



St Mary's RC Primary School – PE Progression

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception and Nursery	SPLAY Fundamentals of Movement Agility, Balance and Coordination -I can travel around an area like different animals. -I can stop on command. -I can move around a space avoiding others and equipment. -I can follow instructions to play a game. -I can recognise colours. -I can take turns. -I can sit in a line. -I can work in a team. -I can handle and move equipment with control. -I can follow the rules of a game.	SPLAY Hand-eye coordination - Ball skills (throwing, catching, sending and receiving) -I can catch a large ball -I can show increasing control over on object in pushing, patting, throwing, catching or kicking. -I can stop the ball with basic control. -I can send a ball in the direction of another. -I can take part in sending and receiving. -I can throw, catch and bounce in different ways when standing or on the move. -I can aim at a large target. -I can push a roll a ball in different directions.	SPLAY Moving on Activities linked to early years' framework. -I can move freely with confidence in different ways (throughout). -I can run confidently and negotiate space successfully, adjusting speed or direction when required to avoid collisions (throughout). -I can follow a simple set of rules (throughout). -I can follow a teacher led warm up and cool down.	SPLAY Gymnastics Activities -I can mount climbing equipment using alternate feet. -I can balance momentarily on one foot when shown. -I can jump off an object and land appropriately. -I can travel with confidence and skill around, over and through balancing and climbing equipment. -I can travel on and off a bench whilst carrying equipment.	SPLAY Athletic activities (run, jumping throwing) -I can run at different speeds. -I can jump from a standing position. -I can throw and object with one hand.	SPLAY Moving on Open activities (chasing games, tagging games) -I can negotiate space successfully when participating in races and chasing games, adjusting speed and direction to avoid obstacles.
Y1	Invasion Games Emphasis on sending and receiving with a piece of equipment Hockey -I can stop the ball with basic control. -I can send a ball in the direction of another. -I can take part in sending and receiving. -I can aim at a large target. -I can use and vary simple tactic. -I can begin to strike a ball with a hockey stick. -I can start to develop new skills relevant to hockey.	Fundamentals of Movement Agility, Balance and Coordination -I can follow a simple set of rules (throughout). -I recognise and talk about changes in my body and start to talk about why being active is good for my body. -I can follow a teacher led warm up and cool down. -I can work cooperatively in pairs. -I can begin to skip with a rope. -I can jump with rhythm. Gymnastic Activities (balance) -I can plan and repeat simple sequences and actions. -I can show contrasts in shape such as small/tall, straight/curved, wide/narrow.	Coordination activities. Throwing and catching Agility, Balance and Coordination -I can catch a large ball -I can show increasing control over on object in throwing and catching. -I can stop the ball with basic control. -I can send a ball in the direction of another. -I can take part in sending and receiving. -I can throw, catch and bounce in different ways when standing or on the move. -I can aim at a large target. -I can push a roll a ball in different directions.	Net and Wall Basketball – passing and dribbling -I can send a ball in the direction of another. -I can take part in sending and receiving. -I can throw, catch and bounce in different ways when standing or on the move. -I can aim at a large target. -I can push a roll a ball in different directions.	Striking and Fielding activities Small games based around rounders -I can stop the ball with basic control. -I can send a ball in the direction of another. -I can take part in sending and receiving. -I can throw and catch in different ways when standing or on the move. -I can aim at a large target. -I can use and vary simple tactics. -I can begin to strike a ball with a bat. -I can start to develop new skills relevant to rounders.	Athletic activities (run, jumping throwing) -I can run at different speeds. -I can jump from a standing position. -I can throw and object with one hand.

		-I can perform basic gymnastic actions with some coordination and control. -I can begin to describe my own and others' work. -I can make suggestions for improvements with help.				
Y2	Invasion Games Emphasis on sending and receiving with a piece of equipment Hockey -I can stop the ball with basic control. -I can send a ball in the direction of another. -I can take part in sending and receiving. -I can aim at a large target. -I can use and vary simple tactic. -I can begin to strike a ball with a hockey stick. -I can start to develop new skills relevant to hockey.	Fundamentals of Movement Agility, Balance and Coordination -I can follow a simple set of rules (throughout). -I can begin to make up rules for a simple game. -I can recognise and talk about changes in my body and start to talk about why being active is good for my body. -I can follow a teacher led warm up and cool down. -I can work cooperatively in pairs. -I can skip with a rope. -I can jump with rhythm. Gymnastic Activities (balance) -I can plan and repeat simple sequences and actions. -I can show contrasts in shape such as small/tall, straight/curved, wide/narrow. -I can perform basic gymnastic actions with some coordination and control. -I can begin to describe my own and others' work. -I can make suggestions for improvements with help.	Orienteering -I can use and follow directional language (near and far, left and right, up and down, forwards and backwards). -I can use cardinal compass directions (N,S, E and W). -I can describe the location of features and routes on a simple map. -I can devise a simple map and use basic symbols in a key. -I can identify points of interest on a map.	Small-sided games and activities using attacking and defending principles. Sending receiving using hands Basketball -I can send a ball in the direction of another. -I can take part in sending and receiving. -I can throw, catch and bounce in different ways when standing or on the move. -I can aim at a large target. -I can use and vary simple tactics. -I can start to develop new skills relevant to basketball. .	Striking and Fielding activities Small games based around Rounders -I can stop the ball with basic control. -I can send a ball in the direction of another. -I can take part in sending and receiving. -I can throw and catch in different ways when standing or on the move. -I can aim at a large target. -I can use and vary simple tactic. -I can begin to strike a ball with a bat. -I can start to develop new skills relevant to rounders.	Athletic activities Run, jump, throwing events -I can run at different speeds. -I can jump from a standing position. -I can throw an object with one hand.
Y3/4	Invasion Games Handball Emphasis on sending and receiving using hands. -I can make up rules for a simple invasion games and a prepare to modify and change them.	Gymnastics Activities Shapes, balancing, travelling and jumping -I can use a great number of my own ideas for movement in response to a task. -I can choose and plan sequences of contrasting actions.	Orienteering -I can set my map to face an identified direction. -I can use cardinal compass (N,S, E and W) to follow /give directions. -I can demonstrate understanding of a basic map.	Net and Wall Games Netball -I can catch a ball with control. -I can pass a ball to another person with some accuracy. -I can take part in opposed conditioned games. -I can consolidate my striking skills	Striking and Fielding Rounders Skills – throwing, bowling, batting -I can strike a ball. -I can field and intercept a ball and return it. -I can begin to select and apply	Athletics Activities Run, jump and throwing events -I can change speed and direction whilst running. -I can jump accurately from a standing position and demonstrate

	-I can improve my ability by selecting and applying simple tactics in an invasion game. -I can keep possession for a reasonable length of time. -I can select and use appropriate skills and simple tactics in handball. -I can work cooperatively as part of a team.	-I can link movements together with reasonable precision. -I can begin to evaluate my own and other gymnasts' and suggest ways to improve.	-I understand the term 'orientate' or 'setting a map'. -I know the symbols used on an orienteering map. -I can develop running skills, spatial awareness and agility for orienteering. -I can recognise features and symbols on a map. -I am able to know where I am on a map/plan at all times. -I can complete a short loop orienteering activity.	- and improve my control and quality. -I can select and apply appropriate skills and simple tactics in netball. -I can follow the rules of a netball game and suggest how it can be adapted.	- appropriate skills and simple tactics in rounders. -I can follow the rules of rounders game and start to suggest how they can be adapted.	- different combinations of jumps. -I can throw a variety of objects with one hand towards a targeted area. -I can recognise that there are different throwing, running and jumping styles and be able to use them appropriately. -I can watch and describe how others move and suggest ways to improve.
Y5/6	Invasion Games Emphasis on sending and receiving using hands. Tag Rugby -I can use basic technique for passing in a small-sided game and can pass with reasonable accuracy and some success. -I can demonstrate techniques usually applied with coordination and some control to gain an advantage over an opponent. -I can be tactically aware and respond to situations with a degree of variety. -I can see the difference between my own performance and that of others. -I can work cooperatively as part of a team and understand why it is important to respect team mates and opponents.	Gymnastics Activities -I can perform a number of agility movements, shapes and balances with reasonable control and can use them to make more complex sequences. -I can adapt sequences to suit different types of apparatus and my partners' ability. -I can demonstrate with a degree of creativity, partners' sequences and try to improve my own performance after observing others and suggesting ways they could improve. -I can describe how to refine, improve and modify performance.	Orienteering -I can use the 8 points of a compass and four figure grid references. -I can develop expertise in the orienteering skills of orienteering a map, following a course and recognition of relevant map symbols. -I can plan a short loop course for another pair to follow. -I can improve my confidence in map reading and the transfer of information from map to ground.	Net and Wall Games Tennis -I can use basic skills and techniques in a small-sided tennis game and can replicate shots with reasonable accuracy and success. -I can demonstrate techniques usually applied with coordination and control to gain an advantage over an opponent. -I can start to maintain a conditioned rally with varying degree of success and use basic game strategies. -I can use a variety of tactics and think of ways to improve performance. -I can keep to the rules of a tennis game and suggest how it can be adapted.	Striking and Fielding Cricket -I can replicate basic cricket skills on most occasions with some control and direction. -I can bowl with reasonable control, catching with varying success and can throw a ball back with moderate aim. -I can apply a variety of tactics and think of ways to improve performance.	Athletics Activities Run, jump and throwing events -I can accurately replicate techniques for running, jumping and throwing activities. -I can identify some of the basic principles of technique. -I can have reasonable success across all athletics and begin to achieve goals for future events. -I can comment on some of the factors which make an effective performance.