


P.E. Progression of Skills and Knowledge

	Year 3	Year 4	Year 5	Year 6
<p>Dance</p>	<p>Copy remember and perform a dance phrase</p> <p>Create short dance phrases that communicate an idea</p> <p>Use canon, unison and formation to represent an idea.</p> <p>Match dynamic and expressive qualities to a range of ideas</p> <p>Use counts to keep in time with a partner and group</p>	<p>Copy, remember and adapt set choreography.</p> <p>Choreograph considering structure individually, with a partner and in a group.</p> <p>Use action and reaction to represent an idea</p> <p>Change dynamics to express changes in character or narrative</p> <p>Use counts when choreographing short phrases</p>	<p>Accurately copy and repeat set choreography in different styles of dance showing a good sense of timing.</p> <p>Choreograph phrases individually and with others considering actions, dynamics, space and relationships in response to a stimulus</p> <p>Confidently perform choosing appropriate dynamics to represent an idea</p> <p>Use counts accurately when choreographing to perform in time with others and the music</p>	<p>Perform dances confidently and fluently with accuracy and good timing</p> <p>Work creatively and imaginatively individually, with a partner and in a group to choreograph longer phrases and structure dance considering actions, space, relationship and dynamics in relation to a theme</p> <p>Improvise and combine dynamics demonstrating an awareness of the impact on performance</p> <p>Use counts when choreographing and performing to improve the quality of work.</p>
<p>Gymnastics</p>	<p>Complete balances with increasing stability, control and technique.</p> <p>Demonstrate some strength and control when taking weight on different body parts for longer periods of time</p> <p>Demonstrate increased flexibility and extension in their actions.</p> <p>Choose actions that flow well into one another both on and off apparatus.</p>	<p>Use body tension to perform balances both individually and with a partner.</p> <p>Demonstrate increasing strength, control and technique when taking own and others weight.</p> <p>Demonstrate increased flexibility and extension in more challenging actions.</p> <p>Plan and perform sequences showing control and technique with and without a partner.</p>	<p>Show increasing control and balance when moving from one balance to another.</p> <p>Use strength to improve the quality of an action and the range of actions available.</p> <p>Use flexibility to improve the quality of the actions they perform as well as the actions they choose to link them.</p> <p>Create and perform more complex sequences of actions with a good level of quality, control and technique with and without a partner.</p>	<p>Combine and perform more complex balances with control, technique and fluency.</p> <p>Demonstrate more complex actions with a good level of strength and technique</p> <p>Confidently transition from one action to another showing appropriate control and extension for the complexity of the action.</p> <p>Plan and perform with precision, control and fluency, a sequence of actions including a wide range of skills.</p>

<p>Games</p>	<p>Dribble the ball with one hand with some control in game situations</p> <p>Dribble a ball with feet with some control in game situations</p> <p>Use a variety of throwing techniques in game situations.</p> <p>Kick towards a partner in game situations</p> <p>Catch a ball passed to them using one and two hands with some success</p> <p>Receive a ball sent to them using different parts of the foot</p> <p>Strike a ball with varying techniques</p> <p>Change direction with increasing speed in game situations.</p> <p>Use space with some success in game situations.</p> <p>Use simple tactics individually and within a team</p>	<p>Link dribbling the ball with other actions with increasing control</p> <p>Change direction when dribbling with feet with some control in game situations</p> <p>Use a variety of throwing techniques with increasing success in game situations</p> <p>Kick with increasing success in game situations.</p> <p>Catch a ball passed to them using one and two hands with increasing success</p> <p>Receive a ball using different parts of the foot under pressure</p> <p>Strike a ball using varying techniques with increasing accuracy</p> <p>Change direction to lose an opponent with some success</p> <p>Create and use space with some success in game situations.</p> <p>Use simple tactics to help their team score or gain possession</p>	<p>Use dribbling to change the direction of play with some control under pressure</p> <p>Dribble with feet with some control under increasing pressure</p> <p>Use a variety of throwing techniques with some control under increasing pressure</p> <p>Use a variety of kicking techniques with some control under increasing pressure.</p> <p>Catch and intercept a ball using one and two hands with some success in game situations</p> <p>Receive a ball using different parts of the foot under pressure with increasing control</p> <p>Strike a ball using a wider range of skills. Apply these with some success under pressure</p> <p>Use a variety of techniques to change direction to lose an opponent</p> <p>Create and use space for self and others with some success</p> <p>Understand the need for tactics and can identify when to use them in different situations.</p>	<p>Use dribbling to change the direction of play with control under pressure.</p> <p>Use a variety of dribbling techniques to maintain possession under pressure</p> <p>Use a variety of throwing techniques including fake passes to outwit an opponent.</p> <p>Select and apply the appropriate kicking technique with control</p> <p>Catch and intercept a ball using one and two hands with increasing success in game situations.</p> <p>Receive a ball with consideration to the next move.</p> <p>Strike a ball using a wider range of skills to outwit an opponent. Apply these with increasing control under pressure.</p> <p>Confidently change direction to successfully outwit an opponent.</p> <p>Effectively create and use space for self and others to outwit an opponent.</p> <p>Work collaboratively to create tactics within their team and evaluate the effectiveness of these.</p>
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<p>Team building and outdoor adventure challenges</p>	<p>Follow instructions from a peer and give simple instructions</p> <p>Work collaboratively with a partner and a small group, listening to and accepting others' ideas.</p> <p>Plan and attempt to apply strategies to solve problems</p> <p>Orientate and follow a diagram/map.</p> <p>Reflect on when and why challenges are solved successfully and use others' success to help them to improve.</p>	<p>Accurately follow instructions given by a peer and give clear and usable instructions to a peer</p> <p>Confidently communicate ideas and listen to others before deciding on the best approach.</p> <p>Plan and apply strategies to solve problems</p> <p>Identify key symbols on a map and use a key to help navigate around a grid.</p> <p>Watch, describe and evaluate the effectiveness of their team strategy, giving ideas for improvements.</p>	<p>Use clear communication when working in a group and taking on different roles.</p> <p>Begin to lead others, providing clear instructions.</p> <p>Plan and apply strategies with others to more complex challenges</p> <p>Orientate a map confidently using it to navigate around a course.</p> <p>Explain why a particular strategy worked and alter methods to improve</p>	<p>Communicate with others clearly and effectively when under pressure.</p> <p>Confident to lead others and show consideration of including all within a group.</p> <p>Use critical thinking skills to form ideas and strategies selecting and applying the best method to solve a problem.</p> <p>Confidently and efficiently orientate a map, identifying key features to navigate around a course</p> <p>Accurately reflect on when challenges are solved successfully and suggest well thought out improvements</p>
<p>Swimming</p>	<p>Swimming in Year 4</p>	<p>Submerge themselves into the water.</p> <p>Swim at least 25m using front crawl, backstroke and breast stroke.</p> <p>Learn and perform the following skills: Floating, gliding, rotation, sculling, treading water and gliding.</p> <p>Dive into the pool from the edge.</p> <p>Perform life-saving skills and know how to rescue others and themselves from bodies of water.</p> <p>Gain and understanding and knowledge of how to keep safe in and around swimming pools and other bodies of water.</p>	<p>Swimming in Year 4</p>	<p>Catch Up Swimming for those who did not meet the swimming requirements in Year 4.</p>

<p>Fitness and athletics</p>	<p>Show balance, coordination and technique when running at different speeds, stopping with control.</p> <p>Link running, hopping and jumping actions using different take offs and landing</p> <p>Jump for distance and height with an awareness of technique.</p> <p>Throw a variety of objects, changing action for accuracy and distance.</p> <p>Demonstrate balance when performing other fundamental skills</p> <p>Show balance when changing direction in combination with other skills.</p> <p>Can co-ordinate their bodies with increased consistency in a variety of activities.</p>	<p>Demonstrate how and when to speed up and slow down when running</p> <p>Link hopping and jumping actions with some control</p> <p>Jump for distance and height showing balance and control</p> <p>Throw with some accuracy and power towards a target area</p> <p>Demonstrate good balance when performing other fundamental skills.</p> <p>Show balance when changing direction at speed in combination with other skills</p> <p>Begin to co-ordinate their body at speed in response to a task.</p>	<p>Run at the appropriate speed over longer distances or for longer periods of time</p> <p>Show control at take-off and landing in more complex jumping activities.</p> <p>Perform a range of more complex jumps showing some technique.</p> <p>Show accuracy and power when throwing for distance.</p> <p>Demonstrate good balance and control when performing other fundamental skills.</p> <p>Demonstrate improved body posture and speed when changing direction</p> <p>Can co-ordinate a range of body parts at increased speed</p>	<p>Demonstrate a controlled running technique using the appropriate speed over longer distances or for longer periods of time</p> <p>Link running, jumping and hopping actions with greater control and co-ordination</p> <p>Perform jumps for height and distance using good technique.</p> <p>Show accuracy and good technique when throwing for distance</p> <p>Show fluency and control when travelling, landing, stopping and changing direction</p> <p>Change direction with a fluent action and can transition smoothly between varying speeds</p> <p>Can co-ordinate a range of body parts with a fluent action at a speed appropriate to the challenge.</p>
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