

Sequencing and Progression of Learning in PE

Dance	Rec	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Acquiring and developing skills	<ul style="list-style-type: none"> Progress towards a more fluent style of moving, with developing control and grace. Move confidently in a variety of ways 	<ul style="list-style-type: none"> Explore movement ideas and respond imaginatively to a range of stimuli Move confidently and safely in their own and general space, using changes of speed, level and direction 	<ul style="list-style-type: none"> Explore, remember, repeat and link a range of actions with co-ordination, control and an awareness of the expressive qualities of dance 	<ul style="list-style-type: none"> Improvise freely on their own and with a partner, translating ideas from a stimulus into movement 	<ul style="list-style-type: none"> Explore and create characters and narratives in response to a range of stimuli 	<ul style="list-style-type: none"> Explore and improvise ideas for dances in different styles, working on their own, with a partner and in a group 	<ul style="list-style-type: none"> Explore, improvise and combine movement ideas fluently and effectively
Selecting and applying skills, tactics and compositional ideas	<ul style="list-style-type: none"> Combine different movements with ease and fluency. Explore and engage in music making and dance, performing solo or in groups. Confidently perform in front of a group or an adult, displaying a deep understanding of key skills learnt. 	<ul style="list-style-type: none"> Compose and link movement to make simple dances with clear beginnings, middles and ends Perform movement phrases using a range of body actions and body parts 	<ul style="list-style-type: none"> Compose and perform dance phrases and short dances that express and communicate moods, ideas and feelings choosing and varying simple compositional ideas 	<ul style="list-style-type: none"> Create and link dance phrases using a simple dance structure or motif Perform dances with an awareness of rhythmic, dynamic and expressive qualities, on their own, with a partner and in small groups 	<ul style="list-style-type: none"> Use simple choreographic principles to create motifs and narrative Perform complex dance phrases and dances that communicate character and narrative 	<ul style="list-style-type: none"> Compose dances by using adapting and developing steps, formations and patterning from different dance styles Perform dances expressively, using a range of performance skills 	<ul style="list-style-type: none"> Create and structure motifs, phrases, sections and whole dances Begin to use basic compositional principles when creating their dances
Knowledge and understanding of fitness and health	<ul style="list-style-type: none"> Know that exercise is good for the body. Name some healthy foods. Know that some foods are unhealthy if eaten too much. Know how to wash hands effectively. Know how to look after their teeth Know how many hours is a healthy amount of sleep Explain how they keep healthy 		<ul style="list-style-type: none"> Recognise and describe how different dance activities make them feel Understand the importance of warming up and cooling down 	<ul style="list-style-type: none"> Keep up activity over a period of time and know they need to warm up and cool down for dance 	<ul style="list-style-type: none"> Know and describe what you need to do to warm up and cool down for dance 	<ul style="list-style-type: none"> Organise their own warm-up and cool-down activities to suit the dance Show an understanding of why it is important to warm up and cool down 	<ul style="list-style-type: none"> Understand why dance is good for their fitness, health and wellbeing Prepare effectively for dancing
Evaluating and improving performance	<ul style="list-style-type: none"> Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen or one which is suggested to them. 	<ul style="list-style-type: none"> Copy, watch and describe dance movement Talk about dance ideas inspired by different stimuli 	<ul style="list-style-type: none"> Watch and describe dance phrases and dances and use what they learn to improve their own work 	<ul style="list-style-type: none"> Talk about how they might improve their dances Describe and evaluate some of the compositional features of dances performed with a partner and in a group 	<ul style="list-style-type: none"> Describe, interpret and evaluate their own and others' dances, taking account of character and narrative 	<ul style="list-style-type: none"> Describe, analyse, interpret and evaluate dances, showing an understanding of some aspects of style and context 	<ul style="list-style-type: none"> Understand how a dance is formed and performed Evaluate, refine and develop their own and others work

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Games	Rec	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Acquiring and developing skills	<ul style="list-style-type: none"> Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 	<ul style="list-style-type: none"> Be confident and safe in the spaces used to play games Explore and use skills, actions and ideas individually and in combination to suit the game they are playing 	<ul style="list-style-type: none"> Improve the way they coordinate and control their bodies and a range of equipment Remember, repeat and link combinations of skills 	<ul style="list-style-type: none"> Consolidate and improve the quality of their techniques Develop the range and consistency of their skills in all games 	<ul style="list-style-type: none"> Develop the range and consistency of their skills in all games 	<ul style="list-style-type: none"> Develop a broader range of techniques and skills for attacking and defending Develop consistency in their skills 	<ul style="list-style-type: none"> Choose, combine and perform skills more fluently and effectively in invasion, striking and net games
Selecting and applying skills, tactics and compositional ideas	<ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Negotiate spaces with speed, confidence and control. 	<ul style="list-style-type: none"> Choose and use skills effectively for particular games 	<ul style="list-style-type: none"> Choose, use and vary simple tactics 	<ul style="list-style-type: none"> Improve their ability to choose and use simple tactics and strategies Keep, adapt and make rules for striking and fielding and net games 	<ul style="list-style-type: none"> Devise and use rules Keep, adapt and make rules for striking and fielding and net games Use and adapt tactics in different situations 	<ul style="list-style-type: none"> Know and apply the basic strategic and tactical principles of attack, and to adapt them to different situations Choose and apply skills more consistently in all activities 	<ul style="list-style-type: none"> Understand, choose and apply a range of tactics and strategies for defence and attack Use these tactics and strategies more consistently in similar games
Knowledge and understanding of fitness and health	<ul style="list-style-type: none"> Know that exercise is good for the body. Name some healthy foods. Know that some foods are unhealthy if eaten too much. Know how to wash hands effectively. Know how to look after their teeth Know how many hours is a healthy amount of sleep 	<ul style="list-style-type: none"> Know that being active is good for them and fun 	<ul style="list-style-type: none"> Recognise and describe what their bodies feel like during different types of activity 	<ul style="list-style-type: none"> Know how to improve stamina Begin to understand the importance of warming up Know and describe the short-term effects of different exercise activities on the body 	<ul style="list-style-type: none"> Recognise which activities help their speed, strength and stamina and know when they are important in games Recognise how specific activities affect their bodies 	<ul style="list-style-type: none"> Know and understand the basic principles of warming up, and understand why it is important for a good-quality performance Understand why exercise is good for their fitness, health and wellbeing 	<ul style="list-style-type: none"> Understand why exercise is good for their fitness, health and wellbeing Understand the need to prepare properly for games
Evaluating and improving performance	<ul style="list-style-type: none"> Explain the reasons for rules, know right from wrong and try to behave accordingly. 	<ul style="list-style-type: none"> Describe what they are doing Watch, copy and describe what others are doing 	<ul style="list-style-type: none"> Recognise good quality in performance Use information to improve their work 	<ul style="list-style-type: none"> Recognise good performance and identify the parts of a performance that need improving Use what they have learned to improve their work 	<ul style="list-style-type: none"> Explain their ideas and plans Recognise aspects of their work that need improving Suggest practices to improve their play 	<ul style="list-style-type: none"> Choose and use information to evaluate their own and others' work Suggest improvements in own and others' performances 	<ul style="list-style-type: none"> Develop their ability to evaluate their own and others' work, and to suggest ways to improve it Know why warming up and cooling down are important

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Gymnastics	Rec	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Acquiring and developing skills	<ul style="list-style-type: none"> Develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions and other physical disciplines, including dance, gymnastics, sport and swimming. Combine different movements with ease and fluency. 	<ul style="list-style-type: none"> Explore gymnastics actions and still shapes Move confidently and safely in their own and general space, using change of speed and direction 	<ul style="list-style-type: none"> Remember, repeat and link combinations of gymnastic actions, body shapes and balances with control and precision 	<ul style="list-style-type: none"> Consolidate and improve the quality of their actions, body shapes and balances, and their ability to link movements 	<ul style="list-style-type: none"> Develop the range of actions, body shapes and balances they include in a performance Perform skills and actions more accurately and consistently 	<ul style="list-style-type: none"> Perform actions, shapes and balances consistently and fluently in specific activities 	<ul style="list-style-type: none"> Combine and perform gymnastic actions, shapes and balances more fluently and effectively across the activity areas
Selecting and applying skills, tactics and compositional ideas	<ul style="list-style-type: none"> Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group. Progress towards a more fluent style of moving, with developing control and grace. 	<ul style="list-style-type: none"> Copy or create and link movement phrases with beginnings, middles and ends Perform movement phrases using a range of body actions and body parts 	<ul style="list-style-type: none"> Choose, use and vary simple compositional ideas in the sequences they create and perform. 	<ul style="list-style-type: none"> Improve their ability to select appropriate actions and use simple compositional ideas 	<ul style="list-style-type: none"> Create gymnastic sequences that meet a theme or set of conditions Use compositional devices when creating their sequences, such as changes in speed, level and direction 	<ul style="list-style-type: none"> Choose and apply basic compositional ideas to the sequences they create, and adapt them to new situations 	<ul style="list-style-type: none"> Develop their own gymnastic sequences by understanding, choosing and applying a range of compositional principles
Knowledge and understanding of fitness and health	<ul style="list-style-type: none"> Know that exercise is good for the body. Name some healthy foods. Know that some foods are unhealthy if eaten too much. Know how to wash hands effectively. Know how to look after their teeth Know how many hours is a healthy amount of sleep Explain how they keep healthy 	<ul style="list-style-type: none"> Know how to carry and place apparatus Recognise how their body feels when still and when exercising 	<ul style="list-style-type: none"> Recognise and describe what their bodies feel like during different types of activity Lift, move and place equipment safely 	<ul style="list-style-type: none"> Recognise and describe the short term effects of exercise on the body during different activities Know the importance of suppleness and strength 	<ul style="list-style-type: none"> Describe how the body reacts during different types of activity and how this affects the way they perform 	<ul style="list-style-type: none"> Know and understand the basic principles of warming up and why it is important for good quality performance Understand why physical activity is good for their health 	<ul style="list-style-type: none"> Understand why warming-up and cooling-down are important Understand why exercise is good for health, fitness and wellbeing, and how to become healthier themselves Carry out warm ups safely and effectively
Evaluating and improving performance	<ul style="list-style-type: none"> Watch and talk about performances, expressing their feelings and responses. Return to and build on their previous learning, refining ideas and developing their ability to represent them. 	<ul style="list-style-type: none"> Watch copy and describe what they and others have done 	<ul style="list-style-type: none"> Improve their work using information they have gained by watching, listening and investigating 	<ul style="list-style-type: none"> Describe and evaluate the effectiveness and quality of a performance Recognise how their own performance has improved 	<ul style="list-style-type: none"> Describe their own and others' work, making simple judgements about the quality of performances and suggesting ways they could be improved 	<ul style="list-style-type: none"> Choose and use information and basic criteria to evaluate their own and others' work 	<ul style="list-style-type: none"> Evaluate their own and others' work Suggest ways of making improvements

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Swimming activities and water safety	Year 4
Acquiring and developing skills	<ul style="list-style-type: none"> Consolidate and develop the quality of their skills e.g front crawl, back crawl, breaststroke, floating, survival skills Improve linking movements and actions
Selecting and applying skills, tactics and compositional ideas	<ul style="list-style-type: none"> Choose and use a variety of strokes and skills, according to the task .and the challenge e.g. Swimming without aids, distance (min at least 25m) and time challenges
Knowledge and understanding of fitness and health	<ul style="list-style-type: none"> Know and describe the short-term effects of exercise on the body and how it reacts to different types of activity
Evaluating and improving performance	<ul style="list-style-type: none"> Describe and evaluate the quality of swimming and recognise what needs improving

Outdoor and adventurous activities	Year 1/2	Year 3/4	Year 5/6
Acquiring and developing skills	<ul style="list-style-type: none"> Recognise their own space Explore finding different places 	<ul style="list-style-type: none"> Develop the range and consistency of their skills and work with others to solve challenges 	<ul style="list-style-type: none"> Develop and refine orienteering and problem-solving skills when working in groups and on their own
Selecting and applying skills, tactics and compositional ideas	<ul style="list-style-type: none"> Follow simple routes and trails, orientating themselves successfully Solve simple challenges and problems successfully 	<ul style="list-style-type: none"> Choose and apply strategies and skills to meet the requirements of a task or challenge 	<ul style="list-style-type: none"> Decide what approach to use to meet the challenge set Adapt their skills and understanding as they move from familiar to unfamiliar environments
Knowledge and understanding of fitness and health	<ul style="list-style-type: none"> Recognise and describe how their body feels during exercise 	<ul style="list-style-type: none"> Recognise the effect of different activities on the body and to prepare for them physically Work safely 	<ul style="list-style-type: none"> Understand how the challenge of outdoor and adventurous activities can help their fitness, health and wellbeing
Evaluating and improving performance	<ul style="list-style-type: none"> Observe what they and others have done and use their observations to improve their performance 	<ul style="list-style-type: none"> Describe and evaluate their own and others' performances, and identify areas that need improving 	<ul style="list-style-type: none"> See the importance of a group or team plan, and the value of pooling ideas Improve their performance by changing or adapting their approaches as needed

Athletic activities	Year 1/2	Year 3/4	Year 5/6
Acquiring and developing skills	<ul style="list-style-type: none"> Remember, repeat and link combinations of actions Use their bodies and a variety of equipment with greater control and coordination 	<ul style="list-style-type: none"> Consolidate and improve the quality, range and consistency of the techniques they use for particular activities 	<ul style="list-style-type: none"> Develop the consistency of their actions in a number of events Increase the number of techniques they use
Selecting and applying skills, tactics and compositional ideas	<ul style="list-style-type: none"> Use their bodies and a variety of equipment with greater control and coordination 	<ul style="list-style-type: none"> Develop their ability to choose and use simple tactics and strategies in different situations 	<ul style="list-style-type: none"> Choose appropriate techniques for specific events
Knowledge and understanding of fitness and health	<ul style="list-style-type: none"> Recognise and describe what their bodies feel like during different types of activity 	<ul style="list-style-type: none"> Know, measure and describe the short-term effects of exercise on the body Describe how the body reacts to different types of activity 	<ul style="list-style-type: none"> Understand the basic principles of warming up Understand why exercise is good for fitness, health and wellbeing
Evaluating and improving performance	<ul style="list-style-type: none"> Watch, copy and describe what they and others have done 	<ul style="list-style-type: none"> Describe and evaluate the effectiveness of performances, and recognise aspects of performances that need improving 	<ul style="list-style-type: none"> Evaluate their own and others' work and suggest ways to improve it