



# Physical Education

## Progression Map

### KS1

#### Year 1

Acquiring and developing skills	Evaluating and improving	Health and fitness
<ul style="list-style-type: none"> <li>Can they copy actions?</li> <li>Can they repeat actions and skills?</li> <li>Can they move with control and care?</li> </ul>	<ul style="list-style-type: none"> <li>Can they talk about what they have done?</li> <li>Can they describe what other people did?</li> </ul>	<ul style="list-style-type: none"> <li>Can they describe how their body feels before, during and after an activity?</li> </ul>

Dance	Games	Gymnastics
<ul style="list-style-type: none"> <li>Can they move to music?</li> <li>Can they copy dance moves?</li> <li>Can they perform some dance moves?</li> <li>Can they make up a short dance?</li> <li>Can they move around the space safely?</li> </ul>	<ul style="list-style-type: none"> <li>Can they throw underarm?</li> <li>Can they roll a piece of equipment?</li> <li>Can they hit a ball with a bat?</li> <li>Can they move and stop safely?</li> <li>Can they catch with both hands?</li> <li>Can they throw in different ways?</li> <li>Can they kick in different ways?</li> </ul>	<ul style="list-style-type: none"> <li>Can they make their body tense, relaxed, curled and stretched?</li> <li>Can they control their body when travelling?</li> <li>Can they control their body when balancing?</li> <li>Can they copy sequences and repeat them?</li> <li>Can they roll in different ways?</li> <li>Can they travel in different ways?</li> <li>Can they balance in different ways?</li> <li>Can they climb safely?</li> <li>Can they stretch in different ways?</li> <li>Can they curl in different ways?</li> </ul>

#### Year 2

Acquiring and developing skills	Evaluating and improving	Health and fitness
<ul style="list-style-type: none"> <li>Can they copy and remember actions?</li> <li>Can they repeat and explore actions with control and coordination?</li> </ul>	<ul style="list-style-type: none"> <li>Can they talk about what is different between what they did and what someone else did?</li> <li>Can they say how they could improve?</li> </ul>	<ul style="list-style-type: none"> <li>Can they show how to exercise safely?</li> <li>Can they describe how their body feels during different activities?</li> <li>Can they explain what their body needs to keep healthy?</li> </ul>

Dance	Games	Gymnastics
<ul style="list-style-type: none"> <li>Can they dance imaginatively?</li> <li>Can they change rhythm, speed, level and direction?</li> <li>Can they dance with control and co-ordination?</li> <li>Can they make a sequence by linking sections together?</li> <li>Can they link some movements to show a mood or feeling?</li> </ul>	<ul style="list-style-type: none"> <li>Can they use hitting, kicking and/or rolling in a game?</li> <li>Can they stay in a 'zone' during a game?</li> <li>Can they decide where the best place to be is during a game?</li> <li>Can they use one tactic in a game?</li> <li>Can they follow rules?</li> </ul>	<ul style="list-style-type: none"> <li>Can they plan and show a sequence of movements?</li> <li>Can they use contrast in their sequences?</li> <li>Are their movements controlled?</li> <li>Can they think of more than one way to create a sequence which follows a set of 'rules'?</li> <li>Can they work on their own and with a partner to create a sequence?</li> </ul>

### Lower KS2

#### Year 3

Acquiring and developing skills	Evaluating and improving	Health and fitness	Dance
<ul style="list-style-type: none"> <li>Can they select and use the most appropriate skills, actions or ideas?</li> <li>Can they move and use actions with co-ordination and control?</li> </ul>	<ul style="list-style-type: none"> <li>Can they explain how their work is similar and different from that of others?</li> <li>With help, do they recognise how performances could be improved?</li> </ul>	<ul style="list-style-type: none"> <li>Can they explain why it is important to warm-up and cool-down?</li> <li>Can they identify some muscle groups used in gymnastic activities?</li> </ul>	<ul style="list-style-type: none"> <li>Can they improvise freely, translating ideas from a stimulus into movement?</li> <li>Can they share and create phrases with a partner and in small groups?</li> <li>Can they repeat, remember and perform these phrases in a dance?</li> </ul>

Games	Gymnastics	Athletics	Outdoor / Adventurous
<ul style="list-style-type: none"> <li>Can they throw and catch with control when under limited pressure?</li> <li>Are they aware of space and use it to support team-mates and cause problems for the opposition?</li> <li>Do they know and use rules fairly to keep games going?</li> <li>Can they keep possession with some success when using equipment that is not used for throwing and catching skills?</li> </ul>	<ul style="list-style-type: none"> <li>Can they use a greater number of their own ideas for movement in response to a task?</li> <li>Can they adapt sequences to suit different types of apparatus and their partner's ability?</li> <li>Can they explain how strength and suppleness affect performances?</li> <li>Can they compare and contrast gymnastic sequences, commenting on similarities and differences?</li> </ul>	<ul style="list-style-type: none"> <li>Can they run at fast, medium and slow speeds, changing speed and direction?</li> <li>Can they link running and jumping activities with some fluency, control and consistency?</li> <li>Can they make up and repeat a short sequence of linked jumps?</li> <li>Can they take part in a relay activity, remembering when to run and what to do?</li> <li>Do they throw a variety of objects, changing their action for accuracy and distance?</li> </ul>	<ul style="list-style-type: none"> <li>Can they follow a map in a familiar context?</li> <li>Can they move from one location to another following a map?</li> <li>Can they use clues to follow a route?</li> <li>Can they follow a route safely?</li> </ul>

### Year 4

Acquiring and developing skills	Evaluating and improving	Health and fitness	Dance
<ul style="list-style-type: none"> <li>Can they select and use the most appropriate skills, actions or ideas?</li> <li>Can they move and use actions with co-ordination and control?</li> <li>Can they make up their own small-sided game?</li> </ul>	<ul style="list-style-type: none"> <li>Can they explain how their work is similar and different from that of others?</li> <li>Can they use their comparison to improve their work?</li> </ul>	<ul style="list-style-type: none"> <li>Can they explain why warming up is important?</li> <li>Can they explain why keeping fit is good for their health?</li> </ul>	<ul style="list-style-type: none"> <li>Can they take the lead when working with a partner or group?</li> <li>Can they use dance to communicate an idea?</li> <li>Can they work on their movements and refine them?</li> <li>Is their dance clear and fluent?</li> </ul>

Games	Gymnastics	Athletics	Outdoor / Adventurous
<ul style="list-style-type: none"> <li>Can they catch with one hand?</li> <li>Can they throw and catch accurately?</li> <li>Can they hit a ball accurately and with control?</li> <li>Can they keep possession of the ball?</li> <li>Can they move to find a space when they are not in possession during a game?</li> <li>Can they vary tactics and adapt skills according to what is happening?</li> </ul>	<ul style="list-style-type: none"> <li>Can they work in a controlled way?</li> <li>Can they include change of speed?</li> <li>Can they include change of direction?</li> <li>Can they include range of shapes?</li> <li>Can they follow a set of 'rules' to produce a sequence?</li> <li>Can they work with a partner to create, repeat and improve a sequence with at least three phases?</li> </ul>	<ul style="list-style-type: none"> <li>Can they run over a long distance?</li> <li>Can they spring over a short distance?</li> <li>Can they throw in different ways?</li> <li>Can they hit a target?</li> <li>Can they jump in different ways?</li> </ul>	<ul style="list-style-type: none"> <li>Can they follow a map in a more demanding familiar context?</li> <li>Can they move from one location to another following a map?</li> <li>Can they use clues to follow a route?</li> <li>Can they follow a route accurately, safely and within a time limit?</li> </ul>

### Upper KS2

### Year 5

Acquiring and developing skills	Evaluating and improving	Health and fitness	Dance
<ul style="list-style-type: none"> <li>Can they link skills, techniques and ideas and apply them accurately and appropriately?</li> <li>Do they show good control in their movements?</li> </ul>	<ul style="list-style-type: none"> <li>Can they compare and comment on skills, techniques and ideas that they and others have used?</li> <li>Can they use their observations to improve their work?</li> </ul>	<ul style="list-style-type: none"> <li>Can they explain some important safety principles when preparing for exercise?</li> <li>Can they explain what effect exercise has on their body?</li> <li>Can they explain why exercise is important?</li> </ul>	<ul style="list-style-type: none"> <li>Can they compose their own dances in a creative and imaginative way?</li> <li>Can they perform to an accompaniment, expressively and sensitively?</li> <li>Are their movements controlled?</li> <li>Does their dance show clarity, fluency, accuracy and consistency?</li> </ul>

Games	Gymnastics	Athletics	Outdoor / Adventurous
<ul style="list-style-type: none"> <li>Can they gain possession by working as a team?</li> <li>Can they pass in different ways?</li> <li>Can they use forehand and backhand with a racquet?</li> <li>Can they field?</li> <li>Can they choose the best tactics for attacking and defending?</li> <li>Can they use a number of techniques to pass, dribble and shoot?</li> </ul>	<ul style="list-style-type: none"> <li>Can they make complex or extended sequences?</li> <li>Can they combine action, balance and shape?</li> <li>Can they perform consistently to different audiences?</li> <li>Are their movements accurate, clear and consistent?</li> </ul>	<ul style="list-style-type: none"> <li>Are they controlled when taking off and landing in a jump?</li> <li>Can they throw with accuracy?</li> <li>Can they combine running and jumping?</li> <li>Can they follow specific rules?</li> </ul>	<ul style="list-style-type: none"> <li>Can they follow a map in an unknown location?</li> <li>Can they use clues and compass directions to navigate a route?</li> <li>Can they change their route if there is a problem?</li> <li>Can they change their plan if they get new information?</li> </ul>

## Year 6

Year 6			
Acquiring and developing skills	Evaluating and improving	Health and fitness	Dance
<ul style="list-style-type: none"> <li>Do they apply their skills, techniques and ideas consistently?</li> <li>Do they show precision, control and fluency?</li> </ul>	<ul style="list-style-type: none"> <li>Can they analyse and explain why they have used specific skills or techniques?</li> <li>Can they modify use of skills or techniques to improve their work?</li> <li>Can they create their own success criteria for evaluating?</li> </ul>	<ul style="list-style-type: none"> <li>Can they explain how the body reacts to different kinds of exercise?</li> <li>Can they choose appropriate warm ups and cool downs?</li> <li>Can they explain why we need regular and safe exercise?</li> </ul>	<ul style="list-style-type: none"> <li>Can they develop imaginative dances in a specific style?</li> <li>Can they choose their own music, style and dance?</li> </ul>
Games	Gymnastics	Athletics	Outdoor / Adventurous
<ul style="list-style-type: none"> <li>Can they explain complicated rules?</li> <li>Can they make a team plan and communicate it to others?</li> <li>Can they lead others in a game situation?</li> </ul>	<ul style="list-style-type: none"> <li>Do they combine their own work with that of others?</li> <li>Can they link their sequences to specific timings?</li> </ul>	<ul style="list-style-type: none"> <li>Can they demonstrate stamina?</li> <li>Can they use their skills in different situations?</li> </ul>	<ul style="list-style-type: none"> <li>Can they plan a route and series of clues for someone else?</li> <li>Can they plan with others taking account of safety and danger?</li> </ul>