

Grove Academy whole school provision

PE outcomes document



| Knowledge Progression | Year 3 | Year 4 | Year 5 | Year 6 |
|------------------------------|---|--|---|--|
| Throwing and catching | Throw and catch displaying with accuracy, in isolation and varied environments | Displays an understanding of fair play, working well with others and leading a small group | Uses knowledge of the relationship between the body and exercise to improve various fitness components | Uses knowledge of the relationship between the body and exercise to improve all fitness components |
| Games | Demonstrate changes of direction, speed & level in competitive environments or during performances | Select and utilise appropriate tactics and techniques to cause problems for opponents | Field, defend and attack tactically by anticipating the direction of play. | Field, defend and attack tactically by anticipating and reacting to the direction of play. |
| HRE | Demonstrates a clear understanding of how the body changes/functions during exercise | Demonstrates a developed understanding of how the body changes/functions during exercise | Demonstrates a developed understanding of how the body changes/functions during exercise | Demonstrates a developed understanding of how the body changes/functions during exercise |
| Gymnastics | Moves in a fluent and expressive manner | Create movements that convey a clear stimulus, refining these movements into sequences | Create complex and well executed sequences containing a variety of gymnastic components | Create complex, demanding and well executed sequences containing a variety of gymnastic components |
| Dance | Plan, perform and repeat sequences of movements in a group | Plan, perform & repeat sequences of movements, experimenting with ways of travelling and complex movements | Compose creative and imaginative dance sequences with a clear stimulus, performing expressively and precisely | Compose and perform creative and imaginative dance sequences with a clear stimulus, performing expressively and precisely |
| Athletics | Competent in the FUNdamentals of movement (Jog, Sprint, Hop, Weight on Hands, Jump, Balance & Coordination) | Change running styles according to distance, with the intention of beating personal best's | Utilise knowledge of technique to perform at an optimum level in different types of throw, jump and run | Utilise knowledge of technique to perform at an optimum level in different types of throw, jumps and runs (sprints, middle distance and hurdles) |
| Competitive games | Use FUNdamentals of movement to employ simple tactics in competitive environments | Can adapt throwing technique to ensure success in a variety of activities (distance, accuracy, control) | Utilise new skills in competitive situations, as an individual or part of a team | Utilise new skills in competitive situations, as an individual or part of a team |
| Swimming | Swim 25m unaided | Swim 25-50m unaided, demonstrates proficiency in a range of strokes | Swim 50m fluently with controlled strokes (breast stroke, front and back.) | Swim 100m fluently with controlled strokes (breast stroke, front and back.) |
| Team games | Displays an understanding of fair play, respect and working well with others | Utilise changes of direction, speed & level during performances/competition to succeed | Display an understanding of fair play, working well with others and leading a medium sized group | Display an understanding of fair play, working well with others and leading a large group |