

Danegrove Primary School Progression in PE



Early Years

See Foundation Overview

Year Group	Dance	Gymnastics	Games	Outdoor Adventurous Activity	Athletics	Swimming	Healthy Lifestyle
1	Copies and explores basic movements and body patterns Remembers simple movements and dance steps Links movements to sounds and music. Responds to a range of stimuli.	Copies and explores basic movements with some control and coordination. Can perform different body Shapes Performs at different levels Can perform two footed jump Can use equipment safely	Can travel in a variety of ways including running and jumping. Beginning to perform a range of throws. Receives a ball with basic control Beginning to develop hand-eye coordination Participates in simple games		Can run at different speeds. Can jump from a standing position Performs a variety of throws with basic control.		Can describe the effect exercise has on the body Can explain the importance of exercise and a healthy lifestyle.

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		Balances with			
		some control			
		Can link 2-3			
		simple			
		movements			
2	Copies and	Explores and	Confident to send	Can change	
	explores basic	creates different	the ball to others in	speed and	
	movements with	pathways and	a range of ways.	direction whilst	
	clear control.	patterns.		running.	
			Beginning to apply		
	Varies levels and	Uses equipment	and	Can jump from a	
	speed in	in a variety of	combine a variety	standing position	
	sequence	ways to create a	of skills (to a game	with accuracy.	
	'	Sequence	situation)	,	
	Can vary the size			Performs a	
	of their body	Link movements	Develop strong	variety of throws	
	shapes	together to	spatial awareness.	with control and	
	Situpes	create a	Spacial attai circosi	coordination.	
	Add a change of	sequence	Beginning to	coordination.	
	direction to a	Sequence	develop own	Preparation for	
	sequence		games with peers.	shot put	
	sequence		gaines with peers.	and javelin	
	Uses space well		Understand the	and javenin	
	and negotiates		importance of rules	Can use	
	_		1		
	space clearly.		in games.	equipment safely	
	Cara danariha a		Davida a simula		
	Can describe a		Develop simple		
	short dance using		tactics and		
	appropriate		use them		
	vocabulary.		appropriately.		

	Responds		Beginning to			
	imaginatively to		develop an			
	stimuli.		understanding of			
			attacking/defending			
3	Beginning to	Applies	Understands tactics	Develops	Beginning to run	Can describe the
	improvise	compositional	and composition by	listening skills.	at speeds	effect exercise
	independently to	Ideas	starting to vary how	Creates simple	appropriate for	has on the body
	create a simple	independently	they respond.	body shapes.	the distance.	
	dance.	and with others			e.g. sprinting and	Can explain the
		to create a	Vary skills, actions	Listen to	cross country	importance of
	Beginning to	sequence.	and ideas and link	instructions from		exercise and a
	improvise with a		these in ways that	a partner/ adult.	Can perform a	healthy
	partner to create	Copies, explores	suit the activity		running jump	lifestyle.
	a simple dance.	and remembers a	of the game.	Beginning to	with some	
		variety of		think activities	accuracy	Understands the
	Translates ideas	movements and	Beginning to	through and		need to warm up
	from stimuli into	uses these to	communicate	problem solving.	Performs a	and cool down.
	a movement with	create their own	with others during		variety of	
	support.	sequence.	game situations.	Discuss and work	throws using a	
				with others in a	selection of	
	Beginning to	Describes their	Uses skills with	group.	equipment.	
	compare and	own work using	coordination and			
	adapt	simple gym	control.	Demonstrates an	Can use	
	movements and	vocabulary.		understanding of	equipment safely	
	motifs to create a		Develops own rules	how to stay safe.	and with good	
	larger sequence.	Beginning to	for new games.		control.	
		notice similarities				
	Uses simple	and differences	Makes imaginative			
	dance vocabulary	between	pathways using the			
	to compare and	sequences.	equipment.			
	improve work.					

		Uses turns whilst	Works well in a			
		travelling in a	group to develop			
		variety of ways.	various games.			
		Beginning to	various gaines.			
		show flexibility in	Beginning to			
		movements	understand how to			
		inovements	compete with each			
		Beginning to	other in a			
		develop good	controlled manner.			
		technique when	Controlled Illamilet.			
		travelling,	Beginning to select			
		balancing, using	resources			
		equipment etc	independently to			
		equipinent etc	carry out different			
			skills			
4	Confidently	Links skills with	Vary skills, actions	Develops strong	Beginning to	
4	improvises with a	control,	and ideas and link	listening skills.	build a variety of	
	partner or on	technique,	these in ways that	iisteiiiiig skiiis.	running	
	their own.	coordination	suits the activity	Uses simple	techniques and	
	their own.	and fluency.	of the game.	maps.	use them with	
	Beginning to	and nacincy.	or the game.	ттарз.	confidence.	
	create longer	Understands	Shows confidence	Beginning to	connacnee.	
	dance sequences	composition	in using ball skills in	think activities	Can perform a	
	in a larger group.	by performing	various ways, and	through and	running jump	
		more complex	can link these	problem solve.	with more than	
	Demonstrating	sequences.	together.		one component.	
	precision and	,	e.g. dribbling,	Choose and apply	e.g. hop skip	
	some control in	Beginning to use	bouncing,	strategies to	jump (triple	
	response to	gym vocabulary	kicking	solve problems	jump)	
	stimuli. Beginning	to describe how		with support.	- , ,	
	to vary dynamics	to improve and	Uses skills with		Demonstrates	
	and develop	refine	coordination,		accuracy in	
		performances.	control and fluency.		-	

actions and		Takes part in	Discuss and work	throwing and	
motifs.	Dovolono	•	with others in a	_	
mours.	Develops	competitive		catching	
	strength,	games with a strong	group.	activities.	
Demonstrates	technique and	understanding of			
rhythm and	flexibility	tactics and	Demonstrates an	Describes good	
spatial	throughout	composition.	understanding of	athletic	
awareness.	performances.		how to stay safe.	performance	
		Can create their		using correct	
Modifies parts of	Creates	own games using		vocabulary.	
a sequence as a	sequences using	knowledge and			
result of self-	various body	skills.		Can use	
evaluation.	shapes and			equipment safely	
	equipment.	Works well in a		and with good	
Uses simple		group to develop		control.	
dance vocabulary	Combines	various games.			
to compare and	equipment with				
improve work.	movement to	Compares and			
	create	comments			
	sequences.	on skills to support			
	•	the creation of new			
		games.			
		Can make			
		suggestions as to			
		what resources can			
		be used to			
		differentiate a			
		game. Apply basic			
		skills for attacking			
		and defending.			
		and acicilaing.			
		Uses running,			
		jumping, throwing			
		and catching in			

			isolation and				
			combination.				
5	Beginning to	Select and	Vary skills, actions	Develops strong	Beginning to	Swims	Can describe the
	exaggerate dance	combine their	and ideas and link	listening skills.	build a variety of	competently,	effect exercise
	movements and	skills, techniques	these in ways that		running	confidently and	has on the body
	motifs (using	and ideas.	suit the activity	Uses and	techniques and	proficiently over	
	expression when		of the game.	interprets simple	use them with	a distance of at	Can explain the
	moving)	Apply combined		maps.	confidence.	least 25 metres	importance of
		skills accurately	Shows confidence			Uses a range of	exercise and a
	Demonstrates	and	in using ball skills in	Think activities	Can perform a	strokes	healthy lifestyle.
	strong	appropriately,	various ways, and	through and	running jump	effectively e.g.	
	movements	consistently	can link these	problem solve	with more than	front crawl,	Understands the
	throughout a	Showing	together.	using general	one component.	backstroke and	need to warm up
	dance sequence.	precision, control		knowledge.	e.g. hop skip	breaststroke.	and cool down.
	Combines	and fluency.	Uses skills with		jump (triple		
	flexibility,		coordination,	Choose and apply	jump)	Performs safe	
	techniques and	Draw on what	control and fluency.	strategies to		self-rescue in	
	movements to	they know		solve problems	Beginning to	different water	
	create a fluent	about strategy,	Takes part in	with support.	record peers	based	
	sequence.	tactics and	competitive games		performances,	situations.	
		composition	with a strong	Discuss and work	and evaluate		
	Moves	when performing	understanding of	with others in a	these.		
	appropriately and	and evaluating.	tactics and	group.			
	with the required		composition.		Demonstrates		
	style in relation	Analyse and		Demonstrates an	accuracy		
	to the stimulus.	comment on	Can create their	understanding of	and confidence in		
	e.g using various	skills and	own games using	how to stay safe.	throwing and		
	levels, ways of	techniques and	knowledge and		catching		
	travelling and	how these are	skills.		activities.		
	motifs.	applied in					
		their own and	Can make		Describes good		
	Beginning to	others' work.	suggestions as to		athletic		
	show a change of		what resources can				

	and the inches	11	lan consider			
	pace and timing	Uses more	be used to		performance	
	in their	complex gym	differentiate a		using correct	
	movements.	vocabulary to	game.		vocabulary.	
		describe				
	Uses the space	how to improve	Apply basic skills for		Can use	
	provided to his	and refine	attacking and		equipment safely	
	maximum	performances.	defending.		and with good	
	potential.				control.	
	Improvises with	Develops	Uses running,			
	confidence, still	strength,	jumping, throwing			
	demonstrating	technique and	and catching in			
	fluency across	flexibility	isolation and			
	their sequence.	throughout	combination.			
	Modifies parts of	performances.				
	a sequence as a					
	result of self and	Links skills with				
	peer evaluation.	control,				
		technique,				
	Uses more	coordination and				
	complex dance	fluency				
	vocabulary to	Understands				
	compare and	composition by				
	improve work.	performing more				
		Complex				
		sequences.				
6	Exaggerate dance	Plan and perform	Vary skills, actions	Develops strong	Beginning to	
	movements and	with precision,	and ideas and link	listening skills.	build a variety of	
	motifs (using	control and	these in ways that		running	
	expression when	fluency, a	suit the activity	Uses and	techniques and	
	moving)	movement	of the game.	interprets simple	use them with	
]	Sequence		maps.	confidence.	
	Performs with	showing a wide	Shows confidence	'	Can perform a	
	confidence, using		in using ball skills in		running jump	
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0 rouge of	range of actions	various ways and	Think activities	with mars their	
a range of	range of actions	various ways, and	Think activities	with more than	
movement	including	can link these	through and	one component.	
patterns.	variations in	together	problem solve	e.g. hop skip	
	speed, levels	effectively.	using general	jump (triple	
Demonstrates a	and directions.	e.g. dribbling,	knowledge.	jump)	
strong		bouncing, kicking			
imagination wher			Choose and apply	Beginning to	
creating own	actions, with an	Keeps possession of	strategies to	record peers	
dance sequences	emphasis on	balls during game	solve problems	performances,	
and motifs.	extension, clear	situations.	with support.	and evaluate	
	body shape and			these.	
Demonstrates	changes in	Consistently uses	Discuss and work		
strong	direction.	skills with	with others in a	Demonstrates	
movements		coordination,	group.	accuracy and	
throughout a	Adapts	control and fluency.		confidence in	
dance sequence.	sequences to		Demonstrates an	throwing and	
	include a partner	Takes part in	understanding of	catching	
Combines	or a	competitive	how to stay safe.	activities.	
flexibility,	small group.	games with a strong			
techniques and		understanding of		Describes good	
movements to	Gradually	tactics and		athletic	
create a fluent	increases the	composition.		performance	
sequence.	length of			using correct	
	sequence work	Can create their		vocabulary.	
Moves	with a partner to	own games using			
appropriately and	l make up	knowledge and		Can use	
with the required	a short sequence	skills.		equipment safely	
style in relation	using the floor,			and with good	
to the stimulus.	mats and	Modifies		control.	
e.g using various	apparatus,	competitive games.			
levels, ways of	showing	Compares and			
travelling and	consistency,	comments on skills			
motifs.	fluency and	to support the			

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	clarity of	creation of new	
Beginning to	movement.	games.	
show a change of			
pace and timing	Draw on what	Can make	
in their	they know	suggestions as	
movements.	about strategy,	to what resources	
	tactics and	can be used to	
Is able to move to	composition	differentiate a	
the beat	when performing	game.	
accurately in	and evaluating.		
dance sequences.		Apply knowledge of	
	Analyse and	skills for attacking	
Improvises with	comment on	and defending.	
confidence, still	skills and		
demonstrating	techniques and	Uses running,	
fluency	how these are	jumping, throwing	
l mache,	applied in	and catching in	
	their own and	isolation and in	
	others' work.	combination.	
		Combination.	
	Uses more		
	complex gym		
	vocabulary to		
	describe how to		
	improve and		
	refine		
	performances.		
	Develops		
	strength,		
	technique and		
	flexibility		
	throughout		
	performances.		