

PE Progression Document: Haveley Hey and The Willows

Sport	1	2	3	4	5	6
Gymnastics	<p>Use words such as rolling, travelling, balancing, climbing.</p> <p>Decide which supporting concepts and actions to add to their sequence</p> <p>Safely move and carry basic gym equipment such as mats and benches.</p> <p>Recognise like actions and link them together.</p> <p>Perform simple gymnastic actions and shapes.</p> <p>Remember and perform a simple sequence using rolling, travelling, climbing, balancing and jumping.</p> <p>Make their body tense, relaxed, stretched and curled. Perform in unison and canon.</p> <p>Move on, off and over object with confidence.</p> <p>Communicate with a partner to create short sequence.</p>	<p>Comment on aspects of own and others' performances.</p> <p>Perform with control and consistency basic actions at different speeds and on different levels.</p> <p>Create and perform a simple sequence.</p> <p>Show contrasts in gymnastics shapes and actions Work to improve flexibility and strength</p> <p>Attempt to use rhythm whilst performing a sequence Use core strength to link gymnastic elements e.g. back support and half twist.</p> <p>Remember and repeat sequences Reflect on own performance and use scoring system to judge performance.</p> <p>Develop character and maturity to work in close proximity with others.</p>	<p>Modify actions independently using different pathways, directions and shapes.</p> <p>Identify similarities and differences in sequences. Perform sequences with contrasting actions.</p> <p>Show strength and flexibility to shapes and actions being performed. Remember and repeat sequences.</p> <p>Adapt basic sequences to include some apparatus. Develop body management over a range of floor exercises .</p> <p>Comment on others' gymnastics sequences describing what they did well.</p> <p>Can suggest how developing strength and flexibility helps in maintaining a healthy active lifestyle.</p>	<p>Does not participate in gym/dance due to swimming.</p>	<p>Selects a component for improvement and use guidance from others to do so.</p> <p>Explain the significance of a warmup and how it relates to gymnastics activity.</p> <p>Create longer and more complex sequences and adapt their performances.</p> <p>Follow, copy and repeat others' actions.</p> <p>Make a dynamic sequence with contrasting shapes and actions and balances demonstrating smooth transitions.</p> <p>Attempt to perform more complex skills in isolation such as round-off. Remember and repeat longer sequences with more difficult actions such as cartwheels, shoulder rolls.</p> <p>Work responsibly in trust exercises and when counterbalancing.</p> <p>Perform symmetry and asymmetry individually, in pairs and as a group.</p>	<p>Identify their strengths and weakness and compose a sequence which will achieve the highest score against criteria</p> <p>Perform increasingly complex sequences</p> <p>Compose and practise actions and relate to music Experience flight on and off of apparatus Show clarity, fluency, accuracy and consistency in their movements</p> <p>Lead group warm up demonstrating the importance of strength and flexibility.</p> <p>Work independently and in small groups to make up sequences to perform to an audience.</p>

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Dance	<p>Confident to explore space within their dances and movements Recognise that dances can have themes and stories</p> <p>Perform basic body actions along with music</p> <p>Use different parts of the body, combine arm and leg actions</p> <p>Perform with an awareness of body shape required</p> <p>Remember and repeat simple movement patterns</p> <p>Move with control and show spatial awareness</p> <p>With help, compose a basic movement phrase</p> <p>Work with a partner</p> <p>Engage with the class to perform marching sequence and canon</p>	<p>Select movements that show a clear understanding of the theme/story/idea of the dance</p> <p>Show confidence to perform in front of others</p> <p>Show some sense of dynamic, expressive and rhythmic qualities in their own dance</p> <p>Use different parts of the body in isolation and combination</p> <p>Perform with control and balance and demonstrating coordination</p> <p>Explore and use basic choreography including levels, speed changes, unison and canon</p> <p>Move with imagination responding the music</p> <p>Perform with expression</p> <p>Attempt to work as part of a group to perform a dance</p> <p>Able to comment on ideas and emotions and how they can be portrayed through dance</p>	<p>Contribute ideas to the structure of the dance</p> <p>Describe using appropriate language the features of dances performed by others</p> <p>Attempt to perform with a sense of dynamics</p> <p>Competently include props and other ideas in their dance</p> <p>Attempt short pieces of improvised dance responding to the structure/theme of the dance</p> <p>Share and create short dance phrases with a partner and in small groups</p> <p>Perform movements with increased control</p> <p>Express moods and feelings throughout the dance piece</p> <p>Can decide with others which floor patterns/pathways to follow</p>	<p>Does not participate in gym/dance due to swimming.</p>	<p>Confidently participate in dances from different cultures/parts of the world</p> <p>Perform different styles of dance clearly and fluently</p> <p>Refine & improve dances adapting them to include use of space rhythm & expression</p> <p>Adapt their skills to meet the demands of a range of dance styles</p> <p>Incorporate levels and flight into movement patterns and dances</p> <p>Create and use compositional ideas confidently such as pathways, step patterns and unison</p> <p>Recognise and comment on dances suggesting ways to improve</p> <p>Work collaboratively in groups to compose short dances</p>	<p>Interpret different stimuli with imagination and flair</p> <p>Identify in others and self where good performance qualities are achieved</p> <p>Warm up and cool down independently</p> <p>Work creatively and imaginatively on their own, in pairs and in a group to create simple dances</p> <p>Use recognised dance actions and adapt to create motifs and movement patterns</p> <p>Communicate the artistic intention of a dance clearly, fluently, musically and with control</p> <p>Practise and refine coordination skills through activities such as live aural setting / freeze frame</p> <p>When working in groups/pairs take the lead suggesting ideas and refining actions of others</p> <p>Use facial expression to communicate emotion and a further narrative</p>

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Sport	1	2	3: Hockey and Dodgeball	4: Tag Rugby and Netball	5 Hockey and Dodgeball	6: Tag Rugby and Netball
Games - Invasion	<p>Recognise rules and apply them in competitive and cooperative games</p> <p>Make decisions about how to defend a target</p> <p>Begin to engage in competitive activities</p> <p>Roll, slide or throw a beanbag or ball with accuracy</p> <p>Bounce a medium sized ball to self and attempt to bounce to others</p> <p>Attempt to intercept and catch a throw ball</p> <p>Work in collaboration with others to attack and score points</p> <p>Identify the things that they like about exercise both in and outside of school</p>	<p>Select and apply a small range of simple tactics</p> <p>Begin to look for space to pass into or run to in order to receive</p> <p>Select the more appropriate skill to move forwards to shoot</p> <p>Can send a ball using feet</p> <p>Can receive a ball using feet</p> <p>Link combinations of skills e.g. dribbling and passing with hands in isolation and combination</p> <p>Can send a ball using hands</p> <p>Can receive a ball using hands</p> <p>Can play in a variety of positions in both defence and attack</p> <p>Work with a partner and in small groups to develop skills</p> <p>Show awareness of teammates and opponents in games</p>	<p>Recognise when you need to defend</p> <p>Employ tactics to put pressure opponents</p> <p>Being aware and able to undertake the demands different positions to support both attack defence</p> <p>Send and receive a ball with some consistency to keep possession</p> <p>Sometimes move into space to receive the ball</p> <p>Use recognised passes in isolation e.g. chest pass for netball or kicking with the inside of the foot for football</p> <p>Play using basic rules of recognised game e.g. hockey or football</p> <p>Shoot at a goal using appropriate skills e.g. slap shot in hockey or set shot in basketball</p> <p>Work as part of a team to attack towards a goal</p>	<p>Working with team mates to make it difficult for the opposition</p> <p>Use tactics to perform defensively both as a team and as an individual</p> <p>Play using recognised marking techniques of specific game e.g. hockey, tag rugby</p> <p>Send and receive the ball with accuracy, controlling to score points/goals</p> <p>Keep possession of the ball as an individual using skills such as dribbling and running with the ball</p> <p>Show speed and endurance in a game situation</p> <p>Move into space to help others and the ball over longer distances</p> <p>Work as part of a team to attack and score in defined area. In netball play within positional restrictions</p> <p>Use and apply the basic rules of the game</p>	<p>Play in formations and execute 'set plays' in game situations</p> <p>Explain the need for different tactics and attempt these in a game situation</p> <p>Know and apply the rules consistently in a game situation</p> <p>Able to combine basic skills such as dribbling and passing</p> <p>Select and apply skills in game situation with some consistency e.g. dodging, pivoting, dribbling and running with the ball</p> <p>Move balls over longer distances accurately, demonstrating power</p> <p>Play in different positions with some success</p> <p>Where appropriate mark goal side</p> <p>Use appropriate language to explain their attacking and defensive play</p> <p>Use specific learned skills to maintain possession during a game</p>	<p>Choose and implement a range of strategies to attack & defend such as restricting attackers' space or goal side marking</p> <p>Suggest, plan and lead a warmup or drill and use STEP technique to modify</p> <p>Make quicker decisions in games (on and off the ball)</p> <p>Use and apply boundary rules such as corners, self-pass and sideline in relevant game</p> <p>Build upon set plays such as in tag rugby, some suggest improvements to play</p> <p>Use a variety of techniques for passing, controlling, dribbling and shooting the ball in games</p> <p>Play in a variety of positions (attacking and defensive)</p> <p>Consistently catch/stop and control a ball</p> <p>Able to track and control a rebound from shot (penalty or open play)</p> <p>Work collaboratively in a team to play and keep possession of the ball</p>

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Games – Net/Wall	<p>Identify space to send a ball into Can describe how they worked with their partner to send and receive</p> <p>Hand Able to send an object with increased confidence using hand or bat Move towards a moving ball to return with hand or bat Score points against opposition over a line/net</p> <p>Select and apply skills to win points Chase, stop and control balls and other objects such as beanbags and hoops Track balls and other equipment sent to them, moving in line with the ball to collect or return</p> <p>Heart Work with a partner to send and return an object and play in a simple rally Play cooperatively in a game situation</p>	<p>Decide on and play with dominant hand Develop tactics to outwit your opponent so they cannot return the ball</p> <p>Hand Demo nstrate basic sending skills in isolation and small games Show agility to track the path of ball over a line/net and move towards it</p> <p>Hit a ball using both hand and racquet with some consistency Return a ball coming towards them using hand or racquet Play in a modified game send and returning the ball over a line/net Start a game using basic serving skills</p> <p>Heart Has developed hitting skills with a variety of bats</p>	<p>Keep count/score of a game</p> <p>Can discuss the different type of shots that may be used in a variety of situations</p> <p>Hand Serve to begin a game Play a continuous game using throwing and catching or some simple hitting Can play within boundaries</p> <p>Use a small range of basic racquet skills Move towards a ball/shuttle to return over a line/net Play over a net</p> <p>Heart Work with a partner to play in a doubles game</p>	<p>Choose ways to send the ball to make it difficult for opponent to return</p> <p>Play the role of umpire to keep score</p> <p>Hand Explore shots on both sides of the body and attempt with confidence Use a small range of racquet/hand skills Use basic defensive tactics to defend the court i.e. moving to different positions on the court</p> <p>Heart Work with a partner / small groups to return a served ball/shuttle Play competitively with others and against others in modified games</p>	<p>Cooperate and collaborate with others to play in a sportsman like way Recognise where they should stand on the court when playing on their own and with others</p> <p>Hand Play a range of basic shots on both sides of the body, move feet to hit ball at most appropriate point Play modified games with confidence sending and returning a ball/shuttle this may be with differentiated equipment Apply some control when returning the ball/shuttle including foot placement, shot selection and aim Can apply with some success, a range of techniques to win points Demonstrate a variety of service shots in isolation and some game play</p> <p>Heart Play with others with some flow to the game, keeping track of their own scores Suggest and lead warmups that prepare the body appropriately for net/wall activities</p>	<p>Make appropriate choices in games about the best shot to use Apply tactics in games effectively</p> <p>Hand Use forehand, backhand and overhead shots in isolation</p> <p>Use forehand, backhand and overhead shots with more confidence in games</p> <p>Start games with the appropriate serve Begin to use full scoring systems</p> <p>Heart Develop doubles play further implement basic positioning tactics (team play for volleyball) Use speaking and listening skills to umpire and play with peers without dispute</p>

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Games – Striking and Fielding	<p>Able to identify when a point has been scored and keep count of score</p> <p>Can choose where to send the ball to maximise chance to score</p> <p>Can make choices where to stand in the field to restrict runs scored</p> <p>Catch a medium sized ball thrown over a short distance</p> <p>Intercept, retrieve and stop a beanbag and a medium-sized ball with some consistency</p> <p>Track balls and other equipment sent to them, moving in line with the ball to collect it</p> <p>Run between bases to score points</p> <p>Retrieve and return a ball to a base</p> <p>Use a range of sending skills to put ball into space</p> <p>Able to self-feed ball to hit off hand and strike ball off cone</p> <p>Work collaboratively to score runs showing encouragement and support</p>	<p>Make choices about where to hit the ball</p> <p>Make tactical decisions about where to position themselves in the field</p> <p>Has developed hitting skills with a variety of bats</p> <p>Practised bowling/feeding a ball to other players</p> <p>Run in a game to score points</p> <p>Attempted to play the role of wicket keeper or backstop</p> <p>Makes attempts to catch balls coming towards player in games</p> <p>Can work in small groups to field and bat</p> <p>Display sportsmanship when competing against others</p>	<p>Adhere to some basic rules of recognised games such as rounders or cricket</p> <p>Explain how fielders work together to restrict batters runs</p> <p>Apply simple tactics to choose where to hit the ball</p> <p>Strike a ball with some consistency</p> <p>Develop skills to use in isolation and in competitive play e.g. throwing, catching and bowling</p> <p>Play in simplified games</p> <p>Bowl accurately</p> <p>Show ready position to catch a ball</p> <p>Strike a stationary ball (off tee) with some consistency</p> <p>Strike a bowled ball with some consistency</p> <p>Identify how to improve own and others work and be tactful</p> <p>Field as a team to return the ball to the bowler/base effectively</p>	<p>With increasing consistency, choose where to direct a hit from a bowled ball</p> <p>Use and apply the basic rules of the game</p> <p>Apply speed and decision making to run safely between scoring markers e.g. stumps, posts</p> <p>Play confidently in a variety of roles such as fielder, bowler, backward e.g. wicket keeper/backstop</p> <p>Track and intercept the ball along the ground sometimes collecting with 1 hand</p> <p>Bowling a recognised action with some consistency</p> <p>In their local community can they identify locations in which they could play striking and fielding games</p>	<p>Recognise where increased flexibility and power is an advantage in striking and fielding the ball</p> <p>In a game situation play using a range of simple tactics such as getting players out to restrict the attack</p> <p>Use and apply the basic rules of the game fairly and consistently</p> <p>Choose where to hit the ball to maximise likely hood of scoring runs</p> <p>Use a variety of shots in isolation and in a game situation</p> <p>Throw with accuracy and consistency over short distances</p> <p>Tracking flight of the ball to increase catching success</p> <p>Begin to employ specific bowling techniques such as overarm in cricket</p> <p>Work collaboratively with others to both score runs and, in the field, to restrict runs</p>	<p>Apply with consistency standard rules of (modified) games</p> <p>Use a range of tactics for attacking and defending in the role of bowler, batter and fielder</p> <p>In rounders use correctly the rules for running around bases</p> <p>Strike a bowled ball and attempt a small range of shots</p> <p>Attempt to track and catch high balls in isolation and game play</p> <p>Demonstrate control and consistency in a range of fielding skills, e.g. throwing, catching, tracking, intercepting</p> <p>Play within small sided games using standard field/pitch layout e.g. boundaries, posts bowling areas</p> <p>Work collaboratively in teams to compete against themselves and others</p>

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Games – Athletics	<p>Select correct skill for the situation</p> <p>Can start and stop at speed, run in straight lines using a variety of speeds</p> <p>Attempt a variety of jumps taking off and landing on different foot combinations e.g., 2 to 1, 1 to 2 etc.</p> <p>Handle and throw a variety of different objects and attempt to throw for distance</p> <p>Copy and repeat basic movements for extended periods of time developing stamina</p> <p>Demonstrate some core strength to hold a variety of shapes and positions</p> <p>Move a variety of objects quickly showing a range of techniques</p> <p>Developed agility and coordination skills to competently take part in a range of activities</p> <p>Work with a partner to help improve their performance</p> <p>Participate as part of a team to compete in running relays</p>	<p>Make choices about appropriate throws for different types of activity</p> <p>Can identify areas of activities that need improvement e.g. power in throws to throw further</p> <p>Develop power, agility, coordination and balance over a variety of activities</p> <p>Can throw and handle a variety of objects including quoits, beanbags, balls, hoops</p> <p>Can negotiate obstacles showing increased control of body and limbs</p> <p>Use agility in running games</p> <p>Apply skills in a variety of activities</p> <p>Practise to improve skills</p> <p>Discuss thoughts and feelings around physical challenges and what it means to be a team player</p> <p>Work cooperatively to complete running, jumping and throwing tasks</p> <p>Consider others when playing games to respect their space and boundaries</p>	<p>Take part in basic scoring of different events</p> <p>Compete with others and record points</p> <p>Link running and jumping activities with some fluency and consistency</p> <p>Control movements and body actions in response to specific instructions</p> <p>Jump for height and distance with control and balance</p> <p>Run at different speeds according to event and instruction</p> <p>Throw a variety of objects using different recognised throws</p> <p>Throw more accurately and over greater distances</p> <p>Run as part of a relay team</p> <p>Identify how to improve own and others work and be tactful</p>	<p>Decide on ways to improve, run, jumps and throws and implement changes</p> <p>Show differences between sprinting and running speeds over a variety of distances</p> <p>Throw a variety of objects demonstrating accuracy i.e. object landing in throwing zone</p> <p>Perform a range of jumps with consistency, sometimes approaching jump with a run up</p> <p>Compete in running, jumping and throwing activities and compare their own performance with previous</p> <p>Work with others to score and record distance and times accurately</p> <p>Develop control in baton exchange and analyse as a team how to improve handover</p>	<p>Identify how they can change an activity by using the STEP principle</p> <p>Distinguish between good and poor performances and suggest ways to improve self and others</p> <p>Sustain pace over shorter and longer distances such as running 100m and running for 2 minutes</p> <p>Perform a range of jumps in different activities</p> <p>Demonstrate a range of throwing actions using different equipment with some consistency and control</p> <p>Able to run as part of a team in relay style events and demonstrate max effort pace</p> <p>Compare own performance with previous ones and demonstrate improvement to achieve personal best</p>	<p>Accurately and confidently judge across a range of athletics activities</p> <p>Record accurately scores given in variety events</p> <p>Demonstrate accuracy and good technique when throwing for distance</p> <p>Show good technique and control for jumping activities</p> <p>Choose appropriate run up distance as an individual for athletic jumps</p> <p>Use appropriate pace for different running distances</p> <p>Demonstrate improvement when working with self and others</p> <p>Use appropriate language to deliver a taught activity to their peers</p>

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OAA	<p>Listen when other members of their group are talking</p> <p>Work in a pair or group of three</p> <p>Begin to complete activities in a set period of time.</p> <p>Start to choose equipment appropriate for the task</p>	<p>To take it in turns when talking and listening in a pair or group of 3</p> <p>Begin to use a map to complete an orienteering course.</p> <p>Reflect on their performance and their partners.</p> <p>Offer simple advice on how to improve their own performance.</p>	<p>Describe their work and the strategies they use to solve problems</p> <p>Independently identify factors needed to complete a task</p> <p>Use acquired skills to create maps and directions</p> <p>Identify and use symbols on a map to navigate</p> <p>Play competitively and fairly implementing the rules</p> <p>Perform with strength, stamina and endurance in more physical tasks</p> <p>Lead others and be led</p> <p>Can work with others to solve problems</p>	<p>Plan and refine strategies to solve problems</p> <p>Identify what they have done well and suggest ways to improve</p> <p>Work out answers from clues, working independently from teacher</p> <p>Use maps, symbols and compass confidently to navigate</p> <p>Remember and recall map symbols and other relevant key information</p> <p>Work well as part of a team or group within well-defined role</p> <p>Listen and be directed by others</p>	<p>Recall and remember symbols, items and objects during task as an individual and team</p> <p>Play a role in problem solving</p> <p>Communicate using code</p> <p>Work at a high intensity for sustained period whilst completing a task</p> <p>Evidence results and keep score</p> <p>Compete against others and perform under pressure</p> <p>Explore and refine ways of communicating to best complete a set task</p>	<p>Use knowledge of games in PE to suggest adaptations and variations to games/activities</p> <p>Follow instructions accurately</p> <p>Use written description to identify objects</p> <p>Refine and adapt ideas in group task</p> <p>Use information given by others to complete a task and work collaboratively</p> <p>Work collaboratively to perform a more complex task</p> <p>Takes responsibility for a role in a task</p>

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Swimming				<p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Perform safe self-rescue in different water-based situations.</p>		