

Year R



Rules, strategies and tactics (Head)	Healthy participation (Heart)	Motor competence (Hands)
• To work towards simple goals • Follow instructions involving several ideas or actions • Respond appropriately even when engaged in activity • Explain the reasons for rules for simple games • Play cooperatively and take turns with others • Demonstrate creativity when responding to a stimuli • Know how to play fairly and respectfully. • Recognise the value of team effort and show love when working in small groups.	• Regulate their behaviour, e.g. be able to wait for what they want and control impulses • Be confident and curious when trying new activities • Show resilience, independence and perseverance in the face of challenge • Manage their own basic personal needs including dressing. • Show respect for others • Recognise a link between physical activity and healthy lifestyles • To develop a curiosity for physical activity and have fun • Aspiring to improve. • Feeling comfortable and belonging in an environment.	• Move energetically, such as running, jumping, dancing, hopping, skipping and climbing • Demonstrate strength, balance and coordination when playing • Try to move in time with music • Negotiate space and obstacles safely • Use small equipment in physical play such as hoops, balls, skipping ropes and bean bags • Move, manipulate and use a range of large physical resources safely (with some adult support) e.g., tyres, crates, planks • To ride bicycles and scooters • Introduce sending and receiving skills with a range of apparatus

The Crescent Primary School – PE Progression

Year 1

Skills, strategies and tactics (Head)	Healthy participation (Heart)	Motor competence (Hands)
• develop effective teamwork within activities, taking turns to ensure fairness and belonging • develop the ability to link movements together • understand the basic principles of attack and defence and begin to apply • begin to respond creatively to a range of stimuli using appropriate movements • be loving and work effectively with a partner • Identify what a good one looks like and give feedback to help my partner aspire to improve respectfully.	• Be curious to try new activities and show resilience in the face of a challenge • understand the importance of hydration • understand why appropriate clothing and footwear for PE is necessary • develop and perform a simple sequence with confidence • try a range of physical activities and how this can help us feel calm. • be able to make safe and responsible decisions in PE, for example on and around apparatus	• develop fundamental movement skills such as running, jumping, throwing, balance, agility and coordination • develop sense of space when and moving and balancing using points of the body. • develop sending and receiving with some control and begin to apply with hands and feet • introduce travelling with an object. • perform balances with body weight on different body parts • explore a range of pathways, levels, directions, speed and timing • to use props to create shapes, movements and actions in dance and gymnastics

Year 2

Skills, strategies and tactics (Head)	Healthy participation (Heart)	Motor competence (Hands)
- participate in small team games, developing simple tactics for attacking and defending - engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations - respond creatively to a range of stimuli using appropriate movements - link a range of different movements on the floor and apparatus and perform with confidence and control - work and communicate effectively as a small team, showing kindness and love for yourself and others. - to suggest simple ways to improve - Improve work by acting upon feedback. - Work together with a partner or a small team to create basic sequences - Know simple rules and play fairly and respectfully most of the time.	- Be curious when trying a wide range of new activities and show independence and resilience in the face of increasingly challenging situations - Understand why safety is important. E.g. appropriate clothing and footwear for PE is necessary and make appropriate choices - develop and perform a simple sequence with confidence, both independently and as a team. - respectfully watch and respond to a performance - explain how a range of activities affect our bodies and how that can help us to support our mental health - assess risks and make responsible choices linked to personal safety - showing respect and belonging for each other and love when things go wrong - show encouragement for others and aspire for individual achievements	- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - Perform dances using simple movement patterns. - Use pathways, levels, directions, speed and timing - Begin to control an object with hands or feet, by developing passing, receiving and dribbling - Strike a target with some accuracy

The Crescent Primary School – PE Progression

Year 3

Skills, strategies and tactics (Head)	Healthy participation (Heart)	Motor competence (Hands)
- provide feedback and recognise how performances could be improved with guidance on appropriate language - begin to understand the role as an attacker and a defender - communicate and work lovingly within a small-sided team and ensuring everyone feels like they belong - begin to use and identify when simple tactics have been successful - create a sequence that has a clear beginning, middle and end - link different actions and balances smoothly - respond creatively to a range stimuli with curiosity - Develop and perform sequences with a partner or small group showing love	- understand the benefits of exercise and the importance of a warm up - show respect to others when they perform - show creativity and resilience when a challenge is aspirational - show fairness and integrity for the rules of the game to be a fair participant - Show confidence when competing against yourself or others. - identify risks independently and understand how to work safely when learning a new skill	- safely perform balances individually and with a partner showing an awareness of space - perform some gymnastic actions and movements with increasing balance and control using a start and finish; - apply balanced actions when playing simple games - link a variety of jumps, sometimes over obstacles, and apply within small games. - be able to repeat a sequence of movements accurately - begin to apply sending and receiving in a game and perform with some control - run with changes of speed and direction considering space within simple games - strike a ball into a target area with some accuracy.

Year 4

Skills, strategies and tactics (Head)	Healthy participation (Heart)	Motor competence (Hands)
• evaluate their own, and others' performances, and be respectful when suggesting improvements using some simple, appropriate activity language • understand the rules of the game and use them consistently and fairly with an understanding of how to use space. • understand the role as an attacker and a defender and apply the basic tactics of these fairly to small sided games • Aspiring to use a greater range of skills and simple tactics, varying them to suit the situation in a game • be creative and curious in planning and applying strategies to solve problems • link together individual and partner balances as part of a sequence • creatively respond to stimuli as part of a small group; understand the impact of dynamics on an action and use them when creating a phrase	• Show a love for physical activity and understand the importance of activity to their fitness, health and physical and mental well-being. • understand how strength, stamina and speed can be improved by playing games • confidently communicate ideas and listen to others and feel empowered to receive and give feedback. • work positively towards a team goal showing friendship and respect when things don't go as planned and making sure everyone feels like they belong • Compete against themselves and others in a controlled and fair manner.	• perform actions and movement with control, coordination and variety • Send and receive the object with control and accuracy over a range of distances • develop the ability to strike an object with a degree of accuracy. • throw with some accuracy and appropriate power at a target and catch with increasing control • perform a range of jumps showing consistent technique, increasing control and coordination; • show balance when changing direction at speed; to show control when completing activities to improve balance;

The Crescent Primary School – PE Progression

- To understand the importance of space when playing

Year 5

Skills, strategies and tactics (Head)	Healthy participation (Heart)	Motor competence (Hands)
• identify strengths and weaknesses and suggest ways to improve and apply with love and respect • plan and perform more complex sequences, linking movements, different methods of travelling and different levels • explain how using different parts of the body impacts on balance, coordination and travel • work collaboratively and lovingly with a group to create sequences that flow smoothly • Curiously reflect on when and how they were successful at solving challenges, and alter their methods in order to improve and build confidence • understand there are different skills for different situations and begin use of appropriate ones more consistently • work effectively and cooperatively and ensuring everyone feels they belong when working with a partner and small group towards a goal	• explain the importance of physical activity -in and out of school understanding how and where they can do this. • Understand the impact of physical activity on their long-term fitness, health and physical and mental well-being. • demonstrate good control, resilience and confidence when performing a wide range of skills and actions under pressure • assess risks and make responsible choices linked to personal safety and safety of your peers • Aspire to compete against others in a healthy competitive environment.	• swim competently, competently and proficiently by the end of KS2 • Use a range of strokes effectively • Perform safe, self rescue • perform partner balances on and around apparatus with control and fluency • incorporate props and apparatus as part of a sequence of movements • Send, receive and strike the ball with increasing control and consistency under pressure, gaining accuracy towards an intended target. • develop power, control and consistency when jumping for distance and height • Begin to show good technique when running and make increasingly appropriate choices about pace

Year 6

Skills, strategies and tactics (Head)	Healthy participation (Heart)	Motor competence (Hands)
- compare their performances with previous ones and demonstrate improvement and aspire to achieve their personal best - create and perform more complex sequences and routines within a larger group using compositional devices to help show competence, fluency and control - communicate, collaborate and compete respectfully showing love for yourself and others, having a feeling of belonging. - evaluate, through self and peer assessment and suggest a variety of changes using appropriate language and terminology maintaining respect - respond and apply movement to the rhythm of music, considering timings, formation and dynamics	- understand and explain the impact of different activities on their health, fitness and physical and mental well-being - perform with curiosity, pride and confidence using exaggerated movements - challenge themselves with an aspirational personal target and work towards it with resilience - to assess risks and make responsible choices linked to personal safety and of your peers - consider the safe use of space and equipment for a group in a range of situations - Find a love for physical activity which they will continue when leaving year 6. - To understand what healthy competition looks like and how to participate in this environment.	- apply and develop a broader range of skills, learning how to use them in different ways - take part in outdoor and adventurous challenges with curiosity, courage. Both individually, and within a team - perform dances using a range of movement patterns - Develop flexibility, strength, technique, control and balance. - Use running, jumping, throwing and catching in isolation and in combination - combine and perform gymnastic actions, shapes and balances with strength, control and fluency - pass, receive and strike the ball with accuracy, control while under pressure in an indented direction. - use good technique in throwing and jumping with accuracy and success - show good technique when running and make appropriate choices about pace

The Crescent Primary School – PE Progression

• select and apply a variety of appropriate movements, tactics and principles dependent on the situation and activity. • use and apply the rules of the game consistently, showing fairness and respect and ensuring everyone feels like they belong even when things go wrong		• use a wider range of fielding skills within small-sided games
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