

Pollington –Balne CE Primary School PE Progression Map

Pollington –Balne CE Primary School PE Progression Map							
	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Pupils should be taught to: - master basic movements including running, jumping, throwing and catching, as well as; - developing balance, agility and co-ordination, and begin to apply these in a range of activities - participate in team games, developing simple tactics for attacking and defending - perform dances using simple movement patterns.			Pupils should be taught to: - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] perform dances using a range of movement patterns - take part in outdoor and adventurous activity challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best			
Programmes of study							
Multi Skills (R)	- Scholars should be able to demonstrate different ways of moving with some control. - Negotiates space successfully when playing invading or evading based games with other children, adjusting speed or changing direction. - Show an understanding of the need for safety when tackling new challenges, and considers and manages some risks. - Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. - Shows understanding of how to transport and store equipment safely.						

Invasion Games (KS1)	Send & receive a ball by rolling from hand & striking with foot Aim & throw object underarm Catch and bounce a variety of balls Move and stop safely in a specific area Play a passing & target game alone and with a partner	Throw underarm, bounce & catch a variety of balls by self & with partner pass/stop a ball using both feet Invade and evade using different movements such as run straight, on a curve, and sidestep with correct technique Begin to follow some simple rules	Perform some dribbling skills with hands, feet and a stick using space Pass a ball accurately (hands & feet) over longer distances to a team mate Combine stopping, receiving, sending and passing in multiple forms to other players Make simple decisions about when /where to move in game to receive a ball				
Invasion Games KS2 (Netball)				Within a team game, make a variety of passes to team mates moving towards the scoring area Aim to use a variety using a chest pass, bounce pass and shoulder pass Communicate verbally and non-verbally to indicate where you like to pass to go or receive a pass Begin to understand and apply creating space for you and your team Mark another player and defend when needed	Attempt to intercept the ball in skill related and game related environments Use a chest pass, bounce pass and shoulder pass to support team in scoring Make decisions regarding which is the best type of pass to use, opposed and unopposed Identify space to move into and show a clear target (hands) to receive a pass	Defend against a player and make some successful interceptions when playing as a team Use all three passes (chest, shoulder & bounce) applying them to game situations Understand when to vary speed of pass Disguise movement in an attempt to Lose a defender and receive a pass Defend a player and make some successful interceptions when playing as a team	Choose the correct pass within a game situation Apply a range of passes that can lead to a scoring opportunity Begin to understand and apply the principle of pivoting and landing Position body to defend effectively, making successful interceptions

Invasion Games KS2 (Football)				Control the ball using both feet then begin to dribble a ball varying the speed of movement and direction Apply passing, previously embedded to pass a football to someone on team Keep a ball under control at different speeds Begin to understand how to create space Defend another player and defend when needed	Stop the ball with control using both feet and dribble with control into space Make a pass to someone on the team Keep the ball under control when receiving a range of passes from team Identify where space is and then evaluate if you they need to create new space - using knowledge from other invasion games if possible Defend against a player and intercept	Dribble with both feet confidently varying speed whilst identifying space Send a football to someone on the team, using different parts of foot accurately. Use a range of ways to keep a ball under control (foot, thigh and chest) See space, and use it effectively Lose a defender to receive a pass Defend a player and make some successful interceptions for team	Dribble into space with speed, to beat defenders Make decisions regarding how and when to pass a football to someone in your team Use a variety of techniques to keep the ball under control building on previous knowledge Know how space changes within a game and when and how to move Position body to defend effectively, making successful interceptions
Invasion Games KS2 (Tag Rugby)				Move & accelerate with speed holding a rugby ball Know where to score a try and how to position the ball to score a try Break past defenders into space to avoid being tagged Understand the concept of tag-rugby that a pass does NOT need to be made until you have been tagged Understand a backward pass needs to be applied when they have been tagged	Move & accelerate with speed, using a change of direction to evade being tagged. With or without a ball Use speed and space to avoid defenders Pass the ball backwards stationary and sometimes on the move Tag the person who has the ball	Be able to evade and tag opponents Be able to pass and receive a pass at speed Be able to pass and receive a pass at speed in a game situation Apply basic attacking and defending tactics such as defensive line to defend and arrow head to attack Develop tactics as a team Apply learnt skills in a game of tag rugby	Be able to evade and tag opponents within a game Running at speed, changing direction at speed in and out of possession Play effectively in attack and defence Score points against opposition Support player with the ball

Invasion Games KS2 (Hockey)				Begin to show how to hold a hockey stick and which side to use whilst manipulating the ball (preferable tennis ball) Begin to use a simple push pass to another team mate Dribble the ball keeping it close, using the correct side of stick Begin to approach a player to tackle and intercept under pressure Apply the push pass to a scoring situation	Apply change direction of travel by rotating and turning stick to support this Use a push pass to make a direct pass Begin to use a slap pass within a skill-based activity Use speed to dribble the ball into space Apply defensive knowledge from previous experiences adapted with a hockey stick Attempt to score inside a designated scoring area	Change direction and use the correct side of stick Begin to develop the Indian dribble within a skill-based activity Choose between the two passes (push/slap) and explain simply why Make a direct pass while dribbling Successfully score while in the scoring area	Use speed, changing of direction and Indian dribbling to find space or lead to a goal scoring opportunity Apply a range of passes knowing which one depending on the distance of the pass Know when to defend and what defence skills could be used Attempt to score on intercepting the ball
Invasion Games KS2 (Basketball)				Pass and catch the ball in two different ways in a game situation with some success Move with the ball in a variety of ways with some control Find a useful space and get into it to support teammates Use simple attacking and defending skills in a game Understand and begin to apply the basic principles of invasion games Compete against self and others in a controlled manner	Catch with increasing control and accuracy Move with the ball using a range of techniques showing control and fluency Pass the ball with increasing speed, accuracy and success in a game situation Make the best use of space to pass and receive the ball Use a range of attacking and defending Take part in a range of competitive games and activities	Consolidate different ways of throwing and catching, and know when each is appropriate in a game Use ball skills in various ways, and begin to link together Pass a ball with speed and accuracy using appropriate techniques in a game situation Keep and win back possession of the ball effectively in a team game Know when to pass and when to dribble in a game Take part in competitive games with a strong understanding of tactics and composition	Throw and catch accurately and successfully under pressure in a game Show confidence in using ball skills in various ways in a game situation, and link these together effectively Keep and win back possession of the ball effectively and in a variety of ways in a team game Apply knowledge of skills for attacking and defending Work as a team to develop fielding strategies to prevent the opposition from scoring Take part in competitive games with a strong understanding of tactics and composition

Gymnastics KS1	Explain the importance of moving with control Perform the basic actions of balancing, travelling, rolling, jumping and climbing Understand the difference between stillness and movement Show awareness of body parts, points and position when making still shapes Link and repeat basic gymnastic actions With support, understand how to carry and position equipment safely	Explain the importance of moving with control & Posture Perform the basic actions of balancing, travelling, rolling, jumping and climbing Change speed and direction when travelling Show awareness of body parts, points and position when making still shapes Link and repeat basic gymnastic actions Know how to carry and position equipment safely	Explain the importance moving with control and awareness of space Move with some control and awareness of space Create a sequence using 3 or more linked actions combined with basic and intermediate balances Show contrasts on use of body and shape (such as small, tall, straight, curved) Balance on different points of the body, holding a still position Climb and travel safely on equipment Jump in a range of different of ways, showing control and balance on landing				
Gymnastics KS2				Explain the importance of smooth transitions between balances Display smooth transitions between balances Demonstrate control and coordination Devise, repeat and perform a short sequence that shows changes in speed, level and direction Adapt a sequence to include apparatus Adapt a sequence to work in a small group To work in small groups offering peer support	Plan, perform and repeat gymnastic sequences, linking still shapes with travelling Link a number of movements into a sequence Show changes of direction, speed and level during a gymnastic sequence Travel in a variety of ways, creating power in movements Align body parts to create successful and stable balances Make similar and contrasting shapes on the floor and apparatus, working with a partner	Discuss a range of gymnastics actions Perform a range of gymnastic actions with consistency, fluency and clarity of movement Show body tension and extension and good weight transference When working in small groups, make similar and contrasting shapes on the floor and apparatus (symmetry / asymmetry) Combine dynamics when making sequences using changes of speed, level and direction	Create longer, more complex gymnastic sequences that include a good range of well performed gymnastic elements When working in small groups, carefully link actions and balances together showing good timing Incorporate a range of different speeds, directions, levels, pathways and body rotations during gymnastic performance Rehearse, refine and perfect gymnastic skills To work in small groups offering peer support to allow the sequence to develop and progress

Strike and Field (KS1)	Aim & throw object underarm Catch balloon/bean bag/scarf & sometimes a bouncing ball Use hand to strike a bean bag or ball and move towards a scoring area Begin to use a bat or racket to hit a ball	Show some different ways of hitting, throwing and striking a ball Hit a ball or bean bag and move quickly to score a range of points (further distance scores more points) Understand a as a fielder how to get the ball back to the designated area Begin to follow some simple rules (carrying the bat, not over taking someone)	Send a ball off a tee using a bat Play two types of games to score: running around a series of hula hoops or forwards and backwards between hula hoops Stop moving when the 'bowler' has the ball Play as a fielder and pass the ball back to the bowler to make the runner stop Follow rules for a game (carry the bat, don't overtake, run around the outside of the hula hoops)				
Strike and Field (KS2)				Use fielding skills to stop the ball effectively Throw with some control and accuracy within a small skill or small sided activity Bat with some control, strike a moving ball Work in a team when fielding and applying tactics	Throw and catch under pressure To develop the range of Cricket skills they can apply in a competitive context To consolidate existing skills and apply with consistency To choose and use a range of simple tactics in independently and in a game context	To link together a range of skills and use in combination when fielding and bowling To bat with control and accuracy within small games To collaborate as a team to choose, use and adapt rules in games	To apply with consistency standard cricket rules in a variety of different styles of games To attempt a small range of recognised shots in within a skill related activity and in competitive To use a range of tactics for attacking and defending in role of bowler, batter and fielder
Dance KS1	Move to music Copy dance moves Perform some dance moves Move around the space safely	Copy dance moves Make up a short dance, after watching one Dance imaginatively Change rhythm, speed, level and direction	Change rhythm, speed, level and direction with consistency Dance with control and co-ordination Make a sequence by linking sections together Link some movement to show a mood or feeling				
Dance KS2				Perform pair/group dance involving canon & unison, meet & part Respond to music in time & rhythm to show like/unlike actions Respond to music to express a variety of moods & feelings	Respond imaginatively to stimuli related to character/music/story Perform clear & fluent dances that show sensitivity to idea/stimuli Make up dance within a small group	Show/fluency/control in chosen dances in response to stimuli Perform fluent dances with characteristics of different styles/eras Adapt & refine (in pair/group), dances that vary direction, space & rhythm	Create & perform dances in a variety of styles consistently Be aware of & use musical structure, rhythm & mood & can dance accordingly Use appropriate criteria & terminology to evaluate performances

Athletics KS1	To begin to develop an understanding of Fundamental Movement Skills FMS To Develop running, jumping and throwing related to athletics Begin to understand how to change speed, jump for distance and throw for distance	Use varying speeds when running Understand the importance of a controlled landing when developing skipping, hopping and two footed landings To begin to link overarm throwing action with athletics-based throwing events Begin to travel at speed through obstacles (high and low)	Apply different types of movements linked to running to ensure it is embedded Jump with control both 1 footed and two footed Throw different objects in a variety of ways Complete an obstacle course with control and agility				
Athletics KS2				Run in different directions and at different speeds, using a good technique Begin to improve throwing technique and distance of throws Consolidate jumping techniques, using multiple footwork patterns Compete in a mini competition, recording scores	Maintain a running pace for over longer distances Apply throwing with power and accuracy Demonstrate good running technique in a competitive Situation Apply the correct technique when jumping for distance	Develop an understanding of how to run for distance Throw with accuracy and power Understand baton transition in relay-based events Explore different footwork Patterns to develop technique Understand which technique is most effective when jumping for distance Demonstrate good techniques in a competitive situation	Apply throwing with power and accuracy within a competitive environment Demonstrate good running technique in a competitive Situation Understand which technique is most effective when jumping for Distance Apply skills embedded in sprinting, throwing, running, jumping and relay to a competitive environment
Vocabulary							
	Striking, Catching, Own space, Team, Speed, Direction, Passing, Controlling, Shooting, Scoring, Forwards, Backwards, Sideways, Roll, Slow, Body parts, Shape, Jump, Travel, Stretch, Wide, Narrow, Travel, Stillness, Direction, Space, Body parts, Levels, Speed			Keeping possession, Passing, Dribbling, Shooting, Support, Marking, Attackers/defenders , Marking, Team play, Batting, Fielding, Bowler, Defending, Hitting, Offside, Pitch, Forehand/backhand, Muscles, Joints, Symmetrical/asymmetrical, Rotation, Turn, Shape, Landing, Take-off, Flight, Performance/evaluation , stretch, push, pull, step, spring, crawl, still, slowly, tall, long, forwards, high, low, roll, copy, jump, land, balance, Space, Repetition, Action and reaction, Pattern, Dance style, Technique, Pattern, Rhythm, Variation, Unison, Canon, Action, Reaction			