



# Westleigh Methodist Primary School

## PE Progression of Skills and Knowledge

With God, all things are possible – Matthew 19:26

Love Teamwork Thankfulness Generosity Peace Forgiveness Equality Justice



### Early Years Foundation Stage

#### **Educational Programme**

##### **Physical Development**

In Early Years, physical activity is vital in children's all-round development. It enables them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.

##### **Physical Development ELG:**

Gross Motor Skills Children at the expected level of development will:

- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and coordination when playing.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

### National Curriculum

#### **Purpose of study**

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

#### **Aims**

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities

- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

## **Subject Content**

### **Key Stage 1**

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

#### **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.

### **Key Stage 2**

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

#### **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.

### **Swimming and water safety**

All schools must provide swimming instruction either in key stage 1 or key stage 2.

#### **In particular, pupils should be taught to:**

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations

## Games

2-3 Years	3-4 Years	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Health and Fitness</b>								
Enjoy moving when outdoors and inside.		Describe how the body feels when still and when exercising.	Describe how the body feels before, during and after exercise.  Carry and place equipment safely.	Recognise and describe how the body feels during and after different physical activities.  Explain what they need to stay healthy.	Recognise and describe the effects of exercise on the body.  Know the importance of strength and flexibility for physical activity.  Explain why it is important to warm up and cool down.	Describe how the body reacts at different times and how this affects performance.  Explain why exercise is good for your health.  Know some reasons for warming up and cooling down.	Know and understand the reasons for warming up and cooling down.  Explain some safety principles when preparing for and during exercise.	Understand the importance of warming up and cooling down.  Carry out warm-ups and cool-downs safely and effectively.  Understand why exercise is good for health, fitness and wellbeing.  Know ways they can become healthier.
<b>Striking and Hitting a Ball</b>								
	Use large-muscle movements to wave flags and streamers.	Hit a ball with a bat or racquet.	Use hitting skills in a game.  Practise basic striking, sending and receiving.	Strike or hit a ball with increasing control.  Learn skills for playing striking and fielding games.  Position the body to strike a ball.	Demonstrate successful hitting and striking skills.  Develop a range of skills in striking (and fielding where appropriate).  Practise the correct batting technique and use it in a game.  Strike the ball for distance.	Use a bat, racquet or stick (hockey) to hit a ball or shuttlecock with accuracy and control.  Accurately serve underarm.  Build a rally with a partner.  Use at least two different shots in a game situation.	Use different techniques to hit a ball.  Identify and apply techniques for hitting a tennis ball.  Explore when different shots are best used. Develop a backhand technique and use it in a game.	Hit a bowled ball over longer distances.  Use good hand-eye coordination to be able to direct a ball when striking or hitting.  Understand how to serve in order to start a game.

						Use hand-eye coordination to strike a moving and a stationary ball.	Practise techniques for all strokes.  Play a tennis game using an overhead serve.	
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**Throwing and Catching a Ball**

Enjoy starting to throw and catch balls.	Continue to develop their ball skills.	Roll equipment in different ways.  Throw underarm.  Throw an object at a target.  Catch equipment using two hands.	Throw underarm and overarm.  Catch and bounce a ball.  Use rolling skills in a game.  Practise accurate throwing and consistent catching.	Throw different types of equipment in different ways, for accuracy and distance.  Throw, catch and bounce a ball with a partner.  Use throwing and catching skills in a game.  Throw a ball for distance.  Use hand-eye coordination to control a ball.  Vary types of throw used.	Throw and catch with greater control and accuracy.  Practise the correct technique for catching a ball and use it in a game.  Perform a range of catching and gathering skills with control.  Catch with increasing control and accuracy.  Throw a ball in different ways (e.g. high, low, fast or slow).  Develop a safe and effective overarm bowl.	Develop different ways of throwing and catching.	Consolidate different ways of throwing and catching, and know when each is appropriate in a game.	Throw and catch accurately and successfully under pressure in a game.
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**Travelling with a Ball**

		Move a ball in different ways, including bouncing and kicking.  Use equipment to control a ball.	Travel with a ball in different ways.  Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency.	Bounce and kick a ball whilst moving.  Use kicking skills in a game.  Use dribbling skills in a game.	Move with the ball in a variety of ways with some control.  Use two different ways of moving with a ball in a game.	Move with the ball using a range of techniques, showing control and fluency.	Use a variety of ways to dribble in a game with success.  Use ball skills in various ways, and begin to link together.	Show confidence in using ball skills in various ways in a game situation, and link these together effectively.
<b>Passing a Ball</b>								
Reach out for objects as co-ordination develops.  Pass things from one hand to the other. Let go of things and hand them to another person or drop them.  Enjoy starting to kick balls.	Collaborate with others to manage large items, such as carrying large hollow blocks.	Kick an object at a target.	Pass the ball to another player in a game.  Use kicking skills in a game.	Know how to pass the ball in different ways.	Pass the ball in two different ways in a game situation with some success.	Pass the ball with increasing speed, accuracy and success in a game situation.	Pass a ball with speed and accuracy using appropriate techniques in a game situation.	Choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move.
<b>Possession</b>								
					Know how to keep and win back possession of the ball in a team game.	Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.	Keep and win back possession of the ball effectively in a team game.	Keep and win back possession of the ball effectively and in a variety of ways in a team game.
<b>Using Space</b>								
		Move safely around the space and equipment.	Use different ways of travelling in different	Use different ways of travelling at different	Find a useful space and get	Make the best use of space to	Demonstrate an increasing	Demonstrate a good awareness of space.

		Travel in different ways, including sideways and backwards.	directions or pathways. Run at different speeds. Begin to use space in a game.	speeds and following different pathways, directions or courses. Change speed and direction whilst running. Begin to choose and use the best space in a game.	into it to support teammates.	pass and receive the ball.	awareness of space.	
<b>Attacking and Defending</b>								
		Play a range of chasing games.	Begin to use the terms attacking and defending.  Use simple defensive skills such as marking a player or defending a space.  Use simple attacking skills such as dodging to get past a defender.	Begin to use and understand the terms attacking and defending.  Use at least one technique to attack or defend to play a game successfully.	Use simple attacking and defending skills in a game.  Use fielding skills to stop a ball from travelling past them.	Use a range of attacking and defending skills and techniques in a game.  Use fielding skills as an individual to prevent a player from scoring.	Choose the best tactics for attacking and defending.  Shoot in a game.  Use fielding skills as a team to prevent the opposition from scoring.	Think ahead and create a plan of attack or defence.  Apply knowledge of skills for attacking and defending.  Work as a team to develop fielding strategies to prevent the opposition from scoring.
<b>Tactics and Rules</b>								
	Start taking part in some group activities which they make up for themselves, or in teams.	Follow simple rules.	Follow simple rules to play games, including team games.  Use simple attacking skills such as dodging to get past a defender.	Understand the importance of rules in games.  Use at least one technique to attack or defend to play a game successfully.	Apply and follow rules fairly.  Understand and begin to apply the basic principles of invasion games.  Know how to play a striking and	Vary the tactics they use in a game.  Adapt rules to alter games.	Know when to pass and when to dribble in a game.  Devise and adapt rules to create their own game.	Follow and create complicated rules to play a game successfully.  Communicate plans to others during a game.

			Use simple defensive skills such as marking a player or defending a space.		fielding game fairly.			Lead others during a game.
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**Compete/Perform**

		Control my body when performing a sequence of movements.  Participate in simple games.	Perform using a range of actions and body parts with some coordination.  Begin to perform learnt skills with some control.  Engage in competitive activities and team games.	Perform sequences of their own composition with coordination.  Perform learnt skills with increasing control.  Compete against self and others.	Develop the quality of the actions in their performances.  Perform learnt skills and techniques with control and confidence.  Compete against self and others in a controlled manner.	Perform and apply skills and techniques with control and accuracy.  Take part in a range of competitive games and activities.	Consistently perform and apply skills and techniques with accuracy and control.  Take part in competitive games with a strong understanding of tactics and composition.	Perform and apply a variety of skills and techniques confidently, consistently and with precision.  Take part in competitive games with a strong understanding of tactics and composition.
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**Evaluate**

		Talk about what they have done.  Talk about what others have done.	Watch and describe performances.  Begin to say how they could improve.	Watch and describe performances and use what they see to improve their own performance.  Talk about the differences between their work and that of others.	Watch, describe and evaluate the effectiveness of a performance.  Describe how their performance has improved over time.	Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.  Modify their use of skills or techniques to achieve a better result.	Choose and use criteria to evaluate own and others' performance.  Explain why they have used particular skills or techniques, and the effect they have had on their performance.	Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.
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**Dance**

2-3 Years	3-4 Years	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Health and Fitness</b>								
Enjoy moving when outdoors and inside.		Describe how the body feels when still and when exercising.	Describe how the body feels before, during and after exercise. Carry and place equipment safely.	Recognise and describe how the body feels during and after different physical activities. Explain what they need to stay healthy.	Recognise and describe the effects of exercise on the body.  Know the importance of strength and flexibility for physical activity.  Explain why it is important to warm up and cool down.	Describe how the body reacts at different times and how this affects performance. Explain why exercise is good for your health.  Know some reasons for warming up and cooling down.	Know and understand the reasons for warming up and cooling down.  Explain some safety principles when preparing for and during exercise.	Understand the importance of warming up and cooling down.  Carry out warm-ups and cool-downs safely and effectively.  Understand why exercise is good for health, fitness and wellbeing.  Know ways they can become healthier.
<b>Dance Skills</b>								
Clap and stamp to music.	Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.	Join a range of different movements together.  Change the speed of their actions.  Change the style of their movements.  Create a short movement phrase which demonstrates their own ideas.	Copy and repeat actions.  Put a sequence of actions together to create a motif.  Vary the speed of their actions.  Use simple choreographic devices such as unison, canon and mirroring.  Begin to improvise independently to	Copy, remember and repeat actions.  Create a short motif inspired by a stimulus.  Change the speed and level of their actions.  Use simple choreographic devices such as unison, canon and mirroring.	Begin to improvise with a partner to create a simple dance.  Create motifs from different stimuli.  Begin to compare and adapt movements and motifs to create a larger sequence.  Use simple dance vocabulary to compare and improve work.	Identify and repeat the movement patterns and actions of a chosen dance style.  Compose a dance that reflects the chosen dance style.  Confidently improvise with a partner or on their own.	Identify and repeat the movement patterns and actions of a chosen dance style.  Compose individual, partner and group dances that reflect the chosen dance style.  Show a change of pace and timing in their movements.	Identify and repeat the movement patterns and actions of a chosen dance style.  Compose individual, partner and group dances that reflect the chosen dance style.  Use dramatic expression in dance movements and motifs.

			<p>create a simple dance.</p>	<p>Use different transitions within a dance motif.</p> <p>Move in time to music.</p> <p>Improve the timing of their actions.</p>	<p>Perform with some awareness of rhythm and expression.</p>	<p>Compose longer dance sequences in a small group.</p> <p>Demonstrate precision and some control in response to stimuli.</p> <p>Begin to vary dynamics and develop actions and motifs in response to stimuli.</p> <p>Demonstrate rhythm and spatial awareness.</p> <p>Change parts of a dance as a result of self-evaluation.</p> <p>Use simple dance vocabulary when comparing and improving work.</p>	<p>Develop an awareness of their use of space.</p> <p>Demonstrate imagination and creativity in the movements they devise in response to stimuli.</p> <p>Use transitions to link motifs smoothly together.</p> <p>Improvise with confidence, still demonstrating fluency across the sequence.</p> <p>Ensure their actions fit the rhythm of the music.</p> <p>Modify parts of a sequence as a result of self and peer evaluation.</p> <p>Use more complex dance vocabulary to compare and improve work.</p>	<p>Perform with confidence, using a range of movement patterns.</p> <p>Demonstrate strong and controlled movements throughout a dance sequence.</p> <p>Combine flexibility, techniques and movements to create a fluent sequence.</p> <p>Move appropriately and with the required style in relation to the stimulus, e.g. using various levels, ways of travelling and motifs.</p> <p>Show a change of pace and timing in their movements.</p> <p>Move rhythmically and accurately in dance sequences.</p>
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								<p>Improvise with confidence, still demonstrating fluency across their sequence.</p> <p>Dance with fluency and control, linking all movements and ensuring that transitions flow.</p> <p>Demonstrate consistent precision when performing dance sequences.</p> <p>Modify some elements of a sequence as a result of self and peer evaluation.</p> <p>Use complex dance vocabulary to compare and improve work.</p>
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**Compete/Perform**

		Control my body when performing a sequence of movements.	Perform using a range of actions and body parts with some coordination.  Begin to perform learnt skills with some control.	Perform sequences of their own composition with coordination.  Perform learnt skills with increasing control.	Develop the quality of the actions in their performances.  Perform learnt skills and techniques with control and confidence.	Perform and create sequences with fluency and expression.  Perform and apply skills and techniques with control and accuracy.	Perform own longer, more complex sequences in time to music.  Consistently perform and apply skills and techniques with	Link actions to create a complex sequence using a full range of movement.  Perform the sequence in time to music.
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				Compete against self and others.	Compete against self and others in a controlled manner.		accuracy and control.	Perform and apply a variety of skills and techniques confidently, consistently and with precision.
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**Evaluate**

		Talk about what they have done.  Talk about what others have done.	Watch and describe performances.  Begin to say how they could improve.	Watch and describe performances, and use what they see to improve their own performance.  Talk about the differences between their work and that of others.	Watch, describe and evaluate the effectiveness of a performance.  Describe how their performance has improved over time.	Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.  Modify their use of skills or techniques to achieve a better result.	Choose and use criteria to evaluate own and others' performances.  Explain why they have used particular skills or techniques, and the effect they have had on their performance.	Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.
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**Gymnastics**

<b>2-3 Years</b>	<b>3-4 Years</b>	<b>Reception</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
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**Health and Fitness**

Enjoy moving when outdoors and inside.		Describe how the body feels when still and when exercising.	Describe how the body feels before, during and after exercise.  Carry and place equipment safely.	Recognise and describe how the body feels during and after different physical activities.  Explain what they need to stay healthy.	Recognise and describe the effects of exercise on the body.  Know the importance of strength and flexibility for physical activity.  Explain why it is important to	Describe how the body reacts at different times and how this affects performance.  Explain why exercise is good for your health.  Know some reasons for	Know and understand the reasons for warming up and cooling down.  Explain some safety principles when preparing for and during exercise.	Understand the importance of warming up and cooling down.  Carry out warm-ups and cool-downs safely and effectively.  Understand why exercise is good
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					warm up and cool down.	warming up and cooling down.		for health, fitness and wellbeing.  Know ways they can become healthier.
<b>Acquiring and Developing Skills in Gymnastics (General)</b>								
<p>Sit without support.</p> <p>Begin to crawl in different ways and directions.</p> <p>Push their chest up with straight arms.</p> <p>Pull themselves upright and bouncing in preparation for walking.</p> <p>Gradually gain control of their whole body through continual practice of large movements, such as waving, kicking, crawling and walking.</p>	<p>Continue to develop their movement and balancing skills.</p>	<p>Create a short sequence of movements.</p> <p>Roll in different ways with control.</p> <p>Travel in different ways.</p> <p>Stretch in different ways.</p> <p>Jump in a range of ways from one space to another with control.</p> <p>Begin to balance with control.</p> <p>Move around, under, over, and through different objects and equipment.</p>	<p>Create and perform a movement sequence.</p> <p>Copy actions and movement sequences with a beginning, middle and end.</p> <p>Link two actions to make a sequence.</p> <p>Recognise and copy contrasting actions (small/tall, narrow/wide).</p> <p>Travel in different ways, changing direction and speed.</p> <p>Hold still shapes and simple balances.</p> <p>Carry out simple stretches.</p>	<p>Copy, explore and remember actions and movements to create their own sequence.</p> <p>Link actions to make a sequence.</p> <p>Travel in a variety of ways, including rolling.</p> <p>Hold a still shape whilst balancing on different points of the body.</p> <p>Jump in a variety of ways and land with increasing control and balance.</p> <p>Climb onto and jump off the equipment safely.</p>	<p>Choose ideas to compose a movement sequence independently and with others.</p> <p>Link combinations of actions with increasing confidence, including changes of direction, speed or level.</p> <p>Develop the quality of their actions, shapes and balances.</p> <p>Move with coordination, control and care.</p> <p>Use turns whilst travelling in a variety of ways.</p> <p>Use a range of jumps in their sequences.</p>	<p>Create a sequence of actions that fit a theme.</p> <p>Use an increasing range of actions, directions and levels in their sequences.</p> <p>Move with clarity, fluency and expression.</p> <p>Show changes of direction, speed and level during a performance.</p> <p>Travel in different ways, including using flight.</p> <p>Improve the placement and alignment of body parts in balances.</p> <p>Use equipment to vault in a variety of ways.</p>	<p>Select ideas to compose specific sequences of movements, shapes and balances.</p> <p>Adapt their sequences to fit new criteria or suggestions.</p> <p>Perform jumps, shapes and balances fluently and with control.</p> <p>Confidently develop the placement of their body parts in balances, recognising the position of their centre of gravity and where it should be in relation to the base of the balance.</p> <p>Confidently use equipment to</p>	<p>Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching.</p> <p>Demonstrate precise and controlled placement of body parts in their actions, shapes and balances.</p> <p>Confidently use equipment to vault and incorporate this into sequences.</p> <p>Apply skills and techniques consistently, showing precision and control.</p>

			<p>Carry out a range of simple jumps, landing safely.</p> <p>Move around, under, over, and through different objects and equipment.</p> <p>Begin to move with control and care.</p>	<p>Move with increasing control and care.</p>	<p>Begin to use equipment to vault.</p> <p>Create interesting body shapes while holding balances with control and confidence.</p> <p>Begin to show flexibility in movements.</p>	<p>Carry out balances, recognising the position of their centre of gravity and how this affects the balance.</p> <p>Begin to develop good technique when travelling, balancing and using equipment.</p> <p>Develop strength, technique and flexibility throughout performances.</p>	<p>vault in a variety of ways.</p> <p>Apply skills and techniques consistently.</p> <p>Develop strength, technique and flexibility throughout performances.</p> <p>Combine equipment with movement to create sequences.</p>	<p>Develop strength, technique and flexibility throughout performances.</p>
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**Rolls**

<p>Gradually gain control of their whole body through continual practice of large movements, such as rolling.</p> <p>Roll over: from front to back, then back to front.</p> <p>Spin, roll and independently use ropes and swings (for example, tyre swings).</p>		<p>Curled side roll (egg roll)</p>	<p>Log roll (controlled)</p>	<p>Log roll (controlled)</p>	<p>Crouched forward roll</p>	<p>Forward roll from standing</p>	<p>Forward roll from standing</p>	<p>Forward roll from standing</p>
		<p>Log roll (pencil roll)</p>	<p>Curled side roll (egg roll) (controlled)</p>	<p>Curled side roll (egg roll) (controlled)</p>	<p>Forward roll from standing</p>	<p>Straddle forward roll</p>	<p>Straddle forward roll</p>	<p>Straddle forward roll</p>
		<p>Teddy bear roll</p>	<p>Teddy bear roll (controlled)</p>	<p>Teddy bear roll (controlled)</p> <p>Rocking forward roll</p> <p>Crouched forward roll</p>	<p>Tucked backward roll</p>	<p>Tucked backward roll</p> <p>Backward roll to straddle</p>	<p>Pike forward roll</p> <p>Tucked backward roll</p> <p>Backward roll to straddle</p>	<p>Pike forward roll</p> <p>Dive forward roll</p> <p>Tucked backward roll</p> <p>Backward roll to straddle</p> <p>Backward roll to standing pike</p>

								Pike backward roll
<b>Jumps</b>								
		Straight jump	Straight jump	Straight jump	Straight jump	Straight jump	Straight jump	Straight jump
		Tuck jump	Tuck jump	Tuck jump	Tuck jump	Tuck jump	Tuck jump	Tuck jump
		Jumping jack	Jumping jack	Jumping jack	Jumping jack	Jumping jack	Jumping jack	Jumping jack
		Half turn jump	Half turn jump	Half turn jump	Star jump	Star jump	Star jump	Star jump
			Cat spring	Cat spring	Straddle jump	Straddle jump	Straddle jump	Straddle jump
				Cat spring to straddle	Pike jump	Pike jump	Pike jump	Pike jump
					Straight jump half-turn	Straight jump half-turn	Stag jump	Stag jump
					Cat leap	Straight jump full-turn	Straight jump half-turn	Straight jump half-turn
						Cat leap	Straight jump full-turn	Straight jump full-turn
						Cat leap half-turn	Cat leap	Cat leap
							Cat leap half-turn	Cat leap half-turn
							Split leap	Cat leap full-turn
								Split leap
								Stag leap
<b>Vault – with springboard and vault or other suitable raised platform, e.g. gymnastics table</b>								
	Go up steps and stairs, or climb up apparatus, using alternate feet.	Straight jump off springboard	Hurdle step onto springboard	Hurdle step onto springboard	Hurdle step onto springboard	Hurdle step onto springboard	Hurdle step onto springboard	Straight jump off springboard
			Straight jump off springboard	Squat on vault	Squat on vault	Squat on vault	Squat on vault	
				Star jump off	Straddle on vault	Straddle on vault	Straddle on vault	

			Tuck jump off springboard	Tuck jump off Straddle jump off Pike jump off	Star jump off Tuck jump off Straddle jump off Pike jump off	Star jump off Tuck jump off Straddle jump off Pike jump off Squat through vault	Star jump off Tuck jump off Straddle jump off Pike jump off Squat through vault Straddle over vault	
<b>Handstands, Cartwheels and Round-offs</b>								
		Bunny hop	Bunny hop Front support wheelbarrow with partner	Bunny hop Front support wheelbarrow with partner T-lever Scissor kick	Handstand Lunge into handstand Cartwheel	Lunge into handstand Lunge into cartwheel	Lunge into handstand Lunge into cartwheel Lunge into round-off	Lunge into cartwheel Lunge into round-off Hurdle step Hurdle step into cartwheel
<b>Travelling &amp; Linking Actions</b>								
	Skip, hop, stand on one leg and hold a pose for a game.  Collaborate with others to manage large items, such as moving a long plank safely.	Tiptoe, step, jump and hop	Tiptoe, step, jump and hop Hopscotch Skipping Galloping	Tiptoe, step, jump and hop Hopscotch Skipping Galloping Straight jump half-turn	Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn Cat leap	Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn	Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn	Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn

						Straight jump full turn	Straight jump full turn	Straight jump full turn
						Cat leap	Cat leap	Cat leap
						Cat leap half turn	Cat leap half turn	Cat leap half turn
						Pivot	Pivot	Cat leap full turn
								Pivot

**Shapes and Balances**

		Standing balances	Standing balances  Kneeling balances  Pike, tuck, star, straight, straddle shapes	Standing balances  Kneeling balances  Large body part balances  Balances on apparatus  Balances with a partner  Pike, tuck, star, straight, straddle shapes  Front and back support	Large and small body part balances, including standing and kneeling balances  Balances on apparatus  Matching and contrasting partner balances  Pike, tuck, star, straight, straddle shapes  Front and back support	1, 2, 3 and 4-point balances  Balances on apparatus  Balances with and against a partner  Pike, tuck, star, straight, straddle shapes  Front and back support	1, 2, 3 and 4-point balances  Balances on apparatus  Part body weight partner balances  Pike, tuck, star, straight, straddle shapes  Front and back support	1, 2, 3 and 4-point balances  Balances on apparatus  Develop technique, control and complexity of part-weight partner balances  Group formations  Pike, tuck, star, straight, straddle
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**Compete/Perform**

		Perform a sequence of movements.  Participate in simple games.	Perform using a range of actions and body parts with some coordination.	Perform sequences of their own composition with coordination.	Develop the quality of the actions in their performances.	Perform and create sequences with fluency and expression.	Perform own longer, more complex sequences in time to music.	Link actions to create a complex sequence using a full range of movement that showcases
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			Begin to perform learnt skills with some control.	Perform learnt skills with increasing control.	Perform learnt skills and techniques with control and confidence.  Compete against self and others in a controlled manner.	Perform and apply skills and techniques with control and accuracy.	Consistently perform and apply skills and techniques with accuracy and control.	different agilities, performed in time to music.  Perform and apply a variety of skills and techniques confidently, consistently and with precision.  Begin to record their peers' performances, and evaluate these.
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**Evaluate**

		Talk about what they have done.  Talk about what others have done.	Watch and describe performances.  Begin to say how they could improve.	Watch and describe performances, and use what they see to improve their own performance.  Talk about the differences between their work and that of others.	Watch, describe and evaluate the effectiveness of a performance.  Describe how their performance has improved over time.	Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.  Modify their use of skills or techniques to achieve a better result.	Choose and use criteria to evaluate own and others' performances.  Explain why they have used particular skills or techniques, and the effect they have had on their performance.	Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.
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**Athletics**

<b>2-3 Years</b>	<b>3-4 Years</b>	<b>Reception</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
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**Health and Fitness**

Enjoy moving when outdoors and inside.	Match their developing physical skills to tasks and	Describe how the body feels when still and when exercising.	Describe how the body feels before, during and after exercise.	Recognise and describe how the body feels during and after	Recognise and describe the effects of exercise on the body.	Describe how the body reacts at different times and how this	Know and understand the reasons for	Understand the importance of warming up and cooling down.
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	activities in the setting.		Carry and place equipment safely.	different physical activities.  Explain what they need to stay healthy.	Know the importance of strength and flexibility for physical activity.  Explain why it is important to warm up and cool down.	affects performance.  Explain why exercise is good for your health.  Know some reasons for warming up and cooling down.	warming up and cooling down.  Explain some safety principles when preparing for and during exercise.	Carry out warm-ups and cool-downs safely and effectively.  Understand why exercise is good for health, fitness and wellbeing.  Know ways they can become healthier.
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**Running**

		Run in different ways for a variety of purposes.	Vary their pace and speed when running.  Run with a basic technique over different distances.  Show good posture and balance.  Jog in a straight line.  Change direction when jogging.  Sprint in a straight line.  Change direction when sprinting.	Run at different paces, describing the different paces.  Use a variety of different stride lengths.  Travel at different speeds.  Begin to select the most suitable pace and speed for distance.  Complete an obstacle course.  Vary the speed and direction in which they are travelling.	Identify and demonstrate how different techniques can affect their performance.  Focus on their arm and leg action to improve their sprinting technique.  Begin to combine running with jumping over hurdles.  Focus on trail leg and lead leg action when running over hurdles.  Understand the importance of	Confidently demonstrate an improved technique for sprinting.  Carry out an effective sprint finish.  Perform a relay, focusing on the baton changeover technique.  Speed up and slow down smoothly.	Accelerate from a variety of starting positions and select their preferred position.  Identify their reaction times when performing a sprint start.  Continue to practise and refine their technique for sprinting, focusing on an effective sprint start.  Select the most suitable pace for the distance and their fitness level in order to	Recap, practise and refine an effective sprinting technique, including reaction time.  Build up speed quickly for a sprint finish.  Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern.  Accelerate to pass other competitors.  Work as a team to competitively perform a relay.
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			Maintain control as they change direction when jogging or sprinting.	Run with basic techniques following a curved line.  Be able to maintain and control a run over different distances.	adjusting running pace to suit the distance being run.		maintain a sustained run.  Identify and demonstrate stamina, explaining its importance for runners.	Confidently and independently select the most appropriate pace for different distances and different parts of the run.  Demonstrate endurance and stamina over longer distances in order to maintain a sustained run.
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### Jumping

		Jump in a range of ways, landing safely.	Perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.  Perform a short jumping sequence.  Jump as high as possible.  Jump as far as possible.  Land safely and with control.	Perform and compare different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.  Combine different jumps together with some fluency and control.  Jump for distance from a standing position with accuracy and control.	Use one and two feet to take off and to land with.  Develop an effective take-off for the standing long jump.  Develop an effective flight phase for the standing long jump.  Land safely and with control.	Learn how to combine a hop, step and jump to perform the standing triple jump.  Land safely and with control.  Begin to measure the distance jumped.	Improve techniques for jumping for distance.  Perform an effective standing long jump.  Perform the standing triple jump with increased confidence.  Develop an effective technique for the standing vertical jump (jumping for height) including take-off and flight.	Develop the technique for the standing vertical jump.  Maintain control at each of the different stages of the triple jump.  Land safely and with control.  Develop and improve their techniques for jumping for height and distance and support others in improving their performance.
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			Work with a partner to develop the control of their jumps.	Investigate the best jumps to cover different distances.  Choose the most appropriate jumps to cover different distances.  Know that the leg muscles are used when performing a jumping action.			Land safely and with control.  Measure the distance and height jumped with accuracy.  Investigate different jumping techniques.	Perform and apply different types of jumps in other contexts.  Set up and lead jumping activities including measuring the jumps with
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**Throwing**

		Roll equipment in different ways.  Throw underarm.  Throw an object at a target.	Throw underarm and overarm.  Throw a ball towards a target with increasing accuracy.  Improve the distance they can throw by using more power.	Throw different types of equipment in different ways, for accuracy and distance.  Throw with accuracy at targets of different heights.  Investigate ways to alter their throwing technique to achieve greater distance.	Throw with greater control and accuracy.  Show increasing control in their overarm throw.  Perform a push throw.  Continue to develop techniques to throw for increased distance.	Perform a pull throw.  Measure the distance of their throws.  Continue to develop techniques to throw for increased distance.	Perform a fling throw.  Throw a variety of implements using a range of throwing techniques.  Measure and record the distance of their throws.  Continue to develop techniques to throw for increased distance.	Perform a heave throw.  Measure and record the distance of their throws.  Continue to develop techniques to throw for increased distance and support others in improving their personal best.  Develop and refine techniques to throw for accuracy.
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**Compete/Perform**

	Choose the right resources to carry out their own plan.	Control their body when performing a sequence of movements.  Participate in simple games.	Begin to perform learnt skills with some control.  Engage in competitive activities and team games.	Perform learnt skills with increasing control.  Compete against self and others.	Perform learnt skills and techniques with control and confidence.  Compete against self and others in a controlled manner.	Perform and apply skills and techniques with control and accuracy.  Take part in a range of competitive games and activities.	Consistently perform and apply skills and techniques with accuracy and control.  Take part in competitive games with a strong understanding of tactics and composition.	Perform and apply a variety of skills and techniques confidently, consistently and with precision.  Take part in competitive games with a strong understanding of tactics and composition.
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**Evaluate**

		Talk about what they have done.  Talk about what others have done.	Watch and describe performances.  Begin to say how they could improve.	Watch and describe performances, and use what they see to improve their own performance.  Talk about the differences between their work and that of others.	Watch, describe and evaluate the effectiveness of a performance.  Describe how their performance has improved over time.	Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.  Modify their use of skills or techniques to achieve a better result.	Choose and use criteria to evaluate own and others' performance.  Explain why they have used particular skills or techniques, and the effect they have had on their performance.	Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.
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