

Progression in PE

Key Concepts	EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
<b>Swimming</b>					<ul style="list-style-type: none"> <li>- Begin to swim with confidence over a distance of 10m</li> <li>- Begin to learn different strokes</li> </ul>	<ul style="list-style-type: none"> <li>- Swim competently, confidently and proficiently over a distance of at least 25m</li> <li>- Use a range of strikes effectively</li> <li>- Perform safe self-rescue in different water-based situations.</li> </ul>	
<b>Running</b>	<p>Running:</p> <ul style="list-style-type: none"> <li>- forwards through a ladder</li> <li>- changing direction</li> <li>- in and out of cones</li> <li>- at different speeds and in different directions</li> <li>- accelerate</li> <li>- dodge other children</li> <li>- on the spot</li> <li>- with awareness of equipment</li> <li>- crawling through a tunnel</li> </ul>	<p>Running:</p> <ul style="list-style-type: none"> <li>- through ladders in different ways</li> <li>- with awareness of space and other children</li> <li>- finding space</li> <li>- in zigzags</li> <li>- over hurdles</li> <li>- through equipment showing control and balance</li> <li>- changing direction through equipment</li> <li>- on balls of the feet</li> <li>- with high knees</li> <li>- use arms when running</li> <li>- change direction by bending knees and pushing off the balls of the feet</li> <li>- accelerate and decelerate</li> <li>- with head up to look for space</li> <li>- with high and low bodies</li> <li>- while balancing a beanbag on different parts of the body</li> </ul>	<p>Running:</p> <ul style="list-style-type: none"> <li>- with control when completing small and large foot patterns/movements</li> <li>- with smooth flow and technique, maintaining body control</li> <li>- changing direction to avoid opponents</li> <li>- deciding how to pass an opponent</li> <li>- sprint in zigzags</li> <li>- sprint over a short distance</li> <li>- through hurdles at a steady speed</li> <li>- with light touches on the floor</li> <li>- changing direction sharply to off-balance an opponent</li> <li>- maintaining consistent speed</li> <li>- looking forward and around</li> <li>- using timing and change of direction to beat an opponent</li> </ul>	<p>Running</p> <ul style="list-style-type: none"> <li>- recognising areas away from defenders</li> <li>- using changes of direction and speed in combination to dodge away from defenders</li> <li>- maintaining consistent speed through equipment</li> <li>- accelerating into space</li> <li>- using fast feet patterns and jump patterns through equipment</li> <li>- sidestepping between cones</li> <li>- using fast steps to travel through hurdles</li> <li>- with a straight back</li> <li>- changing direction</li> <li>- bending knees for quick acceleration</li> </ul>	<p>Running:</p> <ul style="list-style-type: none"> <li>- widening strides when transferring to a sprint</li> <li>- driving knees high when running (extending how high you lift your legs)</li> <li>- using fewer steps to change direction</li> <li>- speeding up after a change of direction to lose a defender</li> <li>- adding a feint of direction to off-balance and go past a defender</li> <li>- deciding when to run straight or when to faint direction to go past a defender</li> <li>- timing runs</li> <li>- changing speed and direction after completing footwork patterns</li> </ul>	<p>Running:</p> <ul style="list-style-type: none"> <li>- with straight back through equipment</li> <li>- with awareness of others travelling through the equipment</li> <li>- efficiently changing speed and direction to avoid a defender</li> <li>- taking the quickest route with good balance</li> <li>- changing direction quickly off different feet</li> <li>- recognising where running skills can be applied to different games</li> <li>- with increased foot speed through ladders and hurdles</li> <li>- increasing explosive speed over a short distance</li> </ul>	<p>Running</p> <ul style="list-style-type: none"> <li>- focusing on technique rather than speed</li> <li>- with small, sharp movements</li> <li>- reacting quickly to the movements of others</li> <li>- avoiding contact with others by recognising when to speed up and slow down</li> <li>- exiting equipment with a spring</li> <li>- describing how running technique benefits other sports</li> </ul>
<b>Jumping</b>	<p>Jumping:</p> <ul style="list-style-type: none"> <li>- onto a marker and land on 1 foot or 2</li> <li>- sideways and backwards</li> <li>- stepping over a hurdle</li> <li>- stepping on a target</li> </ul>	<p>Jumping:</p> <ul style="list-style-type: none"> <li>- land with bent knees</li> <li>- land on the balls of the feet</li> </ul>				<p>Jumping:</p> <ul style="list-style-type: none"> <li>- landing on the balls of feet to change direction and speed</li> <li>- develop good body mechanics and balance</li> </ul>	

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<p style="writing-mode: vertical-rl; transform: rotate(180deg);"><b>Throwing and catching / Dodgeball</b></p>	<p>Throwing</p> <ul style="list-style-type: none"> <li>- a dice</li> <li>- bouncing a ball on a spot</li> <li>- throw a ball to a partner to catch</li> <li>- rolling or bouncing a ball through a gate</li> </ul> <p>Catching</p> <ul style="list-style-type: none"> <li>- a ball using a sticky pad</li> <li>- by swapping a ball with someone else</li> <li>- a bouncing ball</li> </ul>	<p>Know and understand how to use equipment safely and with control</p> <p>Throwing</p> <ul style="list-style-type: none"> <li>- with good weight, height and speed</li> <li>- in a variety of ways – roll, bounce, underarm, slide across floor</li> <li>- a beanbag overhead</li> </ul> <p>Catching</p> <ul style="list-style-type: none"> <li>- using different hands to catch</li> <li>- with hands together and wide fingers</li> <li>- getting in line with the beanbag</li> </ul>	<p>Throwing</p> <ul style="list-style-type: none"> <li>- underarm with good weight and speed</li> <li>- a range of equipment</li> <li>- throw a ball in the air and clap before catching</li> </ul> <p>Catching</p> <ul style="list-style-type: none"> <li>- use the chest to help trap the ball when catching</li> <li>- catch a range of equipment</li> </ul>	<p>Throwing</p> <ul style="list-style-type: none"> <li>- aiming at a moving target</li> <li>- at a target when opponent is off balance</li> <li>- together using good communication</li> <li>- at targets from different angles</li> <li>- using disguised or fake throws to disguise the opponent aimed for</li> <li>- aiming low</li> </ul> <p>Catching</p> <ul style="list-style-type: none"> <li>- applying catching strategies within a game format</li> <li>- catching with full hands without overreaching</li> <li>- selecting the right opportunity to catch</li> <li>- deflecting the ball up with the ball you are holding to give a second opportunity to catch</li> <li>- making a bowl shape with hands when catching with little fingers touching</li> <li>- starting on balls of feet to be ready to move forwards or sideways to catch</li> </ul> <p>Tactics / Dodging</p> <ul style="list-style-type: none"> <li>- understanding and applying triggers of when to throw</li> <li>- using a ball as a defensive shield</li> <li>- applying strategies for dodging</li> <li>- staying on feet when dodging</li> <li>- traveling around always facing opponent</li> <li>- keeping on the balls of feet to be ready to move</li> <li>- protecting yourself with your own ball</li> </ul>	<ul style="list-style-type: none"> <li>- Recognise skills that are transferable to other sports</li> <li>- Recognise skills that are important to the game</li> <li>- Identify how to improve performance</li> <li>- Identify areas to improve and create tactics as a group</li> </ul>
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Hockey

<p>Dribbling</p> <ul style="list-style-type: none"> <li>- holding stick correctly</li> <li>- showing coordination and awareness when travelling past other children</li> <li>- dribbling forwards</li> <li>- changing direction by keeping ball in contact with stick and by tapping the ball</li> <li>- changing speed</li> <li>- looking up each time you touch the ball</li> <li>- traveling with the ball out in front away from the feet</li> <li>- around cones</li> <li>- using the inside and outside of the hockey stick</li> </ul> <p>Shooting</p> <ul style="list-style-type: none"> <li>- Looking up at the goal before shooting</li> </ul> <p>Passing</p> <ul style="list-style-type: none"> <li>- slowly to a partner</li> </ul> <p>Safety</p> <ul style="list-style-type: none"> <li>- know and understand how to use equipment safely and with control</li> </ul>	<p>Dribbling</p> <ul style="list-style-type: none"> <li>- holding stick with 2 hands, 1 in middle, 1 at top, thumb pointing down</li> <li>- changing direction quickly</li> <li>- travelling fast and slow with the</li> <li>- with big touches when travelling fast or when there is space</li> <li>- using smaller touches when space is limited</li> <li>- past a defender</li> </ul> <p>Passing</p> <ul style="list-style-type: none"> <li>- by hitting the ball without the stick going above their chest</li> <li>- changing the length</li> <li>- by pushing the ball</li> </ul> <p>Receiving</p> <ul style="list-style-type: none"> <li>- stopping the ball by trapping it under an angled stick</li> </ul>	<p>Dribbling</p> <ul style="list-style-type: none"> <li>- looking up at all times</li> </ul> <p>Passing</p> <ul style="list-style-type: none"> <li>- whilst on the move to maintain possession</li> <li>- with appropriate speed</li> <li>- in front of a partner so they can run onto it when</li> <li>- feint a pass</li> </ul> <p>Receiving</p> <ul style="list-style-type: none"> <li>- whilst on the move to maintain possession</li> </ul> <p>Tactics</p> <ul style="list-style-type: none"> <li>- applying skills when competing against other children</li> <li>- applying teamwork within a small sided game</li> </ul>	<p>Dribbling</p> <ul style="list-style-type: none"> <li>- with control and accuracy</li> </ul> <p>Passing</p> <ul style="list-style-type: none"> <li>- performing a push pass or with a slapping motion</li> <li>- with appropriate speed and weight</li> <li>- from different directions</li> <li>- using a push, hit or slap</li> <li>- dragging the ball before push passing</li> </ul> <p>Receiving</p> <ul style="list-style-type: none"> <li>- from different directions</li> <li>- in space</li> <li>- making runs away from the ball</li> <li>- by attacking the ball and changing speed</li> </ul> <p>Tactics</p> <ul style="list-style-type: none"> <li>- identifying what make communication effective</li> </ul>	<p>Dribbling</p> <ul style="list-style-type: none"> <li>- deciding where to take a first touch after controlling the ball</li> </ul> <p>Passing</p> <ul style="list-style-type: none"> <li>- play with only 2 touches</li> <li>- with head up</li> <li>- before finding space to move into</li> </ul> <p>Receiving</p> <ul style="list-style-type: none"> <li>- looking over shoulder to receive the ball</li> <li>- from different distances</li> <li>- support player with the ball so they can pass</li> </ul> <p>Tactics</p> <ul style="list-style-type: none"> <li>- working cooperatively with others in a team</li> <li>- understanding and showing how a team can retain possession</li> <li>- identifying and explaining skills that can help teams retain possession</li> </ul>	<p>Dribbling</p> <ul style="list-style-type: none"> <li>- making effective decisions about when to dribble</li> <li>- traveling with ball out in front to avoid contact with foot</li> <li>- at different speeds to avoid opponents</li> <li>- turning the stick to avoid touching the ball with the back of the stick</li> </ul> <p>Passing</p> <ul style="list-style-type: none"> <li>- making effective decisions about when to pass</li> <li>- using a range of pass techniques to maintain possession</li> <li>- using reverse of stick</li> </ul> <p>Receiving</p> <ul style="list-style-type: none"> <li>- making effective decisions about when to receive</li> <li>- adapting a variety of skills when necessary</li> <li>- applying good movement away from the ball to receive and support</li> </ul> <p>Shooting</p> <ul style="list-style-type: none"> <li>- accurately at a goal</li> </ul> <p>Tactics</p> <ul style="list-style-type: none"> <li>- using specific attacking and defending skills when playing in different positions</li> <li>- using space effectively to maintain possession of the ball.</li> <li>- keeping 2 hands on the stick at all times</li> <li>- working as a team, adopting correct body position to defend</li> <li>- spotting opportunities to win the ball when defending</li> <li>- defending as a team</li> </ul>
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<p style="text-align: center;"><b>Basketball</b></p>		<p>Safety - understand how to use equipment safely and with control</p> <p>Dribbling - pushing the ball rather than slapping it - bounce the ball at different heights - looking forward - changing direction - with awareness of space and other children</p> <p>Pass - bouncing it to a partner - over different lengths</p> <p>Tactics - applying simple tactics to travel past guards</p>	<p>Dribbling - using finger tips to push the ball - travelling in a variety of directions - with low bouncing - to find space - with head up</p>	<p>Dribbling - using a wide hand - increasing speed when dribbling into space</p> <p>Passing - on the move to maintain possession - to players in space - with accuracy, appropriate speed and weight</p> <p>Receiving - on the move to maintain possession - in front of partner - take ball from a partner as it bounces - by bouncing - with good communication</p> <p>Receiving - creating space for the pass - at a comfortable height - side on to see the next pass</p> <p>Defending - judging when is best to intercept a travelling ball</p> <p>Tactics - timing runs into space - deciding when to attack or defend</p>	<p>Dribbling - deciding when with good effect - using hand furthest from defender - pushing ball in front when dribbling fast</p> <p>Passing - using a variety of passes - chest - lofted - shoulder - fake and describing when each might be used - deciding when with good effect - whilst moving - to moving targets - in different ways to help maintain possession - to different heights, angles and distances - at a speed to beat the defender</p> <p>Receiving - with good communication or signals - from different heights, angles and distances - at the earliest moment by jumping or moving towards the ball</p>	<p>Dribbling - quickly - bounce ball close when moving slowly - using few touches when turning - changing speed</p> <p>Receiving - supporting player with the ball by creating angles to receive - reacting quickly when receiving the ball</p> <p>Defending - defending an area and in position - delaying and denying attacker</p> <p>Tactics - working cooperatively with others in a team - understanding and showing how a team can retain possession</p>	<p>Dribbling - to decide when, how and where to dribble - changing direction and speed to go past a defender or into space - looking over shoulder - without double dribbling - avoiding contact with others - using a feint to go past a defender</p> <p>Passing - to decide when, how and where to pass - to chest pass keeping the ball at a steady height - bounce pass using 1 or 2 hands</p> <p>Receiving - react to losing the ball to retrieve it</p> <p>Defending - when defending make body shape to keep opponent in front</p> <p>Shooting - with correct technique – 1 hand on side, 1 behind</p>

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<p style="text-align: center;"><b>Football</b></p>	<p>Dribbling - using small touches and different parts of the foot (inside, outside, sole and laces) - through a gate</p> <p>Receiving - controlling by putting a foot on the ball</p>	<p>Dribbling - tapping the top of the ball with the sole of the foot on the spot - tapping the side of the ball with the inside of their foot on the spot - with awareness of space and other children - changing of speed and direction - creating and explaining new foot patterns - forwards, sideways and backwards using inside and outside of foot - using light touches of the ball - standing up straight - looking up each time you touch the ball</p> <p>Receiving - by using sole of the foot</p>	<p>Dribbling - using changes of direction to avoid contact from other children in small areas - to use inside or outside of foot to turn around cones - to use the foot closest to the ball - into space - changing direction using outside or bottom of foot - using light touches in small areas and bigger touches when entering space - deciding when is best to do so</p> <p>Passing - with consistency, speed and control - deciding when is best to do so - with different parts of the foot - in different directions - so the ball travels along the floor - with both feet</p> <p>Receiving - with consistency, speed and control - with both feet</p> <p>Shooting - deciding when is best to do so</p>	<p>Dribbling - recognise when to travel slower or faster - changing direction and speed to go past a defender - looking up as much as possible - to speed up when dribbling into space</p> <p>Passing - on the move - with accuracy, from a good distance apart - using good communication and signals - first time or after taking 1 touch to control</p> <p>Receiving - on the move - with the chest, thigh or foot - controlling with the inside of the foot - giving options to a teammate - running into space - looking over shoulder whilst running to be ready for pass - moving away from an imaginary defender</p> <p>Defending &amp; Attacking - applying effective teamwork within a small sided game</p>	<p>Dribbling - and turning quickly</p> <p>Passing - with the inside of both feet - with appropriate power</p> <p>Receiving - having found space away from defenders - make a range of runs to avoid becoming unpredictable - meeting the pass to avoid interception - moving away from defender - pushing out the ball in the direction they wish to pass next</p>	<p>Dribbling - quickly, with control - using a skill or turn to pass a defender - turning and dribbling away - with head up, looking over shoulder</p> <p>Passing - playing a fake pass - then moving quickly to create space - across a range of distances - with eye contact and good communication - looking up for an available pass</p> <p>Receiving - spreading out as a team to create space - from different angles and distances - asking for the ball</p> <p>Defending - keeping an eye on opposition to prepare - moving body into a position to stop attacker getting past - with closest defender closing down opponent</p> <p>Attacking - quickly when in possession - working together using teamwork and communication</p>	<p>Dribbling - without stopping - speeding up into space - using bigger first touch to increase speed - keeping close control</p> <p>Passing - using a variety of passes to maintain possession of the ball</p> <p>Receiving - with correct body shape to help start attacks - creating different angles to help a teammate - timing runs to create options for teammate - standing side on</p> <p>Attacking - recognise space when passing / attacking at speed. - speeding up play when starting attacks.</p>
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<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Rugby</p>				<p>Running with the ball - changing speed and direction quickly</p> <p>Passing - with wide fingers and thumbs meeting in the middle of the ball - at a suitable height and power to avoid interception - swapping ball by placing it in teammates' arms</p> <p>Receiving - to avoid interception</p> <p>Defending - deciding when to defend space and when to tag</p> <p>Attacking - using all the available space</p>	<p>Running with the ball - using wide fingers for maximum grip on the ball - in zigzag on the balls of the feet - squashing the ball close to the chest</p> <p>Passing - swapping the ball by holding it out to the side for a teammate to take - with an underarm motion - over different lengths - with good eye contact and communication - to teammates in space - only sideways or backwards - quickly while on the move - and moving to maintain possession</p> <p>Receiving - receiving from a variety of heights, speeds, distances and angles - creating a target by having hands out ready - finding space</p> <p>Defending - in a formation or man to man</p> <p>Attacking - quickly when in possession of the ball - adding a faint pass to beat an opponent</p> <p>Tactics - working as a team following strategies and instructions</p>	<p>Passing - without it going overhead - at a suitable speed to catch</p> <p>Receiving - creating angles to receive the ball in space - thinking what to do with the ball before receiving it</p> <p>Tactics - recognising skills that are important to the game - recognising skills that are transferrable to other sports</p>	<p>Running with the ball - with 1 hand against chest and other running - turning sharply - effectively deciding when to run with the ball</p> <p>Passing - with accuracy to help start attacks - effectively deciding when to pass</p> <p>Receiving - while on the move - supporting player with the ball - meeting the ball when waiting to catch it - with both feet off the ground</p> <p>Defending - rotating positions to confuse defenders</p>

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<b>Netball</b>				<p><b>Possession</b> - to remain still in possession of the ball</p> <p><b>Passing</b> - communicating or giving signals - at various angles and distances - bounce pass - high looping pass - fake pass - in front of teammate for them to meet - quickly</p> <p><b>Receiving</b> - whilst on the move - communicating or giving signals - from different angles and distances - at a comfortable height and speed</p> <p><b>Attacking</b> - quickly when in possession</p>	<p><b>Passing</b> - at various angles, distances and heights - chest pass – elbows out, fingers wide - with the ball travelling at a constant height - shoulder pass – at height - effectively deciding when to pass</p> <p><b>Receiving</b> - by moving away from an imaginary defender</p> <p><b>Shooting</b> - effectively deciding when to shoot</p>	<p><b>Passing</b> - chest pass to be received at chest height - with good communication</p> <p><b>Receiving</b> - with good communication - pivoting when catching the ball - using an extra step when catching the ball before stopping - creating space to receive a pass - catching the ball at the earliest point by moving closer to it</p> <p><b>Attacking</b> - being aware of where opponents are - moving into space to support the player with the ball</p>	<p><b>Possession</b> - holding onto the ball for no more than 4 seconds</p> <p><b>Passing</b> - quickly - selecting and using a variety of passes - pivot to change direction before passing</p> <p><b>Receiving</b> - catching by creating a W shape with fingers - creating and arriving in spaces to support a teammate with the ball. - using effective timing to support play - stick landing - with good body control and speed - planning ahead before receiving - landing on 1 or 2 feet at the same time</p> <p><b>Shooting</b> - with 1 hand at back of ball and other hand guiding</p> <p><b>Defending</b> - reacting quickly to losing the ball to win it back</p> <p><b>Attacking</b> - applying quick, forward passing - reacting from other children's movement to help support/retain possession - losing defenders with quick movements</p>
<b>Tennis</b>	<ul style="list-style-type: none"> <li>- balance a ball on a racquet and walk</li> <li>- hit the ball up in the air</li> <li>- flick the ball from the racquet</li> </ul>	<ul style="list-style-type: none"> <li>- balance a beanbag or ball on the racquet whilst walking</li> <li>- balance ball on the racquet after bouncing once</li> <li>- roll ball off racquet</li> <li>- hit the ball upwards twice</li> <li>- change speeds whilst bouncing ball on racquet</li> <li>- move forwards, backwards and sideways whilst bouncing ball on racquet</li> </ul>					

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<p style="text-align: center;"><b>Dance</b></p>		<p>Stimulus</p> <ul style="list-style-type: none"> <li>- responding imaginatively to a musical stimulus</li> <li>- linking moves to mood, ideas and feelings</li> <li>- keeping in rhythm with the music to match actions and movements to music</li> </ul> <p>Movement</p> <ul style="list-style-type: none"> <li>- use different directions, levels and space</li> <li>- use fast and slow movements</li> <li>- performing moves with control and coordination</li> </ul> <p>Routines</p> <ul style="list-style-type: none"> <li>- creating a short sequence</li> <li>- moving between 2 or 3 actions fluently</li> <li>- performing dance movements to an audience</li> <li>- work in small groups</li> </ul> <p>Evaluation</p> <ul style="list-style-type: none"> <li>- watching back their group performances</li> <li>- evaluating and improving their own movements</li> </ul>	<p>Stimulus</p> <ul style="list-style-type: none"> <li>- responding imaginatively of a variety of stimuli</li> <li>- performing the role of a character</li> <li>- including props such as ribbons and hoops to a dance</li> </ul> <p>Movement</p> <ul style="list-style-type: none"> <li>- using different dynamics, levels, speed and direction</li> <li>- using arms to keep balance, control and coordination</li> <li>- copying and exploring basic body patterns and movements</li> <li>- using facial expressions</li> </ul> <p>Routines</p> <ul style="list-style-type: none"> <li>- creating a short sequence with a partner</li> <li>- completing a movement to a count of 4</li> <li>- considering starting and finishing positions</li> <li>- using timing to enter, perform and exit a dance</li> <li>- performing to different audiences</li> </ul>	<p>Stimulus</p> <ul style="list-style-type: none"> <li>- choosing appropriate movements for dance</li> </ul> <p>Movement</p> <ul style="list-style-type: none"> <li>- performing basic dance actions with control and fluency</li> </ul> <p>Routines</p> <ul style="list-style-type: none"> <li>- completing dance movements to a count of 8 or 2 counts of 4</li> <li>- remembering simple dance steps and performing in a controlled manner</li> <li>- performing a short sequence using different body shapes and movements</li> </ul>	<p>Stimulus</p> <ul style="list-style-type: none"> <li>- keeping in time with music</li> </ul> <p>Movements</p> <ul style="list-style-type: none"> <li>- choosing appropriate actions to represent a character</li> <li>- performing a freeze frame</li> </ul> <p>Routines</p> <ul style="list-style-type: none"> <li>- completing a sequence in groups where each child completes a different part</li> <li>- completing dance movements to a count of 4 or 8</li> </ul>	<p>Warm up</p> <p>To warm up before a dance and know why it is important</p> <p>Stimulus</p> <p>Use a variety of expression in dance</p> <p>Movements</p> <ul style="list-style-type: none"> <li>- moving bodies in different ways to represent different shapes and sizes</li> <li>- flowing into each other</li> <li>- in a variety of ways, working with a partner and completing movements as a pair</li> </ul> <p>Routines</p> <ul style="list-style-type: none"> <li>- creating a short class routine</li> </ul>	<p>Stimulus</p> <ul style="list-style-type: none"> <li>- adding chants to a dance</li> <li>- perform specific movements for different dance styles</li> </ul> <p>Movements</p> <ul style="list-style-type: none"> <li>- teaching the rest of the class a movement</li> <li>- linking actions to make a dance phase</li> <li>- with fluency when combining movements together</li> <li>- experimenting with a range of actions, varying and combining spatial patterns</li> </ul> <p>Routines</p> <ul style="list-style-type: none"> <li>- with counting in 8s and know these are called quarter notes</li> </ul>
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## Progression in PE

### Gymnastics

**Movement**  
 - copying shapes made by a teacher  
 - with pointed toes

**Shapes**  
 - arch, dish, tuck, pencil, pike, straddle  
 - making a shape which matches a given adjectives  
 - holding for given length of time  
 - copying the movements and shapes of a partner

**Balances**  
 - on one leg  
 - with a beanbag on the head, walking a short distance

**Travelling**  
 - jumping, slithering, bottom shuffling, at different levels, across a bench  
 - changing speed

**Jumping, land with bent knees and arms out**

**Traveling**  
 - along a bench, or rope  
 - at different levels

**Rolls – pencil, hedgehog tuck, teddy bear, forward**

**Equipment**  
 - using the climbing apparatus safely

**Movement**  
 Shapes – arch, dish, tuck, pencil, star, pike, tuck, straddle

**Rolls – pencil, tuck, teddy bear, rock and roll, forward, backward**

**Jumps - star, tuck, pike, turn jumps.**  
 - landing safely off equipment  
 - landing by bending knees and putting arms out

**Travelling - high, medium, low, under bench, over bench**

**Routines**  
 - putting a sequence of shapes and balances together, linking them by travelling in different ways

**Evaluation**  
 - watching, copying and describing what others have done  
 - improving work by analysing others

**Stretching**  
 - suggesting which stretches could be used to stretch certain body parts

**Movement**  
 Shapes - pencil, arch, tuck, front support, pike, side support, straddle, back support, dish, v-sit, star

**Rolls - pencil, egg, forward, rock and roll, backward, teddy bear**

**Balances – arabesque, headstand, 1 foot, dish, Y stand, arch, bridge, back support, front support, v-sit, handstand**

**Handstands – bunny hops, donkey kicks, fox hops, full handstand – stretch, step, kick**

**Jumps – turn, tuck, straddle, pike, pencil, lead frog, star jumps, also off apparatus**

**Traveling - crawl, bridge walk, crab, bunny hops, skip, hop scotch, army crawl, slither, jump, side step**

**Cartwheels – baby cartwheel, cartwheel over a bench, dismounting off a bench**

**Routines**  
 - creating a sequence of balances, shapes, rolls and jumps, travelling between movements and incorporating different equipment  
 - performing movements with control and precision

**Evaluation**  
 - identifying what was good about a routine and suggest how it could be improved

Progression in PE

<p style="text-align: center;"><b>Cricket</b></p>			<p><b>Fielding</b> - coming closer together after ball has been struck by batter - to communicate and encourage when throwing and catching</p> <p><b>Catching</b> - with wide fingers and hands together - using chest to help trap the ball - focusing on ball throughout flight and into hands - moving in line with the ball when waiting to catch it - cushion ball on impact</p> <p><b>Throwing</b> - knowing to throw the ball, rather than running with it - with appropriate weight and speed</p> <p><b>Batting</b> - standing sideways with shoulder pointing towards bowler, with strongest arm and leg at the back - holding the bat handle in the middle with both hands</p> <p><b>Bowling</b> With underarm motion with one bounce</p>	<p><b>Fielding</b> - discussing starting positions for fielders - starting on balls of feet to be ready to move forwards or sideways to catch - to start further back rather than too close - using leg barrier - putting leg behind hands to act as a second barrier - taking up positions to protect boundary</p> <p><b>Catching</b> - making a bowl shape with hands with little fingers touching - getting in line as quick and possible - moving forward to receive the ball</p> <p><b>Throwing</b> - varying height and speed</p> <p><b>Batting</b> - holding the bat with hands touching each other, with strong hands at top of handle - bending knees to come up as ball bounces - communicating between batters</p>	<p><b>Fielding</b> - discuss positions, changing them depending on batter - returning ball to bowler at suitable height and speed</p> <p><b>Batting</b> - standing with feet shoulder width apart - with weight on the balls of the feet - with shoulder towards bowler</p>		<p><b>Fielding</b> - working as a team, setting up fielding positions as a team recognising danger areas</p> <p><b>Throwing</b> - with speed and accuracy - aiming for partner's hands - with appropriate speed and distance - to best paced teammate to get someone out</p> <p><b>Catching</b> - identifying good opportunities to catch when the ball is hit high</p> <p><b>Batting</b> - with positivity - apply skills to a game - low, straight strokes - running quickly between wickets - playing a range of shots - working as a team to adopt strategies to score as many runs as possible - knees bent</p> <p><b>Bowling</b> - with correct technique – over arm, straight arm, making 6 motion - to look for accuracy rather than power - varying speed to confuse batsman</p>
<p style="text-align: center;"><b>Parachute</b></p>	<p>Developing - teamwork - communication - body motion - spatial awareness - quick reactions</p>						
<p style="text-align: center;"><b>Orienteering</b></p>							<p>- recognise and compare symbols from a map - identify locations on a map - follow a trail on a map - create a map using scale, proportion and lining up methods - use a variety of measuring equipment to create scale drawings - apply orienteering skills to complete a course - locate grid references</p>