

	Year 3	Year 4	Year 5	Year 6
Health & Fitness	<ul style="list-style-type: none"> <li>Recognise and describe the effects of exercise on the body.</li> <li>Know the importance of strength and flexibility for physical activity.</li> <li>Explain why it is important to warmup and cool-down.</li> </ul>	<ul style="list-style-type: none"> <li>Describe how the body reacts at different times and how this affects performance.</li> <li>Explain why exercise is good for your health.</li> <li>Know some reasons for warming up and cooling down.</li> </ul>	<ul style="list-style-type: none"> <li>Know and understand the reasons for warming up and cooling down.</li> <li>Explain some safety principles when preparing for and during exercise.</li> </ul>	<ul style="list-style-type: none"> <li>Understand the importance of warming up and cooling down.</li> <li>Carry out warm-ups and cool-downs safely and effectively.</li> <li>Understand why exercise is good for health, fitness and wellbeing.</li> <li>Know ways they can become healthy.</li> </ul>
Dance	<ul style="list-style-type: none"> <li>Begin to improvise with a partner to create a simple dance pattern.</li> <li>Explore dance movements and create patterns of movement.</li> <li>Develop a range of dance movements and improve timing.</li> <li>Work co-operatively with a group to create a story through dance.</li> <li>Develop the quality of the actions in their performances.</li> <li>Perform with some awareness of rhythm and confidence.</li> <li>Use simple dance vocabulary to compare and improve work.</li> </ul>	<ul style="list-style-type: none"> <li>Identify and repeat the movement patterns and actions of a chosen dance style.</li> <li>Demonstrate an awareness of the music's rhythm and phrasing when improvising.</li> <li>Create an individual or partnered dance that reflects the chosen dancing style.</li> <li>Perform dance using a range of movement patterns with fluency and expression.</li> <li>Evaluate own and others' work.</li> </ul>	<ul style="list-style-type: none"> <li>Compose dance patterns and actions of the chosen dance style.</li> <li>Demonstrate an awareness of the music's rhythm and phrasing when improvising.</li> <li>Dance with fluency and control, linking all movements.</li> <li>Compose individual, partner and group dances that reflect the chosen dance style.</li> <li>Show a change of pace and timing in their movements.</li> <li>Perform own longer, more complex sequences in time to music.</li> <li>Evaluate own and others' work using dance specific vocabulary.</li> </ul>	<ul style="list-style-type: none"> <li>Compose dance patterns and actions that represent a chosen dance style.</li> <li>Demonstrate an awareness of the music's rhythm and phrasing when improvising.</li> <li>Dance with fluency and control, linking all movements and ensuring that transitions flow.</li> <li>Demonstrate consistent precision when performing dance sequences.</li> <li>Compose individual, partner and group dances that reflect the chosen dance style.</li> <li>Use dramatic expression in dance movements and motifs.</li> <li>Perform with confidence, using a range of movement patterns.</li> <li>Analyse own and others' performance.</li> </ul>



**KS2 PE Progression**

<b>Games</b>	<p><b>Striking and hitting</b></p> <ul style="list-style-type: none"> <li>• Demonstrate successful hitting and striking skills.</li> <li>• Use the correct batting technique within a game.</li> <li>• Strike the ball for distance.</li> </ul>	<p><b>Striking and hitting</b></p> <ul style="list-style-type: none"> <li>• Use a bat, racquet or stick (hockey) to hit a ball or shuttlecock with accuracy and control.</li> <li>• Accurately serve underarm.</li> <li>• Build a rally with a partner.</li> <li>• Use at least two different shots in a game situation.</li> <li>• Use hand-eye coordination to strike a moving and a stationary ball.</li> </ul>	<p><b>Striking and hitting</b></p> <ul style="list-style-type: none"> <li>• Use different techniques to hit a ball.</li> <li>• Identify and apply techniques for hitting a tennis ball.</li> <li>• Explore when different shots are best used.</li> <li>• Develop a backhand technique and use it in a game.</li> <li>• Practise techniques for all strokes.</li> <li>• Play a tennis game using an overhead serve.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Striking and hitting</b></li> <li>• Hit a bowled ball over longer distances.</li> <li>• Use good hand-eye coordination to be able to direct a ball when striking or hitting.</li> <li>• Understand how to serve in order to start a game.</li> </ul>
	<p><b>Throwing and catching</b></p> <ul style="list-style-type: none"> <li>• Throw and catch with greater control and accuracy.</li> <li>• Use the correct technique for catching a ball within a game.</li> <li>• Perform a range of catching and</li> <li>• gathering skills with control.</li> <li>• Throw a ball in different ways (e.g. high, low, fast or slow).</li> </ul>	<p><b>Throwing and catching</b></p> <ul style="list-style-type: none"> <li>• Catch with increasing control and</li> <li>• accuracy.</li> <li>• Develop different ways of throwing and catching.</li> <li>• Develop a safe and effective overarm bowl.</li> </ul>	<p><b>Throwing and catching</b></p> <ul style="list-style-type: none"> <li>• Consolidate different ways of throwing and catching, and know when each is appropriate in a game.</li> </ul>	<p><b>Throwing and catching</b></p> <ul style="list-style-type: none"> <li>• Throw and catch accurately and</li> <li>• successfully under pressure in a game.</li> </ul>
	<p><b>Travelling</b></p> <ul style="list-style-type: none"> <li>• Move with the ball in a variety of ways with some control.</li> <li>• Use two different ways of moving with a ball in a game.</li> </ul>	<p><b>Travelling</b></p> <ul style="list-style-type: none"> <li>• Move with the ball using a range of</li> <li>• techniques showing control and fluency.</li> </ul>	<p><b>Travelling</b></p> <ul style="list-style-type: none"> <li>• Use a variety of ways to dribble in a game with success.</li> <li>• Use ball skills in various ways, and begin to link together.</li> </ul>	<p><b>Travelling</b></p> <ul style="list-style-type: none"> <li>• Show confidence in using ball skills in various ways in a game situation, and link these together effectively.</li> </ul>
	<p><b>Passing</b></p> <ul style="list-style-type: none"> <li>• Pass the ball in two different ways in a game situation with some success.</li> </ul>	<p><b>Passing</b></p> <ul style="list-style-type: none"> <li>• Pass the ball with increasing speed,</li> <li>• accuracy and success in a game situation.</li> </ul>	<p><b>Passing</b></p> <ul style="list-style-type: none"> <li>• Pass a ball with speed and accuracy using appropriate techniques in a game situation.</li> </ul>	<p><b>Passing</b></p> <ul style="list-style-type: none"> <li>• Choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move.</li> </ul>
	<p><b>Possession</b></p> <ul style="list-style-type: none"> <li>• Know how to keep and win back possession of the ball in a team game.</li> </ul>	<p><b>Possession</b></p> <ul style="list-style-type: none"> <li>• Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.</li> </ul>	<p><b>Possession</b></p> <ul style="list-style-type: none"> <li>• Keep and win back possession of the ball effectively in a team game.</li> </ul>	<p><b>Possession</b></p> <ul style="list-style-type: none"> <li>• Keep and win back possession of the ball effectively and in a variety of ways in a team game.</li> </ul>



<p><b>Using space</b></p> <ul style="list-style-type: none"><li>Find a useful space and get into it to support teammates.</li></ul> <p><b>Attacking and defending</b></p> <ul style="list-style-type: none"><li>Use simple attacking and defending skills in a game.</li><li>Use fielding skills to stop a ball from travelling past them.</li></ul> <p><b>Tactics and rules</b></p> <ul style="list-style-type: none"><li>Apply and follow rules fairly.</li><li>Understand and begin to apply the basic principles of invasion games.</li><li>Know how to play a striking and fielding game fairly.</li></ul> <p><b>Competition</b></p> <ul style="list-style-type: none"><li>Develop the quality of the actions in their performances.</li><li>Perform learnt skills and techniques with control and confidence.</li><li>Compete against self and others in a controlled manner.</li><li>Compete against self and others in a controlled manner.</li></ul>	<p><b>Using space</b></p> <ul style="list-style-type: none"><li>Make the best use of space to pass and receive the ball.</li></ul> <p><b>Attacking and defending</b></p> <ul style="list-style-type: none"><li>Use a range of attacking and defending skills and techniques in a game.</li><li>Use fielding skills as an individual to prevent a player from scoring.</li></ul> <p><b>Tactics and rules</b></p> <ul style="list-style-type: none"><li>Vary the tactics they use in a game.</li><li>Adapt rules to alter games.</li></ul> <p><b>Competition</b></p> <ul style="list-style-type: none"><li>Perform and apply skills and techniques with control and accuracy.</li><li>Take part in a range of competitive games and activities.</li></ul>	<p><b>Using space</b></p> <ul style="list-style-type: none"><li>Demonstrate an increasing awareness of space.</li></ul> <p><b>Attacking and defending</b></p> <ul style="list-style-type: none"><li>Choose the best tactics for attacking and defending.</li><li>Shoot in a game.</li><li>Use fielding skills as a team to prevent the opposition from scoring.</li></ul> <p><b>Tactics and rules</b></p> <ul style="list-style-type: none"><li>Know when to pass and when to dribble in a game.</li><li>Devise and adapt rules to create their own game.</li></ul> <p><b>Competition</b></p> <ul style="list-style-type: none"><li>Consistently perform and apply skills and techniques with accuracy and control.</li><li>Take part in competitive games with a strong understanding of tactics and composition.</li></ul>	<p><b>Using space</b></p> <ul style="list-style-type: none"><li>Demonstrate a good awareness of space.</li></ul> <p><b>Attacking and defending</b></p> <ul style="list-style-type: none"><li>Think ahead and create a plan of attack or defence.</li><li>Apply knowledge of skills for attacking and defending.</li><li>Work as a team to develop fielding strategies to prevent the opposition from scoring.</li></ul> <p><b>Tactics and rules</b></p> <ul style="list-style-type: none"><li>Follow and create complicated rules to play a game successfully.</li><li>Communicate plans to others during a game.</li><li>Lead others during a game.</li></ul> <p><b>Competition</b></p> <ul style="list-style-type: none"><li>Perform and apply a variety of skills and techniques confidently, consistently and with precision.</li><li>Take part in competitive games with a strong understanding of tactics and composition.</li></ul>
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<b>Athletics</b>	<b>Running</b> <ul style="list-style-type: none"><li>• Identify and demonstrate how different techniques can affect their performance.</li><li>• Focus on their arm and leg action to improve their sprinting technique.</li><li>• Begin to combine running with jumping over hurdles.</li><li>• Focus on trail leg and lead leg action when running over hurdles.</li><li>• Understand the importance of adjusting running pace to suit the distance being run.</li></ul>	<b>Running</b> <ul style="list-style-type: none"><li>• Confidently demonstrate an improved technique for sprinting.</li><li>• Carry out an effective sprint finish.</li><li>• Accelerate to pass other competitors.</li><li>• Perform a relay, focusing on the baton changeover technique.</li><li>• Speed up and slow down smoothly.</li></ul>	<b>Running</b> <ul style="list-style-type: none"><li>• Accelerate from a variety of starting positions and select their preferred position.</li><li>• Identify their reaction times when performing a sprint start.</li><li>• Continue to practise and refine their technique for sprinting, focusing on an effective sprint start.</li><li>• Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run.</li><li>• Identify and demonstrate stamina, explaining its importance for runners.</li></ul>	<b>Running</b> <ul style="list-style-type: none"><li>• Recap, practise and refine an effective sprinting technique, including reaction time.</li><li>• Build up speed quickly for a sprint finish.</li><li>• Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern.</li><li>• Work as a team to competitively perform a relay.</li><li>• Confidently and independently select the most appropriate pace for different distances and different parts of the run.</li><li>• Demonstrate endurance and stamina over longer distances in order to maintain a sustained run.</li></ul>
	<b>Jumping</b> <ul style="list-style-type: none"><li>• Use one and two feet to take off and to land with.</li><li>• Develop an effective take-off for the standing long jump.</li><li>• Develop an effective flight phase for the standing long jump.</li><li>• Land safely and with control.</li></ul>	<b>Jumping</b> <ul style="list-style-type: none"><li>• Learn how to land effectively when performing a standing long jump.</li><li>• Learn how to combine a hop, step and jump to perform the standing triple jump.</li><li>• Land safely and with control.</li><li>• Begin to measure the distance jumped.</li></ul>	<b>Jumping</b> <ul style="list-style-type: none"><li>• Improve techniques for jumping for distance.</li><li>• Perform an effective standing long jump.</li><li>• Perform the standing triple jump with increased confidence.</li><li>• Develop an effective technique for the standing vertical jump (jumping for height) including take-off and flight.</li><li>• Land safely and with control.</li><li>• Measure the distance and height jumped with accuracy.</li><li>• Investigate different jumping techniques.</li></ul>	<b>Jumping</b> <ul style="list-style-type: none"><li>• Develop the technique for the standing vertical jump.</li><li>• Maintain control at each of the different stages of the triple jump.</li><li>• Land safely and with control.</li><li>• Develop and improve their techniques for jumping for height and distance and support others in improving their performance.</li><li>• Perform and apply different types of jumps in other contexts.</li><li>• Set up and lead jumping activities including measuring the jumps with confidence and accuracy.</li></ul>



	<b>Throwing</b> <ul style="list-style-type: none"><li>• Perform a push throw.</li><li>• Throw with greater control and accuracy.</li><li>• Show increasing control in their overarm throw.</li><li>• Continue to develop techniques to throw for increased distance.</li></ul>	<b>Throwing</b> <ul style="list-style-type: none"><li>• Perform a pull throw.</li><li>• Measure the distance of their throws.</li><li>• Continue to develop techniques to throw for increased distance.</li></ul>	<b>Throwing</b> <ul style="list-style-type: none"><li>• Throw a variety of implements using a range of throwing techniques.</li><li>• Measure and record the distance of their throws.</li><li>• Continue to develop techniques to throw for increased distance.</li></ul>	<b>Throwing</b> <ul style="list-style-type: none"><li>• Measure and record the distance of their throws.</li><li>• Continue to develop techniques to throw for increased distance and support others in improving their personal best.</li><li>• Develop and refine techniques to throw for accuracy.</li></ul>
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<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>• Begin to show flexibility in movements.</li> <li>• Move with coordination, control and care.</li> <li>• Use turns whilst travelling in a variety of ways.</li> <li>• Explore jumping techniques and link them with other gymnastic actions.</li> <li>• Begin to use equipment to vault.</li> <li>• Develop the quality of their actions, shapes and balances.</li> <li>• Create interesting body shapes while holding balances with control and confidence.</li> <li>• Begin to develop good technique when travelling, balancing and using equipment.</li> <li>• Choose ideas to compose a movement sequence independently and with others.</li> <li>• Link combinations of actions with</li> <li>• increasing confidence, including changes of direction, speed or level.</li> <li>• Perform learnt skills and techniques with control and confidence.</li> </ul>	<ul style="list-style-type: none"> <li>• Begin to move with clarity, fluency and expression.</li> <li>• Travel in different ways, including using flight.</li> <li>• Improve the placement and alignment of body parts in balances.</li> <li>• To explore counter balances.</li> <li>• Use equipment to vault in a variety of ways.</li> <li>• Develop strength, technique and flexibility throughout performances.</li> <li>• Demonstrate rhythm and spatial awareness.</li> <li>• Create a sequence of actions that fit a theme.</li> <li>• Use an increasing range of actions,</li> <li>• directions and levels in their sequences.</li> <li>• Perform and apply skills and techniques with control and accuracy.</li> <li>• Perform movements in unison, in pairs.</li> </ul>	<ul style="list-style-type: none"> <li>• Perform jumps, shapes and balances fluently and with control.</li> <li>• Move with clarity, fluency and expression.</li> <li>• Use transitions to link motifs smoothly together.</li> <li>• Confidently use equipment to vault in a variety of ways.</li> <li>• Demonstrate the correct placement and alignment of their body parts to balance successfully.</li> <li>• To use counterbalances and incorporate them into a sequence of movements.</li> <li>• Improve strength, technique and flexibility throughout performances.</li> <li>• Ensure their actions fit the rhythm of the music.</li> <li>• Combine equipment with movement to create sequences.</li> <li>• Demonstrate imagination and creativity in the movements they devise in response to stimuli.</li> <li>• Select ideas to compose specific sequences of movements, shapes and balances.</li> <li>• Consistently perform and apply skills and techniques with accuracy and control.</li> <li>• Perform movements in canon and in unison, in pairs.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate precise and controlled placement of body parts in their actions, shapes and balances.</li> <li>• Move appropriately and with the required style in relation to the stimulus, e.g. using various levels, ways of travelling and motifs.</li> <li>• Confidently use equipment to vault and incorporate this into sequences.</li> <li>• To use counterbalances and incorporate them into a sequence of movements.</li> <li>• Combine flexibility, techniques and movements to create a fluent sequence.</li> <li>• Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding</li> <li>• shapes, jumping, leaping and vaulting.</li> <li>• Show a change of pace and timing in their movements.</li> <li>• Improvise with confidence, still</li> <li>• demonstrating fluency across their</li> <li>• sequence.</li> <li>• Perform the sequence in time to music.</li> <li>• Perform and apply a variety of skills and techniques confidently, consistently and with precision.</li> <li>• Perform sequences in canon and in unison, in groups.</li> </ul>
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**KS2 PE Progression**

Swimming	<ul style="list-style-type: none"> <li>Swim 25-30m in water, unaided, co-ordination with arms and legs.</li> <li>Use different strokes.</li> <li>Describe how to move arms and legs together.</li> </ul>		<ul style="list-style-type: none"> <li>Swim 25-50m unaided.</li> <li>Swim for 30-45 secs using a variety of basic arm/leg actions on front/back.</li> </ul>	<ul style="list-style-type: none"> <li>Swim 50-100m.</li> <li>Swim for 45-90 secs using 3 different strokes.</li> <li>Swim on front and back with controlled breathing.</li> </ul>
Outdoor Education	<ul style="list-style-type: none"> <li>Begin to use a map to complete an orienteering course.</li> <li>Orienteer themselves with accuracy around a short trail.</li> <li>Start to recognise features of an orienteering course.</li> <li>Identify symbols used on a key.</li> <li>Associate the meaning of a key in the context of the environment.</li> <li>Work as part of a team.</li> <li>Communicate clearly with other people in a team, and with other teams.</li> <li>Have experience of a range of roles within a team and begin to identify the key skills required to succeed at each.</li> </ul>		<ul style="list-style-type: none"> <li>Successfully use a map to complete an orienteering course.</li> <li>Identify the quickest route to accurately navigate an orienteering course.</li> <li>Use a compass for navigation.</li> <li>Orienteer themselves with confidence and accuracy around an orienteering course when under pressure.</li> <li>Work effectively as part of a team, demonstrating leadership skills when necessary.</li> <li>Use clear communication to effectively complete a particular role in a team.</li> <li>Communicate clearly and effectively with others when under pressure.</li> </ul>	
Evaluate	<ul style="list-style-type: none"> <li>Watch, describe and evaluate the effectiveness of a performance.</li> <li>Describe how their performance has improved over time.</li> </ul>	<ul style="list-style-type: none"> <li>Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</li> <li>Modify their use of skills or techniques to achieve a better result.</li> <li>Change parts of a performance as a result of self-evaluation.</li> <li>Use simple vocabulary when comparing and improving work.</li> </ul>	<ul style="list-style-type: none"> <li>Choose and use criteria to evaluate own and others' performance.</li> <li>Explain why they have used particular skills or techniques, and the effect they have had on their performance.</li> <li>Modify parts of a performance as a result of self and peer evaluation.</li> <li>Use more complex vocabulary to compare and improve work.</li> </ul>	<ul style="list-style-type: none"> <li>Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</li> <li>Modify elements of a performance as a result of self and peer evaluation.</li> <li>Use complex vocabulary to compare and improve work.</li> </ul>