



Doing all the good we can

Physical Education Progression Overview

Richmond Methodist Primary and Nursery School – Vertical Progression – Physical Development – Gross Motor Skills & Being imaginative & expressive - PE overview					
Playing & Exploring - Engagement		Active Learning - Motivation		Creating & Thinking Critically - Thinking	
<ul style="list-style-type: none"> Finding out & exploring Playing with what they know Being willing to 'have a go' 		<ul style="list-style-type: none"> Being involved & concentrating Keep on trying Enjoying achieving what they set out to do 		<ul style="list-style-type: none"> Having their own ideas (creative thinking) Making links (building theories) Working with ideas (critical thinking) 	
ELG - Negotiate space & obstacles safely, with consideration for themselves & others - Demonstrate strength, balance & coordination when playing - Move energetically, such as running, jumping, dancing, hopping, skipping & climbing					
Focus	Gymnastic movements	Basic movements & games		Dance	
Nursery	<ul style="list-style-type: none"> Can balance on one foot or in a squat momentarily, shifting body weight to improve stability Walks down steps, using alternate feet, or slopes whilst carrying a small object, maintaining balance & stability 	<ul style="list-style-type: none"> Can grasp & release with two hands to throw & catch a large ball, beanbag or object Runs with spatial awareness & negotiates space successfully, adjusting speed or direction to avoid obstacles Develop their movement, balancing, riding (scooters, trikes & bikes) 		<ul style="list-style-type: none"> Increasingly able to use & remember sequences & patterns of movements which are related to music & rhythm Use large muscle movements to wave flags & streamers 	
Reception	<ul style="list-style-type: none"> Revise & refine fundamental movements, making changes to body shape, position & pace of movement such as slithering, shuffling, rolling, skipping, hopping & sliding Combine different movements with ease & fluency Develop overall body strength, coordination, balance & agility 	<ul style="list-style-type: none"> Negotiate space successfully when playing racing or chasing games, adjusting speed or changing direction to avoid obstacles Develop & refine a range of ball skills including: throwing, catching, kicking, batting & aiming Develop confidence, competence, precision & accuracy with activities that involve a ball Develop overall body strength, coordination, balance & agility e.g. wheelbarrows, balance bikes & pedal bikes 		<ul style="list-style-type: none"> Initiates new combinations of movements & gestures to express & respond to feelings, ideas & experiences Watch & talk about dance & performance art, expressing their feelings & responses Explore & engage in dance, performing solo or in groups 	
Year 1	<ul style="list-style-type: none"> Begin to perform a range of required movements/shapes Begin to sequence simple movements together Begin to compare and contrast fundamental movement skills 	<ul style="list-style-type: none"> Begin to demonstrate and explain how to throw and kick the ball in different ways Begin to evaluate my own performance 		<ul style="list-style-type: none"> Begin to perform controlled body movements Begin to compose dance movements made up of taught skills and invented ones Begin to sequence simple movements together 	



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Year 1/2	Autumn A Why is Richmond Special?	Spring A What's it made of and why?	Summer A How do people tell their stories?	Autumn B How do I care for my body and mind?	Spring B What makes a good home?	Summer B Why is our environment precious?
	<p>I know how to: <u>Gymnastics</u></p> <ul style="list-style-type: none"> • Make my body curled, tense, stretched and relaxed • Control my body when travelling and balancing • Copy sequences and repeat them • Roll, curl, travel and balance in different ways <p><u>Travelling – skills 2 play</u></p> <ul style="list-style-type: none"> • Attempt to run at different speeds, showing an awareness of technique 	<p>I know how to: <u>Dance</u></p> <ul style="list-style-type: none"> • Perform my own dance moves • Copy or make up a short dance • Move safely in a space <p><u>'Skills 2 Play'</u></p> <ul style="list-style-type: none"> • Kick towards a stationary target • Drop and catch a ball after one bounce on the move. • Move a ball using different parts of the foot 	<p>I know how to: <u>Gymnastics</u></p> <ul style="list-style-type: none"> • Plan and perform a sequence of movements • Improve sequences based on feedback • Think of more than one way to create a sequence which follows some rules • Take my body weight on different body parts with and without apparatus • To perform balances, with control, on apparatus 	<p>I know how to: <u>Dance</u></p> <ul style="list-style-type: none"> • Change rhythm, speed, level and direction in dance • Make a sequence by linking sections together • Use danced to show a mood or feeling <p><u>Travelling (locomotor)</u></p> <ul style="list-style-type: none"> • Show balance and co-ordination when running at different speeds • Link running and jumping movements with some control and balance 	<p>I know how to: <u>'Skills 2 play'</u></p> <ul style="list-style-type: none"> • Throw in different ways • Throw and roll towards a target using varying techniques with some success • kick in different ways • Show balance when kicking towards a stationary target • Move to track a ball and stop it using feet 	<p>I know how to: <u>Basic invasion games</u></p> <ul style="list-style-type: none"> • Use hitting, kicking and/or rolling in a game • Decide the best space to be in during a game • Use a tactic in a game • Follow rules <p><u>Dance</u> select from a range of actions in relation to a stimulus</p>



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Physical Education Progression Overview

	<ul style="list-style-type: none"> • Link running and jumping with some control • Show some control and balance when travelling at different speeds • Jump, leap and hop and know which will allow me to jump the furthest. <p><u>Fitness Circuits</u></p> <ul style="list-style-type: none"> • Perform actions with increased control when co-ordinating my body with and without equipment • Encourage others to keep trying 	<ul style="list-style-type: none"> • Attempt to track a ball and other equipment send to me • Catch a beanbag and a medium-sized ball • Throw and roll towards and target with varying techniques 	<p><u>Athletics Sports Day</u></p> <ul style="list-style-type: none"> • To perform actions with increased control and co-ordination • Apply my throwing, catching and locomotor skills to Sports Day activities 	<ul style="list-style-type: none"> • Show control and balance when travelling at different speeds • Show hopping and jumping movements with some balance and control <p><u>Fitness Circuits</u></p> <ul style="list-style-type: none"> • Perform actions with increased control when co-ordinating my body with and without equipment • Encourage others to keep trying • Show determination when completing a task 	<ul style="list-style-type: none"> • Dribble a ball with two hands, on the move • Dribble a ball with my foot with some success, stopping when required • Catch an object passed to me, with and without a bounce <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • To roll in different ways • To create different shapes with my body • To jump and land with increased balance and control • Copy, remember, 	<p>use mirroring and unison when completing actions with a partner</p> <p><u>Athletics Sports Day</u></p> <ul style="list-style-type: none"> • To perform actions with increased control and co-ordination • Apply my throwing, catching and locomotor skills to Sports Day activities
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Physical Education Progression Overview

	<ul style="list-style-type: none"> Show determination when completing a task 				<p>repeat and plan linking simple actions with some control and technique</p>	
Year 3/4	Autumn A Why is Richmond special?	Spring A What is beneath us and why does it matter?	Summer A How do we get our message across?	Autumn B How do I care for my body and mind?	Spring B Why is history worth knowing?	Summer B How can I have my say?
	<p>I know how to:</p> <p><u>OAA</u></p> <ul style="list-style-type: none"> Follow a map in a familiar context Follow clues to follow a route Follow a route safely Follow a route within a time limit <p><u>Fitness Frenzy Circuits</u></p> <ul style="list-style-type: none"> Encourage and motivate others 	<p>I know how to:</p> <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> Create a sequence Compare and contrast gymnastic sequences Provide support and advice to others in gymnastics <p><u>Games</u></p> <ul style="list-style-type: none"> Recognise own improvement in a ball game 	<p>I know how to:</p> <ul style="list-style-type: none"> Throw and catch accurately with one hand Hit a ball accurately with control Vary tactics and adapt skills depending on what is happening in a game Be aware of space and use it to support 	<p>I know how to:</p> <p><u>Running</u></p> <ul style="list-style-type: none"> Demonstrate how and when to speed up and slow down when running Show balance when changing direction at speed in combination with other skills Run at fast medium and slow speeds; changing speed and direction 	<p>I know how to:</p> <ul style="list-style-type: none"> Adapt sequences to suit different types of apparatus and criteria Explain how strength and suppleness affects performance Move in a controlled way Include chances of speed and direction in a sequence 	<p>I know how to:</p> <ul style="list-style-type: none"> Provide support and advice to others in dance Be prepared to listen to the ideas of others Improvise freely and translate ideas from the stimulus into movement Share and create phrase with a partner or small group Remember and repeat dance



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Physical Education Progression Overview

<p>to work to their person best</p> <ul style="list-style-type: none"> Persevere when finding a challenge difficult co-ordinate my body with increased consistency in a variety of activities <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> Demonstrate some strength and control when taking weight on different body parts for longer periods of time Complete balances with increased stability, control and technique <p><u>Running</u></p>	<ul style="list-style-type: none"> Can dribble a ball with feet with some control in a game Kick towards a partner in a game <p><u>(Bootcamp)</u> <u>Multi skills</u></p> <ul style="list-style-type: none"> Receive and send a ball Demonstrate balance when performing other fundamental skills. <p><u>Dance</u></p> <ul style="list-style-type: none"> Copy, remember and perform a dance phrase Create a short dance phrase that communicates an idea <p><u>Tag rugby</u></p>	<p>team-mates and to cause problem for the opposition</p> <ul style="list-style-type: none"> Know and use rules fairly <p><u>Gymnastics (large equipment)</u></p> <ul style="list-style-type: none"> Demonstrate some strength and control when taking weight on different body parts for longer periods of time when using large apparatus Use body tension to perform balances both individually and with a partner 	<ul style="list-style-type: none"> Take part in a relay, remembering when to run and what to do sprint over a short distance and show stamina when running over a long distance <p><u>Fitness Frenzy Circuits</u></p> <ul style="list-style-type: none"> Encourage and motivate others to work to their person best Persevere when finding a challenge difficult <p>Begin to co-ordinate my body at speed in response to a task</p> <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> Demonstrate some strength and control when taking weight 	<ul style="list-style-type: none"> Work with a partner to create repeat and improve a sequence with at least three phases Demonstrate increase strengths, control and technique when taking own and others' weight on apparatus <p><u>Bootcamp</u></p> <ul style="list-style-type: none"> Encourage and motivate others to work to their person best Persevere when finding a challenge difficult co-ordinate my body with increased consistency in a 	<p>perform phrases</p> <ul style="list-style-type: none"> Take lead when working with a partner or group Use dance to communicate and idea <p><u>Tennis</u></p> <ul style="list-style-type: none"> Strike a ball with varying techniques and with increased accuracy towards a designated target <p><u>Athletics</u></p> <ul style="list-style-type: none"> Apply throwing skills to different activities Jump for distance Jump for height Link running and jump
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Physical Education Progression Overview

<ul style="list-style-type: none"> • Show balance co-ordination and techniques when running at different speeds, stopping with control • Show balance when changing direction in combination with other skills <p><u>Ball skills (throwing, catching and target practise).</u></p> <ul style="list-style-type: none"> • Throw a variety of objects, changing action for accuracy and distance 	<ul style="list-style-type: none"> • Use simple tactics individually and within a team • Change direction with increased some in a game situation <p><u>Basketball</u></p> <ul style="list-style-type: none"> • Dribble a ball with one hand with some control <p><u>Golf</u></p> <ul style="list-style-type: none"> • To strike a ball safely <p><u>Swimming</u></p> <ul style="list-style-type: none"> • Submerge and regain feet in the water • Use arms and legs together to move effectively across a short distance in the water • Float on front and back for short periods of time. Glide on front and 	<p><u>Tennis</u></p> <ul style="list-style-type: none"> • Strike a ball with varying techniques <p><u>Athletics</u></p> <ul style="list-style-type: none"> • Apply throwing skills to different activities • Jump for distance • Jump for height • Link running and jump <p><u>Cricket</u></p> <ul style="list-style-type: none"> • Use a correct bowling technique • Hold a cricket bat 	<p>on different body parts for longer periods of time</p> <ul style="list-style-type: none"> • Complete balances with increased stability, control and technique <p><u>Football/hockey/netball</u></p> <p><u>Ball skills (throwing, catching and target practise).</u></p> <ul style="list-style-type: none"> • to dribble a ball, changing direction-with control. • Dribble with feet using a variety of techniques • Select and apply the appropriate kicking technique • Receive a pass using different parts of a foot, • Throw with some accuracy and power 	<p>variety of activities</p> <p><u>Dance</u></p> <ul style="list-style-type: none"> • To copy, remember and adapt set choreography • Use actions and reactions to represent an idea <p><u>Tag rugby</u></p> <ul style="list-style-type: none"> • Create and use space with some success in a game • Change direct to lose an opponent with success <p><u>Basketball</u></p> <ul style="list-style-type: none"> • Link dribbling a ball with other action with increased control <p><u>Golf</u></p>	<ul style="list-style-type: none"> • jump in different ways <p><u>Cricket</u></p> <ul style="list-style-type: none"> • Use a correct bowling technique with increased accuracy • Hold a cricket bat safely • Strike a ball using a cricket bat
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Physical Education Progression Overview

		<p>back over short distances.</p> <ul style="list-style-type: none"> Confidently roll from front to back and then regain a standing position. 		<p>towards a target area</p> <ul style="list-style-type: none"> throw in different ways and hit a target, when needed <p><u>Swimming</u></p> <ul style="list-style-type: none"> Submerge and regain feet in the water Use arms and legs together to move effectively across a short distance in the water Float on front and back for short periods of time. Glide on front and back over short distances. <p>Confidently roll from front to back and then regain a standing position</p>	<ul style="list-style-type: none"> To strike a ball safely towards a designated target 	
Year 5/6	Autumn A Why is Richmond special?	Spring A	Summer A How do words make us feel?	Autumn B How do I care for my body and mind?	Spring B What legacy will I leave behind?	Summer B What makes a colourful world?



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Physical Education Progression Overview

		Where does it come from and where does it go?				
	<p>I know how to: <u>OAA</u></p> <ul style="list-style-type: none"> Follow a map into an unknown location Use clues and a compass to navigate a route Change route to overcome a problem Use new information to change route <p><u>Hockey/Football/Netball/ dodgeball</u></p> <ul style="list-style-type: none"> Gain possession by working as a team and pass in different ways Choose a specific tactic for defending and attacking 	<p>I know how to: <u>Gymnastics</u></p> <ul style="list-style-type: none"> Pick up on something a partner does well and also on something that can be improved Know why own performance was better or not as good as their last Make complex, extended sequences Use strength to improve the quality of an action Show increased control and balance when moving from one balance to another 	<p>I know how to: <u>Athletics</u></p> <ul style="list-style-type: none"> Know which sports they are good at and find out how to improve further Controlled when taking off and landing Throw with increasing accuracy Combine running and jumping Perform a range of more complex jumps, showing some technique 	<p>I know how to: <u>Dance</u></p> <ul style="list-style-type: none"> Combine my own work with that of others Sequences to specific timings Develop sequences in a specific style Choose own music and style Compose own dances in a creative way Perform dance to an accompaniment Dance shows clarity, fluency, accuracy and consistency <p><u>Hockey/Football/Netball/ dodgeball</u></p> <ul style="list-style-type: none"> Use dribbling to change the direction of play- with control, under pressure 	<p>I know how to: <u>Gymnastics</u></p> <ul style="list-style-type: none"> Combine action, balance and shape Perform consistently to different audiences Combine and perform more complex balances with control and technique fluency Demonstrate more complete actions with a good level 	<p>I know how to: <u>Games</u></p> <ul style="list-style-type: none"> Agree and explain rules to others Work as a team and communicate a plan Lead others in a game situation when the need arises <p><u>Athletics</u></p> <ul style="list-style-type: none"> Perform jumps for height and distance using good technique Show accuracy and good technique when throwing for distance



Doing all the good we can

Physical Education Progression Overview

<ul style="list-style-type: none"> Use a number of techniques to pass, dribble and shoot Use dribbling to change the direction of play Dribble with feet with some control catch and intercept a ball Use a variety of kicking techniques Receive a pass using different parts of the foot Use a variety of throwing techniques under pressure <p><u>Fitness circuits- personal best</u></p> <ul style="list-style-type: none"> Use different strategies to persevere to achieve my personal best Track, reflect and evaluate my 	<p><u>Tag rugby</u></p> <ul style="list-style-type: none"> Use a variety of techniques to change direction and lose an opponent Catch and pass with two hand accurately <p><u>Boxercise</u></p> <ul style="list-style-type: none"> Demonstrate good balance and control when performing other fundamental movement skills Co-ordinate a range of body part at increased speed <p><u>Cricket</u></p> <ul style="list-style-type: none"> Strike a ball using varying techniques with increased accuracy To bowl using correct technique 	<ul style="list-style-type: none"> Show accuracy and power when throwing for distance Run at the appropriate speed over longer distances <p><u>Dance</u></p> <ul style="list-style-type: none"> Accurately copy n repeat a set of choreography in different styles of dance showing a good sense of timing Choreograph phrases individually and with other, considering actions, dynamics, 	<ul style="list-style-type: none"> Dribble with feet using a variety of techniques, under pressure Catch and intercept a ball with increased success in a game Select and apply the appropriate kicking technique with control Receive a pass using different parts of a foot, under pressure Use a variety of throwing techniques, including fake passes, to outwit an opponent <p><u>Fitness circuits- personal best</u></p> <ul style="list-style-type: none"> Use different strategies to persevere to achieve my personal best Track, reflect and evaluate my performance both 	<ul style="list-style-type: none"> of strength technique Plan an perform with precision, control and fluency, a sequence of actions including a wide range of skills <p><u>Tag rugby</u></p> <ul style="list-style-type: none"> Confidently change direction to successfully outwit an opponent Catch and pass with two hand accurately <p><u>Boxercise</u></p> <ul style="list-style-type: none"> Show fluency and control when balancing, travelling, 	<ul style="list-style-type: none"> Demonstrate a controlled running technique using appropriate speed over longer distances <p><u>Dance</u></p> <ul style="list-style-type: none"> Perform dances confidently and fluently with accuracy and good timing Work creatively and imaginatively, individually, with a partner or a group to choreograph longer phases and consider actions and space in relation to a theme
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Physical Education Progression Overview

	<p>performance both individually and in group</p>	<p>with increased accuracy</p>	<p>space and relationships in response to a stimulus</p> <p><u>Rounders/tennis</u></p> <ul style="list-style-type: none"> Strike a ball using varying techniques with increased accuracy <p><u>Swimming</u></p> <ul style="list-style-type: none"> Confidently and consistently retrieve an object from the floor with the same breath Confidently co-ordinate a smooth and consistent breathing technique with a range of strokes 	<p>individually and in group</p>	<p>landing, stopping and changing direction</p> <ul style="list-style-type: none"> Co-ordinate a range of body parts with a fluent action at a speed appropriate to the challenge <p><u>Cricket</u></p> <ul style="list-style-type: none"> Strike a ball using a wider range of skills to outwit an opponent To bowl using correct technique and vary my tactics to outwit an opponent 	<p><u>Rounders/Tennis</u></p> <ul style="list-style-type: none"> Strike a ball using a wider range of skills to outwit an opponent <p><u>Swimming</u></p> <ul style="list-style-type: none"> Confidently and consistently retrieve an object from the floor with the same breath Confidently co-ordinate a smooth and consistent breathing technique with a range of strokes Confidently demonstrate good technique in a
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Physical Education Progression Overview

			<ul style="list-style-type: none">Confidently demonstrate good technique in a wider range of strokes over increased distances <p>Select and apply the appropriate survival technique to the situation</p>			<p>wider range of strokes over increased distances</p> <ul style="list-style-type: none">Select and apply the appropriate survival technique to the situation
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