



London Colney Primary and Nursery School – Curriculum Progression Document – PE

	Gymnastics	Dance	Athletics	Striking and Fielding	Invasion Games	Health and Fitness
EYFS	-Moves freely with pleasure and confidence in a range of ways.	-Moves freely with pleasure and confidence in a range of ways.	-runs safely on whole foot. -runs skilfully and negotiates space successfully. -travels with skill and confidence around objects.	-can kick a large ball. -Shows preference for a dominant hand. -can catch a large ball.	-runs safely on whole foot. -runs skilfully and negotiates space.	-begins to recognise danger and seeks support from a familiar adult. -observes the effect of activity on their bodies.
	-Travels with confidence and skill under, over and through balancing equipment. -Jumps off an object and lands appropriately. -Shows good control and co-ordination in large and small movements. -Develop balance and agility.	-run safely on whole foot. -experiment with different ways of moving. -moves confidently in a range of movements.	-moves confidently in a range of movements.	-shows increasing control over an object. -shows good control and co-ordination in large movements.	-experiments with different ways of moving. -show good control and co-ordination in large and small games.	-understand that tools and equipment are to be used safely. -shows and understanding of the importance of exercise and hygiene.
Y1	-Be able to control our bodies in different ways. -be able to roll in different ways. -to be able to climb safely. -be able to copy a simple sequence of 2 movements.	-establish a sequence of actions which have a clear beginning, middle and end. -be able to move in response to music and move around the space safely. -be able to both copy dance moves and be creative in their own movements. -begin to create a simple, short routine.	-be able to move at some pace with accuracy. -understand the concept of race and competition. -Be able to catch and throw with sizes of balls appropriate to age with some accuracy.	-be able to throw an age appropriate ball under-arm. -be able to use striking equipment with a degree of accuracy. -be able to roll an age appropriate ball with increasing accuracy. -be able to kick an object as part of a game.  <b>TENNIS FOCUS</b>	-understand the importance of teamwork and why it is important for success. -understand the meanings of defence and attacks. -be able to deploy, with some effect, simple tactics in order to win a game.	-understands the effects of physical activity on our bodies. -understands the importance of exercise.
Y2	-be able to balance for a longer period and hop along a straight line. -be able to hold balances for up to 5 seconds. -jump and hop short distances safely and appropriately. -create a short sequence of 2-3 movements that begin to vary speed and shape. -create sequences independently.	- begin to respond to a stimulus more confidently and effectively. -know when to be still or when to move using a count to music. - create a simple, repetitive sequence of movements. -perform a created sequence in front of the class with other groups.	-be able to relay/shuttle run to a certain point, staying within a track. -throw a small ball over arm and underarm a short distance, considering distance and accuracy. -catch a smaller ball. -jump for a distance / height and control the landing e.g. small hurdle / designated cone.	-be able to roll, kick and throw a ball in different direction. -begin to develop a sense of aim and target a ball to a specific spot. -be able to trap then catch a ball using hands or feet. -throw a small ball over arm and underarm a short distance, considering distance and accuracy.	-know the rules for 1 or 2 simple games. -be able to zigzag through tightly spaced zones, beginning to consider spacial awareness. - know and deploy simple tactics that defend and attack in order to win a game. -be able to pass, receive and stop a ball with increasing effect.	-begin to consider which choices need to be made in order to stay healthy. -describe how my body feels before, during and after exercise. -know the importance of warming up and cooling down. -follow rules for exercising safely.



London Colney Primary and Nursery School – Curriculum Progression Document – PE

				<ul style="list-style-type: none"> <li>-strike a ball with a larger sized racket with increasing accuracy.</li> <li>-catch a smaller ball.</li> <li>-understand and apply simple rules of tennis to a game.</li> </ul> <p><b>TENNIS FOCUS</b></p>	<ul style="list-style-type: none"> <li>-participate in team games.</li> </ul>	
Y3	<ul style="list-style-type: none"> <li>-know a variety of jumps and jumping movements, executing safely and appropriately.</li> <li>-be able to balance on 1 foot and hold for up to 10 seconds.</li> <li>-create sequences of 3 movements with at least 2 different techniques being used e.g. rolling, jumping, balancing, crawling.</li> <li>-create sequences with myself and one other.</li> </ul>	<ul style="list-style-type: none"> <li>-respond to a stimulus by suggesting movements that match the style and feel.</li> <li>-be able to consider and perform movements and actions more appropriate the provided stimulus.</li> <li>-create a more complex routine of dance using a range of movements.</li> <li>- perform a created sequence in front of the class with other groups or independently.</li> <li>-respond / evaluate another's performance by suggesting a like.</li> </ul>	<ul style="list-style-type: none"> <li>-sprint 70m, staying within the track.</li> <li>-be able to throw a small ball overarm and underarm a further distance with accuracy.</li> <li>-catch a small ball.</li> <li>-be able to jump for a specific distance or height, considering how to improve the distance/height on a second jump.</li> </ul>	<ul style="list-style-type: none"> <li>-be able to throw a small ball overarm and underarm.</li> <li>-catch a small ball.</li> <li>-be able to throw a ball with an increasing sense of aim, considering power needed to reach a distance.</li> <li>-strike a ball with a smaller sized bat / racket with increasing accuracy.</li> <li>-understand and apply simple rules of rounders to a game.</li> </ul> <p><b>ROUNDERS FOCUS</b></p>	<ul style="list-style-type: none"> <li>-know the rules for a range of simple games.</li> <li>-be able to zigzag with confidence through tightly spaces zones, considering spacial awareness.</li> <li>-change speed and direction with confidence when dribbling a ball.</li> <li>-understand and apply the rules of netball to a simple game.</li> </ul> <p><b>NETBALL FOCUS</b></p>	<ul style="list-style-type: none"> <li>-explain lifestyle choices that will allow us to stay healthy.</li> <li>-compare how my body feels before, during and after exercise.</li> <li>-apply rules for exercising safely at all times.</li> </ul>
Y4	<ul style="list-style-type: none"> <li>-be able to use jumping, hopping and skipping movements with accuracy and precision.</li> <li>-be able to hold balances for up to 15 seconds.</li> <li>-create sequences with 3 or more movements in that include transitions and at least 3 different techniques.</li> <li>-create a sequence as part of a small group.</li> <li>-begin to evaluate my own and others sequences and performances.</li> </ul>	<ul style="list-style-type: none"> <li>-confidently respond to a stimulus by discussing the mood and feeling and modelling suggestions of movements to match.</li> <li>-create imaginative sequences that use a range of movements to portray the mood and feeling of the stimulus.</li> <li>-understand and use technical dance aspects e.g. canon, levels, unison etc.</li> <li>-perform sequences either as part of a group or independently.</li> <li>-respond / evaluate another's or own sequence by discussing likes and an area of improvement.</li> </ul>	<ul style="list-style-type: none"> <li>-sprint 70m, staying within the track.</li> <li>-be able throw a small, heavier ball a further distance with precision and accuracy.</li> <li>-be able to jump for a specific distance or height, considering how to improve the distance/height on a second jump.</li> <li>-use the skills acquired to participate in competition or competitive activities.</li> </ul>	<ul style="list-style-type: none"> <li>-be able to throw a small ball overarm and underarm, knowing which technique to use dependent on distance required.</li> <li>-catch a small ball from an increased distance.</li> <li>-be able to throw a ball with accurate aim, considering power needed to reach a distance.</li> <li>-strike a ball with a smaller sized bat / racket with increasing accuracy.</li> <li>-understand and apply simple rules of rounders to a game.</li> </ul> <p><b>ROUNDERS FOCUS</b></p>	<ul style="list-style-type: none"> <li>-know the rules for a range of games and begin to use these to devise our own,</li> <li>-use spacial awareness confidently to move in and out of spaces and apply to game play.</li> <li>-travel with an object whilst running.</li> <li>-dribble a ball with speed and accuracy.</li> <li>-understand and apply the rules of basketball to a competitive game.</li> </ul> <p><b>BASKETBALL FOCUS</b></p>	<ul style="list-style-type: none"> <li>-confidently explain and demonstrate what we need to do to stay healthy.</li> <li>-explain the importance of warming up and cooling down correctly and safely and demonstrate this.</li> </ul>



London Colney Primary and Nursery School – Curriculum Progression Document – PE

<p>Y5</p>	<p>-be able to be creative when making complex and extended sequences that combine action, balance and shape. -maintain accuracy and consistency when performing to a variety of audiences. -confidently evaluate my own and others performances, specifically discussing key strengths and areas of improvement.</p>	<p>-be able to make controlled movements and compose a sequence to an accompaniment, showing expression and sensitivity. -begin to understand and appreciate the cultural importance of dance. -confidently evaluate my own and others performances, specifically discussing key strengths and areas of improvement.</p>	<p>-sprint 100m -be able to follow rules for specific track and field events. - demonstrate control when taking off and landing in a variety of jumps, combining movements.</p>	<p>-develop an interest in participating in sports activities and events at a competitive level. -understand and apply the rules of cricket to a game.  CRICKET FOCUS</p>	<p>-be able to dribble a ball between cones with increasing accuracy. - use accuracy when aiming for a goal or a target, considering power and distance. -understand and apply the rules of football to a game.  FOOTBALL FOCUS</p>	<p>-understand and explain how diet and exercise are needed to perform well in physical education. -be able to choose appropriate warming up and cooling down exercises.</p>
<p>Y6</p>	<p>-be able to collaborate effectively to produce sequences to specific timings and reflect on the strengths and next steps in own and others performances, applying this next time.</p>	<p>-be able to develop a sequence of imaginative movements to create a dance in a specific style, choosing appropriate music for the style of the dance. -compare performances with previous ones and demonstrate improvement.</p>	<p>-sprint a distance of 100m. - be able to use pace when running longer distances. -demonstrate stamina in a variety of track and field events.</p>	<p>-develop an interest in participating in sports activities and events at a competitive level. -understand and apply the rules of cricket to a game.  CRICKET FOCUS</p>	<p>-be able to use learnt striking, tackling and defending skills accurately and confidently. - use knowledge of invasion games to develop game play independently. -understand and apply the rules of hockey to a game.  HOCKEY FOCUS</p>	<p>-understand and explain how diet and exercise are needed to perform well in physical education. -be able to choose appropriate warming up and cooling down exercises.</p>