

Progression for PE

Big Ideas	Foundation Stage	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	KS3
PE attitude	<ul style="list-style-type: none"> -Children will become confident competing in a range of different sporting activities. -Children will recognise that keeping active plays a big part in their physical and mental well-being and this will help them to lead healthy, active lifestyles. -PE will help children to build character and help to embed values such as fairness and respect. -Children will be encouraged to show good sportsmanship and support, motivate and encourage their peers and team mates. 							<ul style="list-style-type: none"> -Pupils become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. -To be equipped to apply the long-term health benefits of physical activity -
Swimming and water safety				<p>Swim with aids and begin to swim unaided</p> <p>Use legs effectively for the appropriate stroke</p> <p>Learn how to tread water with an aid</p>	<p>Begin to build competence, confidence, and proficiency whilst swimming unaided</p> <p>Use arms and legs in isolation and combination (for example front crawl, backstroke and breaststroke)</p> <p>Begin to perform safe self-rescue in different water-based situations.</p>	<p>Swim competently, confidently, and proficiently over a distance of at least 25 meters</p> <p>Use a range of strokes effectively (for example front crawl, backstroke and breaststroke)</p> <p>Perform safe self-rescue in different water-based situations.</p>		N/A
Competition	<p>Negotiate space and obstacles safely, with consideration for themselves and others (ELG)</p> <p>Explain the reasons for rules and try to behave accordingly (ELG)</p>	<p>Begin to participate in team games, developing simple tactics for attacking and defending</p> <p>Learn to take turns when playing in team games</p>	<p>Participate in team games, developing simple tactics for attacking and defending</p> <p>Learn to play fairly understanding it is ok to not always win</p>	<p>Begin to play competitive games and apply basic principles suitable for attacking and defending</p> <p>Begin to learn to play fairly whilst following the rules</p>	<p>Begin to play competitive games and apply basic principles suitable for attacking and defending</p> <p>Learn to play fairly whilst following the rules</p>	<p>Play competitive games and apply basic principles suitable for attacking and defending</p> <p>Learn to play fairly whilst following the rules and showing good sportsmanship</p>	<p>Play competitive games and apply basic principles suitable for attacking and defending</p> <p>Learn to play fairly whilst following the rules and showing good sportsmanship</p>	<p>use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</p> <p>take part in outdoor and adventurous activities which</p>

							Take part in outdoor and adventurous activity challenges both individually and within a team	present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems individually and as a group
Technique	<p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing (ELG)</p> <p>Demonstrate strength, balance and coordination when playing (ELG)</p>	<p>Learn to complete basic movements including running, jumping, throwing and catching</p> <p>Begin to develop balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p>Master basic movements including running, jumping, throwing and catching</p> <p>Developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p>Begin to use running, jumping, throwing and catching techniques</p> <p>Begin to develop flexibility, strength, technique, control and balance (for example through athletics and gymnastics)</p>	<p>Use running, jumping, throwing and catching techniques in isolation and in combination</p>	<p>Use a variety of running, jumping, throwing and catching techniques in isolation and in combination</p>	<p>Use a variety of running, jumping, throwing and catching techniques in isolation and in combination choosing the most efficient</p> <p>Develop flexibility, strength, technique, control and balance (for example through athletics and gymnastics)</p>	<p>develop their technique and improve their performance in other competitive sport that are not "Games". (athletics and gymnastics)</p>
Performance	<p>Perform songs, rhymes, poems and stories with others, and, when appropriate, try to move on time with music (ELG)</p> <p>Share their creations, explaining the process they have used (ELG)</p>	<p>Begin to perform dances using simple movement patterns.</p>	<p>Perform dances using simple movement patterns.</p> <p>Begin to comment on others performances</p>	<p>Begin to perform dances using a range of movement patterns.</p> <p>Begin to comment on others performances and offer constructive feedback</p>	<p>Perform dances using a range of movement patterns.</p>	<p>Begin to comment on their own and others performances and offer constructive feedback</p>	<p>Create and perform dances using a range of movement patterns.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>perform dances using advanced dance techniques within a range of dance styles and forms.</p> <p>analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</p>