



Northway Infant & Carrant

Brook Junior Schools

#togetherweSHINE



KS2 PE Progression Grid

Year Group: 3	Autumn		Spring		Summer
National Curriculum	Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] Perform dances using a range of movement patterns Take part in outdoor and adventurous activity challenges both individually and within a team Compare their performances with previous ones and demonstrate improvement to achieve their personal best.				
Community Links	Football tournament		Football tournament		Sports Day Tewkesbury Athletics
	Football I can... -turn confidently with a football whilst dribbling -pass the ball accurately -Play a small game demonstrating my turns -demonstrate skills in competitive environment -focus attention when ball is not in my area Fundamentals-fitness I can... -hold a timed plank - perform a Russian twist - perform sit-ups - Complete shuttle runs - perform safe squats -complete a shoulder and chest press --perform a box jump -perform a deadlift -complete slam ball lifts	Netball I can... -send a netball accurately in variety of ways -pass under pressure - shoot using good technique - play High-5 game -Show games values and teamwork Dance I can... -develop a motif showing some agility and balance -creatively change static actions into travel - perform a chest press -ling movements -show different level and pathways -communicate effectively with a partner -describe the work of others	Basketball I can... -Control a basketball using both hands -Pass the ball having a target & receive -Pass the ball on the move -Use correct technique of balance & elbow - dribble, pass & shoot Gymnastics I can... -stop gracefully and with control -turn 90,180, 270, 360 degrees - hold balances with good control - create symmetrical /asymmetrical balances on patches -take weight on back, bottom and shoulders - hold balances variety of points & patches	Rugby I can... -scoop ball from the floor -dodge to avoid being tagged -tag opponent safely -pocket pass accurately - pass backwards -create an overlap -play to the rules Tennis I can... -control the ball using fore hand and backhand shots - move quickly on my feet	Athletics I can... -correct technique to start sprint -develop coordination to improve speed -hurdle efficiently - jump consistently off same foot -throw overarm accurately Swimming I can... -swim competently, confidently and proficiently over a distance of at least 25 metres -use a range of strokes effectively [for example, front crawl, backstroke and breaststroke -perform safe self-rescue in different water-based situations.

Vocabulary	Dribble & Turn Competitive Focus attention Awareness of space-passing	Technique High-5 Shoot Games values Pass Static to travelling Communicate Evaluate	Basketball Dribble Pass Shoot Balances Turn 90/180/270/360 Symmetrical & Asymmetrical balances	Rugby Scoop Dodge Pocket pass Tag opponent Overlap	Coordination Speed Sprint Hurdle Overarm Accurate Front crawl Back stroke Breaststroke Safe Rescue
------------	---	--	---	---	---

Year Group: 4	Autumn		Spring		Summer	
National Curriculum	Use running, jumping, throwing and catching in isolation and in combination					
	Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending					
	Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]					
	Perform dances using a range of movement patterns					
	Take part in outdoor and adventurous activity challenges both individually and within a team					
Compare their performances with previous ones and demonstrate improvement to achieve their personal best						
Community Links	Cross Country Football Tournament		Feet First Cross County Football Tournament Rugby Tournament		Sports Day Tewkesbury Athletics	
	Football I can... -Shield a ball from an opponent - make good decisions when in possession -use a numerical advantage by overlapping overloading and underlapping -defend well, jockeying to await the moment to pounce -get into sideways positions when receiving ball Fundamentals-fitness I can... -hold a timed plank - perform a Russian twist - perform sit-ups - Complete shuttle runs - perform safe squats -complete a shoulder and chest press --perform a box jump -perform a deadlift -complete slam ball lifts	Gymnastics I can... -support body weight - sequences controlled rolls & front and back supports - match partner’s moves synchrony -perform unison & cannon -forward roll as part of sequence of rolls -perform backwards roll and come to standing -roll backwards into a straddle Netball I can... -pass to bypass defender- speed, or by feinting -attack using width and passing quickly -play game showing skills and awareness of where I can go on court - take up multiple roles -demonstrate school’s games values	Basketball I can... -control on the move-dribble/head up -pass using good technique- stepping in direction of pass -communicate with teammates -use BEEF- balance, elbow, eye-line and follow through to shoot -dribble, pass shoot in a game Gymnastics I can... -develop a motif demonstrating some agility, balance, co- ordination and precision -communicate effectively within a group -improve my ideas -evaluate work of others’ using accurate technical knowledge	Rugby I can... -make a target to receive the ball - send and receive ball under pressure - dummy a pass - pass missing out players in a line - apply a range of skills effectively in a game Tennis I can... -serve a ball -return a shot - follow the rules of the game -play a singles match	Athletics I can... -sprint between hurdles -develop technique and consistency of my jumps -throw overarm with power for distance -throw overarm with power for distance - run a relay effectively as part of a team -replicate the techniques for running, jumping and throwing events in competitive situations Rounders I can... -develop my throwing skills -field the ball off the ground using a variety of techniques -catch high balls comfortably -backpedal to catch balls over me -perform well in a range of positions in competitive games	Athletics I can... sprint between hurdles -develop technique and consistency of my jumps -throw overarm with power for distance - run a relay effectively as part of a team -replicate the techniques for running, jumping and throwing events in competitive situations Cricket I can... -step back and across to pull a short ball -take up wicket keeping stance and take balls bowled on both sides of wicket - drive, run and slide bat if necessary -bowl with increasing accuracy -stop hard balls by forming long barrier -communicate effectively with partner when batting
Vocabulary	Shield Defend Underlapping Overlapping Overloading Possession Opponent Sideways Receiving	Synchronized Backwards roll Sequences Straddle Unison Cannon Bypass Defender Awareness Court Games Values	BEEP-balance, elbow, eye-line, follow through Communicate Agility Precision Evaluate- technical knowledge	Dummy a pass Target Receive Serve Receive Match	Hurdles Sprint Relay Power & Distance	Hurdles Sprint Relay Power & Distance Step back Wicket keeper stance Long Barrier Communicate

Year Group: 5	Autumn		Spring		Summer	
National Curriculum	Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] Perform dances using a range of movement patterns Take part in outdoor and adventurous activity challenges both individually and within a team Compare their performances with previous ones and demonstrate improvement to achieve their personal best.					
Community Links	Cross-Country Football Tournament-girls Netball tournament		Cross-Country Rugby Tournament-girls Netball tournament		Sports Day Tewkesbury Athletics	
	Football I can... -demonstrate skill & close control -Combine skills to keep possession -Dribble at different tempos - keep ball moving when running at opponent - play competitively and control emotions Fundamentals-fitness I can... -hold a timed plank - perform a Russian twist - perform sit-ups - Complete shuttle runs - perform safe squats -complete a shoulder and chest press --perform a box jump -perform a deadlift -complete slam ball lifts	Netball I can... -pass ball in variety of ways -land and pivot o pass ball -shoulder pass with force -create space for myself -participate purposely in match Play by the rules I can... - vary dynamics & develop actions with a partner or as part of a group I demonstrate rhythm & spatial awareness	Basketball I can... -control the ball & protect under pressure -vary speed & direction to get past defenders -mark a player or area of the court - plant my feet to block a shot I can -control an arabesque -contrast partners' moves e.g.- different levels /pathways -Form strong arches & bridges -leapfrog others safely -Perform sequence as a group displaying canon & unison	Tennis I can... -use my skill in a game situation -use a backhand and forehand shot accurately - serve the ball. - position my strike to gain advantage in game -know how to score points Rugby I can... -pop & pocket pass -send & receive on the run -pass well to my left & right -attack in staggered lines -pass ball backwards	Athletics I can... -sustain pace over distance -throw after a run-up -throw with greater force & distance -measure accurately my vertical jump -transfer relay baton efficiently Rounders I can... -bowl accurately at consistent height -catch & throw quickly from backstop -communicate with players between bases - play full game taking on different roles	Athletics I can... -sustain pace over distance -throw after a run-up -throw with greater force & distance -measure accurately my vertical jump -transfer relay baton efficiently Cricket I can... -catch consistently under pressure -bowl with a short run-up & straight arm with some accuracy -use my feet to get to the pitch of the ball when batting -show tactical awareness as fielder -bowl by running close to the wicket
Vocabulary	Possession Control Tempo Control emotions	Pivot Shoulder Pass Rules Rhythm Spatial Awareness	Control & Protect Vary speed Defend Block Mark Arabesque Contrast Arches & Bridges Leapfrog	Position Advantage Score Pop & pocket pass Attack staggered Backwards	Pace Force Distance Measure Measure Vertical jump Communicate Bowl-consistent height	Pace Force Distance Measure Vertical jump Run-up Pitch Fielder Tactical awareness Wicket

Year Group: 6	Autumn		Spring		Summer	
National Curriculum	Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] Perform dances using a range of movement patterns Take part in outdoor and adventurous activity challenges both individually and within a team Compare their performances with previous ones and demonstrate improvement to achieve their personal best.					
Community Links	Football tournament-girls Netball Tournament		Netball Tournament Rugby Tournament		Sports Day Tewkesbury Athletics	
	Football I can... -identify which shooting technique to use to be more successful -defend thoughtfully slowing attackers down - make the most of having extra players on my team -cooperate, communicate & collaborate with others -officiate if given the chance Fundamentals-fitness I can... -hold a timed plank - perform a Russian twist - perform sit-ups - Complete shuttle runs - perform safe squats -complete a shoulder and chest press --perform a box jump -perform a deadlift -complete slam ball lifts	Netball I can -Anticipate the play & release the ball quickly and efficiently Position myself to take rebounds & shots Dance I can... -develop a motif with agility, balance, coordination & precision -creatively change static actions into travelling movements Communicate effectively with partner and group Evaluate and improve using technical language	Basketball I can... -consistently use balance, elbow, eye, shoot with more accuracy -dribble, pass and shoot using correct techniques in a game Gymnastics I can... -gain elevation from a powerful run and dynamic take off -create shapes whilst in flight -land with soft knees in strong symmetrical stance -mount & dismount apparatus safely and imaginatively -cat spring -hold own body weight in opposition to the apparatus	Rugby I can... -pass missing out player in a line -take a tap penalty with a dummy half -organise my position so that I receive passes on the run -apply skills effectively -develop game understanding and compete Tennis I can... -control the direction of my hit -I can find space and change direction -I can attack in a variety of game situations -I can defend in a variety of game situations	Athletics I can... -change pace and run at different tempos -throw with accuracy and power using the pull technique -throw with greater control, accuracy and efficiency -Perform correct techniques for triple jump, high jump and standing vertical jump Rounders I can... -ground field consistently well -throw with real accuracy and under pressure - adapt my game according to the direct opponent/situation	Bike ability I can... Compete ABCD check Glide, pedal, cruise and safe stopping -manoeuvre bike safely, checking behind without wobbling -change gears -pass-parked vehicles and stationary cars -negotiate various junctions communicate intention to other road users understand road signs and markings... Cricket I can... Perform range of fielding techniques -Know when to use one hand pick-up play square cut shot -bowl out the back of my hand
Vocabulary	Communicate, cooperate & collaborate Officiate	Anticipate play Rebound shots Motif- agility, balance, co-ordination & precision Communicate Evaluate Technical language	Shoot accurately Dribble, Pass & Shoot Dynamic Take off Elevation Mount & Dismount Cat spring	Tap penalty Dummy half Attack Control direction Defend	Pace & Tempo Triple Jump High Jump Pull technique Ground field	ABCD check Glide, pedal & cruise Manoeuvre Navigate Square cut