Athletics 'ession Ladder Running Demonstrate a clear understanding of pace and use it to develop their own Get Set 4 P.E. Running and others sprinting Hurdle with Fundamentals greater technique. Games Unit 1 & 2 Jumping control and Develop take coordination. Ball Skills Unit 1 & 2 Running off position Apply fluency and when jumping Running coordination Jumping for height. When running for Year Effectively apply Develop Throwing power, control ••• speed in relay Develop power, speeds Jumping and technique changeovers. 6 appropriate for Develop power, control and in the the event. technique when control and triple jump. consistency in throwing discus Running jumping for Develop an and javelin. Jumping understanding of Year Running distance. Speed and pace Explore • • $D_{e_{Ve/op}}$ technique and Throwing Jumping in relation to 5 power and rhythm in the speed in the Develop Develop distance. technique and technique triple jump. Sprinting power in javelin technique. when ••• jumping for Year and shot put. Running distance. Jumping Develop the Explore fluency sprinting technique ••• 4 and technique in and apply it to relay • • • Throwing Running Develop fluency the vertical power and technique Explore and rhythm when events. when throwing for jump. running over Year distance in a pull Running obstacles. Jumping Develop the Sprinting Develop throw. 3 technique in a Jumping Explore rhythm when range of approaches and Develop running over obstacles. take off positions. jumping for Throwing height and safety Explore the Year On landing. technique for Jumping Running Develop a pull throw. Explore running at 2 Jumping jumping, different speeds. Explore safely hopping and skipping actions. jumping for Explore running Throwing Develop overarm distance and o_{ver} obstacles. ••• throwing for Year height. Jumping Develop balance distance. Jumping whilst jumping Explore hopping, Running and landing. jumping and Throwing Explore running

Jumping

Explore jumping

and hopping

safely.

EYFS

and stopping.

Explore running

on the balls of

their feet.

Explore throwing

for distance and

accuracy.

leaping for

distance.

Throwing

Explore throwing

to a target.



Actions Show controlled movements which express emotion and feeling. Actions

Choreograph planned dances by using, adapting Progression Ladder Explore, improvise and combine movement dynamics to express ideas fluently, effectively on their own, with a partner or in a small group.

Space

Dance

Year 6

Space and Relationships Use a variety of Performance Demonstrate a clear basic compositional ^{Understanding} of principles when timing in relation creating their to the music and own dances. other dancers throughout their performance.

and developing actions and steps from different dance styles. Dynamics Confidently use dynamics to express different dance styles. Actions Respond imaginatively to a range of Stimuli

Use direction and Patterning to express different dance styles. Dynamics Change dynamics • • confidently within a

Performance to express changes Space Confidently use changes in ⁱⁿ character. level, direction and pathway.

Year 4

Year

5

Relationships Confidently use formations, canon and unison to express a dance idea. Relationships

Use action

and reaction

Performance Perform dances expressively, using a range of performance skills, showing accuracy and fluency.

•

Actions Create actions in response to a stimulus individually and in groups.

Actions

A_{CCUrately}

related to character

and narrative.

Dynamics Use dynamics Use directions express an to transition id_{ea.} b_{etween} formations.

Year

to represent ^{an} id_{ea.} Relationships Develop an understanding of formations.

••• Performance Perform complex dances that communicate narrative and character Well, performing clearly and fluently.

Performance Perform short, selfchoreographed phrases showing and awareness of timing. Relationships Explore working

remember, repeat and link actions to Dynamics express an idea. Develop an understanding of dynamics. Actions Copy, remember

and repeat actions to represent a theme. Explore D_{ynamics} creating their own Explore actions in relation varying speeds to to a theme. represent an id_{ea.}

Actions Explore Dynamics lacksquarehow their Explore body moves. actions in Copy basic response to body actions music and an idea. and rhythms.

Year 2

Year

Space Develop the use of pathways and travelling actions

to include levels. •••

Space Explore pathways Within their Performances.

and pathways

Relationships Begin to explore actions with a partner.

with a partner

using unison,

matching and

mirroring.

performance. Performance Begin to use counts Within their Performance.

Performance

Develop the use of

facial expressions

in their

EYFS

Explore pathways and the space around to others.

them and in relation Are given opportunities to perform in front of others.



Agility Change direction With a fluent action and can transition smoothly between varying speeds. landing, stopping and changing direction. Agility D_{emonstrate} improved body posture and Change their body speed when changing direction. position to m_{aintain a} Controlled Centre of gravity. Agility Show balance B_{alance} when Show control changing direction at Whilst completing activities which speed. ^{Ch}allenge balance. Agility







Explore Balance changing Explore balancing direction whilst stationary safely. and on the move.

Coordination

Explore moving different body parts together.

Fitness Progression Ladder Show fluency and control when

travelling,

B_{alance}

Coordination Can coordinate a range of body parts with a fluent action at a speed appropriate to the challenge.

Year

6

Year

5

Sprinting

technique.

Year

4

Coordination D_emonstrate increased speed when coordinating their bodies.

••• Coordination Explore increased speed when Coordinating their bodies.

Coordination Can coordinate their bodies With increased consistency in ^{a variety} of

Year

Year 2

Can demonstrate increased control Speed diff_{erent speeds.} ••• Year

Speed Explore running at different speeds.

Speed Explore moving and stopping with control.

EYFS

Strength Explore taking weight on different body parts.

Strength Explore exercises using their own body weight.

Explore moving for extended periods of time.

Fundamentals Gymnastics Unit 1 & 2 Fundamentals Unit 1 & 2

Speed C_{an adapt} Strength Can complete Stamina running body weight Use their technique exercises for breath to to meet the needs of the in_{Crease} increased their ability repetitions, distance. to move for With Control sustained and fluency. periods of Speed

Identify the time. Strength best pace D_{emonstrate} for a set in_{Creased} Stamina distance or Use their breath technique in body weight time. to increase their ability to exercises. • • move for Sustained periods of time.

Speed Demonstrate Identify activities Sprinting which help to technique. strengthen different muscle groups. Speed maintain their Explore work rate.

• Strength Explore building strength in different muscle groups.

• • Stamina Explore using their breath to increase their ability to work for longer periods of time.

Stamina

Demonstrate

using their

breath to

in body weight exercises.

Stamina Show an ability to work for longer periods of time.

Stamina Explore moving for

longer periods of time and identify how it makes them feel.

Gymnastics ression Ladde $m_{o_{Vem_{ents}}}$

Shapes and perform gymnastic Combine shapes more fluently and effectively.

sometimes linked with

Shapes

Develop the

range of shapes

they use in their

sequences.

Other Symnastic actions.

Develop control in progressions of a cartwheel and a Shapes h_{eadstand.} Perform shapes consistently and fluently to a high standard,

Inverted $m_{ovem_{ents}}$ Explore

progressions of a cartwheel and a handstand.

Inverted $m_{o_{Ve}m_{ents}}$ Develop strength in bridge and

shoulder stand. **Shapes** Explore matching and contrasting shapes.

Balances Explore point and patch balances and transition smoothly into and out

Shapes

Explore using shapes in different gymnastic balances.

Remember, repeat and link combinations of gymnastic balances.

Shapes Explore basic and still shapes

straight, tuck, straddle, pike.

Perform balances making their body tense, stretched

Shapes

Show contrast with their bodies including wide/narrow, straight/curved.

Balances

Explore shapes in stillness using different parts of their bodies.

Balances Explore counter balances and counter tension balances.

Balances Explore symmetrical and asymmetrical balances.

• • Balances Develop control and fluency in individual and partner balances.

Balances Year

2

Year and curled.

EYFS

Rolls Explore rocking and rolling.





Year

6

Year 5

Year 4

Year

Rolls Develop the straight, barrel, and forward roll.

Rolls Explore barrel, straight and forward roll and put into sequence work.

Explore barrel, straight and forward roll progressions.

Jumps Explore jumping safely. Rolls

Develop fluency and consistency forward and backward roll.

Jumps Combine and in the straddle, perform a range of gymnastic jumps more fluently and effectively,.

Jumps

Select a range of

jumps to include in

sequence work.

Develop control and fluency in the straight, barrel, forward, straddle and backward roll.

Develop the straight, barrel, forward and straddle roll and perform with increased

control.

Develop control in

performing and landing rotation jumps.

Jumps

Develop stepping into shape jumps with control.

Jumps

Explore shape jumps and take off combinations.

Jumps

Explore shape jumps including jumping off low apparatus.



Invasion Games Progression Ladder

Sending & receiving Develop making quick decisions about when, how and who to pass to.

Sending &

r_{eceiving}

Develop control

when S&R

under pressure.

Dribble consistently Using a range of techniques with increasing control under pressure.

• • Dribbling Select and apply a variety of dribbling techniques to

game situations. Sending & receiving Develop passing to a teammate using a variety of techniques

appropriate to the game.

Sending & receiving

Explore S&R abiding by the rules of the game. Sending &

receiving Developing Dribbling S&R with hands and feet with in_{Creased} increasing control on Control.

Sending & receiving Explore S&R With hands Explore and feet to a dribbling with hands partner. and feet. Sending &

receiving Explore S&R with hands and feet using a variety of equipment.

Dribbling Explore dropping and catching with two hands and moving a ball with their feet.

Attacking Explore creating attacking tactics With others in response to the game.

Attacking Explore creating tactics with ^{others} and applying them to game Situations.

Dribbling Develop control Whilst dribbling

under pressure.

Dribbling Explore dribbling the ball abiding by the rules of the game under some pressure.

••• Explore dribbling with the move.

2 Dribbling Year

Attacking & **EYFS** defending

Year

Year

Year

5

Year

6

••• Attacking Year $D_{e_{Ve/op}}$ decision making around when to 4 pass and

when to shoot. A_{ttacking} Developing movement

skills to lose a defender. Explore shooting actions in a range of invasion games.

Attacking Developing moving into Space away from defenders.

•••• Attacking Explore changing direction to move away from a

partner.

Explore changing direction and

tagging games.

Space Recognise their own space.

Fundamentals Ball Skills Ball Skills Unit 1 & 2

D_{efending} Explore creating and applying defending tactics With others in

Space Move to the response to the correct space when transitioning game. from attack to defence.

Defending Develop tracking and marking with a Space variety of Move to create techniques and increased success.

Space for themselves and others in their team. Defending

Develop defending one Space on one and Move into know when to space to help their team keep win the ball. possession and •••

Score 80als. D_{efending} Track opponents to Space Develop moving limit their With a ball scoring towards goal opportunities.

With Defending some control. Explore staying close to other players to try and Space Explore moving stop them With a ball getting the ball. towards 80al.

Defending Explore tracking and move to stay Space with a partner.

Recognise good space when playing games.



Ball Skills

Fundamentals Sending & Receiving Games Unit 1 & 2

Ball Skills Unit 1 & 2

Rallying Successfully

keep a

continuous

apply a variety Footwork Demonstrate a of shots to variety of footwork Patterns relevant to the game they are

rally. Playing e.g. a Split step and a chasse. Rallying

Use a variety of shots to keep a Footwork D_{emonstrate} continuous eff_{ective} footwork

patterns to move rally. around the court.

Rallying

Develop rallying using both forehand and backhand with increased technique.

Rallying

Explore rallying

With a

forehand.

Year

6

Year

5

Year

4

Year

3

Footwork Begin to use appropriate footwork patterns to move around the court.

Footwork

Consistently use and return to the ready position in between

Rallying Explore underarm shots. rallying with a Partner Catching

Footwork

Consistently use the ready position to move

towards a ball.

Footwork Use the ready position

to move towards a ball.

Explore changing direction, running and stopping.

Net and Wall Games Progression Ladder

Demonstrate increased success and technique in selecting and applying the appropriate shot for Serving Serve accurately and

consistently. Shots D_{evelop} the range Beginning to apply tactics to their serve. of shots used in Serving

the games they Develop their range of Serving techniques appropriate to the game Play. they are playing.

Demonstrate increased technique when using ••••• shots both cooperatively Serving Develop and competitively. technique in serving underarm with increased Shots

Explore returning a consistency. ball using focus shots such as the Serving forehand and Explore serving from backhand. an underarm serve. Hitting

Develop hitting • • • a dropped ball Feeding Accurately o_{ver a net.} underarm throw over a net to a Hitting partner.

Explore Feeding hitting a Throwa dropped ball over a ball with net to land a racket. into the court area.

Hitting Feeding Explore and hitting a Rallying Explore ball with sending a their ball to a hands. partner.

Year

Year

2

after one bounce. Rallying Explore underarm rallying with a

partner.

EYFS



Team building Intro to PE Unit 1 & 2

Progression Ladder Problem Solving

Pool ideas within a group, Selecting and applying the best method to solve

a problem. Orientate a map efficiently to Problem Solving n_{avigate} around a course.

Explore tactical planning within a team to overcome increasingly Navigational Skills Develop navigational skills challenging tasks. and map reading in increasingly challenging ••••• tasks including map Problem Solving

Plan independently Orientation. and in small groups, N_{avigational} Skills implementing a Identify key symbols strategy with increased success. on a map and use a key to help navigate

around a grid. Problem Solving Can plan ••• and implement

N_{avigational} strategies to solve problems. Skills Developing map reading skills. ••• Problem Solving Begin to plan,

and with some N_{avigational} SUCCESS, apply strategies to Skills Understand overcome a how to use, follow ch_{allenge.} and create a simple diagram/map. Problem

Solving Suggest ideas N_{avigational} in response Skills Follow a simple to a task. diagram/map.

Problem Solving **Navigational** Explore **Skills**

activities Make decisions in which about where to they make move in space. their own decisions in

response to

a task.

4

Year

Year 2

Year

EYFS

N_{avigational Skills}

Year

Year

6

of communication 5 methods with increasing success. • • Year

Communication Confidently communicate

ideas and listen to others. •••

Communication Can follow and give instructions and are accepting of

other peoples' ideas. •••••• Communication

Work cooperatively with a partner and a small group. •••

C_{ommunication} Communicate simple instructions and listen to others.

Communication

Develop their confidence in expressing themselves

Reflection

Begin to identify when they were successful.

Games Unit 1 & 2 Communication Inclusively

communicate with others, share job With increasing accuracy roles and lead they reflect on when when necessary. and how they were Successful at solving

•••• challenges and alter their Communication methods in order to improve. Explore a variety

Reflection Reflect on when they were successful at

solving challenges and alter their methods in order to improve.

> With increased accuracy, Reflection

critically reflect on when and why they were SUCCESSFUL at SOLVING challenges. •••

Reflection

Can reflect on when and why they were Successful at solving challenges.

Reflection

Verbalise when they were successful and areas that they could improve.

Identify when they were successful and make basic observations about how to improve.



Striking and Fielding Progression Ladder

Striking Strike a bowled ball with increasing accuracy and Fielding consistency.

Consistently select and apply the appropriate Striking fielding action for Explore defensive and driving hitting the situation. techniques and directional batting.

Develop over and underarm bowling technique. Select and apply long and short barriers

appropriate to the situation. Striking Develop batting technique Fielding consistent with the Develop bowling with rules of the game. some consistency, abiding by the rules Striking of the game.

Begin to strike a bowled ball Fielding using different Explore bowling and fielding skills to include equipment. a two-handed pick up and long and short

Striking barriers. Develop striking a ball with their Fielding Understand that hand and equipment with there are some consistency. different roles within a

fielding team. Striking • • • Explore striking a ball tracking and hand and retrieving a eguipment. ball for their **Striking**

Explore **Fielding** sending Explore a ball tracking and to a partner. stopping a rolling ball. Year 6

Throwing Year D_{emonstrate} clear technique 5 When using a variety of throws

under pressure. Year Throwing Use overarm and underarm throwing 4 With increased consistency in game situations. Year

Throwing Use overarm and underarm throwing in game situations.

Throwing Develop coordination and technique when throwing over and underarm.

Throwing Explore technique When throwing over and underarm.

Ball Skills Games Unit 1 & 2 Ball Skills Unit 1 & 2 Sending and Receiving

Consistently m_{ake} good Catching decisions on Consistently who and when dem_{onstrate} to pass to in good technique order to get in catching skills batters out. under pressure.

Catching Explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations.

Catching Beginning to Catch with one and two hands with some consistency in game situations.

Catching Catch with some consistency in game situations.

Catching

Catch with two hands With some coordination and technique.

Catching Develop coordination and technique when catching.

Throwing and Catching

Year

2

Year

EYFS

Explore rolling, throwing and catching using a variety of equipment.



Water Safety

Water Safety

Water Safety

Are comfortable with

some personal survival

Water Safety Explore techniques for

personal survival to

techniques to include

Survival strokes such as

Demonstrate a good

Can select and apply

the appropriate

survival technique

for the situation.

Swimming Progression Ladder

Identify their personal best in a range of strokes. Successfully select and Stroke over a distance of 25m. apply their fastest

Demonstrate increased technique in a range of Stokes, Swimming Over

a distance of 25m.

Explore technique for specific strokes to include head above Water breaststroke, backstroke and front crawl.

Strokes Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl.

Strokes Begin to use arms and legs together, more effectively across the water unaided. • • • •

Strokes Can Swim Over a 10m distance With a buoyancy

Breathing

Demonstrate a smooth and consistent breathing technique in a range of strokes over a distance of 25m.

Breathing Explore underwater breaststroke breathing technique over a

distance of 25m.

Year 4

Year 3

Year 2

Year **Breathing** Can

submerge confidently in the water.

Year 6

Year 5

understanding of Water safety. Explore safety techniques to include the H.E.LP and huddle positions. Breathing

Demonstrate improved breathing technique in front crawl. •••

Sculling and treading water. Breathing Begin to explore front crawl breathing

technique. Breathing

include survival strokes such as Begin to explore breathing in sync with their kicking action.

sculling and treading water. Water Safety

Demonstrate an awareness of _{Water} safety and float ^{On their front and} ^{on their back.}

Water Safety

Become aware of water safety and explore floating on their front and back.



Year

4

Year

3

Year

2

Year

Catching

••••

Catching

Catch with

in_{creasing}

consistency in

game situations.

C_{atching}

Build the

confidence

to attempt

catching in game

Situations.

•••

Catching

^{CO}Ordination

Demonstrate good

technique and

consistency in catching

skills under pressure.

Dodgeball Fundamentals Sending & Receiving Games Unit 1 & 2 Ball Skills Unit 1 & 2

Get Set 4 P.E.

Dodging

Make quick decisions on when to dodge, when to Blocking Consistently catch and the type attempt to block of dodge to use With increasing control in the appropriate game Situation.

Year 6

Year Dodging Demonstrate improved body 5 posture and speed

Blocking when dodging in Use blocking game situations. skills abiding by the rules of the game.

Dodging

Explore a variety of dodging

Blocking techniques. Demonstrate blocking skills in Dodging game situations. •••

Show balance When changing

Blocking Explore blocking direction. skills under little or no pressure.

Dodging

D_em_{onstrate} improved technique when changing direction on the move.

Dodging

Change direction

Whilst running.

Blocking Demonstrate moving to track a ball with in_{Creasing Success.}

Blocking

Explore moving to track a ball.

Throwing

Throwing Consistently make

good decisions on who and when to throw at in order to

get opponents out.

Demonstrate clear technique when throwing under pressure.

Throwing

Throw with increasing accuracy and success in game situations. ••••

Throwing

Explore throwing at a moving target.

Throwing

Develop coordination and technique when throwing over and underarm.

Demonstrate some and technique when catching.

Throwing Explore technique when throwing o_{ver and} underarm.

••• Catching

Develop coordination and technique

when

^{Catching}.

Throwing and catching

Explore rolling, throwing and catching using a variety of equipment.

EYFS

Dodging Explore changing direction safely.

Blocking Explore

receiving a ball.



Progression Ladder B_{alance} Link combinations of

poses for balance with increased control in transition.

> Balance Use their breath to maintain balance Within a pose.

B_{alance} Explore using their breath to maintain balance Within a pose.

B_{alance} D_{emonstrate} increased control When in poses and explore control in paired poses.

Balance Remember, copy, and repeat seq_{uences} of linked poses. • •

B_{alance} Perform balances and poses making their body tense, stretched and th_{at challenge} curled. their flexibility.

Balance Flexibility Explore Explore shapes shapes in and actions to stillness stretch their using bodies. different parts of their bodies.

Flexibility Confidently transition from one pose to another showing extension connected to their breath. ••••

Flexibility Develop flexibility by connecting their movement with their breath. •••••

Flexibility D_emonstrate in_{Creased} extension in their poses. •••

Year

2

Flexibility Explore poses and movement in relation to their breath.

Flexibility Show increased awareness of extension in poses.

Flexibility Explore poses and movements Year

EYFS

Fundamentals Unit 1 & 2 Gymnastics Unit 1 & 2

Strength Explore poses that challenge their strength Year Mindfulness and work to maintain increased control and Explore 6 strength when in methods they and transitioning can use to between poses. control how they feel with some • • SUCCESS.

Year Strength D_{emonstrate} in_{Creased} control and strength when 5 in and transitioning between poses. •••

Year Strength D_{emonstrate} 4 increased control and strength when in a pose.

Year ••• Strength 3 Explore arm balances with some control.

> Strength Demonstrate increased control in performing poses.

Strength

Explore strength whilst transitioning from one pose to another.

activity or task.

Strength Explore taking Mindfulness weight on Explore their own feelings different body in response to an

parts.

Understand that there are methods they can use to control how they feel.

Mindfulness

Mindfulness

Can engage with mindfulness activities With increased focus.

••••• Mindfulness

Develop their ability to stay still and keep their focus.

Mindfulness

Explore controlling their focus and sense of calm.

Mindfulness

Recognise their own feelings in response to a task or activity.