



# PE (Games, Gymnastics, Dance, OaA, Athletics)- Year Group Key Learning Progression Document

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Games</b>					
<p><b>Throw and catch a ball with a partner.</b> Move fluently by changing direction and speed easily and avoiding collisions. <b>Show control and accuracy when striking, kicking and throwing a ball.</b></p>	<p><b>Pass a ball to a partner over varying distances.</b> Show control when striking, kicking and throwing a ball. <b>Demonstrate good awareness of space in running, chasing and avoidance games.</b> Use simple tactics in a game.</p>	<p><b>Travel whilst dribbling a ball (bouncing and kicking) with control.</b> Keep possession of a ball. <b>Choose the best space to be in during a game, to receive a ball.</b></p>	<p><b>Keep a game flowing using a variation of throwing and catching skills.</b> Strike a ball in the intended direction more accurately when bowling/batting. <b>Effectively play a net or wall game.</b> Keep to a set of rules. <b>Make it difficult for my opponent by varying speed and height when throwing a ball.</b></p>	<p><b>Travel with a ball showing changes of speed and directions using both hands and feet.</b> Use a varied range of passing types. <b>Hit the ball with purpose varying speed, height and direction.</b> Judge distances to score points.</p>	<p><b>Dribble effectively around obstacles.</b> Show precision and accuracy when throwing and catching. <b>Combine and perform skills with control, adapting to different situations.</b> Show high awareness of tactics, rules and scoring. <b>Choose the right time to pass, dribble and shoot.</b></p>
<b>Gymnastics</b>					
<p><b>Move safely with confidence.</b> Carry and place equipment with care. I can watch and copy actions. <b>Perform a range of shapes in a sequence.</b></p>	<p><b>Link dynamic and static movements to form a routine.</b> Negotiate space safely. <b>Watch, copy and describe what others have done.</b> Improve a sequence based on feedback.</p>	<p><b>Improve the quality of a routine after feedback.</b> Confidently perform simple shapes and balances. <b>Work with a partner to improve my work.</b> Self-assess my own work.</p>	<p><b>Develop a range of shapes and balances and perform them in a routine.</b> Create a routine to match a theme. <b>Describe changes to my body during exercise.</b> Suggest ways that others can improve their work.</p>	<p><b>Perform actions fluently and consistently.</b> Create sequences and adapt. <b>Comment on why exercise is good for health.</b> Evaluate and suggest improvements for my own and other people's work.</p>	<p><b>Develop my own sequences.</b> Combine and perform gymnastics shapes, balances and actions fluently. <b>Understand the importance of a warm up and cool down.</b> Suggest ways to improve my own and other people's work.</p>

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<b>Dance</b>					
<p><b>Explore different types of movement.</b> Negotiate space safely. <b>Perform a short routine with 3 actions.</b> Comment on how exercise affects the body. <b>Discuss different dance ideas.</b></p>	<p><b>Explore and remember dance actions in a sequence.</b> Compose a short routine. <b>Describe how different dance actions create feelings.</b> Watch and describe a routine and use what I learn to improve my own routine.</p>	<p><b>Improvise freely as an individual or with a partner.</b> Link phrases using a simple dance structure. <b>Dance with awareness to rhythm.</b></p>	<p><b>Explore characters and narratives.</b> Create a routine. Describe the need to warm up. <b>Evaluate my own performance and comment on improvements.</b></p>	<p><b>Explore ideas from different dance styles.</b> Compose an expressive dance. <b>Organise my own warm up and cool down to suit the activities.</b> Understand the importance of warming up.</p>	<p><b>Explore, improvise and combine movements.</b> Create structure to a dance. <b>Understand why dance is good for fitness.</b> Comment on own work and the work of others.</p>
<b>Outdoor and Adventurous</b>					
N/A	N/A	<p><b>Orientate myself with increasing confidence and accuracy around a short trail.</b> Use effective communication. <b>Identify symbols using a key.</b> Evaluate my own performance.</p>	<p><b>Orientate myself with increasing confidence and accuracy around a short trail.</b> Create a short trail with a physical challenge. <b>Recognise different features on a course.</b> Use effective communication. <b>Associate the key with items in the environment.</b> Plan and organise a trail that others can follow. <b>Begin to use a map.</b> Evaluate my performance and the performance of others.</p>	<p><b>Design an orienteering course that can be followed and offers a challenge to others.</b> Work as part of a team and independently. <b>Identify the quickest route to actively navigate an orienteering course.</b> Use clear and effective communication. <b>Complete an orienteering course multiple times and faster each time due to improved technique.</b> Explain why I chose a certain strategy.</p>	<p><b>Identify ways to become healthier.</b> Use navigation equipment such as maps and compasses to improve a trail. <b>Use a range of maps to identify which is the most effective.</b> Manage an orienteering event that others can compete in. <b>Communicate clearly and effectively when under a time pressure.</b> Thoroughly evaluate my work and the work of other people.</p>

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<b>Athletics</b>					
<p><b>Describe how my body feels before and after exercise.</b> Show good balance when running.</p> <p><b>Change direction and travel using different movement patterns.</b> Maintain control of my movement.</p> <p><b>Throw under and overarm.</b> Jump from 2 feet to 2 feet, landing with control.</p> <p><b>Select the best pace to run at in different situations.</b></p>	<p><b>Explain how to stay healthy.</b> Run using a basic technique in a curved line.</p> <p><b>Combine different jumps with fluency and control.</b> Throw with accuracy and varying power.</p> <p><b>Compare and contrast different styles of running, throwing and movement in general.</b></p>	<p><b>Recognise the effects of exercise on the body.</b> Identify and demonstrate different techniques and explain how they affect performance.</p> <p><b>Jump and land safely with control.</b> Throw with greater accuracy and control.</p> <p><b>Compete in a sporting manner learning to win well and lose well.</b></p>	<p><b>Explain why exercise is good for health.</b> Confidently show an improved technique for sprinting.</p> <p><b>Combine a hop, skip and jump to perform a triple jump.</b> Begin to measure distances.</p> <p><b>Develop throwing techniques with different objects.</b> Take part in competitive games.</p> <p><b>Modify techniques to gain better results.</b></p>	<p><b>Know and understand the reasons for warming up and cooling down.</b> Continue to practice and refine technique in athletic sports.</p> <p><b>Investigate different jumping techniques.</b> Explain why I have used a particular throwing technique or running style.</p>	<p><b>Understand the importance of wellbeing.</b> Demonstrate endurance and stamina over long distances to sustain a run.</p> <p><b>Set up and apply different types of jumps.</b> Develop and refine throwing techniques.</p> <p><b>Consistently develop and refine my skills.</b> Thoroughly evaluate my work to find improvements.</p>