



# Coddington C of E

## Primary and Nursery School

### PE Progression Document

Key Area	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Healthy body and mind</b>	<p>Know that exercise is important to stay healthy.</p> <p>Know that they can try new activities, showing perseverance and resilience when faced with a challenge</p>	<p>Know that breathing changes during exercise.</p>	<p>Know that heart rate and temperature changes during exercise.</p> <p>Know that they have a pulse to measure heart rate.</p>	<p>Know that it is important to warm up and cool down when exercising.</p>	<p>Know that keeping fit is good for health.</p>	<p>Know that exercise is important for mental well being.</p> <p>Know that there are important safety principles when preparing for exercise.</p>	<p>Know that exercise has a valuable role in keeping healthy.</p> <p>Know that muscles have names.</p>
<b>Invasion games</b>	<p>Know that we can control our body and move freely using suitable speed or direction to avoid obstacles.</p>	<p>Know that choices can be made to confidently keep safe in the space during a game.</p> <p>Know that different parts of the body can</p>	<p>Know that there are simple tactics for attacking and defending.</p> <p>Know that simple tactics can be used while participating in team games.</p>	<p>Know that a ball can move towards a goal with increasing control.</p> <p>Know that players can move into space to help support a team.</p>	<p>Know that a ball can be passed, received and shot with increasing control.</p> <p>Know that team work can be used to keep possession and score goals when attacking.</p>	<p>Know that there are different skills for different situations.</p> <p>Know that are strategies to pass, receive and shoot</p>	<p>Know that a ball can be passed, received and shot with increasing control under pressure.</p> <p>Know that a variety of strategies are used to play competitive games and these can</p>

		retrieve and stop a ball.	Know that a ball can be caught and controlled in movement.		Know that simple tactics can be used to help a team score or gain possession.	the ball with some control under pressure.  Know that there are ways to contribute when attacking and defending in a range of positions.	be applied in different ways.
<b>Gymnastics</b>	<p>Know that there are ways to move confidently and safely in their own and general space. (under, round, over equipment and obstacles)</p> <p>Know that simple movements can be copied to form a sequence.</p> <p>Know that there are ways to jump off an object and land appropriately.</p> <p>Know that our bodies can make shapes according to commands.</p>	<p>Know that there are ways to move confidently and safely in their own and general space, using change of speed and direction.</p> <p>Know that stability and control can be developed when performing balances.</p> <p>Know that there are a variety of gymnastic actions to explore and perform (barrel, straight and forward roll)</p>	<p>Know that a simple sequence can be made with a partner by sharing ideas.</p> <p>Know that shapes and balances can be linked, with and without apparatus</p> <p>Know that sequence work can be developed (with rolling and using apparatus)</p>	<p>Know that contrasting actions can be used to plan a sequence.</p> <p>Know that transitions into and out of balances can be performed smoothly.</p> <p>Know that there are ways to move in unison with a partner with and without equipment</p> <p>Know that stepping into shape jumps can be developed and performed with control</p>	<p>Know that a sequence can be planned and performed with a partner that includes a change of level and shape.</p> <p>Know that balances can be performed safely individually and with a partner.</p> <p>Know that body tension can improve the control and quality of their movements.</p> <p>Know that straight, barrel, forward and straddle roll can be developed.</p>	<p>Know that apparatus can be used to create and perform sequences individually and with a partner.</p> <p>Know that a set criteria can be used to make simple judgments about performances and suggest ways they could be improved.</p> <p>Know that a canon and synchronisation, and matching and mirroring can be used when performing with a partner and a group.</p> <p>Know that straight, forward, straddle and backward rolls can be developed.</p>	<p>Know that gymnastics can develop flexibility, strength, technique, control and balance.</p> <p>Know that gymnastic actions, shapes and balances can be combined and performed with control and fluency.</p> <p>Know that a performance can be improved by watching, describing and suggest possible improvements.</p>

	Demonstrate strength, balance and coordination when playing						
Dance	<p>Know that basic body actions and rhythms can be explored and copied.</p> <p>Know that a body can respond in different ways to different types of music.</p>	<p>Know that by using a range of body actions and body parts a performance of movement can be created.</p> <p>Know that the body can be explored and movement ideas can be responded to imaginatively in a range of stimuli.</p> <p>Know that movements can be composed and linked to have simple beginnings, middles and ends.</p>	<p>Know that dances can be performed using simple movement of patterns.</p> <p>Know that dancers can explore the change of rhythm, speed, level and direction.</p>	<p>Know that dance phrases can be created to communicate ideas.</p> <p>Know that dance phrases can be created with a partner and in a small group and in unison.</p> <p>Know that dynamic and expressive qualities can be used to express an idea.</p> <p>Know that counts can be used to keep in time with a group and the music.</p> <p>Know that movements and the expressive qualities of dance can be discussed.</p>	<p>Know that simple motifs and movement patterns can be used to structure dance phrases on their own, with a partner and in a group.</p> <p>Know that a range of stimuli related to character and narrative will allow the dancer to respond imaginatively to the music.</p> <p>Know that formation, canon and unison can be used to develop a dance.</p> <p>Know that dances can be performed clearly and fluently.</p> <p>Know that appropriate language can be used to describe, interpret and evaluate dance.</p>	<p>Know that actions can be adapted and refined, dynamics and relationships in a dance.</p> <p>Know that different styles of dance can be performed clearly and fluently.</p> <p>Know that are different ways to suggest improvements to their own and other people's work.</p>	<p>Know that dances can be performed using a range of movement patterns</p> <p>Know that individuals, pairs and groups can choreograph motifs and structure simple dances how to work creatively and imaginatively.</p> <p>Know that props can be used to choreograph a dance.</p> <p>Know that appropriate language can be used to evaluate and refine their own and others' work.</p>

<p><b>Net and ball</b></p>	<p>Know that bodies can make large and small movements.</p> <p>Know that there are ways to catch a large ball.</p> <p>Know that there are strategies to kick a ball along the floor.</p>	<p>Know that there are different ways to work with a partner in throwing and catching games.</p> <p>Know that a ball can be hit with control using an appropriate object.</p>	<p>Know that to catch and control a ball in movement working with a partner or in a small group.</p> <p>Know that basic tactics can be used in a simple team games.</p> <p>Know that there are best places to stand during a team game, to support the game.</p>	<p>Know how to return a ball to a partner.</p> <p>Know how to use basic racket skills.</p> <p>Know how to move quickly around the court using a variety of movement patterns.</p>	<p>Know that there are a range of basic racket skills and variety of shots in different areas of the court.</p> <p>Know that there is a ready position and when it is appropriate to return to that position.</p>	<p>Know that there are strategies that can be used to develop skills and begin to use these under some pressure.</p> <p>Know that preferred skills can be selected and applied with increasing consistency.</p> <p>Know that there is a need for tactics and make decisions about when best to use them.</p>	<p>Know that they can use a wider range of skills in game situations.</p> <p>Know that there are good and bad decisions when making shots within a game.</p> <p>Know there are a variety of tactics that can be identified and used</p>
<p><b>Striking and fielding</b></p>	<p>Know that a ball can be hit with another piece of equipment.</p> <p>Know that they can throw a ball using over or under arm.</p>	<p>Know that there are techniques to striking a ball with control.</p> <p>Know that a ball can be fielded using under and over arm throwing.</p> <p>Know that simple games have rules and skills.</p>	<p>Know that simple tactics can vary, be chosen and used.</p> <p>Know that there are strategies to catch and control a ball in movement working with a partner or in a small group.</p> <p>Know that games have opposition.</p>	<p>Know that there are techniques to perform over arm and underarm throwing, and catching skills.</p> <p>Know that they can strike a bowled ball after a bounce.</p> <p>Know that a ball can be bowled towards a target.</p>	<p>Know that there are techniques to perform over arm and underarm throwing, and catching skills with increasing accuracy.</p> <p>Know that there are techniques to strike a ball after a bounce.</p> <p>Know that there are ways to bowl a ball with some accuracy, and consistency. Know that a ball can be thrown at different speeds,</p>	<p>Know how to sometimes strike a bowled ball.</p> <p>Know how to develop a wider range of skills and use these under some pressure.</p> <p>Know how to use tactics effectively in a competitive situation.</p>	<p>Know how to use and adapt rules, strategies and tactics, using their knowledge of basic principles of batting and fielding.</p> <p>Know how to develop and adapt their striking, fielding, throwing and catching skills to different heights, distances in small and large games.</p>

			Know that there are strategies to hit a ball accurately using a piece of equipment.		directions and heights.		Know that a variety of techniques and tactics are used in the game as a batter, bowler and fielder.
<b>Multi skills and athletics</b>	<p>Know that there are skills to running, jumping and throwing with a range of equipment.</p> <p>Know that commands given can be used to vary the speed of running.</p> <p>Know that they can move energetically, such as running, jumping, hopping, dancing, skipping and climbing.</p>	<p>Know that a variety of objects can be thrown correctly with one hand.</p> <p>Know that there are strategies to jump from a stationary position with control.</p> <p>Know that there are strategies to change speed and direction whilst running.</p>	<p>Know that there are tactics to run at fast, medium and slow speeds.</p> <p>Know that there are strategies to develop their balance, coordination and agility.</p>	<p>Know that there are different ways to take off and land when jumping.</p> <p>Know that there are ways to develop jumping for distance and height.</p> <p>Know that actions and approaches can be changed to impact on jumping accuracy and distance.</p>	<p>Know that there is a difference between sprinting and jogging and the skills involved in each.</p> <p>Know that there are a variety of different throwing techniques.</p> <p>Know that there are strategies to jump for distance and height with control and balance.</p> <p>Know that there are strategies that can be used to throw with some accuracy and power into a target area.</p>	<p>Know that different paces can be used at different points in a running event.</p> <p>Know that there are a range of jumps with different techniques.</p> <p>Know that there are good technique when throwing for distance and accuracy.</p> <p>Know that stamina and power help people to perform well in different athletic activities.</p>	<p>Know that there are a range of jumps with varying levels of power, control and consistency at both take off and landing.</p> <p>Know that there is a way to throw with accuracy and good technique when throwing for distance.</p> <p>Know that there are strategies to lead a small group through a short warm-up routine.</p> <p>Know that some athletic activities can improve strength, power or stamina.</p>

<p><b>Outdoor adventurous activity</b></p>				<p>Know that there are effective ways to communicate ideas and listen to others.</p> <p>Know that there are best ways to work with a partner and a small group to plan and attempt to apply strategies to solve problems.</p> <p>Know that there are a range of skills to map reading skills.</p>	<p>Know that there are ways to accurately follow and give instructions.</p> <p>Know that there are key symbols on a map and a key to help navigate around a grid.</p> <p>Know that reflections can be made upon solving challenges.</p>	<p>Know that there are ways to work effectively with a partner and a small group, sharing ideas and agreeing on a team strategy.</p> <p>Know that critical thinking is beneficial when approaching a task.</p> <p>Know how to navigate around a course using a map.</p> <p>Know that there are strategies to solving challenges and ways to alter methods in order to improve.</p>	<p>Know that critical thinking allows you to form good ideas.</p> <p>Know that group thinking and reflection are a best method to solve problems and overcome challenges.</p> <p>Know that there are a variety of strategies to orientate and use a map efficiently to navigate around a course.</p>
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