

Physical Education

Progression – I can statements



	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Net + Wall Games		Tennis I can engage in Cooperative physical activities. I can explore different ways to move with and use the ball. I can strike a ball with accuracy. I can send and pass a ball – developing my throwing technique. I can catch/stop and send/pass a ball – developing my throwing and catching techniques. I can move fluently changing speed and direction	Handball I can decide when and where to run, showing good awareness of others. I can control the ball when moving. I can throw a ball in different ways (fast, slow, high, low). I can catch a ball thrown by others. I can choose and use simple tactics to suit different situations and apply these in small-sided games	Badminton I can continue to develop control of the shuttle with and without the racket. I can show a good stance and structure when throwing and hitting the shuttle. I can improve control of the shuttle, with and without the racket, developing different movements and skills to play varied types of shot including a forehand and a lift. I can participate in rallies with others. I can hit the shuttle, when in the air, varying height, speed and direction into space and to a partner.	Badminton I can continue to improve control of the shuttle, with and without the racket, developing different movements and skills to play varied types of shot including a forehand and a lift. I can hit the shuttle, when in the air, varying height, speed and direction into space to beat an opponent. I can use different skills to try and win games. I can move around the court with purpose, demonstrating a fast-paced chasse movement in isolation and in games.	Badminton I can vary shot selection: height, speed and depth of hitting. I can play shots at different heights. I can move fluently, changing direction and speed. I can hit the shuttle accurately and with control whilst moving at a quick pace.	Badminton I can explore and adapt to the new sporting equipment. I can experiment with the racket using different skills. I can demonstrate fast paced movements. I can improve the consistency of shots, noticing longer rallies. I can play a shot at different heights (low, mid, high). I can move fluently, changing direction and speed. I can hit the shuttle accurately and with control whilst moving at a quick pace. I can demonstrate the chassé step and lunge in practice/ games. I can hit the shuttle in the air whilst moving into space.

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							I can perform a forehand serve accurately to a partner / opponent. I can develop a backhand serve with increasing accuracy. I can demonstrate the different skills and tactics learnt to try and win games. I can hit the shuttle varying heights, speed and direction. I can compete against others in modified games.
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Invasion Games	I can use equipment in my games. I can run skillfully – adjusting speed or direction to avoid obstacles. I can take turns and share equipment. I can move freely with confidence in a range of skillful ways.	Basketball I can send a ball in different ways e.g. throwing, pushing, rolling. I can explore different ways to use and move with a ball. I can show control of a ball with basic actions. I can successfully receive (catch/stop) a ball. I can demonstrate a basic underarm throwing action with control and accuracy. I can apply skills and tactics in simple games. I can use skills in different ways when playing games. I can send/pass a ball.	Football I can participate in team games. I can pass a ball with control. I can show control when movement, changing speed and direction both with and without a ball. I can perform a variety of skills keeping the ball under control.	Rugby I know how to tag another player. I can develop attacking and defending skills within tag rugby. I can pass the ball backwards to a teammate. I can move in different directions learning to move away from your opponent and keep control of the ball when running. I can learn how to pass in rugby, catching successfully and improving skills whilst on the move. I can move forward to attack as part of a team – running in a line. I can successfully score a try.	Netball I can get into good positions to pass the ball. I can get into good positions to receive the ball. I can show an increasing consistency and control during games. I can pass the ball using different techniques. I can pass the ball in different ways. I can get into good positions to shoot the ball. I can shoot and score with increased success. I can pass the ball using different techniques.	Hockey I can participate in competitive games. I can work effectively as part of a team. I can perform skills (e.g. passing) with accuracy, confidence and control whilst developing technique. I can apply basic principle for attacking – choosing when to pass or dribble to keep possession of a ball. I can keep possession of the ball when faced with opponents. I can apply basic principles for defending.	Hockey I can identify and evaluate parts of my own game and others, providing feedback. I can develop control whilst performing skills at speed. I can apply the attacking and defending principles in game situations. I can use different skills to keep possession of a ball as part of a team. I can change speed and direction to get away from a defender.

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Striking + Fielding Games				Cricket I can apply and develop a broader range of skills, whilst ensuring basic skills are performed with control and accuracy. I can throw a ball increasing distances, catch a ball with increasing consistency and hit a ball with correct technique. I can intercept and stop the ball consistently. I can work well as part of a team, employing simple tactics, particularly when fielding to make it harder for the batter.	Cricket I can communicate, collaborate and compete with others. I can show control, coordination and consistency when throwing and catching a ball. I can hit a ball with increasing control from a tee and progress to without a tee. I can take up spaces/positions that make it difficult for the opposition.	Rounders I can choose skills that meet the needs of the situation. I can watch and evaluate the success of games. I can use skills and tactics to outwit opponents when fielding. I can work as part of a team that covers the area to make it hard for the batter to score runs. I can bowl the ball with control. I can begin to bowl at different speeds. I can hit the ball with purpose, varying speed, height and direction. I can identify spaces and understand the tactic of hitting into gaps.	

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Target Games	I can show increased control when catching the ball. I can show increased control when throwing, pushing, passing, kicking or catching a ball. I can move freely and with confidence in skilful ways. I can play fairly in a group	Dodgeball I can show control of a ball with basic actions. I can move the ball in different ways, practising throwing overarm and underarm techniques. I can roll a ball with some accuracy. I can develop fundamental movement skills, becoming increasingly confident.	Golf I can explore different ways of moving, changing speed and direction fluently. I can explore different ways of moving a golf ball, and/other size ball. I can push/ roll and putt a ball towards a target with control. I can use skills learnt to participate and compete in rolling and putting games. I can develop technique when using the golf putter, Becoming increasingly accurate.				

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Athletics	I can run skillfully and negotiate space. I can adjust my speed or direction to avoid objects	I can show good teamwork and sportsmanship when taking part in competitive throwing. I can develop overarm throwing technique. I can practise the underarm throw technique. I can show a basic level of control, coordination and consistency when running. I can explore and practise a variety of movements including running, jumping and throwing. I can experiment with different jumping techniques, showing control, coordination and consistency.	I can explore and practice a variety of athletic movements and apply athletic skills and techniques to a variety of activities. I can develop coordination and balance whilst exploring different running, jumping, and throwing techniques. I can begin to show control, coordination, and consistency when running at speed. I can develop a range of jumping techniques. I can develop the underarm and pull throw technique.	I can combine basic jump actions to form a jump combination, using a controlled jumping technique. I can perform a throwing technique with control, coordination, and consistency. I can perform competitively with others. I can devise suitable warmup activities.	I can combine basic jump actions to form a jump combination, using a controlled jumping technique. I can perform a throwing technique with control, coordination, and consistency. I can perform competitively with others. I can understand the pace judgement when running over an increased distance, choosing the appropriate speed to meet the demand of the task.	I can run, jump, catch and throw in isolation and combination. I can combine and perform skills with control. I can communicate, collaborate and compete with others. I can demonstrate a range of throwing actions (e.g. push, pull, sling) using different equipment.	I can select and apply skills to meet the needs of the situation – combining and performing each skill with control at speed. I can work effectively as part of a team. I can run, jump and throw in isolation and in combination.

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Gymnastics	I can travel with confidence and skill in a range of movements. I can move freely and with confidence in skillful ways.	I can move with purpose and accuracy. I can copy, create and explore different ways of travelling and link a range of movements and shapes, safely. I can develop balance and coordination. I can learn and develop the quality of an egg roll. I can perform basic jumps with quality and control. I can remember and repeat sequences of gymnastic actions.	I can demonstrate quality of movement when standing and stepping. I can explore small point balances. I can develop balance and coordination. I can remember and repeat a range of gymnastic actions with control and precision.	I can move with good posture. I can perform accurate movements. I can move with light and quiet steps. I can perform accurate movement patterns. I can keep apparatus in motion throughout (where appropriate). I can move smoothly and fluently.	I can balance with control (minimum wobble). I can balance with a partner in a static position. I can hold the balance for at least 3 seconds. I can balance with supporting body part still. I can maintain an accurate shape throughout.	I can link a range of movements with fluency and finesse. I can explore a range of apparatus and incorporate some into a routine. I can perform more complex balances, including balances that support the body weight. I can perform more complex jumps and jump combinations. I can combine and perform gymnastic actions, shapes and balances more fluently and effectively. I can explore movements and creativity, finding different ways to use shape and symmetry. I can combine rolls with travel to create longer movement sequences. I can explore learn and develop more complex counter and weight on partner balances.	I can explore, improvise and combine movement ideas fluently and effectively. I can link skills to make actions and longer sequences of movement. I can create large group balances up to 8 people. I can develop communication and teamwork skills, such as sharing own ideas and valuing others' ideas. I can develop jumping as a progressive activity. I can begin to understand what vaulting is in gymnastics. I can work in a group to build sequences using apparatus. I can perform in front of an audience showing confidence, rhythm and fluency of movement.

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Dance	I can explore different movements keeping good balance and coordination. I can show different emotions, impressions and expressions. I can listen to the music and move in time with it	I can respond imaginatively to a range of stimuli. I can move confidently and safely in my own space, using changes of speed, level and direction. I can perform movement phrases using a range of different body actions and body parts – with control and accuracy. I can create linked movements, combining different ways of travelling.	I can perform a range of actions and simple movement patterns with control and coordination. I can compose short dances that express mood, ideas, and feelings, varying simple compositional ideas. I can explore, remember, and repeat short dance phrases, showing greater control and spatial awareness. I can work individually and with others.	I can show fluency when moving. I can collaborate with others. I can show control, accuracy and fluency of movement when performing actions on my own. I can perform more complex dance phrases and dances that communicate character and narrative. I can use different compositional ideas to create motifs incorporating unison, canon, action and reaction, question and answer. I can combine actions and maintain the quality of performance when performing at the same time as a partner.	I can explore and create characters and narratives in response to a range of stimuli. I can show control, accuracy and fluency of movement when performing actions on my own. I can perform dances using a range of movement patterns. I can perform more Complex dance phrases and dances that communicate character and narrative. I can create, perform and repeat sequences I can communicate my own ideas through my dances and perform with fluency and control. I can experiment with a wide range of actions, varying and combining spatial patterns, speed, tension and continuity when working with a partner and in a group.	I can continue to develop a broader range of skills and movement patterns, exploring and practicing movement ideas inspired by a stimulus. I can use basic compositional principles when creating dances – combining movements fluently and effectively. I can perform a range of movements accurately with a sense of rhythm. I can create and structure dance motifs, phrases, and sections of dances, developing expressive qualities.	I can move in a way that reflects the music. I can perform dances with clarity and confidence. I can perform dances in canon. I can explore, improvise and combine movement ideas fluently and effectively. I can create dance motifs to show ideas, developing expressive qualities. I can perform movements to an audience with rhythm and confidence.

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OAA							I can build confidence during team activities. I can take part in orienteering events, such as picture orienteering and control orienteering, with success. I can use a map to confidently orientate. I can develop map reading and map building skills. I can develop physical fitness and be able to describe its importance in orienteering.