**Grove Vale Primary School Progression Ladder for Physical Education**

**Key Stage 2**

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| **Physical Education Progression** | Swimming | Control and Balance | Competitive games | Movement patterns |
| **Year 3** | Put face in water and blow bubbles  Fully submerge under water  Be able to swim 20metres across the pool without support  To swim 10metres front crawl and back stroke | Can bounce a ball on the spot with consistency  Can perform a basic log, egg, shoulder and forward roll. | Participate in team games  Develop simple tactics for attacking and defending  Succeed and excel (in competitive sport) and other physically demanding activities. | Create and perform a short sequence linking basic actions with a clear beginning, middle and end.  Choose and link actions to create an expressive dance phase which shows some sensitivity to accompaniment. |
| **Year 4** | Safe entry and exit  Stroke development inc butterfly  Underwater swimming inc, collecting items from bottom of pool  Reach rescue practices  Turning from front to back  Perform a range of floats  Treading water  Aim for 25 meters | Can bounce a ball on the spot with consistency  Can perform a basic log, egg, shoulder and forward roll.  Responds imaginatively and with control and coordination  Uses different body parts  Can vary dynamics, speed, direction and level of their movements | Participate in team games  Develop simple tactics for attacking and defending  Play competitive games, modified where appropriate.  Succeed and excel (in competitive sport) and other physically demanding activities.  Compete in a range of increasingly challenging situations | Create and perform a short sequence linking basic actions with a clear beginning, middle and end.  Choose and link actions to create an expressive dance phase which shows some sensitivity to accompaniment.  Plan and perform a movement sequence showing contrasts in speed/level and direction,  Apply basic compositional ideas to create dance phrases with a partner and in a small group. |
| **Year 5** | Safe entry and exit  Stroke development inc butterfly  Continuous lengths to improve stamina  Perform a range of floats  Reach rescues  Treading water  Underwater swimming inc, collecting items from bottom of pool  Water safety, including clothing in water  Aim for 50 meters | Can bounce a ball on the spot with consistency  Responds imaginatively and with control and coordination  Uses different body parts  Can vary dynamics, speed, direction and level of their movements  Can travel whilst bouncing a ball, showing control  Perform a competent forward roll, log roll, egg roll, shoulder roll, curled roll and progress to backward roll.  Improvise freely, individually and with a partner, can translate ideas from a stimulus into movement. | Participate in team games  Play competitive games, modified where appropriate through team and individual games  Develop simple tactics for attacking and defending  Apply basic principles suitable for attacking and defending  Succeed and excel (in competitive sport) and other physically demanding activities.  Compete in a range of increasingly challenging situations | Create and perform a short sequence linking basic actions, with a clear beginning, middle and end.  Choose and link actions to create an expressive dance which shows some sensitivity to accompaniment.  Plan and perform a movement sequence showing contrasts in speed ,level and direction.  Apply basic compositional ideas to create dance phrases with a partner and in a small group.  Can describe and comment on their own performance and that of others and make simple suggestions to improve quality and performance.  Develop a longer and more varied movement sequence demonstrating smooth transitions between actions. |
| **Year 6** | Safe entry and exit  Stroke development inc butterfly  Continuous lengths to improve stamina  Perform a range of floats  Reach rescues  Underwater swimming inc, collecting items from bottom of pool  Sculling (Head first/Feet first)  Timed swims  Treading water  Water safety, including clothing in water  Aim for 100 meters | Can bounce a ball on the spot with consistency  Responds imaginatively and with control and coordination  Uses different body parts  Can travel whilst bouncing a ball, showing control  Improvise freely, individually and with a partner, can translate ideas from a stimulus into movement.  Using either hand can dribble showing changes of speed and direction.  Perform a range of rolls consistently including a backward roll.  Responds imaginatively to a variety of stimuli, demonstrating a wide range of actions with precision, control and fluency.  Can incorporate different dynamics and develop new actions with a partner and in a group. | Participate in team games  Play competitive games, modified where appropriate through team and individual games  Use a range of tactics and strategies to overcome opponents in direct competition  Apply basic principles suitable for attacking and defending  Succeed and excel (in competitive sport) and other physically demanding activities.  Compete in a range of increasingly challenging situations  Develop an understanding of how to improve in different physical activities and sports. | Create and perform a short sequence linking basic actions with a clear beginning, middle and end.  Choose and link actions to create an expressive dance phase which shows some sensitivity to accompaniment.  Plan and perform a movement sequence showing contrasts in speed/level and direction,  Apply basic compositional ideas to create dance phrases with a partner and in a small group.  Develop a longer and more varied movement sequence demonstrating smooth transitions between actions.  Compare,develop and adapt movement motifs to create longer dances.From observations of others can you describe constructively how to refine, improve and modify performance?  Refine own performance in response to others and self-analysis. |