



PE Progression Overview

Rationale

Progression in Physical Education is fundamental in developing children's engagement and development in a variety of physical activities. This starts the moment children enter the EYFS and continues beyond year 6. The pupil's experiences of PE in primary school will stay with them for the rest of their lives so it is imperative that the teaching of PE delivers a broad curriculum that allows all pupils to enjoy and progress.

As a school, we have broken down the key assessment themes into Doing, Thinking, Feeling and Enjoying. These assessment areas are aimed at allowing teachers to plan and monitor lessons so that they target specific areas but also cover all areas of the curriculum while remaining child friendly so they are able to share in their learning journey.

Within the assessment themes, we have progression areas, which provides the opportunity for the teachers to assess a child's progress against curriculum statements in the following areas:

- Dance
- Games
- Movement skills
- Body control
- Working as a Team (Outdoor activities)
- Social, Emotional and Thinking (SET)
- Swimming

With our current class structure, we have mixed aged classes throughout Key Stage 2. To ensure continuity of progression, lessons are planned, sequenced and delivered so that all pupils have the opportunity to recap and build on their prior learning. New progression themes are then sequenced and introduced to ensure progression for all year groups.

Dance

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Copy basic body actions and rhythms.	Copy, remember and repeat actions.	Copy, remember and repeat a series of actions	Copy remember and perform a dance phrase.	Copy, remember and adapt set choreography.	Accurately copy and repeat set choreography in different styles of dance showing a good sense of timing	Perform dances confidently and fluently with accuracy and good timing.
Choose and use travelling actions, shapes and balances	Choose actions for an idea	Select from a wider range of actions in relation to a stimulus.	Create short dance phrases that communicate an idea.	Choreograph considering structure individually, with a partner and in a group.	Choreograph phrases individually and with others considering actions, dynamics, space and relationships in response to a stimulus.	Work creatively and imaginatively individually, with a partner and in a group to choreograph longer phrases and structure dance considering actions, space, relationship and dynamics in relation to a theme.
Travel in different pathways using the space around them.	Use changes of direction, speed and levels with guidance	Use pathways, levels, shapes, directions, speeds and timing with guidance	Use canon, unison and formation to represent an idea.	Use action and reaction to represent an idea		
Begin to use dynamics and expression with guidance.	Show some sense of dynamic and expressive qualities	Use mirroring and unison when completing actions with a partner.	Match dynamic and expressive qualities to a range of ideas.	Change dynamics to express changes in character or narrative.	Confidently perform choosing appropriate dynamics to represent an idea	Improvise and combine dynamics demonstrating an awareness of the impact on performance
Begin to count to music.	Begin to use counts.	Use counts with help to stay in time with the music.	Use counts to keep in time with a partner and group.	Use counts when choreographing short phrases.	Use counts accurately when choreographing to perform in time with others and the music.	Use counts when choreographing and performing to improve the quality of work.

Games

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Drop and catch with two hands.	Drop and catch a ball after one bounce on the move	Dribble a ball with two hands on the move.	Dribble the ball with one hand with some control in game situations.	Link dribbling the ball with other actions with increasing control	Use dribbling to change the direction of play with some control under pressure.	Use dribbling to change the direction of play with control under pressure
Move a ball with feet.	Move a ball using different parts of the foot.	Dibble a ball with some success, stopping it when required.	Dribble a ball with feet with some control in game situations.	Change direction when dribbling with feet with some control in game situations.	Dribble with feet with some control under increasing pressure.	Use a variety of dribbling techniques to maintain possession under pressure.
Throw and roll a variety of beanbags and larger balls to space.	Throw and roll towards a target with some varying techniques.	Throw and roll towards a target using varying techniques with some success.	Use a variety of throwing techniques in game situations.	Use a variety of throwing techniques with increasing success in game situations	Use a variety of throwing techniques with some control under increasing pressure.	Use a variety of throwing techniques including fake passes to outwit an opponent
Kick larger balls to space.	Kick towards a stationary target.	Show balance when kicking towards a target.	Kick towards a partner in game situations.	Kick with increasing success in game situations.	Use a variety of kicking techniques with some control under increasing pressure	Select and apply the appropriate kicking technique with control
Stop a beanbag or large ball sent to them using hands.	Catch a beanbag and a medium-sized ball.	Catch an object passed to them, with and without a bounce.	Catch a ball passed to them using one and two hands with some success	Catch a ball passed to them using one and two hands with increasing success.	Catch and intercept a ball using one and two hands with some success in game situations	Catch and intercept a ball using one and two hands with increasing success in game situations
Attempt to stop a large ball sent to them using feet.	Attempt to track balls and other equipment sent to them.	Move to track a ball and stop it using feet with limited success	Receive a ball sent to them using different parts of the foot.	Receive a ball using different parts of the foot under pressure	Receive a ball using different parts of the foot under pressure with increasing control.	Receive a ball with consideration to the next move
Hit a ball with hands.	Strike a stationary ball using a racket.	Strike a ball using a racket.	Strike a ball with varying techniques	Strike a ball using varying techniques with increasing accuracy	Strike a ball using a wider range of skills. Apply these with some success under pressure	Strike a ball using a wider range of skills to outwit an opponent. Apply these with increasing

						control under pressure.
Run and stop when instructed.	Run, stop and change direction with some balance and control.	Run, stop and change direction with balance and control.	Change direction with increasing speed in game situations.	Change direction to lose an opponent with some success.	Use a variety of techniques to change direction to lose an opponent	Confidently change direction to successfully outwit an opponent.
Move around showing limited awareness of others.	Recognise space in relation to others.	Move to space to help score goals or limit others scoring.	Use space with some success in game situations.	Create and use space with some success in game situations	Create and use space for self and others with some success.	Effectively create and use space for self and others to outwit an opponent
Make simple decisions in response to a situation.	Begin to use simple tactics with guidance.	Use simple tactics	Use simple tactics individually and within a team	Use simple tactics to help their team score or gain possession.	Understand the need for tactics and can identify when to use them in different situations.	Work collaboratively to create tactics within their team and evaluate the effectiveness of these.

Movement

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Run and stop with some control.	Attempt to run at different speeds showing an awareness of technique.	Show balance and coordination when running at different speeds.	Show balance, coordination and technique when running at different speeds, stopping with control.	Demonstrate how and when to speed up and slow down when running	Run at the appropriate speed over longer distances or for longer periods of time	Demonstrate a controlled running technique using the appropriate speed over longer distances or for longer periods of time.
Explore skipping as a travelling action	Begin to link running and jumping movements with some control.	Link running and jumping movements with some control and balance	Link running, hopping and jumping actions using different take offs and landing.	Link hopping and jumping actions with some control.	Show control at takeoff and landing in more complex jumping activities.	Link running, jumping and hopping actions with greater control and co-ordination.
Jump and hop with bent knees	Jump, leap and hop and choosing which allows them to jump the furthest.	Show hopping and jumping movements with some balance and control.	Jump for distance and height with an awareness of technique.	Jump for distance and height showing balance and control.	Perform a range of more complex jumps showing some technique.	Perform jumps for height and distance using good technique.
Throwing larger balls and beanbags into space.	Throw towards a target	Change technique to throw for distance	Throw a variety of objects, changing action for accuracy and distance.	Throw with some accuracy and power towards a target area.	Show accuracy and power when throwing for distance.	Show accuracy and good technique when throwing for distance
Balance whilst stationary and on the move	Show some control and balance when travelling at different speeds.	Show control and balance when travelling at different speeds	Demonstrate balance when performing other fundamental skills.	Demonstrate good balance when performing other fundamental skills.	Demonstrate good balance and control when performing other fundamental skills.	Show fluency and control when travelling, landing, stopping and changing direction.
Change direction at a slow pace.	Begin to show balance and co-ordination when changing direction.	Demonstrates balance and co-ordination when changing direction.	Show balance when changing direction in combination with other skills.	Show balance when changing direction at speed in combination with other skills	Demonstrate improved body posture and speed when changing direction	Change direction with a fluent action and can transition smoothly between varying speeds.
Explore moving different body parts together.	Use co-ordination with and without equipment	Perform actions with increased control when co-ordinating their body with and without equipment.	Can co-ordinate their bodies with increased consistency in a variety of activities.	Begin to co-ordinate their body at speed in response to a task.	Can co-ordinate a range of body parts at increased speed.	Can co-ordinate a range of body parts with a fluent action at a speed appropriate to the challenge.

Body Control

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Create shapes showing a basic level of stillness using different parts of their bodies	Perform balances making their body tense, stretched and curled.	Perform balances on different body parts with some control and balance.	Complete balances with increasing stability, control and technique.	Use body tension to perform balances both individually and with a partner.	Show increasing control and balance when moving from one balance to another.	Combine and perform more complex balances with control, technique and fluency.
Begin to take weight on different body parts.	Take body weight on hands for short periods of time.	Take body weight on different body parts, with and without apparatus	Demonstrate some strength and control when taking weight on different body parts for longer periods of time.	Demonstrate increasing strength, control and technique when taking own and others weight.	Use strength to improve the quality of an action and the range of actions available.	Demonstrate more complex actions with a good level of strength and technique.
Show shapes and actions that stretch their bodies.	Demonstrate poses and movements that challenge their flexibility.	Show increased awareness of extension and flexibility in actions.	Demonstrate increased flexibility and extension in their actions	Demonstrate increased flexibility and extension in more challenging actions.	Use flexibility to improve the quality of the actions they perform as well as the actions they choose to link them.	Confidently transition from one action to another showing appropriate control and extension for the complexity of the action.
Copy and link simple actions together.	Remember, repeat and link simple actions together.	Copy, remember, repeat and plan linking simple actions with some control and technique.	Choose actions that flow well into one another both on and off apparatus.	Plan and perform sequences showing control and technique with and without a partner.	Create and perform more complex sequences of actions with a good level of quality, control and technique with and without a partner.	Plan and perform with precision, control and fluency, a sequence of actions including a wide range of skills.

Working as a Team (Outdoor Activities)

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Follow simple instructions.	Follow instructions	Follow instructions accurately.	Follow instructions from a peer and give simple instructions.	Accurately follow instructions given by a peer and give clear and usable instructions to a peer	Use clear communication when working in a group and taking on different roles.	Communicate with others clearly and effectively when under pressure.
Share their ideas with others	Begin to work with a partner and a small group.	Work co-operatively with a partner and a small group, taking turns and listening to each other.	Work collaboratively with a partner and a small group, listening to and accepting others' ideas.	Confidently communicate ideas and listen to others before deciding on the best approach.	Begin to lead others, providing clear instructions.	Confident to lead others and show consideration of including all within a group
Explore activities making own decisions in response to a task.	Understand the rules of the game and suggest ideas to solve simple tasks	Try different ideas to solve a task.	Plan and attempt to apply strategies to solve problems	Plan and apply strategies to solve problems.	Plan and apply strategies with others to more complex challenges.	Use critical thinking skills to form ideas and strategies selecting and applying the best method to solve a problem
Make decisions about where to move in space	Copy a simple diagram/map.	Follow and create a simple diagram/map.	Orientate and follow a diagram/map	Identify key symbols on a map and use a key to help navigate around a grid.	Orientate a map confidently using it to navigate around a course.	Confidently and efficiently orientate a map, identifying key features to navigate around a course.
Follow a path. Communicate with others clearly and effectively when under pressure.	Identify own and others' success	Understand when a challenge is solved successfully and begin to suggest simple ways to improve.	Reflect on when and why challenges are solved successfully and use others' success to help them to improve.	Watch, describe and evaluate the effectiveness of their team strategy, giving ideas for improvements	Explain why a particular strategy worked and alter methods to improve	Accurately reflect on when challenges are solved successfully and suggest well thought out improvements.
Begin to identify personal success						

Social, Emotional and Thinking

	EYFS	Years 1 & 2	Years 3 & 4	Years 5 & 6
Social	<p>Take turns.</p> <p>Learn to share equipment with others.</p> <p>Share their ideas with others.</p>	<p>Encourage others to keep trying.</p> <p>Talk to a partner about their ideas and take turns to listen to each other.</p> <p>Work with a partner and small group to play games and solve challenges.</p>	<p>Encourage and motivate others to work to their personal best</p> <p>Work with others to achieve a shared goal.</p> <p>Work with others to self-manage games.</p>	<p>Share ideas with others and work together to decide on the best approach to a task.</p> <p>Lead others and show consideration of including all within a group.</p> <p>Communicate with others clearly and effectively</p>
Emotional	<p>Try again if they do not succeed.</p> <p>Practise skills independently</p> <p>Confident to try new tasks and challenges.</p>	<p>Show determination to continue working over a longer period of time</p> <p>Determined to complete the challenges and tasks set</p> <p>Explore skills independently before asking for help</p> <p>Confident to share ideas, contribute to class discussion and perform in front of others.</p>	<p>Persevere when finding a challenge difficult.</p> <p>Understand what their best looks like and they work hard to achieve it.</p> <p>Begin to use rules showing awareness of fairness and honesty</p> <p>Show an awareness of how other people feel.</p>	<p>Understand what maximum effort looks and feels like and show determination to achieve it.</p> <p>Use different strategies to persevere to achieve personal best.</p> <p>Compete within the rules showing fair play and honesty when playing independently.</p> <p>Confident to attempt tasks and challenges outside of their comfort zone</p>
Thinking	<p>Begin to identify personal success.</p> <p>Choose own movements and actions in response to simple tasks e.g. choosing to travel by skipping</p> <p>Begin to provide simple feedback saying what they liked or thought was good about someone else's performance.</p>	<p>Make decisions when presented with a simple challenge. E.g. move to an open space towards goal.</p> <p>Begin to select and apply skills to use in a variety of differing situations. E.g. choose to use a balance on their bottom on a wider piece of apparatus.</p> <p>Provide feedback beginning to use key words from the lesson</p>	<p>Pupils make quicker decisions when selecting and applying skills to a situation. E.g. who to pass to and where to move.</p> <p>Select and apply from a wider range of skills and actions in response to a task.</p> <p>Provide feedback using key terminology.</p>	<p>Reflect and evaluate their performances both as a group and as an individual and suggest areas for improvement</p> <p>Recognise and explain their thought process when playing games or completing tasks. E.g I moved here because my teammate was over there</p> <p>Identify their own and others' strengths and areas for development providing sensitive feedback and can suggest ways to improve.</p> <p>Select and apply appropriate skills for the situation when under pressure.</p>

Swimming

Beginners	Developers	Intermediate
<ul style="list-style-type: none">• Submerge and regain feet in the water.• Breathe in sync with an isolated kicking action from poolside.• Use arms and legs together to move effectively across a short distance in the water.• Glide on front and back over short distances.• Float on front and back for short periods.• Confidently roll from front to back and then regain a standing position.	<ul style="list-style-type: none">• Confidently and consistently retrieve an object from the floor with the same breath.• Begin to co-ordinate breath in time with basic strokes showing some consistency in timing.• Demonstrate a fair level of technique, consistently co-ordinating the correct body parts in a range of strokes.• Combine gliding and floating on front and back over an increased distance.• Float on front and back using different shapes with increased control.• Comfortably demonstrate sculling head first, feet first and treading water.	<ul style="list-style-type: none">• Confidently combine skills to retrieve an object from greater depth.• Confidently co-ordinate a smooth and consistent breathing technique with a range of strokes.• Confidently demonstrate good technique in a wider range of strokes over increased distances.• Combine gliding and transitioning into an appropriate stroke with good control.• Confidently link a variety of floating actions together demonstrating good technique and control• Select and apply the appropriate survival technique to the situation.