



## Oakhill Primary School PE Progression

	Y1	Y2	Y3	Y4	Y5	Y6
<b>Athletics</b>			<ul style="list-style-type: none"><li>• Coordinate bodies with consistency in a variety of activities</li><li>• Use balance and show coordination when running at different speeds</li><li>• Show control when stopping</li><li>• Show balance and control when changing direction</li></ul>	<ul style="list-style-type: none"><li>• Coordinate bodies at speed in response to a given task</li><li>• Show knowledge of when to speed up and slow down when running</li><li>• Show increased control when linking running, stopping and jumping</li><li>• Show balance and coordination when changing direction at speed</li></ul>	<ul style="list-style-type: none"><li>• Coordinate a range of body parts at increased and varied speeds</li><li>• Run at appropriate speeds to best perform in a given task</li><li>• Show increased control when linking running, stopping and throwing</li><li>• Show balance, coordination and increased body posture when changing speeds to incorporate throwing</li></ul>	<ul style="list-style-type: none"><li>• Coordinate a range of body parts with fluent actions at speed to apply to a range of activities</li><li>• Run using controlled techniques that are appropriate to the given activity</li><li>• Show greater control and coordination when linking a wide range of different athletic movements</li><li>• Show balance, coordination and posture when transitioning smoothly while moving through varying speeds</li></ul>
<b>Dance</b>	<ul style="list-style-type: none"><li>• Copy, remember and repeat basic movements and body patterns</li><li>• Change speed, direction and level of movements with guidance</li><li>• Explore a sense of dynamic and expressive abilities</li><li>• Adapt movements to different music and begin to use counts</li><li>• Move fluently between spaces</li></ul>	<ul style="list-style-type: none"><li>• Copy, remember, repeat and compose basic movements and body patterns with control</li><li>• Change speed, direction and level of movements with control</li><li>• Explore and reflect a character through action, dynamics and expression</li><li>• Adapt movements to different music imaginatively and use counts to help move in time to music</li><li>• Use unison and mirroring when completing actions with a partner</li><li>• Move fluently between spaces using different pathways</li></ul>	<ul style="list-style-type: none"><li>• Copy, remember, compose and perform a dance phrase using simple moving patterns</li><li>• Change speed, direction and rhythm to use movement imaginatively when responding to changes in music</li><li>• Match dynamic and expressive qualities to a range of ideas to express and communicate ideas and feelings</li><li>• Use counts to keep in time with a small group or partner</li><li>• Move fluently between spaces using different pathways and levels</li></ul>	<ul style="list-style-type: none"><li>• Copy, remember and adapt set choreography.</li><li>• Change speed, direction, rhythm and level to use movement imaginatively when responding to changes in music</li><li>• Adapt movements and change dynamics to reflect changes in a character or narrative</li><li>• Use counts when choreographing short dance phrases</li><li>• Move fluently and imaginatively between spaces using different pathways and levels</li></ul>	<ul style="list-style-type: none"><li>• Accurately copy and repeat set choreography in a range of styles of dance showing a good sense of timing and tempo.</li><li>• Increase improvisation when responding to changes in music</li><li>• Choreograph movements and sequences considering actions, dynamics, space and relationships in response to a stimulus</li><li>• Use counts accurately when choreographing to perform in time with the music</li><li>• Move fluently and imaginatively using improvisation between spaces using different pathways and levels</li></ul>	<ul style="list-style-type: none"><li>• Perform choreographed dances confidently and fluently with accuracy and good timing</li><li>• Work creatively and imaginatively, alone or with others, to choreograph longer sequences considering all aspects of dance in relation to a theme.</li><li>• Use counts accurately when choreographing to perform in time with the music to assess and improve the quality of a dance</li><li>• Improvise and apply all aspects of dance demonstrating an awareness of the impact of performance</li></ul>

<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>• Explore static balancing</li> <li>• Explore movement with control</li> <li>• Connect movements together with flow</li> <li>• Explore balance while travelling on a range of equipment</li> <li>• Link combinations of gymnastic actions to increase balance</li> </ul>	<ul style="list-style-type: none"> <li>• Explore gymnastic actions and shapes</li> <li>• Perform gymnastic shapes while maintaining good balance and control</li> <li>• Hold balances</li> <li>• Experiment with body movements to create different shapes with control and balance</li> </ul>	<ul style="list-style-type: none"> <li>• Explore creating shapes in different ways using the body</li> <li>• Link gymnastic shapes together in a sequence</li> <li>• Hold balances in a range of different ways to increase gymnastic strength</li> <li>• Experiment with body movements to create sequences of shapes using different ways of travel</li> </ul>		<ul style="list-style-type: none"> <li>• Explore different rolls and use balance to control movements</li> <li>• Increase balance and strength to vault over an object</li> <li>• To experiment with force and momentum and apply to stands, vaults, balances and rolls</li> <li>• Increase understanding of the body to allow for safe landing when vaulting and jumping</li> <li>• Understand how to safely support others when participating in group balances</li> </ul>	<ul style="list-style-type: none"> <li>• Explore different stretches to increase flexibility and mobility</li> <li>• Apply a range of mobility skills into game scenarios in different ways</li> <li>• Create sequences of flexible movements alone, with a partner or in a small group</li> <li>• Perform and evaluate own performance</li> </ul>
<b>Invasion &amp; net wall (inc. throwing and catching)</b>	<ul style="list-style-type: none"> <li>• Run straight with correct technique</li> <li>• Begin to follow simple rules</li> <li>• Start to change direction in response to “invasion”</li> <li>• Participate in team games and start to develop simple tactics for attacking and defending</li> </ul>	<ul style="list-style-type: none"> <li>• Run straight, at varying speeds, using correct technique</li> <li>• Follow simple rules with increasing independence</li> <li>• Develop the ability to change direction and pivot in response to “invasion”</li> <li>• Participate in team games and develop simple tactics for attacking and defending in a competitive and friendly manner</li> <li>• Learn how to use an underarm to throw accurately and catch using two hands</li> </ul>	<ul style="list-style-type: none"> <li>• Run in a range of directions with control and correct technique</li> <li>• Independently follow simple rules in a wider range of activities</li> <li>• Develop simple passes to a partner or teammate</li> <li>• Participate in competitive team games and review, monitor and improve performances as part of a team</li> <li>• Send and receive a ball of varying sizes</li> </ul>	<ul style="list-style-type: none"> <li>• Run in a range of directions with control and correct technique in isolation and in combination with throwing and kicking</li> <li>• Apply knowledge of previous activities and develop in a range of different mediums</li> <li>• Develop a range of passes to a partner or teammate using a range of body parts</li> <li>• Participate in competitive team games and review, monitor and improve performances both independently and as part of a team in order to apply tactics in a performance</li> <li>• Send and receive a ball of varying sizes with increased confidence using different body parts</li> </ul>	<ul style="list-style-type: none"> <li>• Run in a range of directions with control and correct technique whilst carrying and using a piece of equipment</li> <li>• Further apply knowledge of previous activities and develop in a range of different mediums</li> <li>• Develop a range of passes to a partner or teammate using a range of body parts and incorporating a piece of equipment</li> <li>• Participate in competitive team games; review and monitor tactics and performance to begin to lead and encourage a team</li> <li>• Send and receive a ball of varying sizes with increased confidence using a piece of equipment</li> </ul>	<ul style="list-style-type: none"> <li>• Run in a range of directions with control and correct technique whilst carrying a piece of equipment to dodge and weave around a defender</li> <li>• Further apply knowledge of previous activities and confidently develop in a range of different mediums</li> <li>• Develop a range of passes to a partner or teammate whilst both sender and receiver are running</li> <li>• Participate in competitive team games; review and monitor tactics and performance to begin to lead and encourage a team</li> <li>• Send and receive a ball of varying shapes and sizes with increased confidence</li> </ul>

<b>Multi skills</b>	<ul style="list-style-type: none"> <li>• Travel in different directions and in different ways showing clear transitions between movements</li> <li>• Begin to improve agility, balance and coordination</li> <li>• Understand the importance of rules</li> <li>• Use a range of equipment and scenarios to improve coordination</li> </ul>	<ul style="list-style-type: none"> <li>• Travel in different directions and in different ways showing clear transitions between movements and begin to time running with interceptions</li> <li>• Develop agility, balance and coordination and apply to a range of team games</li> <li>• Understand the importance of rules and apply to a range of team games</li> <li>• Use a range of equipment and scenarios in a range of team games to improve coordination</li> </ul>	<ul style="list-style-type: none"> <li>• Travel in different directions and in different ways showing clear transitions between movements and time running to intercept successfully</li> <li>• Develop agility, balance and coordination using different body parts and apply to a range of team games</li> <li>• Understand the importance of rules and apply to a range of team games and begin to incorporate the skills of evaluation and tactics</li> <li>• Use a range of equipment and scenarios in a range of team games to improve coordination whilst aiming at a target</li> </ul>	<ul style="list-style-type: none"> <li>• Travel in different directions and in different ways showing clear control and fluidity of movement when aiming at a target</li> <li>• Develop agility, balance and coordination to increase accuracy when aiming at a target using a range of equipment</li> <li>• Understand the importance of evaluation, reflection and tactical thinking to importance to improve performance</li> <li>• Use a range of equipment to improve coordination and accuracy whilst aiming at a target</li> </ul>	
<b>Striking and Fielding</b>		<ul style="list-style-type: none"> <li>• Strike the ball with increasing degrees of accuracy when in practice-based situations</li> <li>• Pass and receive a ball with increasing degrees of accuracy with a partner over a range of distances</li> <li>• Bowl underarm using precision and suitable power</li> <li>• Understand the rules of striking and fielding games</li> </ul>		<ul style="list-style-type: none"> <li>• Strike the ball accurately and with control when in striking and fielding activities</li> <li>• Receive a ball one-handed from a partner</li> <li>• Bowl underarm consistently demonstrating correct height, precision and power</li> <li>• Use knowledge of striking and fielding games to suitably pass to a team mate</li> <li>• Analyse and assess one's own performance to offer ideas and tactics to help in striking and fielding activities</li> </ul>	<ul style="list-style-type: none"> <li>• Strike the ball consistently and accurately demonstrating special awareness and control in striking and fielding activities</li> <li>• Receive a ball one-handed to both hand (regardless of which is dominant)</li> <li>• Bowl both under and overarm consistently demonstrating precision and power</li> <li>• Further develop knowledge of striking and fielding games to accurately pass to the most-suitable team mate</li> <li>• Analyse and assess one's own performance to offer ideas and tactics to help in striking and fielding activities and adjust where required and adapt to different tactics during gameplay</li> </ul>

## Combat sports

- Understand the need for mutual respect when partaking in combat sports
- Develop muscular and core strength
- Increase the ability of collaboration with and encouragement of peers
- Develop the correct form, posture and stance to engage in combat sports
- Develop a range of techniques such as jab, hook and uppercut