

PE Skills and Progression



Knowledge Progression

Year 1/2 Cycle 1	<p>Can I describe what a balance is?</p> <p>Can I describe how many contact points (body parts touching the ground) a balance has?</p>	<p>Can I explain what good teamwork is and what it looks like?</p> <p>Can I describe what I can do to motivate people around me?</p>	<p>Can I describe how to jump safely and smoothly?</p> <p>Can I watch performances and give feedback using topic vocabulary?</p>	<p>Can I describe how my body movement shows an emotion?</p> <p>Can I describe my groups dance routine?</p>	<p>Can I point and describe where space is on a pitch?</p> <p>Can I describe what 'bunching' is on a pitch?</p>	<p>Can I describe what a country line dance is?</p> <p>Can I give others feedback on how to perform better?</p>
Year 1/2 Cycle 2	<p>Can I describe what a balance is and how I know I am balanced?</p> <p>Can I watch performances and give feedback using topic vocabulary?</p>	<p>Can I describe the features of a Bollywood dance?</p> <p>Can I give other children feedback on how to improve their dances?</p>	<p>Can I describe how to use my body to perform different rolls (log, teddy, egg)?</p> <p>Can I describe what 'travel is and different ways to do it?</p>	<p>Can I explain how my body helps me move like an animal?</p> <p>Can I describe why and how my movements change when there is music?</p>	<p>Can I explain how my arms help me to run?</p> <p>Can I explain how to jump forwards and up?</p>	<p>Can I describe what makes a clear instruction?</p> <p>Can I identify where key landmarks are in the playground?</p>
Year 3/4 Cycle 1	<p>Can I explain what an individual balance is?</p> <p>Can I name different pieces of apparatus?</p> <p>Can I describe what I can do to help me balance?</p>	<p>Can I explain the rules of dodgeball?</p> <p>Can I describe basic tactics to use during match play?</p>	<p>Can I explain features of a historical dance and describe how it links to the time period?</p> <p>Can I watch performances and evaluate against a success criteria?</p>	<p>Can I explain how to travel safely when using equipment?</p> <p>Can I describe how to jump high and far?</p>	<p>Can I explain how to use my whole body to run faster?</p> <p>Can I explain how to use my whole body to throw an object accurately and for distance?</p>	<p>Can I explain the rules of kickball?</p> <p>Can I explain where fielders should stand and why?</p>
Year 3/4 Cycle 2	<p>Can I explain how to use my body to generate power and momentum when vaulting?</p> <p>Can give others feedback on how to increase power, height and distance</p>	<p>Can I describe how my self-drawn map links to my environment?</p> <p>Can I describe how to give clear instructions?</p>	<p>Can I re-tell the story of Hanuman?</p> <p>Can I describe how my dance movements link to the Hanuman story?</p>	<p>Can I explain what a counter balance is and give examples?</p> <p>Can I watch performances and evaluate against a success criteria?</p>	<p>Can I explain how to use my whole body to run faster?</p> <p>Can I explain how to use my whole body to throw an object accurately and for distance?</p>	<p>Can I explain the rules of different invasion games (capture the flag, sharks and minnows)?</p> <p>Can I explain tactics to use when playing team invasion games?</p>
Year 5/6 Cycle 1	<p>Can I explain what the terms canon and unison mean?</p> <p>Can I explain how to safely jump and leap onto and off of equipment?</p>	<p>Can I explain the rules of basketball?</p> <p>Can I describe tactics for playing a basketball match?</p> <p>Can I describe the rules of handball?</p>	<p>Can I describe the features of 'rhythm paradise' dances and explain the origin of these dances?</p> <p>Can I give feedback to my partner or other groups to improve their performances?</p>	<p>Can I create a success criteria for my dance?</p> <p>Can I explain how my routine keeps in time to music?</p>	<p>Can I explain the rules of tennis?</p> <p>Can I give feedback to a partner to improve their technique when performing shots or during match play?</p>	<p>Can I describe all the points of a compass?</p> <p>Can I match orienteering symbols to their names?</p>
Year 5/6 Cycle 2	<p>Can I name different pieces of apparatus?</p> <p>Can I evaluate other groups performances using key words, linking back to a success criteria?</p>	<p>Can I describe how to score a point in badminton?</p> <p>Can I describe game play tactics for singles and doubles?</p>	<p>Can I describe the features of a pyrrhic dance and how they linked to combat at the time?</p> <p>Can I give feedback to a partner or group dance using topic vocabulary?</p>	<p>Can I explain the terms 'unison' and 'canon' and describe where they are in my routine?</p> <p>Can I create my own success criteria for my paired performance?</p>	<p>Can I give 3 examples of how to run faster and more effectively?</p> <p>Can I name 5 events found at the Olympics?</p>	<p>Can I explain the rules of rounders?</p> <p>Can I explain where fielders should stand and why?</p> <p>Can I give advice on where/when a batter should choose to run when striking?</p>

PE Skills and Progression



Skills Progression						
Year 1/2 Cycle 1	<p>Can I perform 5 balances (plank, standing on one leg, one knee up, arch and dish)?</p> <p>Can I count myself in and out of a balance?</p> <p>Can I perform balances with different contact points?</p> <p>Can I perform 2 balances consecutively?</p>	<p>Can I follow instructions to a game?</p> <p>Can I pass a ball (dodgeball) accurately to a partner?</p> <p>Can I move safely around a pitch?</p> <p>Can I talk positively to those around me and help them if they need?</p>	<p>Can I perform a standing jump on one and two legs?</p> <p>Can I jump onto and off of equipment safely?</p> <p>Can I perform a range of shapes in the air (straight, soldier, star and tuck)?</p> <p>Can I travel into and out of a jump as part of a short routine?</p>	<p>Can I perform a range of dance movements (side step, hand roll, side to side, point and step-spin, foot tap, sparkle and shine hands)</p> <p>Can I use my facial expressions to show my feelings as I dance?</p> <p>Can I copy dance movements?</p> <p>Can I link 5 dance movements together in a sequence accurately?</p>	<p>Can I pass different shaped balls to a partner using my hands?</p> <p>Can I throw a ball accurately to a target?</p> <p>Can I move into a space to receive a ball?</p> <p>Can I move safely around a pitch?</p>	<p>Can I copy 5 country dance moves?</p> <p>Can I remain balanced when performing dance moves?</p> <p>Can I perform in time to music?</p> <p>Can I perform as part of a group?</p>
Year 1/2 Cycle 2	<p>Can I perform 3 balances (tree pose, star and stretch) on and off equipment?</p> <p>Can I count myself in and out of a balance?</p> <p>Can I balance on different pieces of equipment?</p> <p>Can I perform all 3 balances consecutively as 'freeze frames'?</p>	<p>Can I perform 5 Bollywood dance moves?</p> <p>Can I perform my dance moves in time to music?</p> <p>Can I link 5 Bollywood dance moves together in a sequence with a partner?</p> <p>Can I perform as part of a group?</p>	<p>Can I perform 3 different types of roll (log roll, egg roll, teddy bear roll)?</p> <p>Can I travel in different ways using my arms and legs?</p> <p>Can I travel into a balance and out of a balance?</p> <p>Can I link two balances together by travelling?</p>	<p>Can I remain in character as I move like an animal?</p> <p>Can I transition between animal movements?</p> <p>Can I link 3 animal movements together as part of a routine?</p> <p>Can I change the speed of my movements when dancing to music?</p>	<p>Can I use my arms and legs when running?</p> <p>Can I run safely forwards, backwards and from side to side?</p> <p>Can I jump using one foot and both feet?</p> <p>Can I throw an object accurately?</p>	<p>Can I follow single step instructions in pairs and in a group?</p> <p>Can I follow a set task list of 3 instructions?</p> <p>Can I give clear and specific instructions?</p> <p>Can I work as part of a team in a calm, encouraging and helpful way?</p>
Year 3/4 Cycle 1	<p>Can I perform 5 new balances (arabesque, shoulder stand, tri-pod balance, side supported balance and frog balance) with different contact points?</p> <p>Can I balance on different pieces of apparatus?</p> <p>Can I link 4 balances together with a partner?</p>	<p>Can I throw a dodgeball accurately at a moving target?</p> <p>Can I move to dodge a dodgeball?</p> <p>Can I catch a dodgeball in a range of situations?</p> <p>Can I move safely around a dodgeball court to throw, catch and dodge?</p>	<p>Can I copy a range of dance moves accurately?</p> <p>Can I create a partner dance using 5 dance moves in a sequence?</p> <p>Can I perform a dance with a large group?</p> <p>Can I keep in time to music as I dance?</p>	<p>Can I travel safely over, under and through different pieces of equipment?</p> <p>Can I perform 5 different ways of travelling (skip, hop, leap, spin, chassis step)?</p> <p>Can I travel in and out of balances safely?</p> <p>Can I perform a short routine which includes safe travel between 4 balances?</p>	<p>Can I use my arms and legs when running quickly?</p> <p>Can I perform the long jump with correct technique?</p> <p>Can I throw a tennis ball accurately?</p> <p>Can I watch someone else's performance and give feedback on how to improve their technique using keywords?</p>	<p>Can I throw a ball accurately to a partner over a range of distances?</p> <p>Can I kick a ball into different spaces I have chosen?</p> <p>Can I collect and throw a ball to a changing target?</p> <p>Can I evaluate in a game setting when to run to a different base?</p>
Year 3/4 Cycle 2	<p>Can I perform a standing vault onto a piece of equipment in a controlled way?</p> <p>Can I perform a running vault onto a horse box in a controlled way?</p> <p>Can I sequence 4 jumps together with a partner?</p> <p>Can I incorporate jumps, leaps and vaults into a short routine?</p>	<p>Can I draw a simple map of my surroundings?</p> <p>Can I follow a map to find a variety of objects and meet specific targets?</p> <p>Can I direct my peers using simple and clear instructions?</p> <p>Can I follow a set of instructions (up to 5)?</p>	<p>Can I perform a range of movements in time to music?</p> <p>Can I move my body to look like an animal or object?</p> <p>Can I link three movements in time to music?</p> <p>Can I perform in sync with a group using canon and unison movements?</p>	<p>Can I perform a range of counter balances (feet to feet, back to back, hands to hands, and hands to legs) with a partner?</p> <p>Can I counter balance as part of a group?</p> <p>Can I choreograph a short routine with 3 counter balances (with a partner)?</p> <p>Can I travel safely in and out of counter balances?</p>	<p>Can I use my arms and legs when running quickly?</p> <p>Can I perform the long jump with correct technique?</p> <p>Can I throw a tennis ball accurately?</p> <p>Can I watch someone else's performance and give feedback on how to improve their technique using keywords?</p>	<p>Can I use my arms and legs to run quickly to different targets?</p> <p>Can I quickly change direction safely?</p> <p>Can I change where I travel in different situations and describe why?</p> <p>Can I move safely around a playing pitch (coordinating my arms and legs, keeping my head up)?</p>
Year 5/6 Cycle 1	<p>Can I perform 5 balances (arabesque, tuck, arch, half-pike and V-sit)?</p> <p>Can I jump onto and off of equipment safely?</p> <p>Can I transition between 5 balances as part of a routine (with a group and partner)?</p> <p>Can I perform balances and leaps using canon and unison?</p>	<p>Can I dribble a basketball accurately (keeping the ball at waist height, switching hands, changing direction)?</p> <p>Can I pass a ball accurately to a partner using a chest, bounce and overhead technique?</p> <p>Can I use the correct technique to shoot a basketball?</p> <p>Can I move into space when dribbling, passing and defending in match play?</p>	<p>Can I mirror movements from a partner/ video?</p> <p>Can I copy and perform a sequence of 5 dance movements?</p> <p>Can I perform my dance moves in time to a beat?</p> <p>Can I create my own dance to a piece of music from rhythm paradise?</p>	<p>Can I choreograph a routine with a partner that includes travel and balance?</p> <p>Can I transition in and out of a range of balances in different ways?</p> <p>Can I perform balances/ counter balances and movements in time to music?</p> <p>Can I match and mirror movements with a partner using curved and zig-zag pathways?</p>	<p>Can I hold a tennis racket correctly and get ready to strike a ball in the ready position?</p> <p>Can I hit a tennis ball towards a target?</p> <p>Can I perform a range of tennis shots (serve, volley, and forehand)?</p> <p>Can I perform a short rally (5 shots) with a partner?</p>	<p>Can I follow instructions set by peers in a variety of ways?</p> <p>Can I create and follow maps using outdoor symbols?</p> <p>Can I participate in outdoor activity for at least 20 minutes?</p> <p>Can I follow directions on a compass?</p>
Year 5/6 Cycle 2	<p>Can I perform a running vault onto and over apparatus in a controlled way?</p> <p>Can I land a vault in different shapes (tucked, pencil, star)?</p> <p>Can I perform a straddle jump over a horse box?</p> <p>Can I incorporate vaulting and jumps into a short routine?</p>	<p>Can I hold a badminton racket correctly and hit a shuttlecock accurately?</p> <p>Can I perform a range of badminton shots in a rally? (overhead smash, clears, drops)</p> <p>Can I perform a serve accurately?</p>	<p>Can I use bold and sharp movements to reflect a fight scene?</p> <p>Can I perform synchronised movements with a partner?</p> <p>Can I move in time to a beat (including counting beats and changing movements on a desired amount)?</p> <p>Can I perform synchronised movements with a group?</p>	<p>Can I transition smoothly from a roll and jump into a balance?</p> <p>Can I choreograph a paired performance that includes a roll, balance and jump?</p> <p>Can I keep my routine in a designated space?</p> <p>Can I sequence 8 steps together?</p>	<p>Can I use a range of body movements to run quickly?</p> <p>Can I perform the triple jump using the correct technique?</p> <p>Can I throw a javelin using the correct technique?</p> <p>Can I watch someone else's (or my own) performance and give feedback on how to improve technique?</p>	<p>Can I throw a ball accurately to a partner over a range of distances?</p> <p>Can I strike a ball using a rounders bat?</p> <p>Can I collect and throw a ball to a changing target?</p> <p>Can I catch and block a ball using high and low techniques?</p>