Cupernham Junior School – Physical Education Progression

Key: Black – GetSet4PE Guidance **Blue – National Curriculum Aims**

Year 2

Skills, strategies and tactics (Head)	Healthy participation (Heart)	Motor competence (Hands)
• participate in small team games, developing simple tactics for attacking and defending • engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations		• master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • perform dances using simple movement patterns

Year 3

Skills, strategies and tactics (Head)	Healthy participation (Heart)	Motor competence (Hands)
• provide feedback and recognise how performances could be improved using basic language • begin to understand the role as an attacker and a defender • collaborate and work responsibly within a team • begin to use and identify when simple tactics have been successful • be creative when planning a sequence that has a clear beginning, middle and end • link different actions and balances smoothly • respond creatively to stimuli (theme)	• begin to understand the benefits and find joy in physical activity and the importance of a warm up • show kindness to others when they perform • show courage and aspiration when a challenge is hard • show responsibility and commitment when following the rules of the game • show curiosity and creativity when competing against yourself or others • identify risks independently and understand how to work responsibly when learning a new skill	• safely perform balances with control and showing an awareness of space • apply balanced actions when playing simple games • perform a range of jumps safely • be able to repeat a sequence of movements accurately • begin to apply dribbling, passing and receiving in a game and perform with some control • run with changes of speed and direction considering space • throw and strike a ball into a target area

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Year 4

Skills, strategies and tactics (Head)	Healthy participation (Heart)	Motor competence (Hands)
• evaluate their own, and others' performances, and be respectful and responsible when suggesting improvements using some simple, appropriate language • understand the rules of the game and use them consistently and responsibly • use a greater range of skills and simple tactics, varying them to suit the situation in a game • be creative in planning and applying strategies to solve problems • choreograph small group performances with use different levels, dynamics and directions	• understand the benefits and find joy in physical activity and understand the importance of a warm up • understand the importance of activity to their health • confidently collaborate when communicating ideas and be curious when listening to the ideas of others • work positively towards a team goal showing joy and kindness when things don't go as planned • be aspirational when competing against themselves and others whilst showing commitment and courage	• perform actions and movement with control, coordination and creativity • send and receive the ball with control and accuracy over a range of distances • develop ball control using a racket or bat • link a range of jumps safely • show balance when changing direction at speed; to show control when completing activities to improve balance

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Year 5

Skills, strategies and tactics (Head)	Healthy participation (Heart)	Motor competence (Hands)
• identify strengths and weaknesses in games and suggest ways to improve and apply with kindness and responsibility for the rules • plan and perform more complex and creative sequences incorporating linking movements, different methods of travelling and different levels • work collaboratively with a group to create sequences and motifs that flow smoothly • be curious when reflecting on when and how they were successful at solving challenges, and show commitment by altering their methods to improve • understand there are different skills for different situations and begin use of appropriate ones more consistently • work effectively and collaboratively and show kindness with a partner and small group towards a goal or to compete against others	• explain the importance of physical activity on their health and find joy in a range of activities • have the courage and aspiration to perform in front of others • assess risks and make responsible choices linked to personal safety and safety of your peers	• perform a range of balances with control and fluency • perform and link movements in canon and in unison showing good timing • dribble, send, receive and strike with increasing control, accuracy and consistency under pressure • develop skills to perform a range of jumps safely • incorporate props and apparatus as part of a sequence of movement • to make appropriate choices about pace

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Year 6

Skills, strategies and tactics (Head)	Healthy participation (Heart)	Motor competence (Hands)
• compare their performances with previous ones and demonstrate improvement to achieve their personal best • create and perform more complex sequences and routines within a larger group using a range of levels, directions and dynamics to help show competence, fluency and control • communicate, collaborate and compete with kindness • play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending • evaluate, through self and peer assessment and suggest a variety of changes using appropriate language and terminology with kindness • select and apply a variety of appropriate actions, tactics and principles dependent on the situation • use and apply the rules of the game responsibly and consistently, showing kindness when things go wrong	• understand and explain the impact of different activities on their health and find joy for movement across a range of activities in and outside of school • have the courage to perform in front of others • challenge themselves and show commitment towards a personal target and to aspire to achieve it • to assess risks and make responsible choices linked to personal safety and of your peers • consider the safe use of space and equipment for a group in a range of situations • be consistently curious and creative when exploring new movements	• apply and develop a broader range of skills, learning how to use them in different ways • take part in outdoor and adventurous challenges with courage, both individually and within a team • perform dances using a range of movement patterns • develop flexibility, strength, technique, control, agility and balance. • use running, jumping, throwing and catching in isolation and in combination • swim competently, competently and proficiently by the end of KS2 • use a range of strokes effectively • perform safe, self-rescue • combine and perform gymnastic actions, shapes and balances with strength, control and fluency • pass, receive and shoot the ball with accuracy and control under pressure • use good technique in throwing and jumping with accuracy and safety • strike a ball with increasing accuracy and consistency in an intended direction • use a wider range of fielding skills within small-sided games