

Mere Green Primary School PE Progression Overview

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

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	<p>To mirror a partners movements. 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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	<p>To evaluate both their own and others.</p>	<p>To demonstrate the 5 basic gymnastic moves-: tuck, straddle, pike, star and arch.</p> <p>To evaluate both their own and others performances.</p>	<p>To perform a variety of shuttle runs (touching staggered cones, turning cones over).</p>	<p>ladders etc)</p> <p>To choose the most appropriate throw in order to aim accurately at a range of equipment.</p>	<p>put skills under pressure and improve performance.</p> <p>To play cooperative and competitive striking, aiming and invasion type games with a partner using appropriate equipment</p>	
Year 3	<p>To use movements to tell a narrative.</p> <p>To combine and link an increasing number of movement patterns and phrases.</p> <p>To create fluent movements using precision and control.</p> <p>To begin to explain how they can improve a dance - using correct vocabulary.</p> <p>To show awareness of others when dancing and use range of techniques to</p>	<p>To perform recognisable movements (eg a forward roll showing correct technique)</p> <p>To link a series of movements to create a sequence.</p> <p>To show good control and coordination when making simple static shapes including those that are symmetrical.</p> <p>To create longer and more complex sequences when working with a partner.</p> <p>To know correct terminology for different gymnastic movements.</p>	<p>To improve accuracy of passes and use space to keep possession better.</p> <p>To remain in control of ball while traveling.</p> <p>To develop pace of running and set challenges.</p> <p>To play games that involve keeping possession and scoring in targets</p> <p>To throw a ball with control and accuracy.</p> <p>To strike a ball for distance.</p>	<p>To show increasing control and coordination when running or performing a jump or throw.</p> <p>To perform under, over and push throws with correct technique.</p> <p>To follow step by step instructions in order to develop new techniques.</p> <p>To compare performance with previous and make correct changes in order to achieve a personal best.</p>	<p><u>Netball and Cricket</u></p> <p>To develop simple tactics for attacking and defending.</p> <p>To work with other team members and support them.</p> <p>To make decisions in a game and and begin to justify their reasons.</p> <p>To apply skills to different games and situations.</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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	create a sequence when working as part of a group.	To balance upon and use apparatus safely.				
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>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 style="text-align: center;">Year 5</p>	<p>To demonstrate a range of dance techniques such as unison, canon and repetition.</p> <p>To combine a range of dance techniques to create a dance for a specific audience. (e.g. a haka)</p> <p>To develop dance motifs by adapting original ideas to vary speed, levels and directions and to add dynamics and change the focus.</p> <p>To evaluate and improve movement phrases ready for a performance.</p>	<p>To learn and perform a wide range of jumps and leaps. (stag jump and split leap)</p> <p>To learn and perform a range of rolls. (pike)</p> <p>To learn and perform a range of vaults. (squat through a vault)</p> <p>To identify and practise body shapes and balances.</p> <p>To identify and practise symmetrical and asymmetrical body shapes.</p> <p>To use and refine the following skills: flexibility, strength, balance, power and mental focus.</p> <p>To develop skills for movement, including rolling, bridging and dynamic movement.</p> <p>To use counterbalances and incorporate them into a sequence of</p>	<p>To chose favourite ways of running, jumping and throwing.</p> <p>To chose the best equipment for different activities.</p> <p>To run at different paces and set a suitable pace for different games.</p> <p>To suggest ways to improve and refine skills.</p> <p>To strike a ball with accuracy in a range of games.</p> <p>To travel with a ball showing changes of speed and directions using either foot or hand,</p>	<p>To practice and refine existing running, jumping and throwing skills</p> <p>To use an effective technique for sprinting including the sprint start</p> <p>To sustain a running pace over longer distances</p> <p>To practice jumping for height and distance and use appropriate techniques to do so.</p> <p>To use a variety of throwing techniques.</p>	<p><u>Rounders and Tennis</u></p> <p>To understand the basic rules of tennis and rounders.</p> <p>To work as a team using ball handing skills.</p> <p>To develop skills in batting and fielding.</p> <p>To use fielding skills to stop the ball effectively.</p> <p>To practice techniques for all strokes.</p> <p>To develop techniques for ground and strokes and volleys.</p> <p>To play a tennis game using an overhead serve and the correct selections of shots.</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>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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