

## Key Stage 1 PE Progression: Being a Sports Person

Year 1	Year 2
<b>Pupils should be taught:</b>	
<b>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</b>	
<p>I can balance on one leg.</p> <p>I can jump from one foot and from two feet.</p> <p>I can skip, using the correct action and motion</p> <p>I can catch a large ball using both hands.</p> <p>I can bounce and catch a ball.</p> <p>I can hop on my dominant leg.</p> <p>I can throw an object with my dominant hand.</p> <p>I can make different shapes with my body in gymnastics.</p> <p>I can demonstrate the age appropriate skills from the FUNS cards.</p>	<p>I can balance on both legs and in different situations.</p> <p>I can take-off and land with control in different ways.</p> <p>I can move in different ways on command (skip, hop, bounce, jump, start jump)</p> <p>I can throw and catch a ball with a partner.</p> <p>I can throw different distances by changing my technique.</p> <p>I can show and hold the five main shapes in gymnastics (straight, tuck, star, straddle and pike).</p> <p>I can demonstrate the age appropriate skills from the FUNS cards.</p>
<b>Participate in team games, developing simple tactics for attacking and defending</b>	
<p>I can join in with team games and follow the rules.</p> <p>I can play small sided games and apply basic movement skills when I do.</p> <p>I can explain some simple ideas about attacking and defending in games.</p>	<p>I can join in with team games and follow the rules.</p> <p>I can move in different ways and use different techniques depending on the game being played.</p> <p>I can apply attacking and defending skills in small sided games.</p>
<b>Perform dances using simple movement patterns.</b>	
<p>I can begin to use simple foot patterns and steps.</p> <p>I can move my body to different styles and tempos of music.</p> <p>I can use dance to tell simple stories.</p>	<p>I can learn and repeat foot patterns and steps.</p> <p>I can use the music to decide how to move my body.</p> <p>I can show simple emotions and feelings through my movements.</p>

## Key Stage 2 PE Progression: Being a Sports Person

Year 3	Year 4	Year 5	Year 6
<b>Use jumping, running, throwing and catching in isolation and combination.</b>			
I can throw and catch with accuracy and control over shorter distances. I can run at fast medium and slow speeds, depending on the task. I can perform a one and two footed take off.	I throw and catch accurately with one hand. I can throw in different ways to match the activity. I can sprint over short distances. I can run longer distances conserving energy. I can jump and land in different ways	I am accurate when throwing over longer distances. I can select the best pace for running, depending on the activity. I can combine running and jumping accurately.	I adapt and select the appropriate throwing and catching techniques for different situations within activities. I show accurate control, speed, strength and stamina in my running. I adapt my take-off and landing skills to match the activity.
<b>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</b>			
I am aware of space and use it to support teammates and to cause problems for the opposition. I know and use rules fairly.	I can keep possession of the ball. I can choose a tactic for defending and attacking.	I can choose the most appropriate tactics in a game. I can use a number of techniques to pass, dribble or shoot.	I can explain, apply and umpire rules in a game. I can communicate and plan with teammates. I can vary the techniques I use to strike a ball.
<b>Develop flexibility, strength, technique, control and balance (Gymnastics)</b>			
I can use controlled shapes and balances. I work on improving my strength and suppleness by practising stretches and shapes.	I can plan, perform and repeat sequences. I can include a change in speed and level in my sequences.	I can make more complex and extended sequences that include changes in direction, level and speed. My movement are clear, accurate and consistent and I perform to an audience.	I can combine my own work with that of others. I link and adapt actions to perform well-timed sequences.
<b>Perform dances using a range of movement patterns</b>			
I improvise and move freely to communicate an idea. I can repeat, remember and perform phrases.	My movements are clear, fluent and expressive. I refine my movements into sequences.	My movements are controlled and express an emotion or feeling. I am creative and imaginative in composing my own dances.	My dance and movements match the mood of the accompanying music. I choose my own dance steps and develop them with style and artistic intention.
<b>Take part in outdoor and adventurous activity challenges both individually and within a team</b>			
I enjoy solving problems or challenges outdoors.	I discuss with others how to solve problems.	I plan careful responses to challenges or problems.	I assess risks and adapt my plan accordingly when solving problems or facing challenges.
<b>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</b>			
I can say how my work is similar or different to that of others. I can suggest how to improve my performance.	I can comment on the skills and ideas used in my work and in others. I use this to improve my performance.	I compare and comment on the skills, techniques and ideas used in my work and others. I know how to improve my performance and can suggest how others can improve theirs.	I analyse and comment on skills and techniques and how they are applied in my own work and others. I modify and refine my skills and techniques to improve my performance and help others improve theirs.
<b>Swimming and water safety</b>			
I can swim using a range of different strokes.	I can swim using a range of different strokes, including the correct breathing techniques.	I can swim competently, confidently and proficiently over a distance of at least 25 metres.	I can swim competently, confidently and proficiently over a distance of at least 25 metres. I can explain how to perform safe self-rescue in different water based situations.

