



Progression in P.E

BEAVER GREEN PRIMARY SCHOOL

Swale
ACADEMIES
TRUST



	Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Dance		<p>I can copy basic dance moves.</p> <p>I can make up a short sequence of dance moves.</p> <p>I can perform my own basic dance moves.</p>	<p>I can copy a variety of dance moves changing speed, direction and level.</p> <p>I can make up and perform a short dance using different speed, direction and level.</p> <p>I can perform my own dance moves using different speed, direction and level.</p>	<p>I can make up a dance, using a variety of moves, showing good control and coordination.</p> <p>I can perform my own dance moves using good control and coordination.</p> <p>I can say one thing I like about my performance and one thing I could improve.</p>	<p>I can create a dance to communicate basic ideas and themes.</p> <p>I can perform a dance using good control, coordination and timing.</p> <p>I can compare my performance with a previous performance and identify strengths and areas for improvement.</p>	<p>I can make up a dance to clearly communicate an idea or theme.</p> <p>I can perform a dance with good control, coordination, timing and some fluency.</p> <p>I can discuss my performance and compare it with my own previous performances, by identifying some strengths and specific areas for improvement.</p>	<p>I can show clarity, fluency, accuracy and consistency in my dance moves.</p> <p>I can make up and perform a dance in a specific style.</p>

<p>Gymnastics</p>		<p>I can balance on one leg with some control.</p> <p>I can explore and attempt some rolls.</p> <p>I can explore and attempt some jumps.</p>	<p>I can balance in more than one way, with some control.</p> <p>I can roll more than one way, with some control.</p> <p>I can attempt different jumps with some control.</p>	<p>I can complete a variety of balances with some control.</p> <p>I can complete a forward roll with some control and attempt a backwards roll.</p> <p>I can complete more than one jump with increasing control.</p>	<p>I can complete a variety of balances with increasing control.</p> <p>I can complete a controlled forward and backwards roll.</p> <p>I can complete a variety of jumps with good control</p>	<p>I can complete a variety of balances in a sequence with good control.</p> <p>I can explore changing and adapting different rolls with control</p> <p>I can complete a variety of jumps and adapt these to a variety of apparatus.</p>	<p>I can complete a variety of balances in a sequence with good control, using strength and suppleness to enhance performance.</p> <p>I can complete a variety of rolls with</p> <p>I can control a variety of jumps, including some using a springboard and/or vault.</p>
<p>Athletics</p>		<p>I can run at different speeds.</p> <p>I can jump from a standing position.</p> <p>I can begin to throw an object with one hand.</p>	<p>I can begin to use 'arms' technique when running.</p> <p>I can jump accurately from a standing position.</p> <p>I can throw an object with one hand, with some accuracy.</p>	<p>I can use good running technique when running at different speeds.</p> <p>I can take a running jump.</p> <p>I can throw a range of objects with increasing accuracy.</p>	<p>I can improve and sustain running technique at different speeds.</p> <p>I can begin to use a good landing technique in a running jump.</p> <p>I can demonstrate a variety of throwing.</p>	<p>I can sustain good running technique when running at different speeds and adapt my speed to the distance I am running.</p> <p>I can use good running and landing techniques when completing a running jump.</p> <p>I can use suitable throwing techniques depending on the object I throw, to ensure increasing</p>	<p>I can demonstrate good technique, control, strength, speed and stamina in a variety of running events.</p> <p>I can competently and accurately use running, landing and take-off techniques when completing a running jump.</p> <p>I can accurately select and use suitable throwing techniques depending on the object I throw, to ensure increasing accuracy and distance.</p>

							accuracy and distance.	
Cricket (Rapid Fire)		<p>I can explore hitting a ball with a cricket bat.</p> <p>I can recognise different equipment.</p> <p>I can recognise different roles.</p>	<p>I can hit a ball with a cricket bat with control.</p> <p>I can recognise different equipment and demonstrate how we use it.</p> <p>I can recognise different roles of the batting and fielding team.</p>	<p>I can use a cricket bat to hit with control.</p> <p>I can throw or roll a ball at a target with increasing accuracy.</p> <p>I can begin to compare my performance and make some effort to achieve a personal best.</p>	<p>I can use a cricket bat to hit a ball with control and some accuracy.</p> <p>I can throw a ball at a target with some accuracy whilst under pressure.</p> <p>I can begin to use appropriate tactics in batting and fielding situations.</p>	<p>I can throw a ball at a target with increasing accuracy, whilst under pressure and begin to use different techniques.</p> <p>I can catch a ball while under pressure, sometimes.</p> <p>I can use a cricket bat to hit a ball with control and accuracy.</p>	<p>I can throw a ball a target with accuracy, whilst under pressure and use different techniques depending on distance.</p> <p>I can catch a ball while under pressure, whilst moving.</p> <p>I can use a cricket bat to hit a ball with control and accuracy, within a pressured game situation.</p>	
Handball		<p>I can throw and roll a ball in the direction of a target.</p> <p>I can catch a ball with two hands sometimes.</p> <p>I can begin to work cooperatively in a team.</p>	<p>I can begin to throw and roll a ball with accuracy at a target.</p> <p>I can catch a ball with two hands most of the time.</p> <p>I can recognise which team I am playing for and work cooperatively</p>	<p>I can throw a ball at a target with increasing accuracy.</p> <p>I can catch a ball while moving, some of the time.</p> <p>I can shoot the ball in the direction of the net, with some accuracy, while standing still.</p>	<p>I can throw a ball at a target with some accuracy, while under pressure.</p> <p>I can catch a ball while moving, most of the time.</p> <p>I can begin to use some basic tactics in a game situation, according to my role as attack or defence.</p>	<p>I can throw a ball at a target with increasing accuracy whilst under pressure and begin to use different techniques.</p> <p>I can catch the ball, then pass or shoot with some accuracy in a game.</p>	<p>I can throw a ball at a target accurately whilst under pressure, using different throwing techniques.</p> <p>I can catch the ball, then pass or shoot with accuracy in a game.</p> <p>I can read the game well and implement effective tactics in offence and defence</p>	

							I can begin to use some effective tactics in a game situation, according to my role as attack or defence.	to aid my team's success.
Tennis		<p>I can begin to hold the tennis racket with good grip.</p> <p>I can control the ball on the tennis racket.</p> <p>I can explore hitting a ball with a racket.</p>	<p>I can hold the tennis racket with a good grip.</p> <p>I can control the ball on the tennis racket for a sustained length of time.</p> <p>I can begin to hit a ball with a racket, with control.</p>	<p>I can hold a good controlled grip on the racket.</p> <p>I can begin to hit the ball over the net, with some accuracy.</p> <p>I can begin to return the ball to a partner, with some accuracy.</p>	<p>I can begin to hit the ball over the net, with increasing accuracy.</p> <p>I can begin to return the ball to a partner, with increasing accuracy.</p> <p>I can hold a short rally with a partner.</p>	<p>I can begin to hit the ball over the net with accuracy.</p> <p>I can begin to return the ball to a partner with accuracy.</p> <p>I can hold a sustained rally with a partner.</p>	<p>I can return the ball to a partner with accuracy.</p> <p>I can hold a sustained rally with a partner.</p> <p>I can begin to use an overarm technique when serving</p>	