tasks.	(using both hands/feet, changing direction), and shooting techniques accurately under pressure from opponents. Know how to read the game, anticipate opponents' actions, and adapt strategies during play. Explain how working as a team, applying tactics, and following rules contributes to success and fair play.	and throw with precision using a variety of techniques. Know how to select and apply appropriate strategies for races and field events, including pacing, approach, and body positioning to improve performance. Explain how analysing your own and others' performances helps refine technique, set personal targets, and develop resilience and confidence in athletics.	Know how to adapt positioning and movement based on the ball, teammates, and opponents. Explain how using simple tactical awareness, communication, and rules knowledge supports team success and safe play.
Year 6	Know how to perform controlled and challenging sequences incorporating balances, rolls, jumps, shapes, and apparatus work with accuracy and consistency. Know how to adapt and refine movements to improve the quality, fluency, and creativity of sequences, considering direction, level, and speed. Explain how giving and receiving constructive feedback can enhance performance, teamwork, and problem-solving in gymnastics sequences.	Know how to perform complex sequences with precision, fluidity, and control, demonstrating a wide range of dynamics, levels, and spatial awareness. Know how to collaborate effectively to choreograph original dances, incorporating motifs, formations, and timing that show awareness of group and individual roles. Explain how dance conveys meaning, mood, or story, and how stylistic and expressive choices influence the audience's interpretation.	Know a range of advanced throwing and catching techniques, including different grips, angles, and speeds, and when to apply them effectively in varied contexts. Know how to read the game, anticipate others' movements, and make decisions quickly to support team strategies and maintain accuracy under pressure. Explain how combining skill, tactics, communication, and teamwork improves performance in both competitive and cooperative throwing and catching activities.	Know how to perform and combine advanced passing, dribbling, and shooting techniques accurately, including under pressure from defenders and when making quick decisions in game situations. Know how to make tactical decisions, anticipate opponents' moves, and adapt strategies to different roles and positions during a game. Explain how teamwork, communication, and understanding of rules and tactics contribute to success, fair play, and positive sportsmanship.	Know advanced techniques for running, jumping, and throwing, including pace control, take-off angles, and throwing trajectories to maximise performance. Know how to plan and adapt strategies for different events and competitions, considering personal strengths, opponent tactics, and conditions. Explain how reflecting on performance and feedback supports improvement, helps set realistic goals, and develops confidence, teamwork, and resilience in athletics.	Know how to strike, throw, and catch with accuracy and power while adjusting for different game situations. Know how to make decisions about positioning, movement, and marking opponents to support team strategy. Explain how teamwork, rules, and tactics combine to achieve success and ensure games are safe, fair, and enjoyable.
End Points	Gymnastics and Dance - Know how to perform controlled and complex sequences incorporating balances, rolls, jumps, shapes, and apparatus work with accuracy, fluidity, and precision. - Know how to link movements smoothly, vary speed, direction, and level, and collaborate effectively to choreograph sequences individually and in groups. - Explain how evaluating your own and others' performances, and giving/receiving constructive feedback, improves technique, creativity, fluency, and expressive communication in gymnastics and dance. Throwing, Catching, and Invasion Games - Know a wide range of throwing, catching, passing, dribbling, and shooting techniques, including when and how to apply them effectively under pressure and in different game contexts. - Know how to anticipate movements of teammates and opponents, make tactical decisions, and adapt strategies during competitive and cooperative games. - Explain how teamwork, communication, rules knowledge, spatial awareness, and application of tactics improve performance, fair play, and enjoyment in games. Athletics and Striking/Fielding - Know advanced techniques for running, jumping, throwing, striking, and catching, including pace, take-off angles, power, accuracy, and consistency for improved performance. - Know how to plan, adapt, and combine strategies for different events, competitions, and game situations, using personal strengths and considering opponents, conditions, and team roles. - Explain how analysing, reflecting, and refining your own and others' performances, alongside teamwork and tactical awareness, develops confidence, resilience, and success in athletics and striking/fielding games.					