

Physical Education Progression Document



	Athletics	Gymnastics	Games	Dance	Evaluation	OAA	Swimming
Year 6	Can I apply athletic techniques to improve performance and health?	Can I demonstrate strength, technique and flexibility with controlled body tension and extension within a range of complex actions and balances?	Can I play positively and competitively using control and accuracy?	Can I move expressively using a range of techniques?	Can I analyse, comment on, modify and refine skills and techniques used in my own and others' work to improve my performance ?	Can I use maps, diagrams and my surroundings to orient and adapt myself, whilst working with others in response to a challenge?	
Year 5	Can I develop controlled running, jumping, throwing and catching skills with an understanding of athletic performance ?	Can I develop strength, technique and flexibility with controlled body tension and extension within a range of complex actions and balances?	Can I use control and accuracy to pass, move and strike in a competitive game?	Can I create complex sequences with rhythm, control and fluency?	Can I compare and comment on skills and how they are used in my own and others' work to help improve my performance ?	Can I take a positive role within a team to complete a task using maps and diagrams?	
Year 4	Can I develop accurate running, jumping, throwing and catching skills?	Can I select, use and perform more fluent sequences of movements with flexibility, strength and control?	Can I accurately pass, move and use tactics in a competitive game?	Can I use spatial-awareness and fluency to create movements?	Can I compare and comment on skills and how they are used in my own and others' work?	Can I work within and lead a team to follow maps, plans and diagrams?	Can I swim competently over 25m using a range of different strokes? Can I perform safe self-rescue in water?
Year 3	Can I develop appropriate running, jumping, throwing and catching skills?	Can I develop movements with flexibility, strength and control and begin to sequence them?	Can I follow instructions, persevere and complete tasks as part of a team?	Can I begin to create sequences with effect, using improvisation and partner-work ?	Can I identify similarities and differences between my work and that of others to improve my own?		

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Year 2	Can I master basic running, jumping, throwing and catching skills with an understanding of heart rate changes during exercise?	Can I master simple and controlled balance, movement and coordination skills?	Can I send and receive a ball with control and accuracy within a small team game?	Can I control, coordinate and vary simple movements and actions using my body?	Can I suggest improvements for my own and others' work?		
Year 1	Can I develop basic running, jumping, throwing and catching skills with an understanding of bodily changes during exercise?	Can I develop simple and controlled balance, movement and coordination skills?	Can I send and receive a ball with some control?	Can I copy, remember and sequence simple movements and actions using my body?	Can I describe and comment on my own and others' work?		
Reception	Can I experiment with different ways of moving? Can I talk about diet and ways to keep healthy and safe?	Can I negotiate space and obstacles safely, with consideration for myself and others?	Can I push, throw, catch and kick an object?	Can I demonstrate strength, balance and coordination when playing?	Can I talk about my own or partner's movements?		
Nursery	Can I move freely with pleasure and confidence? Can I manage my own health needs?	Can I move safely and adjust my speed and direction?	Can I catch a large ball?	Can I copy a balance?	Can I talk about different ways of moving?		