



Totternhoe CE Academy – Physical Education Progression



Year R

Athletics

Move confidently in a range of ways, safely negotiating space.

Dance

Move to music.
Copy dance moves.
Perform some dance moves.
Move around the space safely.

Games

Negotiate space effectively and show increasing control over objects e.g. kicking, pushing and patting.

Gymnastics

Make their body tense, relaxed, curled and stretched.
Balance on small/large body parts.
Understand stillness.
Make large and small body shapes.
Climb and hang from apparatus.
Perform basic travelling actions on various body parts.



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Year 1

<u>Athletics</u>	Use varying speeds when running. Explore footwork patterns. Explore arm mobility. Practise short distance running.
<u>Dance</u>	Copy dance moves. Make up a short dance, after watching one. Dance imaginatively. Change rhythm, speed, level and direction.
<u>Games</u>	Travel in a variety of ways including running and jumping. Begin to perform a range of throws. Receive a ball with basic control. Begin to develop hand-eye coordination. Participate in simple games.
<u>Gymnastics</u>	Make their body tense, relaxed, curled and stretched, showing some tension. Begin to make a sequence of shapes/travels. Climb safely, showing some shapes and balances when climbing. Keep balance travelling in a range of ways along a bench, on spots, on mats etc. Roll in stretched/curled positions e.g. 'log' and 'forward' rolls.
<u>Multi Skills</u>	Explore static balancing. Combine co-ordination drills, using upper and lower body movements. Aim a variety of balls and equipment accurately. Time running to stop or intercept the path of a ball. Travel in different ways, showing clear transitions between movements. Travel in different directions (side to side, up and down) with control and fluency. Practise ABC (agility, balance and coordination) at circuit stations.



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Year 2

Athletics

Run with agility and confidence and run for distance.
Learn the best jumping techniques for distance.
Hurdle an obstacle and maintain an effective running style.
Complete an obstacle course with control and agility.

Dance

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.

Games

Throw different objects in a variety of ways.
Confidently send the ball to others in a range of ways.
Begin to apply and combine a variety of skills to a game situation.
Develop strong spatial awareness.
Begin to develop their own games with their peers.
Understand the importance of rules in games.
Develop simple tactics and use them appropriately.
Begin to develop an understanding of attacking/ defending.

Gymnastics

Make their body tense, relaxed, curled and stretched, in a range of movements.
Perform a sequence with changes in speed and direction including three different actions.
Be still on one or two points of contact on the floor or apparatus, showing tension and control.
Link a known shape/travel/roll/jump to a balance using the floor and as well as on apparatus.
Jump or land with control using different body shapes in flight.



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Year 3

Athletics

Run in different directions and at different speeds, using a good technique.
Improve their throwing technique.
Reinforce jumping techniques.
Understand relays and how to pass the baton.
Choose and understand appropriate running techniques.
Compete in a mini competition, recording scores.

Dance

Perform a pair/group dance.
Use canon, unison, meet and part.
Respond to music in time and rhythm to show alike and unlike actions.
Respond to music to express a variety of moods and feelings.

Games

Understand tactics and composition by starting to vary how they respond.
Vary skills, actions and ideas and link these in ways that suit the games activity.
Begin to communicate with others during game situations.
Uses skills with co-ordination and control.
Develop their own rules for new games.
Make imaginative pathways using equipment.
Work well in a group to develop various games.
Begin to understand how to compete with each other in a controlled manner.
Begin to select resources independently to carry out different skills.

Gymnastics

Use an increased number of their own ideas for movement in response to a task.
Combine arm actions with skips/leaps/steps/jumps and spins in travel.
Travel while using various hand apparatus e.g. ribbons/hoops/ropes/balls.
Know principles of balance and apply them on the floor and apparatus.



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Year 4

Athletics

Select and maintain a running pace for different distances.
Demonstrate good running technique in a competitive situation.
Explore different footwork patterns.
Understand which technique is most effective when jumping for distance.

Dance

Respond imaginatively to stimuli related to a character/music/story.
Perform clear and fluent dances that show sensitivity to an idea or stimuli.
Make up a dance within a small group.

Games

Practise throwing with power and accuracy.
Throw safely and with understanding.
Vary skills, actions and ideas and link these in ways that suit the games activity.
Show confidence in using ball skills in various ways and link these together e.g. dribbling, bouncing, kicking.
Use skills with co-ordination, control and fluency.
Take part in competitive games with a strong understanding of tactics and composition.
Create their own games using knowledge and skills.
Work well in a group to develop various games.
Compare and comment on skills to support the creation of new games.
Make suggestions as to what resources can be used to differentiate a game.
Apply basic skills for attacking and defending.
Use running, jumping, throwing and catching in isolation and combination

Gymnastics

Share ideas and give positive criticism/advice to others.
Create and perform matching/mirroring sequences, explaining how it can be improved.
Perform at least three different rolls e.g. shoulder, forward, back, with some control.
Link a roll with travel and balance using floor and apparatus, with good body control.

Swimming

Develop basic pool safety skills and confidence in water.
Develop travel in a vertical or horizontal position and introduce floats.
Develop push and glides and any kick action on front and back with or without support aids.



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Year 5

Athletics

Use the correct technique to run at speed.
Develop the ability to run for distance.
Throw with accuracy and power.
Identify and apply techniques of relay running.
Explore different footwork patterns.
Understand which technique is most effective when jumping for distance.
Demonstrate good techniques in a competitive situation.

Dance

Show fluency/control in chosen dances in response to stimuli.
Perform fluent dances with characteristics of different styles/eras.
Adapt and define dances that vary direction, space and rhythm in a pair or group.

Games

Learn how to use skills to improve the distance of a pull throw.
Vary skills, actions and ideas and link these in ways that suit the games activity.
Show confidence in using ball skills in various ways and link these together.
Use skills with co-ordination, control and fluency.
Take part in competitive games with a strong understanding of tactics and composition.
Create their own games using knowledge and skills.
Make suggestions as to what resources can be used to differentiate a game.
Apply basic skills for attacking and defending.
Use running, jumping, throwing and catching in isolation and combination.

Gymnastics

Combine their own work with that of others, identifying strengths and weaknesses.
Include change of speed, direction and shape in movements.
Follow a set of 'rules' to produce a sequence, possibly made by peers.
Use mirror/matching/cannon(pair) sequence and vary dynamics/levels/direction etc.

Swimming

Develop entry and exit, travel further, float and submerge.
Develop balance, link activities and travel further on whole stroke.
Show breath control.
Tread water.



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Year 6

<h3><u>Athletics</u></h3>	<p>Demonstrate a good running technique in a competitive situation. Explore different footwork patterns. Understand which technique is most effective when jumping for distance. Utilise all the skills learned in a competitive situation.</p>
<h3><u>Dance</u></h3>	<p>Create and perform dances in a variety of styles consistently. Be aware of and use musical structure, rhythm and mood and dance accordingly. Use appropriate criteria and terminology to evaluate performances.</p>
<h3><u>Games</u></h3>	<p>Investigate running styles and changes of speed. Practise throwing with power and accuracy. Throw safely and with understanding. Vary skills, actions and ideas and link these in ways that suit the games activity. Show confidence in using ball skills in various ways and link these together effectively e.g. dribbling, bouncing, kicking. Keep possession of balls during game situations. Consistently uses skills with co-ordination, control and fluency. Take part in competitive games with a strong understanding of tactics and composition. Create their own games using knowledge and skills. Modify competitive games. Compare and comment on skills to support the creation of new games. Make suggestions as to what resources can be used to differentiate a game. Apply knowledge of skills for attacking and defending. Use running, jumping, throwing and catching in isolation and in combination.</p>
<h3><u>Gymnastics</u></h3>	<p>Select a suitable routine to perform to different audiences, bearing in mind who the audience is. Transfer the sequence above onto suitably arranged apparatus as well as the floor. Perform a six to eight-part floor sequence as an individual, pair or small group to a piece of music. Demonstrate three paired balances in sequence using various skills/actions</p>
<h3><u>Swimming</u></h3>	<p>Develop entry and exit, travel further, float and submerge. Develop balance, link activities and travel further on the whole stroke. Show breath control. Introduction to deeper water.</p>