



## Progression in PE at Radford Semele C of E Primary School

### **Early Years:**

At Radford Semele, we know that physical development is vital in children, enabling them to pursue happy, healthy, active lives. In Reception, gross and fine motor experiences are developed through sensory explorations, focussing on strength, co-ordination and positional awareness. We provide opportunities for play both indoors and outdoors, which supports our children in building core strength, stability, balance, spatial awareness, co-ordination and agility.

Children will develop their PE skills in many different areas. By the end of the year, children working at the expected level of development will be able to:

### **Physical development:**

- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and coordination when playing.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

### **Personal, social and emotional development:**

- Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge.
- Explain the reasons for rules, know right from wrong and try to behave accordingly.
- Manage their own basic hygiene and personal needs, including dressing.

### **Expressive arts and design:**

- Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.

	EYFS	KS1	LKS2	UKS2
<b>Dance</b>	<p>Explore and copy basic body actions and rhythms.</p> <p>Negotiate space confidently, using appropriate strategies.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>Use their bodies to respond to stories, topics and music.</p>	<p>Respond imaginatively to a range of stimuli.</p> <p>Move confidently and safely in your own and general space, using changes in speed, level and direction.</p> <p>Perform movement phrases using a range of different body actions and body parts – with control and accuracy.</p> <p>Create linked movements, combining different ways of travelling, with beginnings, middles and ends.</p> <p>Use a variety of moves and practise starting from different positions.</p> <p>Compose short dances that express and communicate mood ideas and feelings, varying simple compositional ideas.</p> <p>Work to music, creating movements that show rhythm and control.</p> <p>Explore, remember and repeat short dance phrases, showing greater control and spatial awareness.</p> <p>Show contrasts in simple dances with good body shape and position.</p> <p>Describes phrases and expressive qualities.</p>	<p>Explore and create characters and narratives in response to a range of stimuli.</p> <p>Perform dances using a range of movement patterns – accurately, fluently, consistently and with control on your own and with a partner.</p> <p>Develop dance phrases using canon, unison, repetition, action/reaction, and question/answer.</p> <p>Combine actions and maintain the quality of performance when performing at the same time as a partner.</p> <p>Perform with increasing confidence in front of others and evaluate own and others' work.</p> <p>Develop precision of movement.</p> <p>Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension and continuity when working with a partner and in a group.</p> <p>Perform with rhythm and expression.</p>	<p>Continue to develop a broader range of skills and movement patterns, exploring and practising movement ideas inspired by a stimulus.</p> <p>Create group dances that reflect the dance style.</p> <p>Use basic compositional principles when creating dances – combining movements fluently and effectively.</p> <p>Perform a range of movements accurately with a sense of rhythm, clarity and confidence.</p> <p>Use imagination to create and structure dance motifs, phrases and sections of dances, developing expressive qualities.</p> <p>Explore and improvise and combine movement ideas fluently and effectively inspired by a stimulus.</p> <p>Perform a dance using a range of movement patterns.</p> <p>Perform movements to an audience with rhythm and confidence.</p>

<b>Gymnastics</b>	<p>Explore and copy basic body actions and rhythms. Negotiate space confidently, using appropriate strategies. Use their bodies to respond to stories, topics and music. Demonstrate strength, balance and coordination when playing.</p>	<p>Perform basic gymnastic actions including travelling, rolling, jumping and staying still. Become increasingly confident and competent, moving safely using changes in speed, level and direction. Combine different ways of travelling exploring a range of movements and shapes. Create linked movement phrases with beginning, middle and end. Perform movement phrases using a range of different body actions and body parts. Develop fundamental movement skills combining traveling, balancing and stiffness using both floor and apparatus; and moving smoothly from one position to another. Develop agility, balance and coordination. Form simple sequences of different actions using the floor and a variety of apparatus.</p>	<p>Perform a range of actions, agilities and skills with consistency, fluency and clarity of movement. Experiment with a wide range of actions varying and combining spatial patterns, speed, tension and continuity when working with a partner and in a group. Create gymnastic sequences that meet a theme or set of conditions showing a clear beginning, middle and end. Create, perform and repeat a combination of actions that include changes in dynamic eg. Changes of level, speed and direction and clarity of shape. Explore jumping techniques and link them with other actions. Identify and practise body shapes, incorporating them into sequences. Develop flexibility, strength, control, technique and balance. Find different ways of using a shape, balance or travel and link them to make actions and sequence movements.</p>	<p>Explore, improvise and combine movement ideas fluently and effectively, using skills in different ways, performing confidently, with clarity and a sense of rhythm. Perform movements accurately and with a sense of rhythm. Make up longer sequences and perform them with fluency and clarity of movement, choosing skills that meet the needs of the situation. Develop your own gymnastic sequences by understanding, choosing and applying a range of compositional principles; varying in direction, level and pathways to improve the look of the sequence. Develop flexibility, strength, control, technique and balance. Use combinations of dynamics using the space effectively. Use counterbalances and incorporate them into a sequence of movement. Perform and evaluate own and others' sequences.</p>
<b>Athletics</b>	<p>Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Explore and practise a variety of athletic movements and apply athletic skills and techniques to a variety of activities. Show understanding and a basic level of control, coordination and</p>	<p>Apply and develop a broad range of athletic skills in different ways. Show control, coordination and consistency when running, throwing and jumping.</p>	<p>Understand and apply appropriate pace judgement for running distance to be covered. Run, jump, catch and throw in isolation and combination.</p>

		<p>consistency when running, as well as varying speeds.</p> <p>Experiment with different jump techniques, showing control, coordination and consistency throughout.</p> <p>Develop coordination and balance whilst exploring different running, jumping and throwing techniques.</p> <p>Develop the overarm, underarm and pull throw technique, understanding the difference between sprinting and running over longer distances.</p>	<p>Choose an appropriate running speed to meet the demand of the task.</p> <p>Understand the pace judgement when running over an increased distance, choosing the appropriate speed to meet the demand of the task.</p> <p>Combine basic jump actions to form a jump combination, using a controlled jumping technique.</p> <p>Understand the relay and passing the baton.</p> <p>Utilise skills learned in a competitive situation.</p>	<p>Combine and perform skills with control.</p> <p>Demonstrate a range of throwing actions eg. Push, pull, sling, using different equipment.</p> <p>Choose the appropriate speed to run at for the distance to be covered.</p> <p>Understand and apply the appropriate throwing and jumping technique to achieve maximum distance and height.</p> <p>Select and apply skills that meet the needs of the situation, combining and performing each skill with control at speed.</p>
<p><b>Invasion games (Football, Netball, Hockey, Tag Rugby)</b></p>	<p>Show increasing control when throwing a ball.</p> <p>Show increasing control over an object pushing, passing, throwing, catching or kicking it.</p> <p>Move freely and with pleasure and confidence in a range of skilful ways.</p> <p>Able to respond to simple instructions showing a good understanding of safety when using equipment.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Explore different ways to use, move and send the ball.</p> <p>Develop skills such as sending an object to a target, catching and gathering, rolling and basic ball control.</p> <p>React to situations to make it difficult for opponents – using simple tactics eg.</p> <p>Understand how to play in a safe way.</p> <p>Show a good awareness of others when playing games.</p> <p>Perform a range of actions with the ball, keeping it under control.</p> <p>Aim a variety of balls accurately.</p>	<p>Move the ball, keeping it under control whilst changing direction.</p> <p>Pass, shoot and receive a ball with increasing accuracy, control and success.</p> <p>Pass in different ways eg. High, low, fast, slow.</p> <p>Find and use space in game situations and work well as part of a team.</p> <p>Apply basic attacking and defending principles.</p> <p>Use a range of tactics to keep possession of the ball and explain simple tactics in game situations.</p> <p>Take up spaces/positions that make it difficult for opponents.</p>	<p>Develop control whilst performing at speed.</p> <p>Understand there are different ways to defend, choose and apply a range of tactics and strategies when defending including how to mark player and space.</p> <p>Understand there are different ways to attack as a team, choose and apply arrange of tactics and strategies when attacking.</p> <p>Combine and perform skills with control, adapting them to meet the needs of the situation.</p> <p>Perform skills such as passing and shooting with accuracy, control and confidence.</p>

		<p>Develop balance, agility and co-ordination.</p> <p>Use hand-eye co-ordination to control a ball.</p>	<p>Identify and follow the rules of games.</p> <p>Choose and use simple tactics in different situations.</p>	<p>Change speed and direction to get away from a defender.</p> <p>Develop skills in a range of passes and understand which pass to use.</p> <p>Recognise which positions are attacking and defending.</p>
<p><b>Striking and fielding games (Rounders, Cricket)</b></p>	<p>Show increasing control when throwing a ball.</p> <p>Shows increasing control over an object pushing, passing, throwing and catching.</p> <p>Moves freely and with pleasure and confidence in a range of skilful ways.</p> <p>Able to respond to simple instructions showing a good understanding of safety when using equipment.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>Develop fine motor skills by using a range of small tools including scissors, paintbrushes and cutlery.</p>	<p>Develop fundamental movement skills, becoming increasingly confident and competent moving fluently, changing direction and speed.</p> <p>Throw/hit a ball in different ways eg. High, low, fast, slow showing basic control.</p> <p>Successfully receive (catch/stop) a ball, understanding the concept of moving to get in line with the ball to receive it.</p> <p>Apply skills and tactics in simple games, including recognising space and using it to your advantage.</p> <p>React to situations in ways that make it difficult for opponents, applying simple tactics like hitting the ball into space to help score more points.</p> <p>Show good awareness of others when playing games.</p> <p>Understand and follow simple rules for games and compete in physical activities both against self and against others.</p>	<p>Apply and develop a broader range of skills, whilst ensuring basic skills are performed with control and accuracy.</p> <p>Throw a ball increasing distances, catch a ball with increasing consistency and hit a ball with correct technique and increasing control.</p> <p>Intercept and stop the ball consistently.</p> <p>Work well as part of a team, employing simple tactics, particularly when fielding to make it harder for the batter.</p> <p>Communicate, collaborate and compete with others, following the rules of the game.</p> <p>Choose both fielding and striking skills which make it difficult for your opponent.</p> <p>Explain the tactics you used in games.</p> <p>Show control, coordination and consistency when throwing and catching a ball</p>	<p>Hit the ball with purpose, varying speed, height and direction, as well as thinking of tactics needed to score more runs.</p> <p>Choose skills and tactics to meet the needs of the situation (ie.to outwit the opponents when fielding).</p> <p>Begin to bowl at different speeds.</p> <p>Work as part of a team that covers the areas to make it hard for the batter to score runs.</p> <p>Develop skills in batting and fielding.</p> <p>Learn batting control.</p> <p>Use fielding skills as a team to stop the ball effectively.</p> <p>Work as a team using tactics in order to beat another team.</p>

<b>Net and wall games (Tennis, Badminton)</b>	<p>Shows increasing control over an object pushing, passing, throwing and catching.</p> <p>Moves freely and with pleasure and confidence in a range of skilful ways.</p> <p>Able to respond to simple instructions showing a good understanding of safety when using equipment.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>Develop fine motor skills by using a range of small tools including scissors, paintbrushes and cutlery.</p>	<p>Practise basic sending and receiving techniques.</p> <p>Develop balance, agility and co-ordination.</p> <p>Begin to build a rally with a partner.</p> <p>Use hand-eye co-ordination to develop skills.</p> <p>Begin to demonstrate understanding of how to correctly hold a racket.</p>	<p>Perform basic skills for the game with control and accuracy including hitting a ball towards a target, throwing and stopping the ball.</p> <p>Perform a basic forehand action with control and accuracy.</p> <p>Throw/send/hit a ball into space, at different speeds and heights to make it difficult for your opponent.</p> <p>Begin to apply basic movements in a range of activities and in combination.</p> <p>Apply basic principles for attacking including finding and using space in game situations.</p> <p>Keep a rally going using a range of shots.</p> <p>Compete with others – keeping and following the rules of the game</p>	<p>Hit the shuttlecock with purpose, speed, height and direction.</p> <p>Direct the shuttlecock towards the opponent's court or target area.</p> <p>Perform skills such as forehand and backhand shots with control and confidence.</p> <p>Play shots on the forehand and backhand side of your body.</p> <p>Direct the shuttlecock towards the opponent's court or target area.</p> <p>Participate in competitive games, modified where appropriate.</p> <p>Adopt a good ready position and show good position on court.</p> <p>Use good footwork that allows the shuttlecock to be hit with good technique.</p> <p>Apply the principles of attacking.</p> <p>Identify spaces and understand the tactic of hitting into gaps.</p>
<b>Outdoor Adventurous Activities</b>			<p>Work effectively with others to complete a task.</p> <p>Communicate effectively.</p> <p>Follow multi-step instructions.</p> <p>Solve a range of problems when working with others.</p> <p>Follow a set of directions correctly.</p> <p>Give clear and precise directions for someone else to follow.</p> <p>Follow simple maps.</p> <p>Know what orienteering is.</p>	<p>Demonstrate agility and endurance in a range of situations.</p> <p>Know what a compass is and how to use it.</p> <p>Know the eight directions on a compass.</p> <p>Read, follow and understand maps.</p> <p>Work systematically and as part of a team to solve a range of problems.</p> <p>Work collaboratively to plan and prepare an orienteering course.</p>

			Know and understand a range of map symbols.	Work collaboratively to complete a timed orienteering course. Demonstrate positivity, perseverance and effective teamwork when completing a range of challenges. Use a range of communication methods effectively during problem solving activities and challenges. Demonstrate effective leadership skills. Work together effectively to achieve a common goal.
<b>Swimming</b>			Swim competently, confidently and proficiently over a distance of at least 25m. Use a range of strokes effectively. Perform safe self-rescue in different water-based situations.	
<b>Health, fitness and wellbeing</b>	Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Work and play cooperatively and take turns with others. Begin to understand the importance of healthy eating and hydration.	Recognise how different foods and a balanced diet can keep us healthy. Understand how taking care of teeth and bodies is important. Identify and understand the importance of some major organs, large bones and muscles. Understand that exercise is good for our minds. Recognise emotions in ourselves and others, as well as ways to help negative emotions.	Explain the different food types and the importance of appropriate portions of food in a balanced diet. Understand that there are good bacteria and bad bacteria. Know the importance of taking medicine and taking care of teeth/gums. Recognise how to stay safe in the sun while also recognising its importance. Identify the importance of our senses.	Use scientific language to explain the importance of different elements of our diet, as well as the effect it can have on our bodies. Evaluate whether a diet is healthy or not. Understand that endorphins are released through exercise and the importance of sleep for our bodies. Identify the main circulatory systems and use scientific language to explain what happens to our bodies during exercise.

	<p>Discuss basic hygiene such as washing hands before eating.</p>	<p>Begin to set realistic goals to achieve.</p> <p>Understand the importance of having friends, as well as listening to others.</p> <p>Understand the difference between fair and unfair.</p> <p>Share opinions and listen to others.</p>	<p>Recognise how exercise can help our bodies.</p> <p>Describe the differences between body parts, as well as the main functions of the brain and skeleton.</p> <p>Set more challenging goals and evaluate own performance, recognising the need for determination.</p> <p>Compare physical with emotional feelings and identify stressful situations.</p> <p>Understand the importance of mental health as well as various coping strategies.</p> <p>Share own point of view with others and offer solutions where there are disagreements.</p> <p>Identify ways to make own self happy and share that happiness with others.</p>	<p>Understand that muscles work in pairs throughout the body and recognise the function of the internal organs.</p> <p>Identify stressful situations and think of ways to deal with them, as well as situations where people may need help with their mental health.</p> <p>Set achievable personal goals and reflect on these.</p> <p>Understand different levels of confidence and emotional intelligence.</p> <p>Reflect on mistakes and see them as an opportunity to learn from.</p> <p>Make links between a balanced lifestyle and being happy.</p> <p>Recognise that 'being healthy' is a combination of body, mind and lifestyle.</p>
--	---	---	--	---