

Uplands Manor Primary School – P.E. progression grid



A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

Year Group	Autumn	Spring	Summer
Reception	<p>Working towards: ELG: Gross Motor Skills Children at the expected level of development will: - Negotiate space and obstacles safely, with consideration for themselves and others; - Demonstrate strength, balance and coordination when playing; - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Revisit movements of rolling, crawling and walking.</p> <p>ELG developing self: Be confident to try new activities and show independence, resilience and perseverance in the face of challenge;</p> <p>Self-regulation: Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</p> <p>Building relationships: Work and play cooperatively and take turns with others</p> <p>Listening, Attention and Understanding: Listen attentively and respond to what they hear with relevant questions, comments and actions.</p> <p>Speaking: Express their ideas and feelings about their experiences using full sentences, including use of past, present and future tenses.</p>		
Reception	Develop strength and move around in and out of spaces	Roll and receive a ball without it rolling away Roll and receive a ball without it rolling away	Understand and begin to jump safely and for height Jump safely and make a shape

	<p>Combine different movements with ease and fluency</p> <p>Develop strength and coordination</p> <p>To develop strength and balance</p> <p>complete a roll.</p> <p>Move in different ways and balance in different ways.</p>	<p>Roll a ball into a target</p> <p>Bounce and catch a ball</p> <p>Bounce and catch a ball with a partner</p> <p>Throw at a target</p>	<p>Begin to jump safely when making a shape</p> <p>Understand how to run fast</p> <p>Begin jumping at distance</p>			
Year 1	<p>Gymnastics</p> <p>Travel in different directions at different speeds.</p> <p>Link moves and shapes together while travelling.</p> <p>Explore rolling movements as a way of travelling.</p> <p>Travel to move along, over, around onto and off a bench.</p> <p>Explore changing direction and level, using small equipment.</p> <p>Perform a travelling sequence using a variety of small equipment.</p>	<p>Dance</p> <p>Demonstrate travelling movements with a change of direction.</p> <p>Demonstrate an understanding of beats in the music.</p> <p>Begin to move in time to the music.</p> <p>Move in time to the music, travelling, gesturing and jumping.</p> <p>Move to beats of 4 and 8.</p> <p>Perform a motif in time to music and with fluency.</p>	<p>Multiskills</p> <p>Perform balances using different parts of the body.</p> <p>Use timing to aim, stop and guide an object.</p> <p>Show control when travelling in different ways.</p> <p>Quickly change direction whilst running.</p> <p>Use Agility, Balance and Coordination when performing activities.</p>	<p>Ball skills</p> <p>Catch a beanbag with accuracy.</p> <p>Catch a ball from a throw.</p> <p>Catch a ball from a bounce.</p> <p>Demonstrate accurate throwing skills</p> <p>Demonstrate that I understand the overarm and underarm throwing techniques.</p> <p>Stop, trap and catch a ball when on the move.</p>	<p>Throwing and catching.</p> <p>To throw and catch a ball with a partner.</p> <p>Explore striking balls of different sizes with hands and equipment.</p> <p>Demonstrate how to stop and retrieve a ball.</p> <p>Make contact with a ball using different bats and rackets.</p> <p>Use striking skills to play a game.</p> <p>Use tactics and skills to compete in a game.</p>	<p>Athletics</p> <p>Change speed from fast to slow.</p> <p>Demonstrate how to hop and land on two feet.</p> <p>Understand how to throw safely.</p> <p>Run with good balance and coordination.</p> <p>Demonstrate how to jump from two feet.</p>
Year 2	<p>Gymnastics</p>	<p>Dance</p> <p>Demonstrate contrasting movements.</p>	<p>Multiskills</p> <p>Move my body in a variety of ways.</p>	<p>Ball skills</p> <p>Move a ball using my hands and feet.</p>	<p>Throwing and catching.</p>	<p>Athletics</p>

	<p>Perform balances and movements and combine them in a routine.</p> <p>Link balances and travelling moves.</p> <p>Use equipment to develop sequences (benches and mats).</p> <p>Begin to create a sequence of gymnastic actions with a partner.</p> <p>Use equipment to explore balances on different levels (benches and mats).</p> <p>Demonstrate safety and caution when using equipment.</p> <p>Begin to mirror a partner when performing a sequence.</p>	<p>Explore performing actions/gestures in response to a stimulus.</p> <p>Explore patterns of movement with a partner.</p> <p>Link contrasting movements together to create short motif.</p> <p>Perform a complete motif with clarity and fluency.</p> <p>Perform in front of an audience.</p>	<p>Throw a ball at the right speed and strength.</p> <p>Change speed and direction.</p> <p>Demonstrate different ways of twisting and turning.</p> <p>Follow the rules of a game.</p>	<p>Catch a variety of objects with accuracy and consistency.</p> <p>Target the receiver's hand when throwing an object.</p> <p>Demonstrate how to throw overarm, underarm and a bounce pass.</p> <p>Demonstrate how to dribble a ball, with control.</p> <p>Pass a football with accuracy.</p>	<p>Demonstrate how to throw underarm, with accuracy.</p> <p>Demonstrate the correct technique when striking a ball from a tee.</p> <p>Demonstrate the correct technique when catching.</p> <p>Demonstrate how to throw overarm, with accuracy.</p> <p>Demonstrate accuracy when striking a ball.</p> <p>Use tactics and skills to compete in a game.</p>	<p>Run at different speeds and change direction.</p> <p>Demonstrate how to use my arms when jumping.</p> <p>Understand how to throw safely and adjusting the throwing technique to throw for distance.</p> <p>Display balance while running and jumping over an obstacle.</p>
Year 3	<p>Gymnastics</p> <p>Demonstrate balancing on different body parts.</p>	<p>Dance</p> <p>Independently count a beat while dancing.</p> <p>Use a change of direction whilst performing a simple phrase.</p>	<p>Multiskills</p> <p>Change the centre of balance to different parts of the body.</p>	<p>Ball skills</p> <p>Dribble a ball with greater control.</p> <p>Control a ball while moving.</p>	<p>Throwing and catching.</p> <p>Demonstrate the correct technique for underarm and overarm throwing.</p> <p>Throw with accuracy.</p>	<p>Athletics</p> <p>Run at different speeds, demonstrating the correct running technique.</p> <p>Use legs as well as arms when throwing in a variety of ways.</p>

	<p>Perform a variety of jumps, with a stable, safe landing.</p> <p>Link jumps into sequences. Create complex shapes as a group.</p> <p>Use a stimulus to create a sequence. Begin to analyse my own and others performance.</p>	<p>Perform dance steps with rhythm.</p> <p>Maintain a consistent tempo throughout a dance.</p> <p>Collaborate with others to create a longer motif.</p> <p>Use a stimulus to create a phrase and tell a story.</p>	<p>Use hand-eye coordination to keep control of an object.</p> <p>Demonstrate agility whilst stopping and turning in a game.</p> <p>Observe different speeds.</p> <p>Use hand-eye coordination to balance, carry and travel with an object.</p>	<p>Demonstrate anticipation when receiving a ball.</p> <p>Starting to develop the correct underarm and overarm throwing technique.</p> <p>Demonstrate good catching techniques.</p> <p>Demonstrate good throwing techniques.</p> <p>Demonstrate good control of the ball and body.</p>	<p>Catch using the correct technique Demonstrate the correct batting technique for cricket.</p> <p>Retrieve the ball effectively.</p> <p>Demonstrate learned skills in a game situation.</p>	<p>Perform a standing long jump.</p> <p>Understand how to start a race correctly.</p> <p>Understand how to compete in a sporting way, showing an understanding of the rules.</p>
Year 4	<p>Athletics Modify strike length and arm movement and maintain appropriate running paces.</p> <p>Demonstrate the pull technique for throwing.</p> <p>Throw and retrieve implements safely. React quickly to a stimulus.</p>	<p>Dance Identify and practise the patterns and actions of a style of dancing.</p> <p>Demonstrate an awareness of the music's rhythm when improvising. Create an individual dance that reflects a specific style of dancing.</p>	<p>Gymnastics Perform symmetrical and asymmetrical balances with a partner.</p> <p>Apply linking moves to maintain the fluency of a sequence.</p> <p>Perform gymnastic moves using a piece of equipment. Use my own and others' bodyweight to balance.</p>	<p>Striking and fielding Understand when to use different throwing styles (underarm and overarm).</p> <p>Field a ball in a variety of ways. Catch a ball in a variety of situations.</p> <p>Demonstrate the correct batting technique in a game situation. Strike a stationary ball.</p>	<p>Racket Sports Demonstrate the correct racket grip.</p> <p>Drop and hit the ball with consistency.</p> <p>Demonstrate both forehand and backhand strokes.</p> <p>Demonstrate the correct body position and contact point for an accurate shot.</p>	<p>Invasion Games Change direction while dribbling a ball.</p> <p>Dribble a ball at speed while maintaining control.</p> <p>Pass and receive the ball with confidence.</p> <p>Know how to attack and defend as a team.</p>

	<p><i>Demonstrate a good running technique when jumping over obstacles.</i></p> <p><i>Understand how to perform a standing broad jump.</i></p> <p><i>Refine jumping for height and distance.</i></p>	<p><i>Create a partnered dance that reflects a specific style of dancing.</i></p> <p><i>Perform a dance using a range of movements.</i></p> <p><i>Begin to give accurate and tactful feedback to peers.</i></p>	<p><i>Demonstrate the skill of critique, including identifying areas of strength and improvement.</i></p>	<p><i>Apply previously learned skills in a game situation.</i></p>	<p><i>Demonstrate the correct volley technique.</i></p> <p><i>Select a shot in order to beat a partner (score a point).</i></p>	<p><i>Demonstrate previous skills and tactics in a game situation.</i></p>
Year 5	<p>Athletics</p> <p><i>Sustain running at a continuous pace.</i></p> <p><i>Alter running technique to run at speed.</i></p> <p><i>Demonstrate the correct push technique (throwing).</i></p> <p><i>Demonstrate the correct technique when receiving a baton.</i></p> <p><i>Perform a standing long jump.</i></p> <p><i>Throw accurately and efficiently in a game situation.</i></p> <p><i>Apply learned skills in a competition.</i></p>	<p>Dance</p> <p><i>Perform in a specific style of dance using a range of movement patterns.</i></p> <p><i>Demonstrate an awareness of the music's rhythm and timing when improvising.</i></p> <p><i>Identify key components of successful dancing and apply them to individual sequences.</i></p> <p><i>Create a group dance that reflects a specific style of dancing.</i></p> <p><i>Give accurate and thoughtful feedback to peers.</i></p>	<p>Gymnastics</p> <p><i>Collaborate with a partner to produce a sequence.</i></p> <p><i>Link movements together with fluency and good body tension.</i></p> <p><i>Demonstrate counterbalances with a partner.</i></p> <p><i>Complete a sequence of balances and moves in unison and canon.</i></p>	<p>Striking and fielding</p> <p><i>Return the ball accurately (batting).</i></p> <p><i>Identify which fielding technique to use.</i></p> <p><i>Apply a developed overarm throwing technique and know when to use it.</i></p> <p><i>Apply a developed batting technique in a variety of situations.</i></p> <p><i>Strike a moving ball with direction.</i></p> <p><i>Score points in a game situation.</i></p>	<p>Racket Sports</p> <p><i>Demonstrate the correct technique for forehand, backhand and volleying.</i></p> <p><i>Hit a forehand with accuracy and direction.</i></p> <p><i>Hit a backhand with accuracy and direction.</i></p> <p><i>Run towards the net and play a volley.</i></p> <p><i>Select the appropriate stroke to use.</i></p> <p><i>Demonstrate the correct technique for an overhead serve.</i></p>	<p>Invasion Games</p> <p><i>Use a range of different passes appropriately in a modified game.</i></p> <p><i>Demonstrate evasive action to outwit opponents in a modified game.</i></p> <p><i>Apply a variety of defending skills.</i></p> <p><i>Use the correct technique to shoot a ball into a netball post (within shooting circle).</i></p> <p><i>Take part in a full netball game, playing in a range of positions.</i></p>

<p>Year 6</p>	<p>Athletics <i>Demonstrate good arm and leg technique when running at speed. Alter running technique to run at speed.</i></p> <p><i>Demonstrate the correct pull technique (throwing).</i></p> <p><i>Describe the effect of different throwing positions.</i></p> <p><i>Demonstrate the correct running technique when jumping over obstacles.</i></p> <p><i>Perform a standing broad jump successfully.</i></p> <p><i>Make changes to performance and improve on previous results.</i></p>	<p>Dance <i>Perform dance movements from a particular style and devise poses.</i></p> <p><i>Explore dance patterns and moving to the beat.</i></p> <p><i>Demonstrate expressive movements in a dance piece.</i></p> <p><i>Work as a group to choreograph, adapting routines and putting them together.</i></p> <p><i>Dance as a group in time to music following a specific style.</i></p> <p><i>Perform in front of an audience.</i></p> <p><i>Provide critical feedback focusing on dance skills to peers.</i></p>	<p>Gymnastics <i>Use and understand the following skills: flexibility, strength, balance, power and mental focus.</i></p> <p><i>Demonstrate and develop skills for movement, including rolling, bridging and dynamic movement.</i></p> <p><i>Use my own and others' bodyweight to balance.</i></p> <p><i>Complete a sequence of balances and moves in unison and in canon, with a partner.</i></p> <p><i>Create longer sequences and perform them with fluency and clarity of movement.</i></p>	<p>Striking and fielding <i>Demonstrate agility and balance in order to throw accurately.</i> <i>Demonstrate the long barrier technique.</i></p> <p><i>Know how to direct a ball while batting.</i> <i>Understand the role of backstop.</i> <i>Analyse others' strengths and provide feedback.</i></p> <p><i>Apply learned skills in a mini tournament and understand the rules of the game.</i></p>	<p>Racket Sports <i>Hit a shuttle with consistency.</i></p> <p><i>Demonstrate the correct technique when serving the shuttle.</i></p> <p><i>Hit a backhand with accuracy and direction.</i></p> <p><i>Know the benefits of playing the overhead clear shot and can demonstrate the correct technique.</i></p> <p><i>Perform a drop shot.</i></p> <p><i>Select and apply a range of badminton shots in a game situation to win points.</i></p>	<p>Invasion Games <i>Demonstrate good ball-handling skills.</i></p> <p><i>Demonstrate a good level of special awareness.</i></p> <p><i>Place a ball down with accuracy (scoring a try).</i></p> <p><i>Demonstrate good footwork and agility when carrying the ball.</i></p> <p><i>Apply learned skills in a game and play as a team.</i></p>
---------------	---	--	---	---	---	--