

WCLA PE Progression

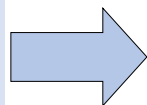
FUNDAMENTALS

EYFS

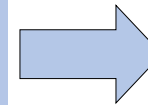
Year 1

Year 2

- Run and stop with some control.
- Explore skipping as a travelling action.
- Jump and hop with bent knees Throwing larger balls and beanbags.
- Balance whilst stationary and on the move
- Change direction.
- Explore moving different body parts together



- Attempt to run at different speeds.
- Begin to link running and jumping movements.
- Jump, leap and hop.
- Throw towards a target.
- Show control and balance when travelling at different speeds.
- Begin to show balance and coordination when changing direction.
- Use coordination with and without equipment.



- Show balance and coordination when running at different speeds.
- Link running and jumping movements with control and balance.
- Show hopping and jumping movements with control and balance.
- Change technique to throw for distance.
- Show control and balance when travelling at different speeds.
- Demonstrates balance and coordination when changing direction.

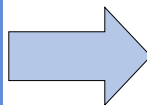
Year 3

Year 4

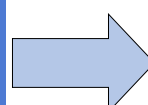
Year 5

Year 6

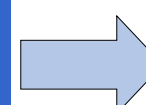
- Show balance, coordination and technique when running at different speeds.
- Link running, hopping and jumping actions using different take offs and landings.
- Jump for distance and height.
- Throw a variety of objects.
- Demonstrate balance when performing fundamental skills.
- Show balance when changing direction in combination with other skills.
- Can coordinate their bodies with increased consistency.



- Demonstrate how and when to speed up and slow down when running.
- Link hopping and jumping actions with some control.
- Jump for distance and height showing balance and control.
- Throw with some accuracy and power towards a target area.
- Demonstrate good balance when performing fundamental skills.
- Show balance when changing direction at speed in combination with other skills.
- Begin to coordinate their body at speed in response to a task.



- Run at the appropriate speed over longer distances.
- Show control at take-off and landing in complex jumps.
- Perform a range of complex jumping techniques.
- Show accuracy and power when throwing for distance.
- Demonstrate good balance and control when performing fundamental skills.
- Demonstrate improved body posture and speed when changing direction.
- Can coordinate a range of body parts.



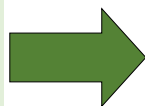
- Demonstrate a controlled running technique using the appropriate speed over longer distances.
- Link running, jumping and hopping actions.
- Perform jumps for height and distance using good technique.
- Show accuracy and good technique when throwing for distance.
- Show fluency and control when travelling, landing and changing direction.
- Change direction with a fluent action, varying speeds.
- Can coordinate a range of body parts with a fluent action at speed.

WCLA PE Progression

GAMES AND SPORT

EYFS

- Drop and catch with 2 hands.
- Move a ball with feet.
- Throw and roll a variety of objects.
- Kick larger balls into space.
- Stop a beanbag or large ball sent to them using hands.
- Attempt to stop a ball using their feet.
- Run and stop when instructed.
- Move around showing limited awareness of others.



Year 1

- Drop and catch a ball after one bounce.
- Move a ball using different parts of the trainers.
- Throw and roll towards a target with varying techniques.
- Kick towards a target.
- Catch a beanbag and a ball.
- Attempt to track balls sent to them.
- Run, stop and change direction.
- Recognise space in relation to others.

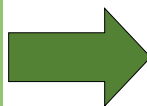


Year 2

- Dribble a ball with 2 hands on the move.
- Dribble a ball with some success, stopping it when required.
- Throw and roll towards a target using varying techniques.
- Show balance when kicking towards a target.
- Catch an object passed to them, with and without a bounce.
- Move to track a ball and stop it using feet.
- Run, stop and change direction with balance and control.
- Move to space to help score goals or limit others scoring.

Year 3

- Dribble the ball with one hand.
- Dribble a ball with feet with some control in game situations.
- Use a variety of throwing techniques.
- Kick towards a partner, with control and accuracy.
- Catch a ball passed to them using 1 and 2 hands.
- Receive a ball sent to them using different parts of the trainer.
- Strike a ball with varying techniques and equipment.
- Change direction with increasing speed in games.
- Use space with some success in games.
- Use simple tactics.



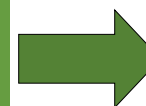
Year 4

- Link dribbling the ball with other actions and control.
- Change direction when dribbling with trainers in a game situation.
- Use a variety of throwing techniques with success in game situations.
- Catch a ball passed to them using 1 and 2 hands.
- Receive a ball using different parts of the trainer under pressure.
- Strike a ball using varying techniques and equipment with accuracy.
- Change direction to lose an opponent.
- Create and use space with some success in games.
- Use simple tactics to help their team.
- Introduction to sports- Netball, Football, gymnastics, OAA.



Year 5

- Use dribbling to change the direction of play with control.
- Dribble with trainers when under pressure.
- Use a variety of throwing techniques with control under pressure.
- Use a variety of kicking techniques with control under pressure.
- Catch and intercept a ball using 1 and 2 hands with success in games.
- Receive a ball using different parts of the trainer under pressure.
- Strike a ball using control, accuracy and tactics in mind.
- Create and use space for self and others.
- Understand the need for tactics in game situations. Such as: Basketball, handball.



Year 6

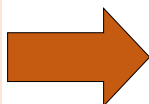
- Use dribbling to change the direction of play with control under pressure.
- Use a variety of dribbling techniques to maintain possession.
- Use a variety of throwing techniques, including to outwit an opponent.
- Select and apply the appropriate kicking technique with control.
- Catch and intercept a ball using both hands.
- Receive a ball with consideration to the next move.
- Strike a ball using wider range of skills and tactical knowledge.
- Confidently change direction to successfully outwit an opponent.
- Effectively create and use space for self and others.
- Work as a team to create tactics and evaluate effectiveness.
- Continue to apply these skills and tactics in traditional sports- football, American football, netball.

WCLA PE Progression

DANCE and GYMNASTICS

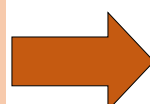
EYFS

- Copy basic body actions and rhythms.
- Choose and use travelling actions, shapes and balances
- Travel in different pathways using the space around them.
- Begin to use dynamics and expressions with guidance.



Year 1/2

- Copy, remember and repeat actions.
- Choose actions for an idea.
- Change direction, speed and levels both in a space and when using equipment.
- Begin and use counts to help stay in time with the music.
- Perform shapes, travels and balances with confidence.



Year 3/4

- Copy, remember and perform a dance phrase.
- Create a short dance phrase, both individually and as a group.
- Match dynamic and expressive qualities to a range of ideas.
- Use counts to keep in time.
- Use simple gym vocabulary- shapes, balance, posture.
- Develop a good technique when travelling, balancing and using equipment.



Year 5/6

- Accurately copy and repeat different styles of dance showing good timing.
- Choreograph phrases individually and with a group.
- Confidently perform appropriate dynamics to represent an idea.
- Continue to use counts when choreographing and performing..
- Continue to use gym vocabulary to describe how to improve and refine performances.
- Develop strength, technique and flexibility through performances.
- Create sequences using various body movements.



WCLA PE Progression

SWIMMING

Beginners

- Submerge and regain feet in water.
- Breathe in sync with an isolated kicking action from poolside.
- Use arms and legs together to move effectively across short distance in water.
- Glide on front and back over short distances.
- Float on front and back for short periods of time.



Developers

- Confidently and consistently retrieve an object from the floor with the same breath.
- Begin to coordinate breath in time with basic strokes showing some consistency in timing.
- Demonstrate a fair level of technique, consistency and coordinating the correct body parts in a range of strokes.
- Combine gliding and floating on front and back over an increased distance.



Intermediate

- Confidently combine skills to retrieve an object from greater depth.
- Confidently coordinate a smooth and consistent breathing technique with a range of strokes.
- Confidently demonstrate good technique in a wider range of strokes over an increased distance.
- Combine gliding and transitioning into an appropriate stroke with good control.
- Select and apply the appropriate survival technique to the situation.