

## Physical Education skill progression grid

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b><i>Acquiring and developing skills</i></b>	<p>I can copy actions</p> <p>I can repeat actions and skills</p> <p>I can move with control and care</p>	<p>I can copy and remember actions</p> <p>I can repeat and explore actions with control and coordination</p>	<p>I can use the most appropriate skills, actions or ideas</p> <p>I can move with coordination</p>	<p>I can select one and use the most appropriate skills, actions or ideas</p> <p>I can move with actions in coordination and control</p> <p>I can make up my own small game</p>	<p>I can link skills, techniques and ideas and apply them accurately</p> <p>I can show good controls in my own movements</p>	<p>I can apply my skills, techniques and ideas consistently</p> <p>I can show precision, control and fluency</p>
<b><i>Evaluating and improving</i></b>	<p>I can talk about what I have done</p> <p>I can describe what other people did</p>	<p>I can talk about what is different between what I did and what someone else did</p> <p>I can say how I could improve</p>	<p>I can explain how my work is similar and different with that of others.</p> <p>I can help recognise how performances could be improved</p>	<p>I can explain how my work is similar and different to others</p> <p>I can use my comparison to improve my work</p>	<p>I can compare and comment on skills and techniques I have used</p> <p>I can use my observations to improve my work</p>	<p>I can analyse and explain why I have used specific skills or techniques</p> <p>I can modify use of skills or techniques to improve my work</p> <p>I can create my own success criteria for evaluating</p>
<b><i>Health and fitness</i></b>	<p>I can describe how my body feels before, during and after an activity</p>	<p>I can show how to exercise safely</p> <p>I can describe how my body feels during different activities</p> <p>I can explain what my body needs to keep healthy</p>	<p>I can explain why it is important to warm up</p> <p>I can identify some muscle groups used in gymnastic activities</p>	<p>I can explain why warming up and cooling down is important</p> <p>I can explain why keeping fit is good for my health</p>	<p>I can explain some important safety principles when preparing for exercise</p> <p>I can explain what effect exercise has on my body</p> <p>I can explain why exercise is important</p>	<p>I can explain how the body reacts to different kinds of exercise</p> <p>I can choose appropriate warm ups and cool downs</p> <p>I can explain why we need regular and safe exercise</p>

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<b><u>Games</u></b>	<p>Throw underarm Roll a piece of equipment Hit a ball with a bat Move and stop safely Catch with both hands Throw in different ways Kick in different ways</p>	<p>I can use hitting, kicking and rolling in a game I can stay in a zone during the game I can decide where the best place to be is during a game I can use one tactic in a game I can follow rules</p>	<p>I can throw and catch with control when under pressure I can be aware of space and use it to support team I know and use rules fairly to keep games going I can keep possession with some success when using equipment</p>	<p>I can catch with one hand I can throw and catch accurately I can hit a ball accurately and with control I can keep possession of the ball I can move to find a space when I am not in possession I can vary tactics and adapt skills according to what is happening</p>	<p>I can make complex or extended sequences I can combine action, balance and shape I can perform consistently I can produce clear and consistent movements.</p>	<p>I can explain complicated rules I can make a team and plan and communicate to others I can lead others in a game situation I can follow all the rules and techniques learnt in previous years</p>
<b><u>Gymnastics</u></b>	<p>Make their body tense, relaxed and stretched Control their body when moving Control their body when balancing Copy sequences and repeat them Roll in different ways Travel in different ways Balance in different ways Climb safely Stretch in different ways Curl in different ways</p>	<p>I can plan and show a sequence of movements I can use contrast in my sequence I can produce controlled movements I can think of more than one way to create a sequence I can work with a partner and on own to create a sequence</p>	<p>I can use a greater number of their own ideas and movements in response to a task I can adapt sequences to suit different types of apparatus I can explain how strength and suppleness affect performance I can compare and contrast gymnastic sequences</p>	<p>I can work in a controlled way I can include change to speed I can include change to direction I can include range of shapes I can follow a set of rules to produce a sequence I can work with a partner to create, repeat and improve a sequence with at least three phases</p>	<p>I can make complex or extended sequences I can combine action, balance and shape I can perform consistently to different audiences I can produce accurate, clear and consistent movements</p>	<p>I can combine my own work with that of others I can use a range of balances and controls I can allow my body to balance and move freely I can link my sequences to specific timings I can use a range of equipment to create different balances and positions</p>

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<p><b><u>Dance</u></b></p>	<p>Explore and perform basic body actions Use different parts of the body singly and in combination Show some sense of dynamic and rhythmic qualities in performance Choose appropriate movements Repeat simple short dance phrases Move with control Vary the way they use space Describe basic body movements</p>	<p>I can perform body actions with control and coordination I can choose movements with different dynamic qualities I can change rhythm, speed and direction I can dance imaginatively I can remember and repeat dance phrases I can perform and describe the mood I can describe how dancing affects my body I can suggest how I could improve my work</p>	<p>I can improvise freely, translating ideas from a stimulus into movement I can share and create phrases that communicate ideas with a partner I can repeat and remember these phrases in a performance I can use dynamic and rhythmic qualities with control I can recognise and talk about different movements I can suggest improvements to my own and others dances</p>	<p>Respond imaginatively to a range of stimuli Use simple motifs and movement patterns to structure dance phrases Take the lead with working with a group Refine, repeat and remember dances Perform dances clearly and fluently Communicate and show sensitivity</p>	<p>I can plan and perform dances confidently I can perform to an accompaniment I can compose motifs and create dances creatively I can adapt and refine the way they use weight, space and rhythm I can perform different styles of dance I can produce controlled movements.</p>	<p>I can work creatively and imaginatively on my own or with a partner to compose and structure simple dances in our own style I can perform to an accompaniment I can choose my own style of dance I can perform dance fluently and with control I can understand how dance keeps me healthy I can discuss dance with correct language</p>
<p><b><u>Outdoors</u></b></p>	<p>NA</p>	<p>NA</p>	<p>I can follow a map in a familiar context I can move from one location to another following a map I can use clues to follow a route I can follow a route safely</p>	<p>I can follow a map in a more demanding familiar context I can move from one location to another following a map I can use clues to follow a route I can follow a route accurately and within a time limit</p>	<p>I can follow a map in an unknown location I can use clues and compass directions to navigate a route I can change their route if there is a problem I can change my plan if I get new information</p>	<p>I can plan a route and series of clues for someone else I can plan with others, taking danger into account</p>

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<p><b><u>Athletics</u></b></p>	<p>I can follow the rules I can run at different speeds I can jump and turn I can throw some objects</p>	<p>I can follow specific rules I can run at different speeds I can start to control my pace I can show a variety of jumps I can throw objects with some control</p>	<p>I can run at fast, medium and slow speeds. Changing direction I can link running and jumping activities with some fluency I can make up and repeat a short sequence I can take part in a relay activity I can throw a variety of objects changing my action for accuracy</p>	<p>I can run over a long distance I can sprint over a short distance I can throw in different ways I can hit a target I can jump in different ways</p>	<p>I can be controlled with taking off and landing in a jump I can throw with accuracy I can combine running and jumping I can follow specific rules</p>	<p>I can demonstrate stamina I can use my skills in different situations</p>
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