



PE Progression

Area	Reception	Key Stage 1	Key Stage 2
Movement	<p>Pupils will:</p> <ul style="list-style-type: none"> • Experiments with different ways of moving. • Jumps off an object and lands appropriately. • Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. • Travels with confidence and skill around, under, over and through balancing and climbing equipment. • Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. • Uses simple tools to effect changes to materials. • Handles tools, objects, construction and malleable materials safely and with increasing control. • Shows a preference for a dominant hand. • Begins to use anticlockwise movement and retrace vertical lines. • Begins to form recognisable letters. • Uses a pencil and holds it effectively to form recognisable letters, most of which are correctly formed. <p>ELG: Early Learning Goal Children show good control and co-ordination in large</p>	<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities 	<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination

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	and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.		
Skills and techniques		Pupils should be taught to: <ul style="list-style-type: none"> develop balance, agility and co-ordination and begin to apply these in a range of activities 	Pupils should be taught to: <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
Games and tactics		Pupils should be taught to: <ul style="list-style-type: none"> participate in team games, developing simple tactics for attacking and defending 	Pupils should be taught to: <ul style="list-style-type: none"> play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Dance		Pupils should be taught to: <ul style="list-style-type: none"> perform dances using simple movement pattern 	Pupils should be taught to: <ul style="list-style-type: none"> perform dances using a range of movement patterns
OAA			Pupils should be taught to: <ul style="list-style-type: none"> take part in outdoor and adventurous activity challenges both individually and within a team
Analysis and Evaluation			Pupils should be taught to: <ul style="list-style-type: none"> compare their performances with previous ones and demonstrate improvement to achieve their personal best
Swimming			Pupils should be taught to: <ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres

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			<ul style="list-style-type: none">• use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]• perform safe self-rescue in different water-based situations.
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