



Pyrford C of E School PE Progression Map

Gymnastics

	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	<p>To experiment with a range of ways of moving.</p> <p>To negotiate space and obstacles safely with an awareness of others.</p> <p>Demonstrate strength balance and coordination when playing.</p> <p>Move energetically such as running, jumping and skipping.</p> <p>To travel over, under and through equipment and apparatus.</p>	<p>To move on their feet in a variety of ways including jumping, skipping, hopping, running and walking.</p> <p>To move on large body parts in a variety of ways e.g. slithering, sliding, rolling and shuffling.</p> <p>Travel with confidence over, under and through equipment and apparatus.</p> <p>To know how to use high apparatus safely. To be able to use high apparatus such as climbing structures in P.E and in the playground. To be able to experiment with wider range of equipment and use with more control. Tyres planks guttering crates</p> <p>To jump safely from small apparatus.</p> <p>To follow simple instructions and copy a variety of shapes and actions.</p> <p>To be able to link at least 2 movements together when performing a small range of skills.</p>	<p>To perform simple gymnastics actions and shapes.</p> <p>To link like actions.</p> <p>To perform a simple sequence using rolling, travelling, climbing, balancing and jumping.</p> <p>Show spins and rock in isolation and short sequences.</p> <p>To take and transfer weight on hands e.g. in balancing, bunny hopping etc.</p> <p>To move on off and over apparatus with confidence.</p> <p>To make their body tense, relaxed, stretched and curled.</p> <p>To safely move and carry basic gym equipment such as mats and benches.</p>	<p>To create and perform a sequence using apparatus.</p> <p>To use recognised start and finish shapes.</p> <p>To remember and repeat sequences.</p> <p>To use core strength to link gymnastic elements.</p> <p>To demonstrate flexibility.</p> <p>To show smooth transitions.</p> <p>To perform actions at different speeds and levels.</p> <p>To attempt to use rhythm whilst performing.</p> <p>To work with a partner to copy, create and join sequences.</p>	<p>To perform sequences with contrasting actions.</p> <p>To modify actions using different pathways, direction and shape.</p> <p>To develop body management over a range of floor exercises.</p> <p>To adapt basic sequences to include apparatus.</p> <p>To show body control in individual movements and sequences.</p> <p>To work as a group to create a basic sequence.</p> <p>To perform in unison with a partner and show mirror and matching actions.</p> <p>To attempt more challenging actions.</p>	<p>To perform body actions such as balance, shape and flight with control.</p> <p>To include an increasing range of body actions and shape in their sequences.</p> <p>To show good body tension throughout a sequence and understand the importance of engaging the core.</p> <p>To take weight on small body parts.</p> <p>To demonstrate control when taking weight on hands.</p>	<p>To create longer and more complex sequences and adapt their performances.</p> <p>To be able to perform more complex skills in isolation e.g. cartwheels and round off</p> <p>Make dynamic sequences with contrasting shapes, actions and balances with smooth transitions.</p> <p>To work responsibly in trust exercises and when counterbalancing.</p> <p>To perform symmetry and asymmetry individually, in pairs and as a group.</p> <p>Develop strength and flexibility to hold more complex balances and shapes such as a bridge with control.</p> <p>Practise, improve and perform a range of jumps.</p> <p>Take weight on hands in a variety of ways and incorporate travel with this.</p>	<p>To experience flight on and off the apparatus.</p> <p>To devise and perform increasingly complex and sustained sequences.</p> <p>To arrange own apparatus to enhance work.</p> <p>To devise a sequence that uses cannon.</p> <p>To compose and perform a sequence to music.</p>

Dance

	<p>To move energetically such as in dance.</p> <p>To perform songs, rhymes and stories to music.</p>	<p>To copy, repeat and perform basic actions to music</p> <p>Moving in time to music to songs, rhymes and stories.</p> <p>To be able to enact stories through dance</p> <p>To be able to make good use of their developed foot skills through little sequences with a partner</p> <p>To be able to Improve posture through Pony trots and gallops in time with the music</p> <p>To be able to work in pairs and dance crossing hands side by side or facing partner.</p> <p>To be able to complete a simple dance and perform them in small groups. (Bhangra dancing)</p> <p>To know more complicated step combinations and more expressive movements carried out in new floor patterns.</p> <p>To be able to develop a greater awareness of the music, time signature differences and how they impact the step sequences.</p> <p>To be able to skip in time with Music.</p>	<p>To perform basic body actions along with music with control and awareness of space.</p> <p>Exploring space, direction level and moving with different body parts.</p> <p>Use concept such as unison and mirroring in dance, copying examples.</p> <p>To remember and repeat simple movement patterns.</p> <p>To compose and perform actions to nursery rhymes.</p> <p>To march in time to music.</p> <p>To perform simple cannon and rounds</p> <p>To explore storytelling through dance</p>	<p>To explore and use basic choreography including levels, speed changes, unison and cannon.</p> <p>To move with imagination in response to music.</p> <p>To plan a dance with a beginning middle and end.</p> <p>To show good timing with music.</p> <p>To begin to use formations in dance.</p> <p>To create a short simple dance with a partner and attempt to work in a group to perform a dance.</p> <p>To remember and repeat dance steps.</p> <p>To perform to the count of 8</p>	<p>To express moods and feelings of character through the dance piece.</p> <p>To attempt short pieces of improvised dance responding to a structure/ theme of the dance.</p> <p>Using stimuli to copy, repeat and create a dance motif</p> <p>Perform using given formations.</p> <p>To dance using different levels and direction.</p> <p>To count beats to a dance pattern.</p>	<p>To incorporate a freeze frame into a dance.</p> <p>To dance using a variety of formations.</p> <p>To use dynamics and formation to communicate character.</p> <p>To perform with increasing musicality.</p> <p>To use transitions to move from different dance positions.</p> <p>To show set start potions for the beginning of dance.</p> <p>To include canon and unison in dance sequences.</p> <p>To show rhythm and style when performing on own and with others.</p>	<p>To refine and improve dance, adapting them to include rhythm and expression.</p> <p>To perform different styles of dance.</p> <p>To show ways to communicate narrative through dance.</p> <p>To use levels and flight with energy and control.</p> <p>To use professional examples to inspire ideas</p>	<p>To use recognised dance actions and adapt to develop motifs and movement patterns.</p> <p>To show tension and extension in dance movements.</p> <p>To perform a duet including a range of elements.</p> <p>To demonstrate narrative through contact and relationships</p> <p>To show tension and extension in dance movements.</p>
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Attack, defend shoot Invasion games

<p>To demonstrate some control over objects such as balloons, scarves, balls, beanbags by hitting, rolling, pushing catching and patting.</p>	<p>To demonstrate a range of control over an object such as a ball e.g. rolling, catching, patting and pushing.</p>	<p>To come up with creative ways of manipulating different objects such as balls and beanbags.</p> <p>To roll, slide or throw a beanbag or ball with accuracy.</p> <p>To bounce a medium sized ball to self and attempt to bounce to others.</p> <p>To aim at targets from varying distances, defended and unopposed.</p> <p>To attempt to intercept and catch a thrown ball.</p> <p>To work in collaboration with others to attack and score points.</p> <p>To apply basic principles of an attacking and defending game.</p> <p>To judge where and when to move to get into a defensive position.</p>	<p>To send and receive a variety of sizes of ball using hands and feet</p> <p>To link combinations of skills e.g. dribbling and passing.</p> <p>To play in a variety of positions in both defence and attack</p> <p>To perform the role of goal keeper using basic stopping</p> <p>Show awareness of team mates and opponents.</p>	<p>To begin to use the rules of a range of small sided invasion games</p> <p>Football To send the ball using the inside of the foot</p> <p>To use the outside of the foot to control the ball and dribble.</p> <p>To control, pass and shoot.</p> <p>To sometimes move into a space to receive the ball.</p> <p>To work as part of a team to attack towards a goal.</p> <p>Netball To perform basic netball skills e.g. catching and passing</p> <p>Demonstrate dodging technique.</p> <p>Play in attacking and defending zones</p> <p>To use space efficiently and implementing basic rules of play</p> <p>Hockey Manipulating stick and ball with safety and control</p> <p>To syop and controlling the ball and moving into a dribble</p> <p>To show a defensive tackling position</p>	<p>To build up attack as a team in invasion games</p> <p>Football To move towards the ball to receive</p> <p>To begin to tackle</p> <p>To use dribbling to progress forwards</p> <p>To send the ball over longer distances</p> <p>Netball To protect the ball after catching</p> <p>To catch the ball executing correct footwork rules</p> <p>To use basic shooting techniques in isolation and a game</p> <p>Hockey To use a push pass with some accuracy</p> <p>To move into a space to receive the ball</p> <p>To use a slap pass</p> <p>To turn with the ball</p> <p>Tag Rugby To perform a range of ball handling skills e.g. passing</p> <p>To show ways to avoid being tagged</p>	<p>To know and apply rules to invasion games and work as teams to attack and defend</p> <p>Football To receive the ball and turn</p> <p>To work with a partner to pass on the move</p> <p>To run with the ball with more control</p> <p>To play in a variety of positions</p> <p>Netball To use a variety of passes in the game at appropriate times</p> <p>To try different dodging techniques</p> <p>To use pivoting to pass in a game</p> <p>To attempt two handed shooting</p> <p>To effectively find space to receive the ball</p> <p>Hockey To use a block tackle in a game</p> <p>To combine basic skills such as dribbling and passing</p> <p>To apply basic marking</p> <p>To drag the ball left to right with some control</p> <p>To use a range of skills to keep possession e.g. stop, control and send</p> <p>Tag Rugby To combine running and passing skills with accuracy and consistency</p> <p>To send and receive a pop pass during a game</p>	<p>Football To pass the ball to set others up to shoot</p> <p>To apply speed and accuracy to a penalty shoot</p> <p>To apply proper foot placement to send and receive the ball</p> <p>To shoot during a game</p> <p>Netball To make choices about where to pass the ball</p> <p>Mark the ball for a pass or shoot</p> <p>Anticipate, track and control a rebounding ball from a shot</p> <p>Play in high 5 squad rotations</p> <p>Hockey To play in a variety of positions (attack and defence)</p> <p>To use a variety if techniques for passing, controlling, dribbling and shooting the ball in games</p> <p>To consistently stop and control a ball</p> <p>To shoot from close range</p> <p>Tag Rugby To support players when off the ball</p> <p>To catch/stop and control a ball</p> <p>To use a variety of techniques for passing, controlling and moving the ball</p>
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Hit, catch and run Striking and fielding games

<p>To be able to negotiate space effectively. Range of games with sport coach</p> <p>To be able to develop and refine a range of ball skills including throwing, catching, kicking, passing, batting, and aiming.</p>	<p>To use a range of sending skills to put the ball into space</p> <p>To hit a ball off hand or strike a ball off a cone</p> <p>To catch a medium sized ball over a short distance and attempt to catch a ball from the air in a game</p> <p>Track balls and other equipment sent to them, moving in line with the ball to collect</p> <p>To run between bases to score points</p>	<p>To develop hitting skills with a variety of bats</p> <p>To practise bowling/feeding a ball to other players</p> <p>To retrieve a ball back to a base as part of a team</p> <p>To play as batter, bowler and fielder and attempt to play role of wicket keeper or backstop</p> <p>To work as a team to score runs And use skills as a team to prevent runs</p>	<p>To field as a team and apply simple tactics as to how and where to hit the ball</p> <p>Cricket To hit a ball using a forward drive</p> <p>To bowl a ball underarm</p> <p>To strike a bowled ball</p> <p>To strike a ball off a tee with some consistency</p> <p>To stop a moving ball</p> <p>To develop throwing skills over longer distances</p> <p>Rounders To bowl a ball underarm</p> <p>To show the ready position to catch a ball</p> <p>To attempt to hit the ball using one handed hitting</p> <p>To stop a moving ball</p> <p>To develop throwing skills over longer distances</p>	<p>To use and apply basic rules of the game and scoring system</p> <p>Cricket To direct hits using taught shots</p> <p>Track and intercept a ball along the ground, sometimes collecting with one hand</p> <p>To attempt overarm bowling</p> <p>To show more consistency in throwing and catching over a variety of distances</p> <p>To field a bouncing ball</p> <p>To work with a partner to anticipate when to run</p> <p>Rounders To choose where to direct a hit from a bowled ball</p> <p>Run between posts making appropriate decisions</p> <p>To track and intercept the ball along the ground</p> <p>To use underarm bowling action</p> <p>To work as a team to return the ball in the field</p>	<p>To know and apply the rules of some striking and fielding games</p> <p>Cricket</p> <p>To throw with accuracy and consistency over short distances</p> <p>To attempt a range of shots in a game</p> <p>To develop bowling technique e.g. overarm with more accuracy</p> <p>As wicket keeper, follow the path of the ball</p> <p>To communicate with partner to maximise runs</p> <p>Rounders</p> <p>To make choices on how many bases to run based in the hit</p> <p>To throw with increased accuracy when throwing over shorter distances</p> <p>To track flight of the ball to improve catching success</p> <p>To show the correct position to attempt to catch on stumps</p>	<p>To work as a team to effectively field and score runs and begin to apply tactics in play</p> <p>Cricket</p> <p>To track and catch high balls</p> <p>Demonstrate some control and consistency in fielding skills e.g. throwing, catching, tracking and intercepting</p> <p>Strike bowled balls in games and attempt a range of shots</p> <p>Rounders</p> <p>Play in a complete game of rounders with markings and four bases</p> <p>To recognise when to run and when to stop at bases</p> <p>To attempt to track and catch high balls</p> <p>To throw with increased speed when bowling</p>
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<p style="text-align: center;">Send and Return Net games</p>		<p>To demonstrate control over an object such as a ball</p> <p>To show a dominant hand when manipulating objects</p>	<p>With some accuracy feed a ball to a partner for them to hit</p> <p>Send and return with a variety of equipment and size of balls</p> <p>Score points over a line</p> <p>Chase, stop and control balls and other objects such as beanbags and hoops</p> <p>Track balls and other equipment sent to them, moving in line with the ball to collect or return</p> <p>Use coordination to attempt a simple rally in a pair</p> <p>Identify a space to hit a ball into</p> <p>Move towards a moving ball with hand or bat to return</p> <p>Transfer sending and returning skills in a different position such as sitting/kneeling</p>	<p>Demonstrate basic sending skills in isolation and small games</p> <p>Hit a ball with hands and racquets</p> <p>Begin to start a game with a basic serve</p> <p>And return a ball coming towards them</p> <p>Use the correct grip to hold a racquet</p> <p>Take part in rallies</p> <p>Play in modified games with others to send a ball over a line or net</p>	<p>Play over a net</p> <p>Show the tennis ready position</p> <p>Play a continuous game using throwing and catching or simple hitting</p> <p>Serve underarm to begin a game</p> <p>Return a moving ball with racquet</p>	<p>Move around an area to return balls</p> <p>Choose and send ball to different areas of the opposition's 'court'</p> <p>Use forehand shots and attempt backhand</p> <p>Play competitively with other in modified games</p>	<p>Demonstrate a variety of shots (volley, forehand, backhand and overhead)</p> <p>Approach the ball before a second bounce</p> <p>Play in a game with simplified tennis rules</p> <p>Show agility moving around the 'court'</p>	<p>Begin to apply tactics in a game</p> <p>Use a range of shots and attempt more technical shots in a game such as smash</p> <p>Begin to use a scoring system</p>
<p style="text-align: center;">Athletics</p>	<p>Move in a variety of ways including jumping and running</p> <p>To explore throwing and aiming activities with a variety of objects</p>	<p>Move energetically in movements such as running</p> <p>Travel with confidence over equipment</p> <p>To be able to Experiment with direction and be able to change direction and speed whilst maintaining personal space.</p> <p>To know and participate in different athletic races and events.</p> <p>To be able to run throw and jump.</p> <p>To be able to use a sequence of movements with some changes in level, direction or speed</p>	<p>To start and stop at speed and run in straight lines using a variety of speeds</p> <p>Attempt various jumps, taking off and landing</p> <p>Handle and throw a variety of objects e.g. beanbags, quoits, hoops, vortex</p>	<p>To show quick feet for sprinting</p> <p>To run for a sustained period</p> <p>Negotiate obstacles showing increased control of body and limbs</p> <p>To throw a variety of objects and throw for distance</p> <p>Demonstrate a range of throws</p> <p>Practise to improve jumping skills</p>	<p>Run at different speeds according to event and instruction</p> <p>Throw a variety of objects using recognised throws</p> <p>Jump for height and distance with come control and balance</p> <p>Run in teams as part of a relay</p>	<p>Show differences in running speed over a variety of distances</p> <p>Throw a variety of objects demonstrating accuracy e.g. object landing in throwing zone</p> <p>Perform different jumps</p> <p>Compete in running, jumping and throwing activities</p> <p>Develop control in baton exchange</p>	<p>Sustain pace over shorter and longer running distances</p> <p>Combine jumping sequences e.g. hop, step, jump and perform a range of jumps with some consistency</p> <p>Demonstrate a range of throwing actions using different equipment</p> <p>Run as part of a relay and demonstrate maximum effort pace</p>	<p>Choose the right pace for running distances and run for a sustained amount of time</p> <p>Use power to improve the start of a sprint</p> <p>Demonstrate accuracy and good technique when throwing for distance</p> <p>Show good technique and control for jumping activities</p> <p>Demonstrate improvement when working with self and others</p>

Swimming	N/a	<p>To enter and exit the water independently</p> <p>To move with confidence in the water including submerging fully</p> <p>Propel themselves a short distance using swimming aids</p> <p>Float and regain to standing</p> <p>Push off and glide</p> <p>Apply basic arm and leg action to 'doggy paddle'</p>	<p>To safely enter and exit water in a variety of ways</p> <p>Propel with swimming aids Swim a short distance unaided</p> <p>Begin to use basic swimming techniques including leg and arm action</p> <p>Swim over a greater distance in shallow water</p>	<p>Developing swimming technique in at least 2 different strokes</p> <p>Explore breathing technique</p> <p>Submerge, sink, roll and rotate</p> <p>Swim over a greater distance the length of pool using 2 different strokes</p>				
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