

Area	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Year 7	
Dance	Developing Skills	<p>Copy and repeat simple skills Follow the leader – jumps, hops, skips Respond to different stimuli with a range of actions Copy and explore basic body actions demonstrated by the teacher Copy simple movement patterns from each other and explore the movement</p>	<p>Copy, remember and repeat simple skills with control and co-ordination Can link several movements together with control and co-ordination talk about different stimuli as the starting point for creating dance phrases and short dances explore actions in response to stimuli explore ideas, moods and feelings by improvising, and by experimenting with actions, dynamics, directions, levels and a growing range of possible movements</p>	<p>Select and use skills and ideas with co-ordination and control Improvise freely with a partner translating ideas from stimuli to movement. show an imaginative response to different stimuli through their use of language and choice of movement Incorporate different qualities and dynamics into their movements explore and develop new actions while working with a partner or a small group</p>	<p>Select, use and perform with coo-ordination and fluency Respond and perform with a partner, demonstrating actions that link with fluency and accuracy Respond to the stimuli through the appropriate language, creating their own ideas and movement phrases Use a range of actions and begin to combine movement phrases and patterns. Begin to respond within a small group of partnership, to speed and level.</p>	<p>Performance shows precision, control and fluency Respond to a variety of stimuli showing a range of actions performed with control and fluency think about character and narrative ideas created by the stimulus, and respond through movement experiment with a wide range of actions, varying and combining spatial patterns, speed, tension and continuity when working on their own, with a partner and in a group</p>	<p>Consistent performance showing precision, control and fluency Perform a variety of dance styles with accuracy and consistency explore, improvise and choose appropriate material to create new motifs in a chosen dance style respond to a range of stimuli, improvising freely using a range of controlled movements and patterns</p>	<p>Consistent performance with accuracy and fluency Choose, perform and select a variety of different styles and movement phrases with accuracy, consistency and accuracy. Choose specific material to create a dance phrase in response to the music or topic. Respond with creativity, to a range of stimuli using a range of patterns, movement phrases and precise sequences.</p>
	Applying Skills	<p>Pupils link simple actions and skills Compose and link movement phrases to make simple dances with clean beginning, middle and end. practise and repeat their movement phrases and perform them in a controlled way</p>	<p>Pupils vary skills, actions and ideas. They begin to show some understanding of simple tactics Compose and perform dance phrases and short dances that express communicate moods, ideas and feelings remember and repeat a short dance phrase, showing greater control, coordination and spatial awareness</p>	<p>Pupils show that they understand tactics and composition by starting to vary how they respond Apply basic compositional ideas to create dance which convey feelings and emotions link actions to make dance phrases, working with a partner and in a small group perform short dances with expression, showing an awareness of others when moving describe what makes a good dance phrase</p>	<p>Pupils can link movement phrases together with increased precision. Begin to design their own movement phrases that respond to the stimuli or emotion Use a range of movement and dance phrases within different ways (unison, canon) with a partner or group Remember, perform and evaluate short dance phrase, showing an understanding and an awareness of others.</p>	<p>Pupils link skills, techniques and ideas accurately and appropriately Create and perform dances using a range of movement patterns in response to a range of stimuli use different compositional ideas to create motifs incorporating unison, canon, action and reaction, question and answer remember, practise and combine longer, more complex dance phrases</p>	<p>Pupils select and combine skills, techniques and ideas demonstrating their knowledge of tactics, strategies and composition Extend compositional skills incorporating a wider range of dance styles and forms compose, develop and adapt motifs to make dance phrases and use these in longer dances select and use a range of compositional ideas to create motifs that demonstrate their dance idea</p>	<p>Select the most appropriate skill or movement phrase to allow precision and accuracy. Develop and perform a wide range of dance styles and adapt different dance phrases in response to their own evaluations of how to improve. Select from a range of compositional ideas, the most appropriate for the motif or piece of music chosen.</p>

		Copy and repeat simple skills Throw and catch a ball with a partner move fluently, changing direction and speed easily and avoiding collisions show control and accuracy with the basic actions for rolling, underarm throwing, striking a ball and kicking	Copy, remember and repeat simple skills with control and co-ordination Pass a ball accurately to a partner over a variety of distances perform a range of rolling, throwing, striking, kicking, catching and gathering skills, with control show a good awareness of others in running, chasing and avoiding games, making simple decisions about when and where to run	Select and use skills and ideas with co-ordination and control Travel whilst bouncing a ball showing control use a range of skills to help them keep possession and control of the ball perform the basic skills needed for the games with control and consistency use a range of skills with increasing control	Pupils can link movement phrases together with increased precision. Travel with a ball showing increasing control using both hands and feet. Know and use a range of skills that allow them to keep hold of the ball, before passing to a member of their team. Perform an advancing range of skills with accuracy and control, repeatedly in a range of situations. Use a range of different skills with increasing control and skill	Performance shows precision, control and fluency Travel with a ball showing changes of speed and directions using either foot or hand. use a range of techniques when passing, <i>eg high, low, bounced, fast, slow</i> keep a game going using a range of different ways of throwing strike a ball with intent and throw it more accurately when bowling and/or fielding	Consistent performance showing precision, control and fluency Dribble effectively around obstacles. Show precision and accuracy when sending and receiving perform skills with accuracy, confidence and control combine and perform skills with control, adapting them to meet the needs of the situation play shots on both sides of the body and above their heads in practices and when the opportunity arises in a game use different ways of bowling	Select the most appropriate skill or movement phrase to allow precision and accuracy. Dribble and pass, showing precision, accuracy and scoring goals with ease. Can receive and send ball, making sensible choices. Adapt their play for the needs of the game, perform a range of skills with accuracy, adapting to allow them to keep hold of the play within their team. Can use both sides of the body with equal confidence and can control when in the air and on the ground. Can bowl and pass the ball with an increasing range of technique and skill
Games	Applying skills	Pupils link simple actions and skills Choose and use skills effectively for particular games understand the concepts of aiming, hitting into space, and taking the ball to a good position for aiming use skills in different ways in different games, and try to win by changing the way they use skills in response to their opponent's actions	Pupils vary skills, actions and ideas. They begin to show some understanding of simple tactics They vary skills and show some understanding of simple tactics choose and use tactics to suit different situations react to situations in a way that helps their partners and makes it difficult for their opponents	Pupils show that they understand tactics and composition by starting to vary how they respond In pairs, make up a game and play a simple rallying game. use a range of skills to keep possession and make progress towards a goal, on their own and with others choose good places to stand when receiving, and give reasons for their choice choose and use batting or throwing skills to make the game hard for their opponents	Pupils can link tactics and skills together with increased precision. Use a range of skills to keep possession and score a goal/points. Begin to use simple tactics within teams that enable them to score goals/points and give reasons for their choices choose which skills will make the game hard for their opponents	Pupils link skills, techniques and ideas accurately and appropriately Effectively play a competitive net/wall game keep and use rules they are given try to make things difficult for their opponent by directing the ball to space, at different speeds and heights judge how far they can run to score points	Pupils select and combine skills, techniques and ideas demonstrating their knowledge of tactics, strategies and composition Play recognized version of net game showing tactical awareness and knowledge of rules and scoring. they play, choosing and using skills which meet the needs of the situation choose when to pass or dribble, so that they keep possession and make progress towards the goal hit the ball with purpose, varying the speed, height and direction hit the ball from both sides of the body	Select the most appropriate skill or movement phrase to allow precision and accuracy.

Gymnastics	Developing skills	<p>Copy and repeat simple skills Perform basic gymnastic actions like traveling, rolling and jumping Manage the space safely, showing good awareness of each other, mats and apparatus</p>	<p>Copy, remember and repeat simple skills with control and co-ordination Perform a variety of actions with increasing control repeat accurately sequences of gymnastic actions move smoothly from a position of stillness to a travelling movement move smoothly and in a controlled way from one position of stillness to another</p>	<p>Select and use skills and ideas with co-ordination and control Perform a competent forward roll, rug roll, shoulder roll Explore combinations of mats and apparatus, and find different ways of using a shape, balance or travel practise an action or short sequence of movements, and improve the quality of the actions and transitions show control, accuracy and fluency of movement when performing actions on their own and with a partner</p>	<p>Select and use skills and ideas with co-ordination and control Explore combinations of mats and apparatus, and find different ways of using a shape, balance or travel practise an action or short sequence of movements, and improve the quality of the actions and transitions show control, accuracy and fluency of movement when performing actions on their own and with a partner</p>	<p>Performance shows precision, control and fluency Perform a range of rolls including backwards roll consistently. perform a range of actions and agilities with consistency, fluency and clarity of movement Make similar or contrasting shapes on the floor and apparatus, working with a partner combine actions and maintain the quality of performance when performing at the same time as a partner.</p>	<p>Consistent performance showing precision, control and fluency Perform a range of rolls showing different entrances and exits. perform combinations of actions and agilities that show clear differences between levels, speeds and directions, with fluency and accuracy perform actions, shapes and balances clearly, consistently and fluently, with good body tension and extension</p>
	Applying skills	<p>Pupils link simple actions and skills Make up simple movement phrases in response to simple tasks. Link & repeat basic gymnastic actions perform movement phrases with control and accuracy</p>	<p>Pupils vary skills, actions and ideas. Choose, use and vary simple compositional ideas to create and perform a sequence Devise, repeat and perform a short sequence in which there is a clear beginning, middle and end Adapt the sequence to include apparatus or a partner use different combinations of floor, mats and apparatus, showing control, accuracy and fluency</p>	<p>Pupils show that they understand composition by starting to vary how they respond Plan and perform a movement sequence showing contrasts in speed, level and direction. devise and perform a gymnastic sequence, showing a clear beginning, middle and end adapt a sequence to include different levels, speeds or directions work well on their own and contribute to pair sequences</p>		<p>Pupils link skills, techniques and ideas accurately and appropriately Develop a longer and more varied movement sequence demonstrating smooth transitions between actions combine actions to make sequences with changes of speed, level and direction, and clarity of shape Gradually increase the length of sequences work with a partner to make up a short sequence using the floor, mats and apparatus, showing consistency, fluency and clarity of movement</p>	<p>Pupils select and combine skills, techniques and ideas demonstrating their knowledge of tactics, strategies and composition Plan and perform with precision, control and fluency, a movement sequence showing a wide range of actions including variations in speed, levels and directions repeat accurately a longer sequence with more difficult actions, with an emphasis on extension, clear body shape and changes in direction adapt sequences to include a partner or a small group</p>

PE Progression of Knowledge and Skills

Wallop Primary School 2023/24

Swimming	Developing skills	Swim 10-20 metres with aids, confidence in water, put faces in water	10-20 metres unaided, use arms and legs, one basic method of swimming, swim underwater confidently	25-30 metres in water unaided, co-ordination with arms and legs, use different strokes, describe how to move arms and legs together.		Swim 25-50 metres unaided, swim for 30-45 secs, use variety of basic arm/leg actions front/back	Swim 50-100 metres, 45-90 secs, 3 different strokes, swim on front + back, control breathing	
	Applying skills	Select appropriate arm and leg action to move across pool.	Choose their most confident stroke to swim across the pool.	Use their arms and legs in the correct manner for the chosen stroke.		Link the correct arm and leg movement for front and back strokes.	Show which breathing techniques to use for the particular strokes.	
Outdoor and Adventurous Activities	Developing skills	Follow marked tracks in familiar environment.	Use simple plans and diagrams of familiar environments.	Use maps and diagrams to orientate themselves around a course.		Move confidently through familiar and less familiar environments, prepare self	Work confidently in changing environments, adapt quickly.	
	Applying skills	Choose which way to follow route, by self or in group	Use skills to solve a basic challenge or problem	Respond appropriately when task/environment changes, plan responses		Adapt skills and strategies as situation demands.	Devise and put into practice a range of solutions and challenges.	
Athletics	Developing skills	Run at different speeds, jump with accuracy, use a small range of techniques	Change speed and direction, link running and jumping, throw accurately	Throw with accuracy and power, into a target, difference between sprinting and running, different roles in groups		Sustain and maintain running speed, improve on personal target, organize and manage an athletic event well	Strength, stamina and speed when running, jumping and throwing, know rules, judge events	
	Applying skills	Choose which throwing and retrieving technique to use	Choose when to run and when to jump. Select which throwing technique to use for accuracy and distance	Choose and use throw to reach target, choose which role to play within group situation		Choose pace for running, plan and carry through an event	Adapt skills and techniques to different challenges and equipment	
Evaluating Performance		Describe and comment on their own and others actions Can describe what they have done Can watch others and say what they are doing	They can talk about differences between their own and others' performance and suggest improvements	Describe and comment on their own performance and that of others and make simple suggestions to improve quality.		From observation of others begin to describe constructively how to refine improve and modify performance. Refine own performance in response to comments of others' and self analysis.	Analyse the selected skills and techniques within the activity and suggest ways to improve the quality of performance demonstrating sound knowledge and understanding.	
Knowledge and Understanding of Fitness and Health		Can describe how their bodies feel when still and when exercising. Can talk about how to exercise safely.	They can understand how to exercise and describe how their bodies feel during different activities.	Children suggest appropriate warm up ideas. Children dress appropriately for PE. Children work in a responsible and safe manner. Children recognise changes in body temperature, heart rate and breathing.		Demonstrate activities for specific aspects of warm up stretching, joint mobility, raising heart and breathing rates. Describe the effects of exercise on the body showing understanding of the principles of respiration, temperature, fatigue and recovery.	Can show responsibility for personal warm up programme specific to the activity. Demonstrate all round safe practice, including handling equipment, safety of self and others, playing within accepted rules and conventions.	

