

Mere Green Primary School

PE Progression Overview

Year Group	Dance	Gymnastics	Multi-Skills	Athletics	Team Games / Competitive Games	Swimming and water safety
EYFS	To move freely and with pleasure and confidence in a range of ways. To experiment with different ways of moving. To complete simple sequences to different stimulus.	To move freely and with pleasure and confidence in a range of ways including, rolling, floor shapes and different ways of travel. To experiment with different ways of moving. To jump off an object and land appropriately. To stand on one foot to hold a balance.	To throw and catch a large ball. To pass a ball using a chest pass. To kick a ball along the floor. To dribble a ball at feet with some control. To catch a variety of balls when bounced or thrown.	To sprint at 30m To jump over hurdles. To chest push. To run for longer sprints. Eg: Time trial 1 minute. To participate in sports day.	To play a simple games using simple rules.	
Year 1	To move freely to music. To make a variety of body shapes. (spikes, ball etc) To put together a range of movements to create a simple dance. (fast, slow, high, low) To perform a canon and move in unison.	To develop balance, agility and co-ordination. To move at varying speeds and at different heights. To jump onto and down from equipment safely. To make a variety of body shapes. To perform a teddy bear roll and a long, thin roll. (log)	To develop specific basic skills for running focusing on the technique over different distances. To show control in picking up and putting down equipment. To complete an underarm throw with accuracy. To compete against myself to	To sprint in a straight line and say what they can do to move faster. To use arms and legs to jump further. To throw over and under arm with a degree of control. To move over and across a range of different equipment. (egg and spoon, agility ladders etc)	To throw and catch large ball with some degree of accuracy when moving. To apply simple tactics to score points. To move into space in order to receive a ball. To follow simple rules in a game. To recognise how they could improve their performance	

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	<p>To mirror a partners movements.</p> <p>To say how the music makes them feel and to give simple feedback about a dance.</p>	<p>To perform a movement sequence.</p>	<p>improve my personal best</p> <p>To throw and aim a variety of balls towards a target with increasing accuracy.</p>	<p>To throw accurately to reach a target.</p>	<p>giving verbal reasons how.</p>	
Year 2	<p>To use and remember their own movements as part of a motif.</p> <p>To perform a range of movements in canon and unison.</p> <p>To use different movements and body shapes to show a specific thing.</p> <p>To perform a range of movements at different speeds and levels and in time with music.</p> <p>To create a simple dance that shows some degree of movement</p>	<p>To create own shapes on a range of body parts and hold a balance</p> <p>To perform a range of balances with partner and on equipment.</p> <p>To accurately demonstrate 3 kinds of roll.</p> <p>To compose and perform a sequence that includes a roll, balance and a jump.</p> <p>To jump off apparatus independently and safely.</p>	<p>To accurately throw a variety of balls at a range of different targets.</p> <p>To change feet when hopping from spot to spot.</p> <p>To move with coordination and balance between and across different obstacles. (agility ladders, benches, with bean bags on heads etc)</p> <p>To balance objects on tennis rackets whilst moving at speed.</p>	<p>To sprint to a straight line and explain what they can do to move faster.</p> <p>To give reasons for why someone might be moving at a good pace.</p> <p>To use a range of techniques to jump further.</p> <p>To show increasing control when throwing over and underarm.</p> <p>To move over and across a range of equipment with increased speed (egg and spoon,</p>	<p>To apply simple tactics to score points.</p> <p>To hit a target with a ball or bean bag from various distances using an underarm action.</p> <p>To create simple games and rules.</p> <p>To demonstrate consistency in bouncing, throwing, catching, dribbling, kicking and striking skills.</p> <p>To demonstrate passing and receiving skills when under pressure.</p> <p>To understand beat your own record to</p>	

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	To evaluate both their own and others.	To demonstrate the 5 basic gymnastic moves:- tuck, straddle, pike, star and arch. To evaluate both their own and others performances.	To perform a variety of shuttle runs (touching staggered cones, turning cones over).	ladders etc) To choose the most appropriate throw in order to aim accurately at a range of equipment.	put skills under pressure and improve performance. To play cooperative and competitive striking, aiming and invasion type games with a partner using appropriate equipment	
Year 3	To use movements to tell a narrative. To combine and link an increasing number of movement patterns and phrases. To create fluent movements using precision and control. To begin to explain how they can improve a dance - using correct vocabulary. To show awareness of others when dancing and use range of techniques to	To perform recognisable movements (eg a forward roll showing correct technique) To link a series of movements to create a sequence. To show good control and coordination when making simple static shapes including those that are symmetrical. To create longer and more complex sequences when working with a partner.	To improve accuracy of passes and use space to keep possession better. To remain in control of ball while traveling. To develop pace of running and set challenges. To play games that involve keeping possession and scoring in targets To throw a ball with control and accuracy.	To show increasing control and coordination when running or performing a jump or throw. To perform under, over and push throws with correct technique. To follow step by step instructions in order to develop new techniques. To compare performance with previous and make correct changes in order to achieve a personal best.	<u>Netball and Cricket</u> To develop simple tactics for attacking and defending. To work with other team members and support them. To make decisions in a game and begin to justify their reasons. To apply skills to different games and situations.	To swim competently, confidently and proficiently over a distance of at least 25m. To use a range of strokes effectively. To perform safe self-rescue in different water-based situations.

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	<p>create a sequence when working as part of a group.</p>	<p>To balance upon and use apparatus safely.</p>				
Year 4	<p>To perform ideas to communicate ideas.</p> <p>To combine ideas to create a longer dance.</p> <p>To perform some actions with expression.</p> <p>To link movement phrases ; performing in unison and canon with the rest of the group.</p> <p>To show precision and control throughout a performance.</p> <p>To evaluate and improve movement phrases ready for a performance.</p>	<p>To perform a range of jumps and leaps.</p> <p>To perform a straddle, forward roll and backward roll to straddle effectively.</p> <p>To perform a range of vaults. (straddle on a vault)</p> <p>To perform a lunge into cartwheel correctly.</p> <p>To link a range of movements together effectively.</p> <p>To work in a small group to perform a gymnastics sequence with a theme.</p>	<p>To develop technique for running at shorter and longer distances.</p> <p>To improve ways to jump, throw and run.</p> <p>To strike a ball with intent and throw it more accurately when bowling or fielding.</p> <p>To learn concepts of attack and defence.</p> <p>To keep and use rules that they are given.</p>	<p>To run, jump, throw and catch in isolation and in combination.</p> <p>To try to achieve the greatest speed, height, distance and accuracy across a range of events by evaluating performance and acting upon feedback.</p> <p>To understand the concept of pace when running and to run for specific lengths of time. Eg. (50m compared to 200m and mile run)</p>	<p><u>Netball and Cricket</u></p> <p>To plan ideas and tactics across invasion games.</p> <p>To understand simple patterns of play.</p> <p>To know what rules are needed to make games fairs.</p> <p>To evaluate how successful their tactics have been.</p> <p>To choose and adapt techniques to keep possession and defend.</p> <p>.</p>	<p>To swim competently, confidently and proficiently over a distance of at least 25m.</p> <p>To use a range of strokes effectively.</p> <p>To perform safe self-rescue in different water-based situations.</p>

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Year 5	To demonstrate a range of dance techniques such as unison, canon and repetition.	To learn and perform a wide range of jumps and leaps. (stag jump and split leap)	To chose favourite ways of running, jumping and throwing.	To practice and refine existing running, jumping and throwing skills	<u>Rounders and Tennis</u>	To swim competently, confidently and proficiently over a distance of at least 25m.
	To combine a range of dance techniques to create a dance for a specific audience. (e.g. a haka)	To learn and perform a range of rolls. (pike)	To chose the best equipment for different activities.	To use an effective technique for sprinting including the sprint start	To understand the basic rules of tennis and rounders.	To use a range of strokes effectively.
	To develop dance motifs by adapting original ideas to vary speed, levels and directions and to add dynamics and change the focus.	To learn and perform a range of vaults. (squat through a vault)	To run at different paces and set a suitable pace for different games.	To sustain a running pace over longer distances	To work as a team using ball handing skills.	To perform safe self-rescue in different water-based situations.
	To evaluate and improve movement phrases ready for a performance.	To identify and practise body shapes and balances.	To suggest ways to improve and refine skills.	To practice jumping for height and distance and use appropriate techniques to do so.	To develop skills in batting and fielding.	
		To identify and practise symmetrical and asymmetrical body shapes.	To strike a ball with accuracy in a range of games.	To use a variety of throwing techniques.	To use fielding skills to stop the ball effectively.	
		To use and refine the following skills: flexibility, strength, balance, power and mental focus.	To travel with a ball showing changes of speed and directions using either foot or hand,		To practice techniques for all strokes.	
		To develop skills for movement, including rolling, bridging and dynamic movement.			To develop techniques for ground and strokes and volleys.	
	To use counterbalances and incorporate them into a sequence of				To play a tennis game using an overhead serve and the correct selections of shots.	

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		<p>movements.</p> <p>To perform movements in canon and in unison.</p> <p>To perform and evaluate own and others' sequences</p>				
Year 6	<p>To perform dances using a range of movement patterns.</p> <p>To respond to stimuli by using improvisation.</p> <p>To perform a variety of dance techniques with accuracy and precision.</p> <p>To work with a group to produce appropriate dance movements.</p> <p>To select and use a range of dance to create a phase that demonstrates my ideas.</p> <p>To suggest and make improvements to a</p>	<p>To identify and practise gymnastic shapes and balances.</p> <p>To identify and practise symmetrical and asymmetrical body shapes.</p> <p>To construct sequences using balancing and linking movements</p> <p>To use counterbalances and incorporate them into a sequence of movements.</p> <p>To perform movements in canon and in unison.</p> <p>To perform and evaluate own and</p>	<p>To increase the number of techniques used in a game.</p> <p>To throw with greater control, accuracy and efficiency.</p> <p>To perform a range of jumps showing power, control and consistency at both take off and landing.</p> <p>To explore and develop different ways of bowling.</p> <p>To field, defend and attack tactically by anticipating the direction of play.</p>	<p>To practice and refine fundamental movement skills needed for athletics.</p> <p>To work as a team to competitively perform a sprint relay.</p> <p>To control running pace over a range of distances.</p> <p>To refine my hurdling technique.</p> <p>To practice and refine jumping techniques.</p> <p>To throw for distance using a heave throw technique.</p>	<p><u>Rounders and Tennis</u></p> <p>To throw and catch under pressure.</p> <p>To work as a team using tactics in order to beat another team.</p> <p>To use good hand/eye coordination to be able to contact the shuttle with the face of the racket.</p> <p>To demonstrate the correct grip of the racket and understand how to get into the ready position.</p> <p>To develop knowledge and principles within a</p>	<p>To swim competently, confidently and proficiently over a distance of at least 25m.</p> <p>To use a range of strokes effectively.</p> <p>To perform safe self-rescue in different water-based situations.</p>

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	<p>dance phase whilst taking advice and feedback.</p>	<p>others' sequences</p> <p>To perform a series of similar movements in quick succession, linked together to create a sequence.</p> <p>To work together to choreograph and perform a routine in time to music.</p>			<p>doubles game including tactics and strategies used.</p>	
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