

# Holy Cross Catholic Primary School

## PE Progression



Area	Reception	Key Stage 1	Key Stage 2
<b>Movement</b>	<p><b>Pupils will:</b></p> <ul style="list-style-type: none"> <li>• Experiments with different ways of moving.</li> <li>• Jumps off an object and lands appropriately.</li> <li>• Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.</li> </ul>	<p><b>Pupils should be taught to:</b></p> <ul style="list-style-type: none"> <li>• master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities</li> </ul>	<p><b>Pupils should be taught to:</b></p> <ul style="list-style-type: none"> <li>• use running, jumping, throwing and catching in isolation and in combination</li> </ul>
<b>Skills and techniques</b>	<ul style="list-style-type: none"> <li>• Travels with confidence and skill around, under, over and through balancing and climbing equipment.</li> <li>• Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.               <ul style="list-style-type: none"> <li>• Uses simple tools to effect changes to materials.</li> </ul> </li> <li>• Handles tools, objects, construction and malleable materials safely and with increasing control.               <ul style="list-style-type: none"> <li>• Shows a preference for a dominant hand.</li> <li>• Begins to use anticlockwise movement and retrace vertical lines.</li> <li>• Begins to form recognisable letters.</li> </ul> </li> </ul>	<p><b>Pupils should be taught to:</b></p> <ul style="list-style-type: none"> <li>• develop balance, agility and co-ordination and begin to apply these in a range of activities</li> </ul>	<p><b>Pupils should be taught to:</b></p> <ul style="list-style-type: none"> <li>• develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> </ul>

ACKNOWLEDGMENT:



	<ul style="list-style-type: none"><li>• Uses a pencil and holds it effectively to form recognisable letters, most of which are correctly formed</li></ul> <p><b>ELG: Gross Motor Skills</b> Children at the expected level of development will:</p> <ul style="list-style-type: none"><li>• Negotiate space and obstacles safely, with consideration for themselves and others.</li><li>• Demonstrate strength, balance and coordination when playing.</li><li>• Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li></ul> <p><b>ELG: Fine Motor Skills</b> Children at the expected level of development will:</p> <ul style="list-style-type: none"><li>• Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases.</li><li>• Use a range of small tools, including scissors, paint brushes and cutlery.</li><li>• Begin to show accuracy</li></ul>		
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	and care when drawing.		
<b>Games and tactics</b>		<b>Pupils should be taught to:</b> <ul style="list-style-type: none"> <li>participate in team games, developing simple tactics for attacking and defending</li> </ul>	<b>Pupils should be taught to:</b> <ul style="list-style-type: none"> <li>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</li> </ul>
<b>Dance</b>		<b>Pupils should be taught to:</b> <ul style="list-style-type: none"> <li>perform dances using simple movement pattern</li> </ul>	<b>Pupils should be taught to:</b> <ul style="list-style-type: none"> <li>perform dances using a range of movement patterns</li> </ul>
<b>OAA</b>			<b>Pupils should be taught to:</b> <ul style="list-style-type: none"> <li>take part in outdoor and adventurous activity challenges both individually and within a team</li> </ul>
<b>Analysis and Evaluation</b>			<b>Pupils should be taught to:</b> <ul style="list-style-type: none"> <li>compare their performances with previous ones and demonstrate improvement to achieve their personal best</li> </ul>
<b>Swimming</b>			<b>Pupils should be taught to:</b> <ul style="list-style-type: none"> <li>swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>perform safe self-rescue in different</li> </ul>

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			water-based situations.
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