

## PE

Progression journeys for each topic are outlined below.



### **Golden Threads:**

- What parts of the body are being used?
- What equipment is needed?
- Am I being a good sport?

## Dance

<u>EYFS</u>	<u>KS1</u>	<u>Lower KS2</u>	<u>Upper KS2</u>
<ul style="list-style-type: none"><li>• Copy basic body actions and rhythms</li><li>• Choose and use travelling actions, shapes and balances</li><li>• Travel in different pathways using the space around them</li><li>• Begin to use dynamics and expression with guidance</li><li>• Begin to count to music</li></ul>	<ul style="list-style-type: none"><li>• Copy, remember and repeat a series of actions</li><li>• Use changes of direction, speed and levels with guidance</li><li>• Use mirroring and unison when completing actions with a partner</li><li>• Show a character through actions, dynamics and expression</li><li>• Begin to use counts with help to stay in time with the music</li></ul>	<ul style="list-style-type: none"><li>• Copy, remember and adapt set choreography</li><li>• Create short dance phrases that communicate an idea</li><li>• Use action and reaction to represent an idea</li><li>• Use canon, unison and formation to represent an idea</li><li>• Match dynamic and expressive qualities to a range of ideas</li><li>• Use counts to keep in time with a partner and group</li></ul>	<ul style="list-style-type: none"><li>• Accurately copy and repeat set choreography in different styles of dance showing a good sense of timing</li><li>• Perform dances confidently and fluently with accuracy and good timing</li><li>• Perform dances confidently and fluently with accuracy and good timing</li><li>• Confidently perform choosing appropriate dynamics to represent an idea</li><li>• Use counts accurately when choreographing to perform in time with others and the music</li><li>• Make suggestions on improvements that could be made to choreographed dances</li></ul>

**Fundamental movement skills (fitness and athletics)**

<b><u>EYFS</u></b>	<b><u>KS1</u></b>	<b><u>Lower KS2</u></b>	<b><u>Upper KS2</u></b>
<ul style="list-style-type: none"> <li>• Run and stop with some control</li> <li>• Explore skipping as a travelling action</li> <li>• Jump and hop with bent knees.</li> <li>• Throwing larger balls and beanbags into space</li> <li>• Balance whilst stationary and on the move</li> <li>• Change direction at a slow pace</li> <li>• Explore moving different body parts together</li> </ul>	<ul style="list-style-type: none"> <li>• Attempt to run at different speeds showing an awareness of technique</li> <li>• Show balance and coordination when running at different speeds</li> <li>• Link running and jumping movements with some control and balance</li> <li>• Jump, leap and hop and choosing which allows them to jump the furthest</li> <li>• Change technique to throw for distance</li> <li>• Throw towards a target</li> <li>• Show some control and balance when travelling at different speeds</li> <li>• Begin to show balance and co-ordination when changing direction</li> <li>• Use co-ordination with and without equipment</li> </ul>	<ul style="list-style-type: none"> <li>• Show balance, coordination and technique when running at different speeds, stopping with control</li> <li>• Link hopping and jumping actions with some control</li> <li>• Jump for distance and height showing balance and control</li> <li>• Throw with some accuracy and power towards a target area</li> <li>• Demonstrate balance when performing other fundamental skills</li> <li>• Show balance when changing direction at speed in combination with other skills</li> <li>• Can co-ordinate their bodies with increased consistency in a variety of activities</li> </ul>	<ul style="list-style-type: none"> <li>• Run at the appropriate speed over longer distances or for longer periods of time</li> <li>• Show control at take-off and landing in more complex jumping activities</li> <li>• Link running, jumping and hopping actions with greater control and co-ordination</li> <li>• Perform a range of more complex jumps showing some technique</li> <li>• Show accuracy, power and good technique when throwing for distance</li> <li>• Show fluency and control when travelling, landing, stopping and changing direction</li> <li>• Demonstrate improved body posture and speed when changing direction</li> <li>• Can co-ordinate a range of body parts at increased speed</li> </ul>

**Games (ball skills, sending and receiving, invasion, target, net and wall, striking and fielding games)**

<b><u>EYFS</u></b>	<b><u>KS1</u></b>	<b><u>Lower KS2</u></b>	<b><u>Upper KS2</u></b>
<ul style="list-style-type: none"> <li>● Drop and catch with two hands</li> <li>● Move a ball with feet</li> <li>● Throw and roll a variety of beanbags and larger balls to space</li> <li>● Kick larger balls to space</li> <li>● Stop a beanbag or large ball sent to them using hands</li> <li>● Attempt to stop a large ball sent to them using feet</li> <li>● Hit a ball with hands</li> <li>● Run and stop when instructed</li> <li>● Move around showing limited awareness of others</li> <li>● Make simple decisions in response to a situation</li> </ul>	<ul style="list-style-type: none"> <li>● Drop and catch a ball</li> <li>● Dribble a ball with two hands on the move</li> <li>● Move a ball with different parts of the foot</li> <li>● Dibble a ball with some success, stopping it when required</li> <li>● Throw and roll towards a target using varying techniques with some success</li> <li>● Show balance when kicking towards a target</li> <li>● Catch an object passed to them, with and without a bounce</li> <li>● Move to track a ball and stop it using feet with limited success</li> <li>● Strike a ball using a racket</li> <li>● Run, stop and change direction with balance and control</li> <li>● Move to space to help score goals or limit others scoring</li> <li>● Use simple tactics</li> </ul>	<ul style="list-style-type: none"> <li>● Dribble the ball with one hand with some control in game situations</li> <li>● Change direction when dribbling with feet with some control in game situations</li> <li>● Use a variety of throwing techniques with increasing success in game situations</li> <li>● Kick towards a partner with increasing success in game situations</li> <li>● Catch a ball passed to them using one and two hands with increasing success.</li> <li>● Receive a ball sent to them using different parts of the foot</li> <li>● Strike a ball using varying techniques with increasing accuracy</li> <li>● Change direction with increasing speed</li> <li>● Change direction to lose an opponent with some success</li> <li>● Create and use space with some success in game situations</li> <li>● Use simple tactics to help their team score or gain possession</li> </ul>	<ul style="list-style-type: none"> <li>● Use dribbling to change the direction of play with some control under pressure</li> <li>● Use a variety of dribbling techniques to maintain possession under pressure</li> <li>● Use a variety of throwing techniques with some control under increasing pressure</li> <li>● Select and apply the appropriate kicking technique with control</li> <li>● Catch and intercept a ball using one and two hands with some success in game situations</li> <li>● Receive a ball with consideration to the next move</li> <li>● Strike a ball using a wider range of skills</li> <li>● Apply these with some success under pressure</li> <li>● Use a variety of techniques to change direction to lose an opponent</li> <li>● Create and use space for self and others with some success</li> <li>● Work collaboratively to create tactics within their team and evaluate the effectiveness of these</li> </ul>

## Outdoor adventurous activities

<b><u>Lower KS2</u></b>	<b><u>Upper KS2</u></b>
<ul style="list-style-type: none"><li>• Follow instructions from a peer</li><li>• Give clear and usable instructions to a peer</li><li>• Work collaboratively with a partner and a small group</li><li>• Confidently communicate ideas and listen to others before deciding on the best approach</li><li>• Plan and apply strategies to solve problems</li><li>• Orientate and follow a diagram/map</li><li>• Identify key symbols on a map and use a key</li><li>• Reflect on when and why challenges are solved successfully and use others' success to help them to improve</li></ul>	<ul style="list-style-type: none"><li>• Use clear communication when working in a group and taking on different roles</li><li>• Continue to communicate effectively when under pressure</li><li>• Begin to show confidence in leading, and showing consideration of, others within a group</li><li>• Use critical thinking skills to form ideas and strategies selecting and applying the best method to solve a problem</li><li>• Orientate a map confidently using it to navigate around a course</li><li>• Identify key features of a map</li><li>• Explain why a particular strategy worked and alter methods to improve</li></ul>

## Swimming

<u>Beginners</u>	<u>Developers</u>	<u>Intermediate</u>
<ul style="list-style-type: none"><li>• Submerge and regain feet in the water</li><li>• Breathe in sync with an isolated kicking action from poolside</li><li>• Use arms and legs together to move effectively across a short distance in the water</li><li>• Glide on front and back over short distances</li><li>• Float on front and back for short periods of time</li><li>• Confidently roll from front to back and then regain a standing position</li></ul>	<ul style="list-style-type: none"><li>• Confidently and consistently retrieve an object from the floor with the same breath</li><li>• Begin to co-ordinate breath in time with basic strokes showing some consistency in timing</li><li>• Demonstrate a fair level of technique, consistently co-ordinating the correct body parts in a range of strokes</li><li>• Combine gliding and floating on front and back over an increased distance</li><li>• Float on front and back using different shapes with increased control</li><li>• Comfortably demonstrate sculling head first, feet first and treading water</li></ul>	<ul style="list-style-type: none"><li>• Confidently combine skills to retrieve an object from greater depth</li><li>• Confidently co-ordinate a smooth and consistent breathing technique with a range of strokes</li><li>• Confidently demonstrate good technique in a wider range of strokes over increased distances</li><li>• Combine gliding and transitioning into an appropriate stroke with good control</li><li>• Confidently link a variety of floating actions together demonstrating good technique and control</li><li>• Select and apply the appropriate survival technique to the situation</li></ul>