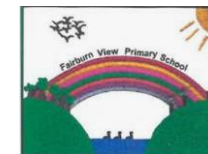


PE Progression Map

	KS1 Multi-skills				
	ABC	Hand-Eye Co-ordination	Dribble & Control	Passing & Receiving	Bat & Ball
Year 1	Attempt to run at different speeds showing an awareness of technique. Begin to link running and jumping movements with some control. Show some control and balance when travelling at different speeds. Begin to show balance and co-ordination when changing direction.	Throw towards a target. Use co-ordination with and without equipment.	Move a ball using different parts of the foot. Move a ball using your hands or holding equipment.	Throw and roll towards a target with some varying techniques. Kick towards a stationary target. Catch a beanbag and a medium-sized ball.	Attempt to track balls and other equipment sent to them. Strike a stationary ball using a bat/racket.
Year 2	Show balance and co-ordination when running at different speeds. Link running and jumping movements with some control and balance. Show control and balance when travelling at different speeds. Demonstrates balance and co-ordination when changing direction.	Change technique to throw for distance. Perform actions with increased control when co-ordinating their body with and without equipment.	Dribble a ball with some success, stopping it when required. Dribble showing co-ordination using feet or hands.	Throw and roll towards a target using varying techniques with some success. Show balance when kicking towards a target. Catch an object passed to them, with and without a bounce.	Move to track a ball and stop it using feet with limited success. Strike a ball using a bat/racket.

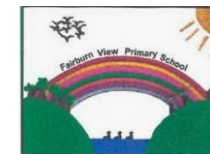
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PE Progression Map

	Gymnastics	Dance	Football
Year 1	I struggle to keep control and balance in all activities/movements. I show some control and balance but not both. I show some control and balance in most/all of the activities/movements.	I can move freely with some spatial awareness. I enjoy joining in and completing a simple phrase. I can move confidently when performing. I am beginning to move rhythmically with music. I can extend movement patterns. I can coordinate with simple movements.	I struggle to get involved in all activities/games. I show some involvement in activities/games. I am involved in most/all of the activities/games and apply some learnt skills.
Year 2	I show good control and balance in some activities/movements. I show good control and balance in most of the activities/movements. I always show good control and balance in all activities.	I can move openly with spatial awareness. I can join in and complete a simple phrase of movements. I can dance confidently when performing. I can often move rhythmically with music. I can improve and extend simple dance phrases. I can coordinate with movements.	I show involvement and apply learnt skills in some activities/games. I show good involvement and apply learnt skills in most of the activities/games. I am a key player in my team and consistently apply learnt skills in all activities/games.
Year 3	I can travel showing some control. I can jump and land showing some control. I can roll showing some control. I can perform some individual and partner balances showing control. I can perform showing some imagination and creativity. I can show some changes in speed and levels.	I can dance in own space or group. I can eagerly complete a short dance phrase. I can dance confidently and enthusiastically when performing. I can move rhythmically with music. I can recognise way to improve a simple dance phrase. I can coordinate both arms and legs.	I can pass the ball with some control and accuracy. I can dribble showing some close control and direction. I can show some movement during activities and games. I show some communication to get involved. I can shoot showing some accuracy. I know some rules of the game.

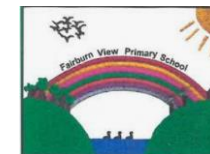
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PE Progression Map

Year 4	I can travel showing control most of the time. I can jump showing control most of the time. I can roll showing control most of the time. I can perform individual and partner balances with control most of the time. I can perform showing imagination and creativity most of the time. I can show changes in speed and levels most of the time.	I can continue spatial awareness throughout a dance. I can effectively complete a dance showing expression. I show good concentration with improved confidence. I can dance to correct beats and follow counts. I can implement improvements to a dance. I can move body parts with control.	I can perform different passes, regularly showing control and accuracy. I can dribble the ball, regularly keeping it close. I show movement to gain possession of the ball. I communicate with my team to gain possession. I can shoot at goal, regularly showing accuracy and some technique. I know several rules of the game.
Year 5	I can travel showing good control and body tension. I can jump showing good control and body tension. I can roll showing good control and body tension. I can perform individual & partner balances showing good control & body tension. I can perform showing good ideas using imagination and creativity. I can create a routine showing fluency, speed and levels.	I can keep to a formation throughout a dance. I can create a well-structured and imaginative dance. I can confidently dance in a group or solo. I can independently create a dance with beats and counts. I can develop movements and combinations. I can show movement that is controlled, refined and showing extension.	I can perform different passes with control and accuracy most of the time. I can dribble showing close control most of the time. I show some understanding of tactics and positioning. I show good movement and I am regularly involved. I show good accuracy and technique when shooting. I can identify key strengths and weaknesses of my performance.
Year 6	I can travel showing consistently good control and body tension. I can jump showing consistently good control and body tension.	I can keep to different formations throughout a dance. I can create a well-structured dance to draw in an audience. I can dance with some technicality in a range	I can consistently perform a variety of passes, selecting when it is appropriate to perform. I can dribble showing close control and at speed. I can lead and organise within my group/team.

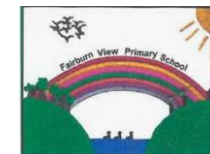
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PE Progression Map

	I can roll showing consistently good control and body tension. I can perform individual & partner balances showing consistently good control & body tension. I can perform showing original ideas with lots of imagination and creativity. I can create and perform a well-rehearsed, fluent routine showing a range of levels, direction and speed.	of dance styles. I can freestyle effectively to a piece of music. I can create a structured dance to clearly express ideas. I can analyse and modify own and peer dance performances.	I can influence a game and I am a key player in my team. I show consistently accurate shooting from a variety of distances. I can identify key strengths and weaknesses of my own and others performances.
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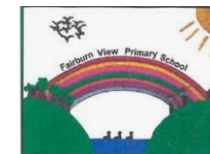
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PE Progression Map

	Athletics	Health & Fitness	Hockey
Year 1	N/A	N/A	N/A
Year 2	N/A	N/A	N/A
Year 3	I can run middle distance events showing some pacing. I can run sprinting events showing some technique. I can throw showing some of the teaching points in technique. I can jump showing some of the teaching points in technique. I can identify some strengths and weaknesses in others technique. I show some signs of good general fitness	I can get to level 6 on the bleep test. I can work on a station for 20 seconds before having to rest. I can run 4 laps for cross country in under 13 minutes. I can show some technique on a few stations. I can run for 1 minute without stopping. I know that exercise is good for my health.	I can pass the ball with some control and accuracy. I can dribble but sometimes lose control. I can show some movement during activities and games. I show some communication to get involved. I can attempt to score using a large target. I know some rules of the game.
Year 4	I can run middle distance events showing pacing for most of the race. I can run sprinting events showing most of the key points in my technique. I can throw showing most of the teaching points in technique. I can jump showing most of the teaching points in technique.	I can get to level 8 on the bleep test. I can work on a station for 30 seconds before having to rest. I can run 4 laps for cross country in under 12 minutes. I can show some technique on a most stations. I can run for 2 minutes without stopping.	I can perform different passes with control and accuracy most of the time. I can dribble keeping the ball close most of the time. I show movement to gain possession of the ball. I communicate with my team to gain possession.

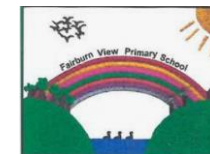
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PE Progression Map

	I can identify most strengths and weaknesses in others technique. I show signs of good general fitness in most areas.	I know some reasons why exercise is good for my health.	I can shoot at goal showing accuracy and technique most of the time. I know several rules of the game.
Year 5	I can run middle distance events showing good pacing and breathing throughout. I can run sprinting events showing good technique and pace. I can throw showing key teaching points in technique, achieving good distance. I can jump showing key teaching points in technique, achieving good distance. I can identify key strengths and weaknesses in others technique. I show signs of good general fitness in all areas of athletics.	I can get to level 10 on the bleep test. I can work on a station for 40 seconds before having to rest. I can run 4 laps for cross country in under 11 minutes. I can show good technique on several stations. I can run for 3 minutes without stopping. I know why exercise is good for my health and some effects of exercise.	I can regularly perform different passes with control and accuracy. I can dribble showing close control in the direction I want to go. I show some understanding of tactics and positioning. I show good movement and I am regularly involved. I show good accuracy and technique when shooting. I can identify key strengths and weaknesses of my performance.
Year 6	I can run middle distance events showing consistency with good pacing and breathing. I can run sprinting events showing consistently good technique and pace. I can throw showing key teaching points in technique, consistently achieving good distance. I can jump showing key teaching points in technique, consistently achieving good distance. I can identify key strengths and weaknesses in my own and others technique.	I can get to level 13 on the bleep test. I can work on a station for 50 seconds before having to rest. I can run 4 laps for cross country in under 10 minutes. I can show good technique on most stations. I can run for 4 minutes without stopping. I know reasons for and effects of exercise, and I can describe types of fitness training.	I can consistently perform a variety of passes, selecting when it is appropriate to perform. I can dribble showing close control and at speed. I can lead and organise within my group/team. I can influence a game and I am a key player in my team. I show consistently accurate shooting from a variety of distances. I can identify key strengths and weaknesses of my own and others performances.

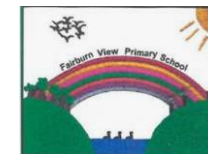
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PE Progression Map

	I show signs of good general fitness in all areas of athletics.		
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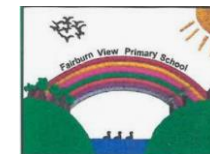
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PE Progression Map

	Multi-Skills	Dodgeball	Tennis
Year 1	N/A	N/A	N/A
Year 2	N/A	N/A	N/A
Year 3	I show balance and control most of the time when travelling at different speeds. I demonstrate coordination when working with or without equipment most of the time. I demonstrate control and awareness most of the time when dribbling with my hands or feet. I show accuracy most of the time when using different throwing techniques or kicking. I can demonstrate object control with my hands or feet most of the time e.g. catching, foot control. I can identify some strengths and weaknesses in others technique.	I show some power and use correct arm technique when throwing. I can catch a ball whilst moving. I can apply basic and reactive dodges to avoid throws. I can block and control the blocked ball's direction. I can adapt movements depending on available space. I can use core skills whilst making appropriate decisions when receiving throws.	I show some movement and footwork during activities and games. I can play a forehand shot with some control and accuracy. I can play a backhand shot with some control and accuracy. I can perform a legal serve some of the time. I can perform a volley with some control and accuracy. I can perform a return shot.

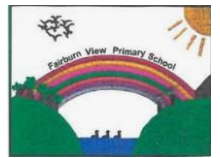
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PE Progression Map

Year 4	I show good balance and control when travelling at different speeds. I demonstrate good coordination when working with or without equipment. I demonstrate good control and awareness when dribbling with my hands or feet. I show good accuracy when using different throwing techniques or kicking. I can demonstrate good object control with my hands or feet e.g. catching, foot control. I can identify most strengths and weaknesses in others technique.	I can use a range of throws to hit opponents. I can sometimes catch faster throws aimed at the body. I can use a combination of dodges to avoid throws. I can block a fast throw aimed at the body. I can combine blocking, running, dodging and throwing skills to perform a successful counterattack. I make appropriate decisions when receiving throws and displays counterattacking.	I show movement and footwork most of the time I can play a forehand shot with control and accuracy most of the time. I can play a backhand shot with control and accuracy most of the time I can perform a legal serve most of the time. I can perform a volley with control and accuracy most of the time. I can perform a couple of shots in a rally.
Year 5	N/A	I show accuracy by hitting a target at higher speeds. I can catch a throw from different heights. I use basic dodges with appropriate timing to avoid throws from close distance. I make the right decisions when blocking, and usually executes the block successfully. I can communicate with others to organise an effective group throw. I make appropriate decisions when organising group throws.	I show good movement and footwork during activities and games. I can play a forehand shot with good control and accuracy. I can play a backhand shot with good control and accuracy. I can perform a legal serve with direction and accuracy. I can perform a volley with good control and accuracy. I can perform a few shots in a rally.
Year 6	N/A	I can throw with accuracy and occasionally good timing in group throws. I can catch a ball from a group throw, displaying a basic strategy for choosing which ball to catch. I can apply the appropriate dodge types and	I show consistently good movement and footwork during activities and games. I can play a forehand shot with consistently good control and accuracy.

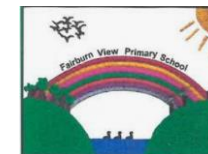
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PE Progression Map

		timing to dodge group throws. I can combine dodging and blocking skills to avoid being hit by group throws. I make appropriate tactical decisions when I am the last player remaining. I make appropriate, adaptive tactical decisions depending on the situation.	I can play a backhand shot with consistently good control and accuracy. I can consistently perform a legal serve with direction and accuracy. I can perform a volley with consistently good control and accuracy. I can perform several shots in a rally.
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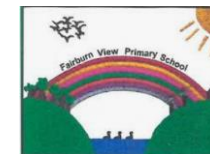
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PE Progression Map

	Netball	Orienteering	Rounders
Year 1	N/A	N/A	N/A
Year 2	N/A	N/A	N/A
Year 3	I can pass the ball with some control and accuracy. I can catch the ball some of the time. I can show some movement during activities and games. I show some communication to get involved. I can shoot at goal with some accuracy and technique. I know some rules of the game.	I can identify 4 basic directions on a compass I can identify some big features on a map I keep the map orientated to North some of the time I can navigate to a location with some help I have some input when working in a team, but struggle alone I participate in activities at mainly walking speed	I can throw the ball with some control and accuracy. I can sometimes catch the ball. I can bowl the ball with some control and accuracy. I can bat showing basic grip and making contact some of the time. I can field showing some awareness of where I need to be. I know some rules of the game.
Year 4	I can perform different passes with control and accuracy most of the time. I can catch the ball most of the time. I show movement to gain possession of the ball. I communicate with my team to gain possession. I can shoot at goal showing accuracy and technique most of the time. I know several rules of the game.	I can identify most directions on a compass I can identify all big features on a map I keep the map orientated to North most of the time I can navigate to most locations on a map I can work well in a team and on my own most of the time I jog when participating in activities, with occasional walking	I can throw the ball with control and accuracy most of the time. I can catch the ball most of the time. I can bowl the ball with control and accuracy most of the time. I can bat and make contact with the ball most of the time. I can field showing awareness of where I need to be. I know several rules of the game.

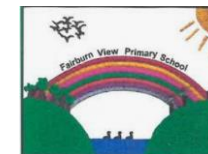
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PE Progression Map

Year 5	I can regularly perform different passes with control and accuracy. I can catch the ball during drill and in games. I show good movement and I am regularly involved. I can pivot correctly when in drills and games. I show good accuracy and technique when shooting. I can identify key strengths and weaknesses of my performance.	I can identify all 8 basic directions on a compass I can identify all big and some small features on a map I can keep the map orientated to North I am familiar with a map and can navigate around it I can communicate and listen well in a team, also capable alone I maintain a steady jog/level of fitness when participating in activities	I can regularly throw the ball with control and accuracy. I can catch the ball with two hands and sometimes one hand. I can bowl the ball between shoulder and knee height. I can bat making good contact with the ball. I can field demonstrating short and long barriers. I can identify key strengths and weaknesses of my performance.
Year 6	I can consistently perform a variety of passes, selecting when it is appropriate to perform. I can catch the ball whilst on the move and under pressure. I can influence a game and I am a key player in my team. I can land correctly using legal footwork and go into a pivot. I show consistently accurate shooting from a variety of distances. I can identify key strengths and weaknesses of my own and others performances.	I can navigate all 8 basic directions on a compass without directional aid I can identify all big and small features on a map I consistently keep the map orientated to North and understand why I am confident and quick at navigating to all points on the map I can take the lead when in a team and work effectively alone I demonstrate a high level of fitness and constantly move with speed in activities	I can consistently throw the ball accurately and with distance. I can catch the ball with one or two hands and whilst on the move. I can consistently bowl the ball between shoulder and knee height. I can consistently make contact with the ball and direct it into space I can field and organise others into fielding positions. I can identify key strengths and weaknesses of my own and others performances.

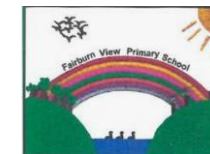
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PE Progression Map

	Tag Rugby	Swimming	Cricket
Year 1	I struggle to get involved in all activities/games. I show some involvement in activities/games. I am involved in most/all of the activities/games and apply some learnt skills.	N/A	I struggle to get involved in all activities/games. I show some involvement in activities/games. I am involved in most/all of the activities/games and apply some learnt skills.
Year 2	I show involvement and apply learnt skills in some activities/games. I show good involvement and apply learnt skills in most of the activities/games. I am a key player in my team and consistently apply learnt skills in all activities/games.	N/A	I show involvement and apply learnt skills in some activities/games. I show good involvement and apply learnt skills in most of the activities/games. I am a key player in my team and consistently apply learnt skills in all activities/games.
Year 3	I can pass the ball with some control and accuracy. I show some confidence when running with the ball. I can show some movement during activities and games. I show some communication to get involved. I can tackle some of the time. I know some rules of the game.	N/A	I can throw the ball with some control and accuracy. I can sometimes catch the ball. I can bowl the ball with some control and accuracy. I can bat showing basic grip and making contact some of the time. I can field showing some awareness of where I need to be. I know some rules of the game.
Year 4	I can perform different passes with control and accuracy most of the time. I show confidence when running with the ball most of the time.	N/A	I can throw the ball with control and accuracy most of the time. I can catch the ball most of the time. I can bowl the ball with control and accuracy

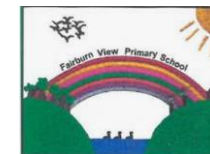
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PE Progression Map

	I show movement to gain possession of the ball. I communicate with my team to gain possession. I can tackle most of the time. I know several rules of the game.		most of the time. I can bat and make some contact with the ball most of the time. I can field showing awareness of where I need to be. I know several rules of the game.
Year 5	I can regularly perform different passes with control and accuracy. I show confidence when running with the ball. I show some understanding of tactics and positioning. I show good movement and I am regularly involved. I show good technique and awareness to perform tackles. I can identify key strengths and weaknesses of my performance.	N/A	I can regularly throw the ball with good control and accuracy. I can catch the ball with two hands and sometimes one hand. I can bowl the ball showing good line and length. I can bat making good contact with the ball. I can field showing awareness and demonstrating short and long barriers. I can identify key strengths and weaknesses of my performance.
Year 6	I can consistently perform a variety of passes, selecting when it is appropriate to perform. I can run with the ball confidently, selecting when appropriate to pass or take a tackle. I can lead and organise within my group/team. I can influence a game and I am a key player in my team. I can consistently perform tackles and can lead a defensive line.	I can swim competently, confidently and proficiently over a distance of at least 25 meters. I can use a range of strokes effectively (front crawl, backstroke and breaststroke). I can perform a safe self-rescue in different water-based situations.	I can consistently throw the ball accurately and with distance. I can catch the ball with one or two hands even when on the move. I can consistently bowl the ball showing good line and length. I can consistently make contact with the ball and direct it into space I can field and organise others into fielding positions. I can identify key strengths and weaknesses of my own and others performances.

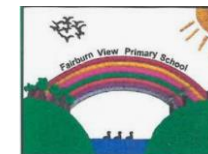
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PE Progression Map

	I can identify key strengths and weaknesses of my own and others performances.		
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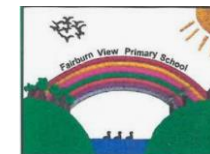
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PE Progression Map

	Table Tennis		
Year 1	N/A		
Year 2	N/A		
Year 3	N/A		
Year 4	N/A		
Year 5	I show movement and footwork most of the time I can play a forehand shot with control and accuracy most of the time. I can play a backhand shot with control and accuracy most of the time I can perform a legal serve most of the time. I can perform a couple of shots in a rally. I know some rules of the game.		

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PE Progression Map

Year 6	I show good movement and footwork during activities and games. I can play a forehand shot with good control and accuracy. I can play a backhand shot with good control and accuracy. I can perform a legal serve with direction and accuracy. I can perform a few shots in a rally. I know several rules of the game.		
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