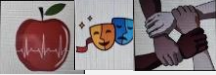

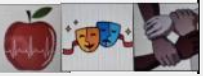

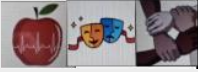



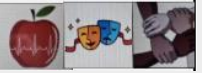

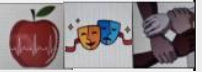

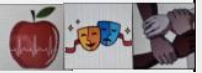



PE Progression "Sticky knowledge"

	Reception	Year 1	Year 2
<p>Gymnastic Movements</p> <p><i>developing balance, agility and coordination, and begin to apply these in a range of activities</i></p> 	<p><u>Learn:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> EYFS Physical Development <input type="checkbox"/> Negotiate space <input type="checkbox"/> consider themselves and others <input type="checkbox"/> demonstrate strength, balance and coordination when playing <input type="checkbox"/> Move energetically (running, skipping, jumping hopping, climbing) 	<p><u>Learn:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> make body curled, tense, stretched and relaxed <input type="checkbox"/> control body when travelling and balancing <input type="checkbox"/> copy sequences and repeat them <input type="checkbox"/> roll, curl, travel and balance in different ways 	<p><u>Learn:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> plan and perform a sequence of movements <input type="checkbox"/> improve sequence based on feedback <input type="checkbox"/> think of more than one way to create a sequence which follows some 'rules'
<p>Basic movements and Team Games</p> <p><i>master basic movements including running, jumping, throwing and catching, as well as participate in team games, developing simple tactics for attacking and defending</i></p> 	<p><u>Learn:</u></p> <p>EYFS Physical Development:</p> <ul style="list-style-type: none"> ● Negotiate space ● consider themselves and others ● demonstrate strength, balance and coordination when playing ● Move energetically (running, skipping, jumping hopping, climbing) 	<p><u>Learn:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> throw underarm <input type="checkbox"/> throw and kick in different ways 	<p><u>Learn:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> use hitting, kicking and/or rolling in a game <input type="checkbox"/> decide the best space to be in during a game <input type="checkbox"/> use a tactic in a game <input type="checkbox"/> follow rules
<p>Dance</p> <p><i>perform dances using simple movement patterns</i></p> 	<p><u>Learn:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> EYFS Physical Development <input type="checkbox"/> Negotiate space <input type="checkbox"/> consider themselves and others <input type="checkbox"/> demonstrate strength, balance and coordination 	<p><u>Learn:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> perform own dance moves <input type="checkbox"/> copy or make up a short dance <input type="checkbox"/> move safely in a space 	<p><u>Learn:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> change rhythm, speed, level and direction in dance <input type="checkbox"/> make a sequence by linking sections together <input type="checkbox"/> use dance to show a mood or feeling

- Move energetically (running, skipping, jumping hopping, climbing)

	Year 3	Year 4	Year 5	Year 6
Athletics <i>use running, jumping, throwing and catching in isolation and in combination</i> 	<u>Learn:</u> <ul style="list-style-type: none"> <input type="checkbox"/> run at fast, medium and slow speeds; changing speed and direction <input type="checkbox"/> take part in a relay, remembering when to run and what to do 	<u>Learn:</u> <ul style="list-style-type: none"> <input type="checkbox"/> sprint over a short distance and show stamina when running over a long distance <input type="checkbox"/> jump in different ways <input type="checkbox"/> throw in different ways and hit a target, when needed 	<u>Learn:</u> <ul style="list-style-type: none"> <input type="checkbox"/> controlled when taking off and landing <input type="checkbox"/> throw with increasing accuracy <input type="checkbox"/> combine running and jumping 	<u>Learn:</u> <ul style="list-style-type: none"> <input type="checkbox"/> demonstrate stamina and increase strength
Competitive Games <i>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</i> 	<u>Learn:</u> <ul style="list-style-type: none"> <input type="checkbox"/> be aware of space and use it to support team-mates and to cause problems for the opposition <input type="checkbox"/> know and use rules fairly 	<u>Learn:</u> <ul style="list-style-type: none"> <input type="checkbox"/> throw and catch accurately with one hand <input type="checkbox"/> hit a ball accurately with control <input type="checkbox"/> vary tactics and adapt skills depending on what is happening in a game 	<u>Learn:</u> <ul style="list-style-type: none"> <input type="checkbox"/> gain possession by working a team and pass in different ways <input type="checkbox"/> choose a specific tactic for defending and attacking <input type="checkbox"/> use a number of techniques to pass, dribble and shoot 	<u>Learn:</u> <ul style="list-style-type: none"> <input type="checkbox"/> agree and explain rules to others <input type="checkbox"/> work as a team and communicate a plan <input type="checkbox"/> lead others in a game situation when the need arises
Gymnastics <i>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</i> 	<u>Learn:</u> <ul style="list-style-type: none"> <input type="checkbox"/> adapt sequences to suit different types of apparatus and criteria <input type="checkbox"/> explain how strength and suppleness affect performance 	<u>Learn:</u> <ul style="list-style-type: none"> <input type="checkbox"/> move in a controlled way <input type="checkbox"/> include change of speed and direction in a sequence <input type="checkbox"/> work with a partner to create, repeat and improve a 	<u>Learn:</u> <ul style="list-style-type: none"> <input type="checkbox"/> make complex extended sequences <input type="checkbox"/> combine action, balance and shape 	<u>Learn:</u> <ul style="list-style-type: none"> <input type="checkbox"/> combine own work with that of others <input type="checkbox"/> sequences to specific timings

		sequence with at least three phases	<input type="checkbox"/> perform consistently to different audiences	
Dance <i>perform dances using a range of movement patterns</i>  	<u>Learn:</u> <input type="checkbox"/> improvise freely and translate ideas from a stimulus into movement <input type="checkbox"/> share and create phrases with a partner and small group <input type="checkbox"/> remember and repeat dance perform phrases	<u>Learn:</u> <input type="checkbox"/> take the lead when working with a partner or group <input type="checkbox"/> use dance to communicate an idea	<u>Learn:</u> <input type="checkbox"/> compose own dances in a creative way <input type="checkbox"/> perform dance to an accompaniment <input type="checkbox"/> dance shows clarity, fluency, accuracy and consistency	<u>Learn:</u> <input type="checkbox"/> develop sequences in a specific style <input type="checkbox"/> choose own music and style
Outdoor and Adventurous Activity <i>take part in outdoor and adventurous activity challenges both individually and within a team</i>  	<u>Learn:</u> <input type="checkbox"/> follow a map in a familiar context <input type="checkbox"/> use clues to follow a route <input type="checkbox"/> follow a route safely	<u>Learn:</u> <input type="checkbox"/> follow a map in a (more demanding) familiar context <input type="checkbox"/> follow a route within a time limit	<u>Learn:</u> <input type="checkbox"/> follow a map into an unknown location <input type="checkbox"/> use clues and a compass to navigate a route <input type="checkbox"/> change route to overcome a problem <input type="checkbox"/> use new information to change route	<u>Learn:</u> <input type="checkbox"/> plan a route and a series of clues for someone else <input type="checkbox"/> plan with others, taking account of safety and danger
Evaluate <i>compare their performances with previous ones and demonstrate improvement to achieve their personal best</i>  	<u>Learn:</u> <input type="checkbox"/> compare and contrast gymnastic sequences <input type="checkbox"/> recognise own improvement in ball games	<u>Learn:</u> <input type="checkbox"/> provide support and advice to others in gymnastics and dance <input type="checkbox"/> be prepared to listen to the ideas of others	<u>Learn:</u> <input type="checkbox"/> pick up on something a partner does well and also on something that can be improved <input type="checkbox"/> know why own performance was better or not as good as their last	<u>Learn:</u> <input type="checkbox"/> know which sports they are good at and find out how to improve further