



Progression Summary – Physical Education

R

Body Management.

Explore balance and managing own body, including manipulating small objects. Able to stretch, reach, extend in a variety of ways and positions. Able to control body and perform specific movements on command.

Gymnastics.

To develop confidence in fundamental movements. To experience jumping, sliding, rolling, moving over, under and on apparatus. To develop coordination and gross motor skills.

Manipulation and coordination.

Send and receive objects with different body parts. Work with others to control objects in space. Coordinate body parts such as hand-eye, foot-eye over a variety of activities and in different ways.

Invasion Games

Gymnastics

Dance

1

Catch and intercept
Bounce ball to self
Communicate with a partner

Carry equipment safely
Explore body tension – linking movements (rock, spin, turn, move on, off and over)

Develop actions to express friendship
Perform with feeling
Move and turn as a group

2

Control a ball with both hands and/or feet
Bounce the ball to send it
Bounce a ball to begin dribbling

Use start and finish shapes
Develop levels and speed
Body management in a range of actions

Discuss how a dance can develop
Perform freestyle moves
Explore movement pathways

3

Dribbling, passing in pairs
Defensive positioning
Find space to receive the ball

Show body control when rolling and contrasting shapes
Develop fluency in movements (e.g. bouncing, smooth transition in extension)
Create patterns with a range of movements

Communicate ideas as part of a group
Create floor patterns
Demonstrate stylistic elements of dance

4

Pass over longer distances
Marking techniques and defending principles

Progression in cartwheel
Speed changes
Show flow in and between movements

Develop dance freeze frames
Work collaboratively to sequence
Perform a slide and roll

5

Combine basic skills with confidence, such as dribbling and shooting
Select and apply appropriate skills in a game situation

Symmetry and asymmetry
Counterbalances
Round off progression

Perform locomotor and non-locomotor movements in a dance phrase
Copy and perform a specific dance action to communicate a theme
Describe the key features of a particular kind of dance

6

.Compare performances
Comprehend and show why a player with the ball should keep moving or be ready to pass quickly

Dismounting from height
Flight in unison and canon
Use and inclusion of stimuli (e.g. ribbons and hoops)

Explore space in a deeper way in relation to dance
Compose a dance performance
Show formations that create attention and relationships



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Work with others to control objects in space.
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Net/Wall Games

1

Explore different ways of sending a ball.
Moving towards and returning balls.
Attempt to hit a ball. Basic rally with slow moving objects

2

Use basic serving rules in a game.
Develop the ready position to receive a ball.
Throw into space to make it difficult for an opponent to return

3

Use a varied strength of hit.
Send and return over a net.
Move towards the ball to return.

4

Varying forehand shots. Introducing backhand.
Practice racquet handling skills with trick shots.
Consistently send forehand to targets.

5

Moving opposition around the court.
Perform forehand long and short serves.
Clearing from the back of the court.

6

Offensive and defensive court positioning.
Drop and smash shot.
Variety of shot type for specific purposes.

Cooperate and Solve Problems.

Organise and match various items, images, colours and symbols. Work with a partner to listen, share ideas, question and choose. Move confidently and cooperatively in space.

Striking and Fielding

Use a range of throwing and rolling skills.
Work with others to stop players from scoring runs.
Self-feed and hit a ball.

Hit with bats and/or hands.
Use kicking to send a ball and score points.
Use underarm bowling

Bowl with some accuracy and consistency.
Use the long barrier to collect a rolling ball/collect and return a moving ball.

Directing hit to score runs.
Attempt to stop a bouncing ground ball with some success.

Throw for accuracy over short distances.
Recognise where to play.

Demonstrate urgency when acquiring runs/rounders.
Track and catch high balls.
Work in pairs to field a long ball.

Speed, Agility, Travel.

Travel with some control and coordination. Change direction at speed through both choice and instructions. Stop, start, pause, prepare for and anticipate movement in a variety of situations.

Athletics

Starting and stopping at speed.
Use leading arm to throw.
Jumping and bounding. Run from different starting positions.

Select best throw for conditioned games.
Perform some static and dynamic balances.
Attempt more accuracy in throws.

Combination jumps.
Recognising and performing different paced runs.
Recording scores accurately.

Aiming at targets.
Accelerating over short distances.
Varied typed of throwing actions.

Understand and develop further the principles of pace.
Push and pull action when throwing.
Jump for distance.

Sprint start techniques.
Work collaboratively to judge and record.
Take part in specific modified events using laws/rules for each event.



Progression Summary – Physical Education

R

1

2

3

4

5

6

Swimming

Beginner

Pulling and pushing.
Stabilising – feet upright off the ground.
Submerging.
Prone float.
Supine float.
Leg action on back.
Push, glide, turn.
Doggy paddle.
The transition from glide to stroke.

Intermediate

Jump in from the side of the pool and submerge.
Sink and roll.
Front crawl legs.
Surface dive.
Linking 3 different types of floating techniques.
Breaststroke legs.
Somersault in water.
Sculling face in the water.
Kicking while submerged.

Advanced

Relay change over.
Mushroom float.
Partner support.
Crouching dive.
Surface dive.
Treading water.
Tumble turn/tumble underwater.
Combining fluent breaststroke arm and leg technique.
Head out entry to water.

Outdoor and Adventurous Activities.

Cooperate and Solve Problems.

Organise and match various items, images, colours and symbols. Work with a partner to listen, share ideas, question and choose. Move confidently and cooperatively in space.

Recognise, remember, and match some symbols.

Follow a movement pattern with others.

Take part in competitive races and work with a partner

Build on speed stack skills.

Introduce the principle of map keys and use them

Use non-verbal communication effectively.

Develop further simple map reading skills.

Respond to and resolve problems as a team.

Recognise and use compass points.

Work cooperatively with a partner to follow a map and solve problems.

Recognise a range of standard map symbols.

Classify and interpret simple morse code.

Work at maximum physical capacity, e.g., when running.

Perform under pressure, safely and with control.

Follow and orient a map.

Tie a reef knot.

Design your own game using, refining, and adapting group ideas.