



St Joseph's PE Progression Map



	EYFS	KS1		KS2			
		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Dance	<p>Negotiate space safely with consideration for themselves and others.</p> <p>Confident to try new challenges and perform in front of others.</p> <p>Use movement skills with developing strength, balance and co-ordination showing increasing grace.</p> <p>Follow instructions involving different ideas and actions.</p>	<p>Begin to use counts.</p> <p>Show some sense of dynamic and expressive qualities.</p> <p>Co-ordinate arm and leg actions.</p> <p>Choose actions for an idea.</p> <p>Respond to a variety of stimuli through movement.</p>	<p>Use counts of 8 to help stay in time with the music.</p> <p>Use pathways, levels, shapes, directions, speeds and timing with guidance.</p> <p>Select from a wider range of actions in relation to a stimulus.</p> <p>Use mirroring and unison when completing actions with a partner.</p> <p>Show a character through actions, dynamic and expression.</p>	<p>Use counts to keep in time with a partner and a group.</p> <p>Use canon, unison and formation to represent an idea.</p> <p>Match dynamic and expressive qualities to a range of ideas.</p> <p>Create short dance phrases that communicate an idea.</p> <p>Can remember and perform a dance phases.</p>	<p>Use counts when choreographing short phrases.</p> <p>Demonstrate different relationships mirroring, unison, canon, complementary and contrasting.</p> <p>Change dynamics to express changes in character or narrative.</p> <p>Copy, remember and adapt set choreography.</p> <p>Evaluate experiences and outcomes and set goals for their own development.</p>	<p>Use counts accurately when choreographing to perform in time with others and the music.</p> <p>Choreograph phrases individually and with others considering actions, dynamics, space and relationships in response to a stimulus.</p> <p>Confidently perform choosing appropriate dynamics to represent an idea.</p> <p>Accurately copy and repeat set choreography in different styles of dance showing a good sense of timing.</p>	<p>Use counts when choreographing and performing to improve the quality of work.</p> <p>Perform dances confidently and fluently with accuracy and good timing.</p> <p>Work creatively and imaginatively individually, with a partner and in a group to choreograph longer phrases and structure dance considering actions, space,</p> <p>Relationship and dynamics in relation to a theme.</p> <p>Improvise and combine dynamics demonstrating an awareness of the impact on performance</p>
Games	<p>Drop and catch with two hands.</p> <p>Move a ball with feet. Kick larger balls to a space.</p>	<p>Begin to throw and roll underarm to a partner.</p> <p>Move a ball with different parts of a foot.</p>	<p>To develop underarm and overarm throws.</p> <p>To develop throwing to a teammate.</p>	<p>o develop control whilst dribbling a ball with hands.</p> <p>To further develop overarm throws and throwing under pressure.</p>	<p>To link dribbling the ball with other actions with increasing control.</p> <p>To develop underarm bowling.</p>	<p>Use dribbling to change the direction of play with some control under pressure.</p> <p>Send and receive a ball with hands with</p>	<p>use dribbling to change the direction of play with control under pressure.</p>

	<p>Stop a beanbag or large ball sent to them using hands.</p> <p>Attempt to stop a large ball sent to them using feet.</p> <p>Hit a ball with their hands.</p> <p>Run and stop when instructed. Begin to show an awareness of others. Make simple decisions in response to a situation.</p>	<p>Kick towards a stationary target</p> <p>Catch a beanbag and medium sized ball with two hands.</p> <p>Attempt to track and catch an object sent to them.</p> <p>Roll a ball towards a target.</p> <p>Begin to send and receive a ball using: hands, feet, hockey stick and racquet.</p> <p>Strike a stationary ball. Run, stop, change, direction with some balance and control.</p> <p>Be a competent mover to avoid others.</p> <p>Begin to use simple tactics with guidance.</p> <p>Use skills in different ways in different games.</p> <p>Adapt activities using their own ideas of how to make a game easier or harder.</p>	<p>Dribble a ball with two hands on the move.</p> <p>Dribble a ball with some success stopping when required with feet.</p> <p>To develop passing to a teammate showing balance.</p> <p>Catch an object passed to them with or without a bounce.</p> <p>Move to track a ball and develop underarm throwing towards a target.</p> <p>To begin to develop control when handling a racquet, hockey stick and strike a moving ball</p> <p>Run, stop and change direction with balance and control. Move into a space showing an awareness of defenders.</p> <p>To develop dodging and use it to lose a defender. Move into a space to score goals or limit others scoring.</p> <p>Use simple tactics.</p> <p>Understand simple tactics to outwit a partner /small team when attacking or defending.</p> <p>Make up simple rules with others to make games enjoyable and challenging</p>	<p>Dribble a ball with feet with some control in game situations.</p> <p>To develop passing moving and changing direction in game situations.</p> <p>Catch a ball passed to them using one or two hands with success.</p> <p>Explore and develop a variety of throwing techniques in games situations.</p> <p>To develop confidence and accuracy when tracking a ball.</p> <p>Strike a ball with varying techniques using different equipment.</p> <p>Develop ball control and movement skills.</p> <p>Change direction with increasing speed in game situations.</p> <p>To develop moving into a space after passing a ball and be able to track an opponent.</p> <p>Use space well by finding and moving into a free space.</p> <p>Use simple tactics individually and within a team.</p> <p>Adapt and make up rules to suit the equipment.</p>	<p>Demonstrate an increased control and accuracy of ball skills, changing direction with ball at feet.</p> <p>Send and receive a ball with increasing accuracy and choosing the right time to pass to a teammate or to outwit an opponent.</p> <p>Begin to join actions together move, receive, shoot. Use a variety of throwing techniques with increasing success in games situations.</p> <p>Strike a ball using varying techniques with increased accuracy.</p> <p>Use space well by finding and moving into a free space /passing to a teammate when they are in a good space.</p> <p>Support a teammate when attacking, dodge a defender.</p> <p>Use simple tactics to help their score or gain possession.</p> <p>Be able to apply rules and tactics to play in a competition.</p>	<p>accuracy to a space or teammate.</p> <p>Pass, control, dribble and shoot with accuracy and fluency whilst on the move.</p> <p>Change direction to lose a defender, develop attacking skills understand when to pass.</p> <p>Strike a ball with intent and pass it accurately to a target to help maintain possession.</p> <p>Use a variety of techniques when passing a ball and throw with accuracy. Catch and intercept a ball.</p> <p>Strike a ball using a wider range of skills, techniques and equipment.</p> <p>Create and use space for themselves and others with success.</p> <p>Understand the need for tactics and can identify when to use them in different situations.</p> <p>Make decisions quickly in a game.</p> <p>Begin to understand to change tactics /roles for the success of the whole team.</p> <p>Begin to understand the transference of skills from one type of game to another.</p>	<p>Show precision and accuracy when sending using different passes and receiving.</p> <p>Use a variety of dribbling techniques to maintain possession under pressure.</p> <p>Select and apply the appropriate kicking technique with control.</p> <p>To develop protective dribbling against an opponent.</p> <p>Strike a ball using a wider range of skills to outwit an opponent.</p> <p>Apply these with increasing control and pressure.</p> <p>Catch and intercept a ball using one and two hands with increasing success in game situations.</p> <p>Receive a ball with consideration to the next move.</p>
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Gymnastics							<p>Effectively create and use space for self and others to outwit opponent.</p> <p>Be able to change direction to get free from a defender and receive a pass.</p> <p>Work collaboratively to create tactics within their team and evaluate the effectiveness of this.</p> <p>Understand the transference of skills from one type of game to another and apply appropriately.</p>
	<p>Create shapes showing a basic level of stillness using different parts of the body.</p> <p>Begin to take weight on different parts of the body and develop strength. To travel in different ways.</p> <p>To explore using their body to roll.</p> <p>To explore jumps.</p>	<p>Perform balances making body tense, stretched and curled.</p> <p>Begin to develop front/back balances to encourage holding a balance for a count of 5.</p> <p>To explore travel movements in the space around them.</p> <p>Link actions to create sequences.</p> <p>To begin to develop technique in barrel, teddy bear, straight roll.</p>	<p>Perform balances on different body parts of the body with some control.</p> <p>Develop front and back balance (arch and dish)</p> <p>To begin to travel on hands and feet developing monkey, caterpillar walk and bunny hop.</p> <p>Develop straight and dish roll. Perform 2 rolls to perform the full circle roll.</p> <p>Begin to develop rock and roll, roll and three-quarter forward roll.</p>	<p>Complete balances with increasing stability and control and technique. Explore balancing combinations eg 2 hands and 1 foot, head and 2 hands.</p> <p>Developing travel at different speeds eg move slowly before a balance, travel quickly before a jump.</p> <p>Develop the straight, barrel and forward roll.</p> <p>To perform and show control of a straight, star</p>	<p>Use body tension to perform balances both individually and with a partner.</p> <p>Explore balancing with a partner creating sequences.</p> <p>Move in and out of a balance fluently.</p> <p>Travel in variety of ways and link travel to a sequence.</p> <p>Develop more control when rolling.</p>	<p>Perform balances with more control showing good body tension.</p> <p>Explore symmetrical and asymmetrical with a partner.</p> <p>To explore matching and mirroring balances.</p> <p>Sequencing travelling actions in both canon and synchronisation.</p> <p>Develop control when performing a forward and back roll. Improve</p>	<p>Explore and take more control in taking some /all of a partner's weight using counterbalance and tension.</p> <p>Perform group balances moving out of the balances with fluency and control.</p> <p>Travel sideways in a bunny hop developing into</p>

	<p>Show shapes and actions that stretch their bodies.</p> <p>Copy and link simple actions together</p>	<p>Introduce first stage to forward roll. (tipper truck).</p> <p>Stretch and jump soft landing.</p> <p>To begin to develop technique when jumping.</p> <p>Demonstrate poses and movements that challenge their flexibility.</p> <p>Remember and repeat and link simple actions together</p> <p>To begin to develop technique in barrel, teddy bear, straight roll. Introduce first stage to forward roll. (tipper truck).</p> <p>Stretch and jump soft landing.</p> <p>To begin to develop technique when jumping.</p> <p>Demonstrate poses and movements that challenge their flexibility.</p> <p>Remember and repeat and link simple actions together</p>	<p>Explore shape in the air when jumping and landing with control.</p> <p>Show increased awareness of extension and flexibility in actions.</p> <p>Copy, remember, repeat and plan linking simple actions with some control and technique.</p>	<p>and tucked jump from a bench.</p> <p>Demonstrate increased flexibility and extension in their actions</p> <p>Choose actions that flow well into one another both on and off the apparatus.</p>	<p>Perform the full forward roll and begin to explore backwards roll.</p> <p>Explore stag jump.</p> <p>Make a twisted shape in the air and control landing by keeping body upright.</p> <p>Demonstrate increased flexibility and extension in more challenging actions.</p> <p>Plan and perform sequences showing control and technique with and without a partner.</p>	<p>straight, straddle roll. Explore symmetry through rolling actions.</p> <p>Make symmetrical and asymmetrical shapes in the air.</p> <p>Jump along, over, and off apparatus of varying height.</p> <p>Use flexibility to improve the quality of the actions they perform as well as the actions they choose to link them.</p> <p>Create and perform more complex sequences of actions with a good level of control and technique with or without a partner</p>	<p>a cartwheel. Increase the variety of pathways, levels and speed at which you travel.</p> <p>Travel in time with a partner.</p> <p>Explore different starting and finishing positions when rolling. Continue to develop more control over all rolls.</p> <p>Use a variety of jumps with control in sequences.</p> <p>Confidently transition from one action to another showing appropriate control and extension for the complexity of the action</p> <p>Plan and perform with precision control and fluency a sequence of actions including a wide range of skills.</p>
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Athletics	<p>Run showing an awareness of others. Introduction to different types of jumps.</p> <p>To throw objects into a space.</p>	<p>Describe different ways of running.</p> <p>To learn to move at different speeds for varying distances.</p> <p>To develop the 5 basic jumps. To develop balance whilst jumping and landing.</p> <p>Perform a range of throwing actions.</p>	<p>Develop sprint action.</p> <p>Begin to use different techniques to meet challenges</p> <p>Perform different combinations of the 5 basic jumps.</p> <p>Begin to show control at take-off and landing.</p> <p>Throw into targets beginning to develop accuracy.</p> <p>Throw for distance.</p>	<p>To develop sprinting technique and work to improve personal best.</p> <p>To develop changeover technique in relay.</p> <p>To develop fluency when running over hurdles.</p> <p>Begin to develop hop, step, jump.</p> <p>Explore different styles of throwing.</p> <p>Hit a target with different implements</p>	<p>Choose different styles of running for different distances.</p> <p>Recognise and record how the body works in different types of challenges over different distances.</p> <p>Perform combinations of hop step jump showing consistency</p> <p>Explore different styles of throwing to prepare for javelin, shot.</p>	<p>To develop fluency and coordination when running for speed. Further develop change over in relay.</p> <p>Demonstrate a range of jumps showing power and control and consistency at both take-off and landing.</p> <p>Throw with greater control, accuracy and efficiency of movement.</p>	<p>Develop strength stamina and speed when running.</p> <p>Adapt skills and techniques to different challenges and distances.</p> <p>Develop running over obstacles with greater control and coordination.</p> <p>Perform the triple jump. Set realistic targets for themselves when jumping for distance and height.</p> <p>To develop throwing with force and accuracy for longer distances.</p>
	OAA	<p>Follow simple instructions.</p> <p>Share ideas with others.</p> <p>Explore activities and make own decisions.</p> <p>Make decisions about where to move to in a space. Follow a path.</p> <p>Begin to identify personal success.</p>	<p>Follow instructions.</p> <p>Begin to work with a partner</p> <p>Understand the rules of a game and suggest ideas to solve tasks.</p> <p>Copy a simple diagram/map.</p> <p>Identify own and others' success.</p>	<p>Follow instructions accurately.</p> <p>Work cooperatively with a partner and a small group, taking turns and listening.</p> <p>Try different ideas to solve a task.</p> <p>Follow and create a simple diagram/map.</p> <p>Understand when a challenge is solved successfully and begin to</p>	<p>Follow instructions from a peer and give simple instructions.</p> <p>Work cooperatively with a partner and a small group, listening and accepting others ideas.</p> <p>Plan and attempt strategies to solve problems.</p> <p>Orientate and follow a diagram/map.</p>	<p>Accurately follow instructions given by a peer and give clear and usable instructions to a peer.</p> <p>Confidently communicate ideas and listen to others before deciding on the best approach.</p> <p>Plan and apply strategies to solve problems.</p> <p>Identify key symbols on a map and use a key to</p>	<p>Use clear communication when working in a Group and taking on different roles.</p> <p>Begin to lead others, providing clear instructions.</p> <p>Plan and apply strategies with others to more complex challenges.</p> <p>Orientate a map confidently using it to</p>

			<p>suggest simple ways to improve.</p>	<p>Reflect on when and why challenges are solved successfully and use others' success to help them improve</p>	<p>help navigate around a grid.</p> <p>Watch describe and evaluate the effectiveness of their team strategy, giving ideas for improvement.</p>	<p>navigate around a course.</p> <p>Explain why a particular strategy worked and alter methods to improve.</p>	<p>and strategies selecting and applying the best method to solve a problem.</p> <p>Confidently and efficiently orientate a map, identifying key features to navigate around a course.</p> <p>Accurately reflect on when challenges are solved successfully and suggest well thought out improvement</p>
<p>FMS</p>	<p>Run and stop with some control.</p> <p>Explore rolling, crawling, walking, skipping, climbing.</p> <p>Explore jumping and hopping.</p> <p>Explore moving different body parts together.</p>	<p>Explore changing direction and dodging.</p> <p>Explore jumping, hopping and skipping actions.</p> <p>Explore vertical jump and side gallop.</p> <p>Use co-ordination with and without equipment.</p>	<p>Show balance and co-ordination when running at different speeds.</p> <p>To explore combination jumping and introduce skipping in an individual rope.</p> <p>Explore leap, dodging.</p> <p>Perform actions with increased control when co-ordinating their body with and without equipment.</p>	<p>To develop running smoothly at different speeds.</p> <p>Begin to develop pace and sustain effort over long distances.</p> <p>To develop technique and control when jumping, hopping and landing.</p> <p>To develop skipping in a rope.</p> <p>To apply FMS to a variety of challenges.</p> <p>Can coordinate their bodies with increased consistency in a variety of activities.</p>	<p>Run smoothly at different speeds.</p> <p>Develop pace and sustain effort over longer distances.</p> <p>Jump for distance and height showing balance and control.</p> <p>To apply FMS to a variety of challenges.</p> <p>Begin to co-ordinate their body at speed in response to a task.</p>	<p>Sustain pace over longer distances.</p> <p>Choose a pace for running over different distances.</p> <p>To perform actions that develop agility.</p> <p>To apply FMS to a variety of challenges and identify areas of improvement</p> <p>Can coordinate a range of body parts at increased speed.</p>	<p>Sustain pace and beat personal records over distance.</p> <p>Show strength, stamina and speed when running.</p> <p>To complete actions that to develop stamina.</p> <p>To develop strength using body weight and take part in fitness challenges and identify areas of improvement</p>

							<p>and how this challenge could be met.</p> <p>Can coordinate a range of body parts with a fluent action at a speed appropriate to the challenge.</p>
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