



Elmhurst School Curriculum Progression - PE

	Fundamental Movement/Athletic Ability	Dance	Gymnastics	Invasion Games	Net/Wall games	Striking and Fielding	Outdoor Adventurous
Year 1	Begin to link movements e.g. running and jumping. Refine a range of running, including varying paths and speeds. Develop throwing techniques to send objects over longer distances. Increase stamina and core strength needed to undertake athletic activities. Take part in a broad range of opportunities to extend strength, balance, agility and coordination. Cooperate with others to carry out more complex tasks.	Respond to a range of stimuli and types of music. Begin to explore space, direction, levels and speeds. Experiment creating actions and performing movements with different body parts. Able to build simple movement patterns from given actions. Compose and link actions to make simple movement phrases. Respond appropriately to supporting concepts such as canon and levels.	Identify and use simple gymnastics actions and shapes. Apply basic strength to a range of gymnastics actions. Begin to carry simple apparatus such as mats and benches. To recognise 'like' actions and link them. To perform a variety of basic gymnastics actions showing control. To introduce turn, twist, spin, rock and roll and link these into movement patterns.	To practice basic movements, including running, jumping, throwing and catching. To begin to engage in competitive activities. To experience opportunities to improve agility, balance and coordination. Use and apply simple strategies for invasion games. Preparing for and explaining the reasons why we enjoy exercise.	Able to send an object with increased confidence using hand or bat. Move towards a moving ball to return it. Sending and returning a variety of balls/objects such as balloons and beachballs. Track, intercept and stop a variety of objects such as balls and beanbags. Select and apply skills to beat the opposition.	Able to hit objects with a hand or bat. Track and retrieve a rolling ball. Throw and catch a variety of balls and objects. Develop sending and receiving skills to benefit fielding as a team. Distinguish between the roles of batters and fielders. .	Use thinking skills to follow multi-step instructions. Solve more challenging problems as an individual. Comprehend that one thing can represent another. Take part in activities with increasing challenge to build confidence



Year 2

	Develop power, agility, coordination and balance over a variety of activities. Can throw and handle a variety of objects, including quoits, beanbags, balls, hoops. Can negotiate obstacles showing increased control of body and limbs. Improve running and jumping movements, work for sustained periods. Reflect on activities and make connections between a healthy, active lifestyle. Experience and improve on jumping for distance and height.	Describe and explain how performers can transition and link shapes and balances. Perform basic actions with control and consistency at different speeds and on different levels. Challenge themselves to move imaginatively responding to music. Work as part of a group to create and perform short movement sequences to music. Explore relationships through different dance formations. Explain the importance of emotion and feeling in dance. Use the stimuli to copy, repeat and create dance actions and motifs.	Describe and explain how performers can transition and link gymnastic elements. Perform. with control and consistency, basic actions at different speeds and on different levels. Challenge themselves to develop strength and flexibility. Create and perform a simple sequence that is judged using simple gymnastic scoring. Develop body management through a range of floor exercises. Use core strength to link recognised gymnastics elements, e.g., back support and half twist. Attempt to use rhythm while performing a	Can send a ball using feet and can receive a ball using feet. Refine ways to control bodies and a range of equipment. Recall and link combinations of skills, e.g. dribbling and passing. To select and apply a small range of simple tactics. Recognise good quality in self and others. To work with others to build basic attacking play. To begin to design own rules and apply these to simple, skill based games.	Be able to track the path of a ball over a net and move towards it Begin to hit and return a ball using hands and racquets with some consistency Play modified net/wall games throwing, catching and sending over a net Be able to make it difficult for their opponent to score a point. Begin to choose specific tactics appropriate to the situation. Improve agility and coordination and use in a game	To develop hitting skills with a variety of bats. Practice feeding/bowling skills. Hit and run to score points in games. Work on a variety of ways to score runs in the other hit, catch, run games. Attempt to work as a team to field.	Use searching skills to find given items from clues and pictures. Work as a pair to navigate space. Use and explore unusual equipment to develop coordination, problem-solving and motor skills.
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Year 3	Control movements and body actions in response to specific instructions. Demonstrate agility and speed. Jump for height and distance with control and balance. Throw with speed and power and apply appropriate force.	Practise different sections of a dance aiming to put together a performance. Perform using facial expressions. Perform with a prop. Building stylistic qualities of a specific dance (Barn Dance) through repetition and applying movement to own bodies. Building basic creative choreography skills in travelling, dynamics and partner work in a specific dance style (Barn Dance.)	Modify actions independently using different pathways, directions and shapes. Consolidate and improve the quality of movements and gymnastics actions. Relate strength and flexibility to the actions and movements they are performing. To use basic compositional ideas to improve sequence work. Identify similarities and differences in sequences. Develop body management over a range of floor exercises. Attempt to bring explosive moves into floor work through jumps and leaps.	Perform basic skills relating to invasion games such as; throwing, catching, kicking and dribbling To build attacking/offensive play. Able to show basic control skills, including sending and receiving the ball. To send the ball with some accuracy to maintain possession and build attacking play. Able to implement basic rules of modified games, e.g. basketball. Develop motor skills to handle sticks with ease and improve agility. Show basic skills to maintain possession. Use space efficiently to build an attack.	Identify and describe some rules of net/wall games. Serve to begin a game. Explore forehand hitting. Play with some understanding of modified court boundaries.	To be able to adhere to some of the basic rules of cricket of striking and fielding games. To develop a range of skills to use in isolation and a competitive context. To use basic skills with more consistency, including striking a bowled ball. Work cooperatively with others to complete fielding tasks.	Work with others to solve problems. Describe their work and use different strategies to solve problems. Lead others and be led. Differentiate between when a task is competitive and when it is collaborative.



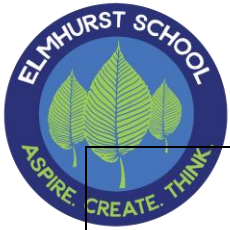
			Show increasing flexibility in shapes and balances	Link skills to perform as a team.			
Year 4	Using running, jumping, and throwing stations, children investigate different ways of performing these activities in small groups. Using various equipment, ways of measuring and timing, comparing the effectiveness of different styles of runs, jumps and throws.	Work to include freeze frames in routines. Practise and perform a variety of different formations in dance. Develop a dance to perform as a group with a set starting position. Developing choreography and devising skills in relation to a theme. Exploring dynamic quality and formations to communicate character. Concentrating on a specific theme throughout and linking all activities to the communication of this to an audience.	To become increasingly competent and confident to perform skills more consistently. Able to perform in time with a partner and group. Independently use compositional ideas in sequences such as changes in height, speed and direction. Develop an increased range of body actions and shapes to include in a sequence. Define muscles groups needed to support the core of their body. Refine taking weight on small and large body parts, for example, hand and shoulder.	Shows increasing confidence and performs with more consistency a selection of basic skills such as dribbling, throwing and shooting. Develop a broader range of ball handling skills Use footwork rules in a game situation and explore basic marking. Passing over longer distance. Moving towards the ball to receive the pass. Pass and move with the ball as a team to build attacks. Apply a small range of tactics in a competitive situation. Demonstrate increased speed and	Explore and use shots with both the forehand and backhand. Demonstrate different net/wall skills. Practise some trick shots in isolation. Work to return the serve. Demonstrate different court positions in gameplay.	To develop the range of striking and fielding skills they can apply in a competitive context Choose and use a range of simple tactics in isolation and in a game context. Consolidate existing skills and apply with consistency. Strike to ball with intent, use decision making attempt direction.	Work well in a team or group within defined and understood roles. Plan and refine strategies to solve problems. Identify the relevance of and use maps, compass and symbols. Identify what they do well and suggest what they could do to improve.



				endurance during gameplay. Evaluating skills, tactics and team play to aid improvement.			
Year 5	Sustain pace over short and long distances, such as running 100m and running for 2 minutes. Perform a range of jumps and throws, demonstrating increasing power and accuracy.	Perform different styles of dance fluently and clearly. Refine & improve dances adapting them to include the use of space rhythm & expression. Worked collaboratively in groups to compose simple dances. Recognise and comment on dances suggesting ideas for improvement. Developing choreography and devising skills in relation to a theme. Exploring dynamic quality and formations to communicate character. Concentrating on one simple theme throughout	Create longer and more complex sequences and Adapt performances. Take the lead in a group when preparing a sequence. Develop symmetry individually, as a pair and in a small group. Compare performances and judge strengths and areas for improvement. Select a component for improvement—for example - timing or flow. Take responsibility for your own warm-up, including remembering and repeating a variety of stretches.	Use strength, agility and coordination when defending. Increase power and strength of passes, moving the ball accurately in a variety of situations. Select and apply a range of tactics and techniques and play with consistency. To play effectively in a variety of positions and formations on the pitch. Relate a more significant number of attacking and defensive tactics to gameplay Become more skilful when performing movements at speed. Select and apply the appropriate skill in a game situation.	Use different types of serves in-game and new shots learnt in games. Play with others to score and defend points in competitive games. Move confidently around the playing area using footwork techniques. Develop different ways of playing with others cooperatively and in competition. Introduce Volley shots and Overhead shots. Further, explore Tennis service rules.	Link together a range of skills and use them in combination. Collaborate with a team to choose, use and adapt rules in games. Recognise how some aspects of fitness apply to striking and fielding, e.g., power, flexibility, and cardiovascular endurance Develop retrieving and returning the ball.	Explore ways of communicating in a range of challenging activities. Navigate and solve problems from memory. Develop and use trust to complete the task and perform under pressure.



		and linking all activities to the communication of this to an audience.	Perform more complex actions, shapes and balances with consistency. Use the information given by others to improve performance.	Play effectively as a team in defence, taking individual responsibility for your role.			
Year 6	Become confident and expert in a range of techniques and recognise their success. Apply strength and flexibility to a broad range of throwing, running and jumping activities. Work in collaboration and demonstrate improvement when working with self and others. Accurately and confidently judge across a variety of activities.	Work collaboratively to include more complex compositional ideas Develop motifs and incorporate them into self-composed dances as individuals, pairs & groups. Talk about different styles of dance with understanding, using appropriate language & terminology. Developing group devices and greater use of teamwork. Demonstrating narrative through contact and Relationships. Showing tension through pattern and formation.	Lead group warm-up showing understanding for the need for strength and flexibility. Demonstrate accuracy, consistency, and clarity of movement. Work independently and in small groups to make up your own sequences. Arrange own apparatus to enhance work and vary compositional ideas. Experience flight on and off of high apparatus. Perform increasingly complex sequences.	Apply aspects of fitness the game such as power, strength, agility and coordination. Choose and implement a broader range of strategies to play defensively and offensively. Grasp more technical aspects of the game. Observe, recognise and analyse good individual and team performances. Suggest, plan and lead simple drills for given skills. Combine and perform more complex skills at speed in games. Use set plays in game situation and explain	Develop a broader range of shots. Begin to select and apply more sophisticated tactics such as net play and offensive and defensive positioning. Play with fluency with a partner in doubles/partner scenarios. Develop backhand shots. Begin to use full scoring systems Continue developing doubles play and tactics to improve.	Apply consistent standard rules in a variety of different styles of games. Attempt a small range of shots in isolation and competitive scenarios. Use a range of tactics for attacking and defending in the role of bowler, batter and fielder.	Use the information given by others to complete tasks and work collaboratively. Undertake more complex tasks. Take responsibility for a role in a task. Use knowledge of PE and physical activities to suggest design ideas & amendments to game



			Combine your ideas with others to build sequences. Compose and practise actions and relate to music. Show a desire to improve across a broad range of gymnastics actions.	when and why they are used. Switch effectively as a team between defence and attack.			
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