



Our School is built on the teachings of the Bible and inspired by The Gospel Values of Faith, Hope and Love. Our Christian ethos is upheld by respecting humanity fostered through our community that is welcoming, inclusive and forgiving.

Together we flourish through courageous learning, friendships and generosity.

TO BE THE BEST THAT I CAN BE – THE WAY GOD INTENDS

Progression of skills across the year groups

Subject: PE

Our pupils will acquire a range of transferable skills that will equip them to participate in a variety of sports both independently and as part of a team. They will have an understanding of the physical effects on the body and the importance of a healthy lifestyle, maximising local opportunities. They will also develop a resilience that enables competitive participation.

EYFS	Yr 1	Yr 2	Yr3	Yr4	Yr5	Yr6
<p><u>Games</u></p> <ul style="list-style-type: none"> Progress towards a more fluent style of moving, with developing control. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in 	<p><u>Games</u></p> <ul style="list-style-type: none"> I can throw underarm. I can hit a ball with a bat. I can move and stop safely. I can throw and catch with both hands. I can throw and kick in different ways. <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> I can make my body curled, tense, stretched and relaxed. I can control my body when travelling and balancing. I can copy sequences and repeat them. I can roll, curl, travel and balance in different ways. <p><u>Dance</u></p> <ul style="list-style-type: none"> I can move to music. I can copy dance moves. I can perform my own dance moves. I can make up a short dance. 	<p><u>Games</u></p> <ul style="list-style-type: none"> I can use hitting, kicking and/or rolling in a game. I can decide the best space to be in during a game. I can use one tactic in a game. I can follow rules. <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> I can plan and perform a sequence of movements. I can improve my sequence based on feedback. I can think of more than one way to create a sequence which follows some 'rules'. I can work on my own and with a partner. <p><u>Dance</u></p> <ul style="list-style-type: none"> I can change rhythm, speed, level and direction in my dance. I can dance with control and coordination. I can make a sequence by linking sections together. I can use dance to show a mood or feeling. <p><u>General</u></p> <ul style="list-style-type: none"> I can copy and remember actions. I can talk about what is different from what I did and what someone else did. 	<p><u>Games</u></p> <ul style="list-style-type: none"> I can throw and catch with control. I am aware of space and use it to support team-mates and to cause problems for the opposition. I know and use rules fairly. <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> I can adapt sequences to suit different types of apparatus and criteria. I can explain how strength and suppleness affect performance. I can compare and contrast gymnastic sequences. <p><u>Dance</u></p> <ul style="list-style-type: none"> I can improvise freely and translate ideas from a stimulus into movement. I can share and create phrases with a partner and small group. I can repeat, remember and perform phrases. <p><u>Athletics</u></p> <ul style="list-style-type: none"> I can run at fast, medium and slow speeds; changing speed and direction. I can take part in a relay, remembering when to run and what to do. 	<p><u>Games</u></p> <ul style="list-style-type: none"> I can catch with one hand. I can throw and catch accurately. I can hit a ball accurately with control. I can keep possession of the ball. I can vary tactics and adapt skills depending on what is happening in a game. <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> I can work in a controlled way. I can include change of speed and direction. I can include a range of shapes. I can work with a partner to create, repeat and improve a sequence with at least three phases. <p><u>Dance</u></p> <ul style="list-style-type: none"> I can take the lead when working with a partner or group. I can use dance to communicate an idea. <p><u>Athletics</u></p> <ul style="list-style-type: none"> I can run over a long distance. I can sprint over a short distance. I can throw in different ways. I can hit a target. I can jump in different ways. <p><u>Outdoor and adventurous</u></p> <ul style="list-style-type: none"> I can follow a map in a (more demanding) familiar context. 	<p><u>Games</u></p> <ul style="list-style-type: none"> I can gain possession by working a team. I can pass in different ways. I can use forehand and backhand with a racket. I can field. I can choose a tactic for defending and attacking. I can use a number of techniques to pass, dribble and shoot. <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> I can make complex extended sequences. I can combine action, balance and shape. I can perform consistently to different audiences. <p><u>Dance</u></p> <ul style="list-style-type: none"> I can compose my own dances in a creative way. I can perform to an accompaniment. My dance shows clarity, fluency, accuracy and consistency. <p><u>Athletics</u></p> <ul style="list-style-type: none"> I can be controlled when taking off and landing. I can throw with accuracy. I can combine running and jumping. <p><u>Outdoor and adventurous</u></p> <ul style="list-style-type: none"> I can follow a map in an unknown location. 	<p><u>Games</u></p> <ul style="list-style-type: none"> I can play to agreed rules. I can explain rules. I can umpire. I can make a team and communicate plan. I can lead others in a game situation. <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> I can combine my own work with that of others. I can link sequences to specific timings. <p><u>Dance</u></p> <ul style="list-style-type: none"> I can develop sequences in a specific style. I can choose my own music and style. <p><u>Athletics</u></p> <ul style="list-style-type: none"> I can demonstrate stamina. <p><u>Outdoor and adventurous</u></p> <ul style="list-style-type: none"> I can plan a route and a series of clues for someone else. I can plan with others taking

<p>activities that involve a ball</p> <p><u>Dance and movement</u></p> <ul style="list-style-type: none"> • Revise and refine the fundamental movement skills they have already acquired: rolling; crawling; walking; jumping; running; hopping; skipping; climbing • Progress towards a more fluent style of moving, with developing control and grace. • Use their core muscle strength to achieve a good posture. • Combine different movements with ease and fluency. • Develop overall body-strength, balance, co-ordination and agility 	<ul style="list-style-type: none"> • I can move safely in a space. <p><u>General</u></p> <ul style="list-style-type: none"> • I can copy actions. • I can repeat actions and skills. • I can move with control and care. • I can use equipment safely. 		<p><u>Outdoor and adventurous</u></p> <ul style="list-style-type: none"> • I can follow a map in a familiar context. • I can use clues to follow a route. • I can follow a route safely. 	<ul style="list-style-type: none"> • I can follow a route within a time limit. 	<ul style="list-style-type: none"> • I can use clues and a compass to navigate a route. • I can change my route to overcome a problem. • I can use new information to change my route. 	<p>account of safety and danger.</p> <p><u>Swimming</u></p> <ul style="list-style-type: none"> • I can swim 25metres
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Progress towards a more fluent style of moving, with developing control.

☑ Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.

☑ Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.

☑ Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.