



Curriculum Progression - PE

An EYFS Sports Person	A Year 1 Sports Person	A Year 2 Sports Person
<p><u>Games</u></p> <ul style="list-style-type: none"> • know how to play chasing games. • know how to use space effectively. • know how to catch a large ball. • know how to control a ball when pushing, patting, throwing, catching and kicking. <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • know how to jump and travel in a variety of ways. <p><u>Dance</u></p> <ul style="list-style-type: none"> • know how to move to music 	<p><u>Games</u></p> <ul style="list-style-type: none"> • know how to throw underarm and catch with both hands. • know how to hit a ball with a bat. • know how to move and stop safely. • know how to throw and kick in different ways. <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • know how to make my body curled, tense, stretched and relaxed. • know how to control my body when travelling and balancing. • know how to copy sequences and repeat them. <p><u>Dance</u></p> <ul style="list-style-type: none"> • know how to copy dance moves • know how to make up a short dance and perform • know how to move safely in a space. 	<p><u>Games</u></p> <ul style="list-style-type: none"> • know how to use hitting, kicking and/or rolling in a game. • know how to use the best space during a game. • know how to use one tactic in a game. • know how to follow rules. <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • know how to plan and perform a sequence of movements and can improve based on feedback. • know how to work on my own and with a partner. <p><u>Dance</u></p> <ul style="list-style-type: none"> • know how to change rhythm, speed, level and direction in my dance. • know how to dance with control and coordination. • know how to make a sequence by linking sections together.



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A Year 3 Sports Person	A Year 4 Sports Person
<p><u>Games</u></p> <ul style="list-style-type: none">• know how to throw and catch with control.• know to be aware of space and use it to support team-mates and to cause problems for the opposition.• know and use rules fairly. <p><u>Gymnastics</u></p> <ul style="list-style-type: none">• know how to adapt sequences to suit different types of apparatus and criteria.• know how to explain how strength and suppleness affect performance.• know how to compare and contrast gymnastic sequences. <p><u>Dance</u></p> <ul style="list-style-type: none">• know how to improvise freely and translate ideas from a stimulus into movement.• know how to repeat, remember and perform phrases. <p><u>Athletics</u></p> <ul style="list-style-type: none">• know how to run at fast, medium and slow speeds; changing speed and direction.• know how to take part in a relay, remembering when to run and what to do.• know how to throw a javelin.• Know 2 footed to 2 footed jumping techniques	<p><u>Games</u></p> <ul style="list-style-type: none">• know how to catch with one hand.• know how to hit a ball accurately with control.• know how to keep possession of the ball.• know a variety of tactics and adapt skills depending on what is happening in a game. <p><u>Gymnastics</u></p> <ul style="list-style-type: none">• know how to work in a controlled way.• know how to change speed and direction.• know how to include a range of shapes.• know how to 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">• know how to take the lead when working with a partner or group.• know how to use dance to communicate an idea. <p><u>Athletics</u></p> <ul style="list-style-type: none">• know how to run over different distances• know how to throw in different ways.• know how to hit a target.• Know which technique to use when jumping for distance <p><u>Swimming</u></p> <ul style="list-style-type: none">• know how to swim competently, confidently and proficiently over a distance of at least 25m.• know how to use a range of strokes.• know how to perform safe self-rescue in different water based conditions.



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A Year 5 Sports Person	A Year 6 Sports Person
<p><u>Games</u></p> <ul style="list-style-type: none"> • Know how to gain possession by working as a team. • know how to pass in different ways. • know how to use forehand and backhand with a racket. • know how to field. • know how to choose a tactic for defending and attacking. • know how to use a number of techniques to pass, dribble and shoot. <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • know how to make complex extended sequences. • know how to combine action, balance and shape. • Know how to perform consistently to different audiences. <p><u>Dance</u></p> <ul style="list-style-type: none"> • know how to compose my own dances in a creative way. • Know how to perform to an accompaniment. • Know how to show clarity, fluency, accuracy and consistency. <p><u>Athletics</u></p> <ul style="list-style-type: none"> • know how to be controlled when taking off and landing. • know how to throw with accuracy. • know how to combine running and jumping. • Know the correct technique to use when running at speed. <p><u>Outdoor and adventurous - Malham</u></p> <ul style="list-style-type: none"> • know how to follow a map in an unknown location. • Know how to use clues and a compass to navigate a route. • know how to change my route to overcome a problem. 	<p><u>Games</u></p> <ul style="list-style-type: none"> • know how play to agreed rules. • know and can explain rules. • Know how to umpire. • Know how to make a team and communicate a plan. • know how to lead others in a game situation including umpiring <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • Know how to combine my own work with that of others. • know how to link sequences to specific timings. <p><u>Dance</u></p> <ul style="list-style-type: none"> • Know how to develop sequences in a specific style. • know how to choose my own music and style. <p><u>Athletics</u></p> <ul style="list-style-type: none"> • Know how to demonstrate stamina. • Know how to hop, skip and jump • Know how to throw with power and accuracy <p><u>Outdoor and adventurous - Bewerley Park</u></p> <ul style="list-style-type: none"> • Know how to plan a route and a series of clues for someone else. • know how to plan with others taking account of safety and danger.



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