



Misterton Primary and Nursery School - Progression In Physical Education

Key Areas	Reception	Year 1 and Year 2	Year 3	Year 4	Year 5	Year 6
Invasion games	Know that we can control our body and move freely using suitable speed or direction to avoid obstacles.	Know that choices can be made to confidently keep safe in the space during a game. Know that different parts of the body can retrieve and stop a ball. Know that a ball can be caught and controlled in movement. Know that simple tactics can be used while participating in team games. Know that there are simple tactics for attacking and defending.	Know that a ball can move towards a goal with increasing control. Know that players can move into space to help support a team.	Know that a ball can be passed and received with increasing control. Know that team work can be used to keep possession and score goals when attacking. Know that simple tactics can be used to help a team score or gain possession.	Know that there are different skills for different situations. Know that there are strategies to pass, receive and shoot a ball with some control under pressure. Know that there are ways to contribute when attacking and defending in a range of positions.	Know that a ball can be passed, received and shot with increasing control under pressure. Know that a variety of strategies are used to play competitive games and these can be applied in different ways.



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Gymnastics	Know that there are ways to move confidently and safely in their own and general space. (under, round, over equipment and obstacles)	Know that there are ways to move confidently and safely in their own and general space, using change of speed and direction.	Know that own ideas for movements can be used as a response to a task.	Know that balances can be performed safely individually and with a partner.	Know that apparatus can be used to create and perform sequences individually and with a partner.	Know that gymnastics can develop flexibility, strength, technique, control and balance.
	Know that there are ways to jump off an object and land appropriately.	Know that movement phrases have with beginnings, middles and ends.	Know that actions can be completed with increasing balance and control.	Know that body tension can improve the control and quality of their movements.	Know that a canon and synchronisation, and matching and mirroring can be used when performing with a partner and a group.	Know that gymnastic actions, shapes and balances can be combined and performed with control and fluency.
	Know that are bodies can make shapes according to commands.	Know that a combination of gymnastic actions can be remembered, repeated and link body shapes and balances under control and with precisions.	Know that contrasting actions can be used to plan a sequence.	Know that a sequence can be planned and performed with a partner that includes a change of level and shape.	Know that a set criteria can be used to make simple judgments about performances and suggest ways they could be improved.	Know that a performance can be improved by watching, describing and suggest possible improvements.
	Know that simple movements can be copied to form a sequence.	Know that there are ways to create routines which have a clear beginning and ending.	Know that there are ways to move in unison with a partner and adapt sequences to suit different types.	Know that a performance can be improved by watching, describing and suggest possible improvements.		



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Dance	Know that basic body actions and rhythms can be explored and copied. Know that a body can respond in different ways to different types of music. Know that bodies can make large and small movements.	Know that by using a range of body actions and body parts a performance of movement can be created. Know that the body can be explored and movement ideas can be responded to imaginatively in a range of stimuli. Know that movements can be composed and linked to have simple beginnings, middles and ends. Know that dancers can explore the change of rhythm, speed, level and direction. Know that dances can be performed using simple movement of patterns.	Know that counts can be used to keep in time with a group and the music. Know that dance phases can be created with a partner and in a small group and in unison. Know that movements and the expressive qualities of dance can be discussed. Know that dance phrases can be created to communicate ideas. Know that dynamic and expressive qualities can be used to express an idea.	Know that dances can be performed clearly and fluently. Know that simple motifs and movement patterns can be used to structure dance phrases on their own, with a partner and in a group. Know that formation, canon and unison can be used to develop a dance. Know that a range of stimuli related to character and narrative will allow the dancer to respond imaginatively to the music. Know that appropriate language can be used to describe,	Know that actions can be adapted and refined, dynamics and relationships in a dance. Know that different styles of dance can be performed clearly and fluently. Know that are different ways to suggest improvements to their own and other people's work.	Know that dances can be performed using a range of movement patterns. Know that individuals, pairs and groups can choreograph motifs and structure simple dances how to work creatively and imaginatively. Know that appropriate language can be used to evaluate and refine their own and others' work. Know that props can be used to choreograph a dance.
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Net and wall	Know that there are ways to catch a large ball. Know that there are strategies to kick a ball along the floor.	Know that a ball can be hit with control using an appropriate object. Know that there are different ways to work with a partner in throwing and catching games. Know that to catch and control a ball in movement working with a partner or in a small group. Know that there are best places to stand during a team game, to support the game. Know that basic tactics can be used in a simple team games.	Know how to move quickly around the court using a variety of movement patterns. Know how to return a ball to a partner. Know how to use basic racket skills.	Know that there is a ready position and when it is appropriate to return to that position. Know that there are a range of basic racket skills and variety of shots in different areas of the court.	Know that there are strategies that can be used to develop skills and begin to use these under some pressure. Know that preferred skills can be selected and applied with increasing consistency. Know that there is a need for tactics and make decisions about when best to use them.	Know that they can use a wider range of skills in game situations. Know that there are good and bad decisions when making shots within a game. Know there are a variety of tactics that can be identified and used.
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Striking and fielding	Know that a ball can be hit with another piece of equipment. Know that a ball can be thrown using over or under arm.	Know that there are techniques to striking a ball with control. Know that a ball can be fielded using under and over arm throwing. Know that simple games have rules and skills. Know that there are strategies to hit a ball accurately using a piece of equipment. Know that there are strategies to catch and control a ball in movement when working with a partner or in a small group. Know that some games have an opposition. Know that simple tactics can vary, be chosen and used.	Know that a ball can be struck after a bounce. Know that there are techniques to perform over arm and underarm throwing, and catching skills. Know that a ball can be bowled towards a target.	Know that there are techniques to strike a ball after a bounce. Know that there are techniques to perform over arm and underarm throwing, and catching skills with increasing accuracy. Know that there are ways to bowl a ball with some accuracy, and consistency. Know that a ball can be thrown at different speeds, directions and heights.	Know that a wider range of skills need to be developed and used under some pressure. Know that tactics need to be used effectively in a competitive situation.	Know that rules, strategies and tactics need adapting using knowledge of basic principles of batting and fielding. Know that a variety of techniques and tactics are used in the game as a batter, bowler and fielder. Know that striking, fielding, throwing and catching skills need to be developed and adapted to different heights, distances in both small and large games.
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Multi skills and athletics	Know that commands given can be used to vary the speed of running. Know that there are skills to running, jumping and throwing with a range of equipment.	Know that there are strategies to jump from a stationary position with control. Know that there are strategies to change speed and direction whilst running. Know that a variety of objects can be thrown correctly with one hand. Know that there are tactics to run at fast, medium and slow speeds. Know that there are strategies to develop their balance, coordination and agility.	Know that there are different ways to take off and land when jumping. Know that there are ways to develop jumping for distance and height. Know that actions and approaches can be changed to impact on jumping accuracy and distance.	Know that there are strategies to jump for distance and height with control and balance. Know that there is a difference between sprinting and jogging and the skills involved in each. Know that there are a variety of different throwing techniques. Know that there are strategies that can be used to throw with some accuracy and power into a target area.	Know that there are a range of jumps with different techniques. Know that different paces can be used at different points in a running event. Know that there are good technique when throwing for distance and accuracy. Know that stamina and power help people to perform well in different athletic activities.	Know that there are a range of jumps with varying levels of power, control and consistency at both take-off and landing. Know that there is a way to throw with accuracy and good technique when throwing for distance. Know that there are strategies to lead a small group through a short warm-up routine. Know that some athletic activities can improve strength, power or stamina.
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Outdoor adventurous activity	<i>Know that ideas can be shared with others.</i> <i>Know that we can move in different directions depending on where there is space.</i> <i>Know that a path can be followed.</i>	<i>Know that we can work in small groups and with a partner.</i> <i>Know that ideas can be used to solve simple tasks.</i> <i>Know that a simple map/ diagram can be followed.</i> <i>Know that there are ways to communicate ideas and listen to others.</i> <i>Know that there are skills to reading a map.</i> <i>Know that you can work with a partner and a small group to plan and to apply strategies to solve problems.</i>	Know that there are effective ways to communicate ideas and listen to others. Know that there are a range of skills to map reading skills. Know that there are best ways to work with a partner and a small group to plan and attempt to apply strategies to solve problems.	Know that there are ways to accurately follow and give instructions. Know that there are key symbols on a map and a key to help navigate around a grid. Know that reflections can be made upon solving challenges.	Know that there are ways to work effectively with a partner and a small group, sharing ideas and agreeing on a team strategy. Know how to navigate around a course using a map. Know that critical thinking is beneficial when approaching a task. Know that there are strategies to solving challenges and ways to alter methods in order to improve.	Know that group thinking and reflection are a best method to solve problems and overcome challenges. Know that there are a variety of strategies to orientate and use a map efficiently to navigate around a course. Know that critical thinking allows you to form good ideas.
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Healthy body and mind	Know that we need to exercise and eat healthily.	Know that our breathing changes during exercise. Know that the body gets warmer and cooler during exercise. Know that heart rate and temperature changes during exercise. Know that our pulse measures heart rate.	Know that it is important to warm up and cool down when exercising.	Know that keeping fit is good for our health. Know that we can warm up and cool down different muscles in our bodies.	Know that exercise is important for mental wellbeing. Know that there are important safety principles when preparing for exercise.	Know that exercise has a valuable role in keeping healthy. Know that muscles have names.
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