

## PE Progression in Skills 2019 - 2020

		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p><b>NC Link</b>  <b>KS1:</b> Master Basic Movements - throwing &amp; catching.  <b>KS2:</b> Use throwing &amp; catching in isolation and in combination.</p>	Games	Throw and catch displaying a degree of competency, in isolation and in varied environments.	Throw and catch displaying competency, in isolation and in varied environments.	Throw and catch displaying with accuracy, in isolation and in varied environments.	Can adapt throwing technique to ensure success in a variety of activities (distance, accuracy, control).	Utilise knowledge of technique to perform at a developing level in different types of throw.	Utilise knowledge of technique to perform at an optimum level in different types of throw.
<p><b>NC Link</b>  <b>KS1:</b> Master Basic Movements - running, agility &amp; co-ordination  <b>KS2:</b> Use running in Isolation and in Combination Apply the basic principles suitable for attacking and defending.  <b>KS2:</b> Compare performance with previous ones and demonstrate improvement to achieve personal best.</p>	Athletics & Games	Demonstrate changes of direction, level & speed.	Demonstrate changes of direction, speed & level during performances or in competitive environments.	Demonstrate changes of direction, speed & level in competitive environments or during performances.	Change running styles according to distance, with the intention of beating their personal best.	Compare performances with previous ones.	Compare performances with previous ones and demonstrate improvement to achieve personal best.
<p><b>NC Link</b>  <b>KS1:</b> Perform dances using simple movement patterns.  <b>KS2:</b> Perform dances using a range of movement patterns.</p>	Dance & Gymnastics	Repeat and Perform sequences of movements.	Perform and repeat sequences of movements.	Plan, perform and repeat sequences of movements in a group.	Plan, perform & repeat sequences of movements, experimenting with ways of travelling and complex movements.	Create complex and well executed sequences containing a variety of gymnastic components.	Create complex, demanding and well executed sequences containing a variety of gymnastic components.
<p><b>NC Link</b>  <b>KS1:</b> Master Basic Movements - running, jumping, balance, agility and co-ordination and apply these to a range of activities.  <b>KS2:</b> Use running and jumping in isolation and in combination.  <b>KS2:</b> Develop flexibility, strength, technique, control &amp; balance.  <b>KS2:</b> Demonstrate improvement to achieve personal best.</p>	Gymnastics & Athletics	Displays development in the fundamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)	Competent in the fundamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)	Competent in the fundamentals of movement (Jog, Sprint, Hop, Weight on Hands, Jump, Balance & Coordination)	Utilise knowledge of technique to perform at a developing level in different types of throw, jump and run.	Utilise knowledge of technique to perform at an optimum level in different types of throw, jump and run.	Utilise knowledge of technique to perform at an optimum level in different types of throw, jumps and runs (sprints, middle distance and hurdles).
<p><b>NC Link</b>  <b>KS1:</b> Participate in team games, developing simple tactics for attacking and defending.  <b>KS2:</b> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p>	Games	Uses fundamentals of movement to achieve success in competitive environments, individually and as a team.	Use fundamentals of movement to employ simple tactics in varied environments.	Use fundamentals of movement to employ simple tactics in competitive environments.	Select and utilise appropriate tactics and techniques to cause problems for opponents.	Field, defend and attack tactically by anticipating the direction of play.	Field, defend and attack tactically by anticipating and reacting to the direction of play.
<p><b>British &amp; School Values Link</b>  <b>KS1:</b> Participate in team games.  <b>KS2:</b> Play games.</p>	Across all Units	With guidance, participate displaying respect, fair play and working well with others.	With guidance participate displaying respect, fair play and working well with others.	Displays an understanding of fair play, respect and working well with others.	Displays an understanding of fair play, working well with others and leading a small group.	Display an understanding of fair play, working well with others and leading a medium sized group.	Display an understanding of fair play, working well with others and leading a large group.
<p><b>PSHCE &amp; Science Link</b>  <b>KS2:</b> Develop flexibility, strength, technique, control &amp; balance.  <b>KS2:</b> Evaluating own success.</p>	Across all Units	Show an awareness of how the body functions/changes during exercise.	Show an awareness of how the body changes/functions during exercise	Demonstrates a clear understanding of how the body changes/functions during exercise.	Demonstrates a developed understanding of how the body changes/functions during exercise.	Uses knowledge of the relationship between the body and exercise to improve various fitness components.	Uses knowledge of the relationship between the body and exercise to improve all fitness components.

## **Swimming:**

Pupils 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.

## **Outdoor & Adventurous Activity Challenges:**

**Years 1,2 & 4:** Orienteering

**Year 5:** Canoeing, Gill Scrambling & Low/High Ropes

**Year 6:** Cross Country Running