



Holy Cross Catholic Primary School

PE progression Statements and end of year outcomes

	Gymnastics	Dance	Sending and receiving (KS1) Dodgeball (Y3) and Volleyball (Y5/6)	Ball skills (KS1) Handball (KS2)	Athletics + OAA (Indoor and Outdoor)	Striking and fielding (KS1) Cricket and Tri Golf (KS2)
Year 1	<ul style="list-style-type: none"> Explore gymnastic actions and shapes Move in different ways, showing changes in speed, direction and level Create and perform sequences/routines by linking actions together Understand how they feel before, during and after exercise Move apparatus safely Copy and describe how others perform To develop technique and control in the barrel, straight and forward roll. 	<ul style="list-style-type: none"> Explore different ways of moving using a range of body parts, and respond imaginatively to a variety of stimuli Move expressively, confidently and safely in space Use speed, level and direction when creating movements Create and repeat short dances with a clear start, middle and end Perform short routines which include a range of actions Recognise simple changes to their body during exercise, specifically breathing and heart beat Copy other children's actions, describe the movements used by others and talk about how they could be more expressive in dance 	<ul style="list-style-type: none"> I can roll a ball towards a target I can stop a rolling ball I am beginning to send and receive a ball with my hands I can catch a ball after one bounce I am beginning to send and receive a ball with my feet I can recognise changes in my body when I do exercise 	<ul style="list-style-type: none"> I can throw an object towards a target I can track a ball in a controlled and balanced movement I can coordinate my body to send and receive a ball I am beginning to dribble a ball with my hands and feet I can recognise changes in my body when I do exercise 	<ul style="list-style-type: none"> Move more confidently when performing different types of travel Practise fundamental skills in a range of individual and team activities Choose skills that are suited to the practise Describe what others are doing Describe the skill they have been practising <p><u>OAA</u></p> <ul style="list-style-type: none"> I can follow instructions I can listen to others I can work cooperatively with a partner I can communicate simple instructions I can suggest ideas to solve tasks I can show fair play 	<ul style="list-style-type: none"> I can roll a ball towards a target I can stop a mediumsized ball with some consistency I can sometimes catch a beanbag and a medium-sized ball I can track a ball I know how to score points I can push a ball using my hand and an object I can recognise changes in my when I do exercise

Year 2	<ul style="list-style-type: none"> Link combinations of different actions and balances together Develop different ways of creating a sequence – similar 	<ul style="list-style-type: none"> Explore and perform a range of actions with control and coordination, responding imaginatively to a 	<ul style="list-style-type: none"> I can roll a ball to hit a target I can track a ball and stop it I can pass a ball to a partner using my 	<ul style="list-style-type: none"> I can roll a ball to hit a target I can co-ordinate my body to track a ball and stop it I can sometimes 	<ul style="list-style-type: none"> Refine and link fundamental skills consistently. Explore different ways of travelling Choose speed and 	<ul style="list-style-type: none"> I can roll a ball to hit a target I am developing underarm and overarm throwing skills I can sometimes hit a
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	Gymnastics	Dance	Sending and receiving (KS1) Dodgeball (Y3) and Volleyball (Y5/6)	Ball skills (KS1) Handball (KS2)	Athletics + OAA (Indoor and Outdoor)	Striking and fielding (KS1) Cricket and Tri Golf (KS2)
	<ul style="list-style-type: none"> actions/shapes or different actions/shapes Describe how their bodies feel during different types of exercise – high intensity, low intensity, continuous and stop/start Lift and move equipment safely Improve their performance by listening to advice and watching others To demonstrate different take off and landings when performing jumps 	<ul style="list-style-type: none"> variety of stimuli Remember, repeat and link a variety of actions Create movement phrases which communicate a theme, idea, feeling or mood Select and vary basic compositional ideas Describe how they feel when taking part in dance Give reasons for warming-up and cooling down Describe others dances and actions they have used, and take steps to improve their own work 	<p>hands</p> <ul style="list-style-type: none"> I can pass a ball to a partner using my feet. I can catch a ball passed to me, without a bounce I can describe how my body feels during exercise 	<p>dribble a ball with my hands and feet</p> <ul style="list-style-type: none"> I can send and receive a ball using both kicking and throwing skills I can describe how my body feels during exercise 	<p>distance and vary them depending on the task</p> <ul style="list-style-type: none"> Recognise and describe how their bodies feel before, during and after exercise. Identify skills and tactics that are performed well. Use what they have seen to improve their own performance <p><u>OAA</u></p> <ul style="list-style-type: none"> I can follow instructions I can work with a partner and am beginning to work in a small group I can share my ideas and help to solve tasks I can listen to others I can reflect on when I was successful at solving challenges 	<p>ball using a racket</p> <ul style="list-style-type: none"> I know how to score points and can remember the score I can track a ball and stop it I can apply these skills in a variety of simple games I can use some simple tactics I can describe how my body feels during exercise

Year 3	<ul style="list-style-type: none"> Improve the range and quality of the actions, shapes and movements they perform Apply their range of skills on the floor and on apparatus Choose appropriate actions that link well together Describe a performance and comment on its quality and effectiveness Discuss how and why they have improved Demonstrate the importance of strength and flexibility in 	<ul style="list-style-type: none"> Explore and perform a range of actions individually or with a partner, showing good body control and fluency Respond imaginatively to a stimulus to create original movements Create short movement phrases which have a simple structure Perform with expression and rhythm on their own and with others Prepare for and recover from dance activity 	<ul style="list-style-type: none"> I understand the aim of the game I am learning the rules of the game and I am beginning to use them I can throw with some accuracy and catch with some consistency I can begin to return to the ready position to defend myself I can use simple tactics I can identify when I was successful 	Handball - <ul style="list-style-type: none"> Improve and consolidate the standard of skills and techniques Improve the ability to link movements together Choose and use basic tactics and strategies Know and describe the short term effects that different types of exercise have on the body Known what stamina is and suggest ways of improving it. Describe key movements and 	<ul style="list-style-type: none"> Explore running, jumping and throwing activities as well as developing balance, agility and coordination. Use their bodies and a variety of equipment with greater control and co-ordination. Experiment with different ways of travelling, throwing, and jumping to increase awareness of speed and distance. Recognise and describe what their bodies feel like during different types of 	Cricket - <ul style="list-style-type: none"> To develop throwing a ball over arm. To develop a range of throwing and striking skills. To develop bowling a ball. To choose simple tactics when playing a game. To recognize and identify the parts of performance that needs improving.
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	<ul style="list-style-type: none"> gymnastics Talk about the effects that exercise has on their bodies To develop the straight, barrel, and forward roll. To develop the straight, tuck and star jump 	<ul style="list-style-type: none"> Use a range of descriptive language to describe and evaluate dance Suggest ways of improving their own performance and movements To understand and begin to use canon and unison To understand and use formations 		<p>evaluate how effective performance is</p> <ul style="list-style-type: none"> Use their ability to evaluate others to improve their own work. 	<p>activities.</p> <ul style="list-style-type: none"> Choose skills and equipment to help them meet the challenges set. Use their ability to evaluate others to improve their own work. <p><u>OAA</u></p> <ul style="list-style-type: none"> I can follow and give instructions I can communicate ideas and listen to others I can work with a partner and small group I can plan and attempt to apply strategies to solve problems I can reflect on when and why I was successful at solving challenges I am developing map reading skills 	
Year 4	<ul style="list-style-type: none"> Develop a wider range of actions shapes such as inverted movements Create a sequence that follows guidelines set out by the teacher Adapt and change a sequence using apparatus, space, speed and direction Describe how their performance is affected by changes to the body during a lesson Talk about the performance of others and themselves and suggest how they can 	<ul style="list-style-type: none"> Explore, create and use a range of actions, responding to a range of stimuli Use simple compositional ideas to create and develop movement phrases Perform more complex actions and phrases which convey a theme, mood, feeling or character Know and describe the importance of warming up and cooling down Describe key aspects of their own and others 	Swimming	<p>Handball -</p> <ul style="list-style-type: none"> Develop the range and consistency of skills and techniques Devise, use and adapt rules when playing and making their own games Use and adapt tactics in different situations Know and explain their tactical ideas and plans Know which parts of their performance need to improve Recognise which activities develop speed, strength and stamina Know when speed, 	<ul style="list-style-type: none"> Develop the range and consistency of skills and techniques required for running, jumping and throwing. Use and adapt techniques and equipment to develop performance. Know and explain their ideas. Know which parts of their performance needs to be improved. Know when and why speed, strength and stamina are important in athletics. 	<p>Tri Golf -</p> <ul style="list-style-type: none"> To send a ball toward a target using Tri Golf equipment To send a ball toward a target using a putter with some consistency and control To send a ball toward a target using a chipper with some consistency and control To understand the correct club for the distance to target To show good game management whilst attempting a task

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	<ul style="list-style-type: none"> be improved To develop the straight barrel, forward and straddle roll. To develop the shoulder stand 	<ul style="list-style-type: none"> dances suggesting ways to improve further To use canon and unison and use it to represent an idea To use formations and timing to represent the stimuli 		<p>strength and stamina are important in games</p>	<p><u>OAA</u></p> <ul style="list-style-type: none"> I can accurately follow and give instructions I can reflect on when and why I was successful at solving challenges I can work effectively with a partner and a small group I can identify key symbols on a map and use a key to help navigate around a grid I can plan and apply strategies to solve problems 	
Year 5	<ul style="list-style-type: none"> Perform shapes, actions and movements consistently Link shapes, actions and movements together fluently Use mirroring and matching when working with a partner Adapt a sequence to suit a change in equipment and apparatus Understand the key elements of a warm up and talk about how a warm up has an impact on performance Understand and explain why regular physical activity is good for general health Use knowledge of how to perform to evaluate their own and others' performances To develop the straight, barrel, forward, 	<ul style="list-style-type: none"> Explore, perform and combine actions and ideas in a variety of different dance styles Create dances using compositional ideas on their own and with others Perform confidently and expressively using a variety of performance skills Plan and deliver their own warm-up and cool down activities. Know and explain the importance of preparing for and recovering from activity Describe, analyse and evaluate their own and others routines To use unison and canon when creating and linking poses. To appropriately select the use of formations and timing to represent the stimuli 	<ul style="list-style-type: none"> I am developing a range of skills and I am beginning to use these under some pressure I understand the need for tactics I understand the rules of the game and I can use them to play fairly I understand there are different skills for different situations and I am beginning to use this I recognise my own and others strengths and areas for development and can suggest ways to improve I can lead a partner through short warmup routines 	<p>Handball -</p> <ul style="list-style-type: none"> Develop a broader range of techniques and skills for attacking and defending Know and apply the basic strategic and tactical principles of attack, and adapt them to different situations Choose and apply skills more consistently in activities Choose and use information to evaluate their own and others' work Know and understand the basic principles of warming up, and understand why it is important for a good quality performance Demonstrate that they understand the principles of warming up by choosing appropriate activities for the games they are going to play 	<ul style="list-style-type: none"> Develop a broader range of techniques for running, jumping and throwing Know how to apply the correct technique to different pieces of equipment Choose and apply skills more consistently in activities Apply their knowledge to evaluate their own and others work Know and understand the key principles of a warm up and how it can affect the quality of performance Demonstrate that they understand the principles of a warm up by choosing appropriate activities for the events that are going to participate in <p><u>OAA</u></p> <ul style="list-style-type: none"> I can reflect on when and how I was 	<p>Cricket -</p> <ul style="list-style-type: none"> To bowl a ball with increasing accuracy to a partner To evaluate their own and others performance. To hit the ball accurately into space. To use basic principles of batting and fielding when playing a game. To develop fielding skills of retrieving, stopping and throwing a ball.

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	<ul style="list-style-type: none"> straddle and backward roll. To be able to perform the shoulder stand and show progressions of a handstand 				<p>successful at solving challenges, and alter my methods in order to improve</p> <ul style="list-style-type: none"> I can work effectively with a partner and a small group, sharing ideas and agreeing on a team strategy I can use critical thinking to approach a task I can orientate and map I can navigate around a course using a map 	

<p>Year 6</p>	<p>Link actions shapes and movements more fluently.</p> <p>Select effectively from a wider range of shapes, actions and Movements.</p> <p>Use their knowledge of how to develop a sequence to produce a more complex performance.</p> <p>Understand the importance of an effective warm up and cool down Develop and lead effective warm up routines</p> <p>Talk about the benefits of leading an active lifestyle</p> <p>Use appropriate and relevant language to describe how others are performing Give advice and make suggestions to help others improve To develop the straddle, forward and backward roll.</p> <p>To be able to perform the progressions of a handstand and a cartwheel.</p>	<ul style="list-style-type: none"> • Explore, combine and perform a range of actions with fluency and control Create, link and structure sections and whole dance routines Select and use basic compositional ideas when creating and adapting their dances Leads and takes part in an effective dance specific warm-up • Understand how taking part in dance is good for health and well being • Evaluate and refine the standard of their own and others work To use canon and unison to improve the impact of a dance To effectively select the use of formations and timing to represent the stimuli • 	<ul style="list-style-type: none"> • I can use a range of skills in a game situation • I can select the appropriate action for the situation • I can use the rules of the game consistently • I understand the need for tactics and when would be appropriate to apply them • I can lead a small group through a short warm up routine • I can identify my own and other's strengths and areas for development and can suggest ways to improve 	<p>Handball - Choose, combine and perform skills more fluently and effectively</p> <p>Understand, choose and apply a range of tactics and strategies more consistently</p> <p>Use these tactics and strategies more consistently in similar games</p> <p>Understand why exercise is good for their fitness, health and well-being</p> <p>Understand the need to prepare properly for games</p> <p>Develop their ability to evaluate their own and others work and suggest ways to improve it</p>	<ul style="list-style-type: none"> • Choose, combine and perform skills for running, jumping and throwing more fluently, effectively and consistently. • Understand and apply techniques to different pieces of equipment with more consistency. • Understand the need to prepare properly for athletic activities. • Understand why exercise is good for health, fitness and well-being. • Develop their ability to evaluate their own and others work and suggest ways to improve it. <p><u>OAA</u></p> <ul style="list-style-type: none"> • I can work effectively with a partner and a group • I can use critical thinking to form ideas • I can pool ideas within a group, selecting and applying the best method to solve a problem • I can reflect on when and how I successful at solving challenges, and alter my methods in order to improve • I can orientate and map efficiently to navigate around a course. 	<p>Tri Golf-</p> <ul style="list-style-type: none"> • To send a ball toward a target using Tri Golf equipment • To send a ball toward a target using a putter with increased consistency and control • To send a ball toward a target using a chipper with increased consistency and control • To be able to understand and select the correct club for the distance to target • To show good game management whilst attempting a task