



Sproatley Endowed C of E Academy

PE Progression and LTP 2020/21

PE Whole School Progression

G = Games	Gy/D = Gym/Dance	Ph = Physical	So/Pe = Social Personal
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	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
G	<p>I can catch a large ball</p> <p>I can move a balloon with hands</p> <p>I can chase or dodge others safely</p> <p>I can experiment catching and kicking a variety of equipment</p> <p>I can accept playing with others</p>	<p>I can throw underarm</p> <p>I can explore ways to strike a ball</p> <p>I can move and stop safely during play</p> <p>I can throw & catch</p> <p>I can throw and kick in different ways</p>	<p>I can recognise underarm and overarm</p> <p>I can throw and catch a variety of equipment, eg: beanbag</p> <p>I can throw at a target and catch in a variety of ways</p> <p>I can use hitting, kicking, throwing or rolling in a game</p> <p>I can move into space during game situations</p>	<p>I can apply underarm and overarm effectively</p> <p>I can pass and catch/control with a partner or whilst using a target</p> <p>I can move (dribble) and stop a ball safely and under control with my hands/feet or equipment</p> <p>I can use a racket/bat and ball with some accuracy</p> <p>I can comment on tactics</p>	<p>I can apply throwing and catching techniques whilst moving</p> <p>I can control a ball in a game situation</p> <p>I can recognise attacking and defending</p> <p>I can use a racket/bat and ball accurately</p> <p>I can talk about and use tactics to be put into a game</p>	<p>I can use forehand and backhand in racket games</p> <p>I can throw and catch; both in isolation and collaboration</p> <p>I can use a number of techniques to pass, dribble and shoot</p> <p>I can use attacking strategies</p> <p>I can choose appropriate PE vocabulary to evaluate</p>	<p>I am able to throw and catch in isolation and combination</p> <p>I can choose the correct technique during striking games</p> <p>I can pass, shoot and dribble effectively</p> <p>I can use attacking and defending when required in a game</p> <p>I can choose appropriate vocabulary to evaluate performance</p>
Gy/D	<p>I can explore a variety of ways to move</p> <p>I can go under or over apparatus</p> <p>I can roleplay to different dances</p> <p>I can stop/start to music or sounds</p> <p>I can explore ways of moving with their body</p>	<p>I can make my body curled, tense stretched and relaxed</p> <p>I can control my body when travelling and balancing</p> <p>I can perform dances using simple movement patterns to music</p> <p>I can copy dance moves</p> <p>I can perform a basic sequence</p> <p>I understand how to land a jump safely</p> <p>I can use my body to attempt to roll</p>	<p>I can recognise and perform a variety of jumps</p> <p>I can recognise and perform a variety of rolls</p> <p>I can demonstrate balance in a variety of situations</p> <p>I can think of more than one way to create a sequence to a set of rules</p> <p>I can perform dance using movement patterns</p>	<p>I can adapt sequences of moves to suit different types of apparatus</p> <p>I can use a stimulus to translate ideas into a movement</p> <p>I can compare and contrast sequences</p> <p>I can understand how music affects performance</p> <p>I continue to explore a variety of different rolls, balances, jumps and ways of travelling</p>	<p>I can work with partners to create, repeat and improve a sequence</p> <p>I can show a variety of shapes</p> <p>I can use appropriate PE vocabulary in my lessons</p> <p>I can apply my knowledge of rolls, jumps, balances and ways of travelling to work in a controlled way</p> <p>I can use movements to communicate an idea</p>	<p>I can make complex extended routines using my knowledge of gymnastics or dance moves</p> <p>I can combine action balance and shape in routines</p> <p>My routines show clarity, fluency and accuracy</p> <p>I can perform to different audiences</p> <p>I can choose appropriate PE vocabulary to evaluate performance</p>	<p>I can plan and create an individual, paired or group routine</p> <p>I can perform consistently to different audiences</p> <p>I can develop sequences in a specific style and link them to timings</p> <p>I can analyse, modify and refine my own routine and critique that of others</p> <p>I can choose appropriate PE vocabulary to evaluate and support others</p>

Ph	<p>I can walk and move around safely and confidently</p> <p>I can move fast/slow safely and with obstacles</p> <p>I can balance on one foot</p> <p>I can jump two feet to two feet</p>	<p>I can walk, jog and run safely</p> <p>I can hop on the spot for a set number without falling</p> <p>I can jump safely and controlled</p> <p>I can climb the wall bars safely</p>	<p>I can travel safely in different directions using a variety of body parts</p> <p>I can hop on the spot for a set number without falling</p> <p>I can jump and land safely from a variety of heights</p> <p>I can climb the wall bars safely</p>	<p>I can exercise without getting out of breath and giving up most of the time</p> <p>I can perform a variety of jumps from various heights with a controlled landing</p> <p>I can jog for a set amount of time</p> <p>I can travel safely in different directions at various speeds</p> <p>I can explore a number of ways to climb safely</p>	<p>I can pace myself in order to take full part in fitness sessions or physical activity</p> <p>I can jog and sprint for set distances</p> <p>I can hold my own body weight in various positions</p> <p>I can show agility and balance during sessions</p>	<p>I can exercise demonstrating stamina</p> <p>I can hold my own bodyweight during fitness sessions confidently</p> <p>I can jump and throw for distance</p> <p>I can be well balanced whilst travelling in a variety of ways</p> <p>I can swim</p>	<p>I can exercise demonstrating stamina</p> <p>I can show agility at a variety of speeds and directions</p> <p>I can balance using my own body weight during fitness sessions</p> <p>I can jump and throw for distance</p> <p>I can swim 25 metres</p>
So/Pe	<p>I can say how exercise makes them feel</p> <p>I understand that equipment is to be used safely</p> <p>I understand why we need to keep safe in PE</p> <p>I am aware of not being aggressive to others</p> <p>I am aware of boundaries set</p>	<p>I behave appropriately in PE</p> <p>I can participate in PE without getting upset</p> <p>I can start to understand PB</p> <p>I can pick out good movers in PE and explain why</p> <p>I can get changed independently</p> <p>I can work well independently</p> <p>I can understand and accept challenge against others</p>	<p>I can behave appropriately in PE</p> <p>I can understand winning and losing in PE without getting upset</p> <p>I can start to understand PB</p> <p>I understand why we wear PE kits</p> <p>I can describe and comment on performance</p>	<p>I can behave appropriately in PE</p> <p>I can choose an appropriate partner to work with</p> <p>I can get changed and organise myself independently</p> <p>I can suggest ways in which I can improve my performance</p> <p>I can use equipment respectfully and safely</p>	<p>I am able to choose an appropriate group or partner to work with</p> <p>I understand how to help others</p> <p>I am responsible for bringing in and looking after my PE kit</p> <p>I respect the school equipment</p> <p>I can suggest ways in which others can improve their performance</p>	<p>I can understand how others feel during sport</p> <p>I can behave appropriately with a variety of different coaches and sports leaders</p> <p>I can give and receive feedback to each other thoughtfully</p> <p>I can organise and use PE equipment both safely and to help the session</p>	<p>I can understand the importance of each member of the team</p> <p>I can take on a leadership role</p> <p>I can understand how to collaborate well</p> <p>I can accept challenge and PB</p> <p>I can feedback positively and constructively to my peers</p> <p>I can make tactical suggestions to improve performance</p>

Sproatley Long Term Plan 2020/21

Term	EYFS	Year 1/2	Year 3/4	Year 5/6
Autumn 1	Games: Best of Balls	Gym - Body Management	Gym - Body Management	Dance - Performance Dance
		Games - Locomotion & Control	Games - Invasion Games	Athletics - Indoor
Autumn 2	Dance: Dance 'Till You Drop	Dance - Performance Dance	Dance - Performance Dance	Gym - Body Management
		Athletics - Indoor	Athletics - Indoor	Games - Invasion Games
Spring 1	Gymnastics: Gym in the Jungle	Gym - Floor Exercises	Gym - Flight	Games - Striking and Fielding
		Skill - Archery (See guidebook/lesson cards)	Games - Net/Wall	Athletics
Spring 2	Games: The Olympics	Gym - Flight	Gym - Floor Exercises	Gym - Flight
		Games - Sending and Receiving	Skill - Archery (See guidebook/lesson cards)	Games - Net/Wall
Summer 1	Dance: Dinosaurs	Games - Net/Wall	Athletics	Athletics
		Games - Sending/Receiving 1	OAA	OAA
Summer 2	Gymnastics: Jumping Jack and Rock & Roll	Games - Sending/Receiving 2	Games - Striking and Fielding	Gym - Floor Exercises
		Athletics	Athletics	Skill - Archery (See guidebook/lesson cards)