

Curriculum Progression

	EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Gymnastics	<p>I can monoterilly stand on one foot.</p> <p>I can experiment with different ways of moving.</p> <p>I can explore rocking and Rolling.</p> <p>I can climb equipment</p> <p>I can jump off an object and land appropriately.</p> <p>I can explore how to jump from one space to another with control.</p> <p>I can move around, under, over and through different objects and equipment.</p> <p>I can safely and confidently use a range of large and small apparatus, indoors and outdoors, alone and in a small group.</p>	<p>I can walk along a straight line without swaying to one side or the other.</p> <p>I can hop on one leg on the spot, using my arms to help me balance, without putting my other foot down</p> <p>I can jump long distances using my arms and legs to help me push forwards and land safely.</p> <p>I can jump high, bending my knees and swinging my arms to help move me higher.</p> <p>I can perform a sequence of actions which have a clear start, middle and end</p> <p>I can analyse my own and others performance</p> <p>I can perform basic gymnastics actions including travelling, rolling, jumping,</p> <p>I can manage space safely, showing good awareness of each other.</p>	<p>I can hop on one leg from one place to another using my arms to help me balance, without putting my other leg down.</p> <p>I can jump a long distance using my arms and legs to help push me forward and landing safely with knees bent and my feet together.</p> <p>I can jump high, bending my knees and swinging my arms to help move me higher and land with knees and elbows bent.</p> <p>I can select the most appropriate skills and actions to perform at my best.</p> <p>I can say how well I have done compared to others.</p> <p>I can repeat and perform short sequences in which there is a clear beginning, middle and end.</p>	<p>I can stand on one foot without wobbling or swaying.</p> <p>I can 'skip sideways' in a rhythmical movement using my arms to help me move along.</p> <p>I can climb steadily and confidently moving one foot in front of another.</p> <p>I can call upon a range of skills and abilities to perform well in different sports/games.</p> <p>I can say how well I have done compared to others and give reasons for my performance.</p> <p>I can Show control, accuracy and fluency of movement when performing actions on their own and with a partner on both floor and apparatus-</p>	<p>I can do a forward roll in a straight line and end up on my feet.</p> <p>I can skip forwards in a rhythmical movement swinging my arms in the opposite direction to my legs.</p> <p>I can support a partner using skills to our advantage.</p> <p>I can improve my performance by considering how others have performed.</p> <p>I can combine travelling, rolling, jumping and balancing actions and maintain the quality of performance when performing at the same time as a partner on both floor and apparatus.</p>	<p>I can make a sequence of one footed keeps using my arms to help move me along.</p> <p>I can gallop in a steady and rhythmical movement.</p> <p>I can work out how well I have performed and describe this using appropriate terms and activity.</p> <p>Repeat accurately longer sequences with more complex actions, with an emphasis on quality of movement.</p>	<p>I can advise others based on the combined strengths and weaknesses of others.</p> <p>Increase complexity of sequences by varying directions, levels and pathways</p> <p>Perform fluently with control when working individually, with a partner or a small group.</p>



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Invasion Games	<p>I can run skillfully and negotiate space.</p> <p>I can move freely with pleasure and confidence in different ways. Crawling, skipping, running</p> <p>I can catch a large ball</p> <p>I can negotiate space when chasing and racing and can adjust speed and direction.</p>	<p>I can catch a bean bag by placing my body in line to meet the flight of the bean bag and I can cup my hands so the bag cannot fall out.</p> <p>I can throw a (small) ball underarm accurately so it reaches its target.</p> <p>I use my skills to perform in sports activities.</p> <p>I can analyse my own and others performance</p> <p>I can show some control and accuracy with the basic actions for rolling, underarm throwing, catching and striking a ball</p>	<p>I can catch a (tennis) ball by placing my body in line to meet the flight of the ball and I cup my hands so the ball cannot bounce out.</p> <p>I can throw a ball (overarm) over a longer distance using my body to accurately reach its target.</p> <p>I can select the most appropriate skill and actions to perform at my best.</p> <p>I can say how well I have done compared to others.</p> <p>I can show more consistent control and accuracy with the basic actions for rolling, underarm throwing, catching, striking a ball</p> <p>I can keep score and keep to rules of simple games</p> <p>I can participate in team games, developing simple tactics for attacking and defending</p>	<p>I can call upon a range of skills and abilities to perform well in different sports/games.</p> <p>I can understand the tactics used against me by others.</p> <p>I can say how well I have done compared to others and give reasons for my performances.</p>	<p>I can kick a football accurately using my body to balance and help power the kick,</p> <p>I can perform a chest pass accurately to a partner</p> <p>I can support a teammate or a partner in different sports and games using tactics and skills to our advantage.</p> <p>I can improve my performance by considering how others have performed.</p>	<p>I can dribble a ball around a line of cones, keeping the ball close to my feet and using both the inside and outside of both feet to control the ball</p> <p>I can take part in organised games and sports using my skills and tactics to help my team.</p> <p>I can predict what an opponent might do during a game or activity and alter my performance accordingly.</p> <p>I enjoy sports and activities as part of my interests and hobbies.</p> <p>I can respond consistently in the games I play, selecting and applying skills which meet the needs of the situation.</p>	<p>I can drop kick a football, as it bounces upward.</p> <p>I can do a basketball dribble, bouncing a ball between a row of cones, controlling the bounces with my fingers.</p> <p>I can plan a course of action against an opponent based on my strengths and weaknesses.</p> <p>I can perform better by taking into account my own previous tactics and also how successful they were.</p> <p>I can advise others in my team of the best strategy based on the combined strengths and weaknesses of everyone.</p>



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Dance	I can move freely with pleasure and confidence	<p>I can copy and explore basic body actions and movement patterns.</p> <p>I can use my skills to perform in activities</p> <p>I can perform a sequence of actions which have a clear start, middle and end.</p> <p>I can analyse my own and others performance</p>	<p>I can repeat and perform short sequences in which there is a clear beginning, middle and end</p> <p>I can explore ideas, moves and feelings by improvising and experimenting with actions in response to stimuli.</p> <p>.I can say how well I have done compared to others,</p>	<p>I can control, accuracy and fluency of movement when performing actions on my own and with a partner</p> <p>I can perform short dances whilst working with a partner or small group, incorporating different qualities and dynamics into my movements.</p> <p>I can call upon a range of skills and abilities to perform well.</p> <p>I can say how well I have done compared to others and give reasons for my performance.</p>	<p>I can use different compositional ideas such as unison, canon (same action performed one after each other), opposition when creating longer, more complex dance phrases.</p> <p>I can maintain the quality of performance when performing at the same time as a partner</p> <p>I can improve my performance by considering how others have performed.</p>	<p>I can perform specific skills and movement patterns for different dance styles.</p> <p>I can work out how well I have performed and describe this using appropriate terms for the activity.</p> <p>I enjoy sports and activities as part of my interests and hobbies.</p> <p>I can work out how well I have performed and describe this using appropriate terms for the activity.</p>	I can Select and use a range of compositional ideas to create motifs that demonstrate my dance idea.
	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Striking and Fielding	<p>I can catch a large ball</p> <p>I can negotiate space when chasing and racing and can adjust speed and direction</p>	<p>I can throw a (small) ball underarm accurately so it reaches its target.</p> <p>I use my skills to perform in sports activities.</p> <p>I can analyse my own and others' performance.</p> <p>-I can throw underarm and overarm. I can throw with increasing accuracy</p> <p>-I can increase the distance I can throw by using more power.</p> <p>I can begin to perform skills with more control.</p> <p>I can engage in competitive activities and games.</p>	<p>I can catch a (tennis) ball by placing my body in line to meet the flight of the ball and I cup my hands so the ball cannot bounce out.</p> <p>I can throw a ball (overarm) over a longer distance using my body to accurately reach its target.</p> <p>I can select the most appropriate skill and actions to perform at my best.</p> <p>I can say how well I have done compared to others.</p> <p>-I can throw with accuracy at targets of different heights.</p>	<p>I can call upon a range of skills and abilities to perform well.</p> <p>I can understand the tactics used by others.</p> <p>I can say how well I have done compared to others and give reasons for my performance.</p> <p>Strike a ball with intent and throw it more accurately when bowling or fielding.</p>	<p>I can support a teammate or a partner in different sports and games using tactics and skills to our advantage.</p> <p>I can improve my performance by considering how others have performed.</p> <p>I can strike a ball with intent and throw it with increased accuracy when bowling or fielding.</p>	<p>I can take part in organised games and sports using my skills and tactics to help my team.</p> <p>I can predict what an opponent might do during a game or activity and alter my performance accordingly.</p> <p>I enjoy sports and activities as part of my interests and hobbies.</p> <p>I can work out how well I have performed and describe this using appropriate terms for the activity.</p>	<p>I can hit a ball using a range of bats both accurately and for distance</p> <p>I can perform better by taking into account my own previous tactics and also how successful they were.</p> <p>I can advise others in my team of the best strategy based on the combined strength and weaknesses of everyone.</p> <p>I can hit the ball with purpose, varying the speed, height and direction in order to outwit their opponent.</p>



		I can show some control and accuracy with the basic actions for rolling, underarm throwing, striking a ball and kicking.	I can perform with increasing control and compete against self and others. -I can begin to say how to improve. I know how to score and keep to rules of simple games.				
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Athletics	I can run skillfully and negotiate space. I can move freely with pleasure and confidence in different ways. Crawling, skipping, running I can negotiate space when chasing and racing and can adjust speed and direction.	I can run between posts placed in a long line bending my legs and body to help me change direction I can jump a long distance using my arms and legs to help push me forwards and land safely I can jump high, bending my knees and swinging my arms to help me jump higher I can use my skills to perform in sports and activities I can perform a sequence of actions which have a clear start, middle and end.	I can run between posts placed in a long line bending my legs and body to help me change direction I can jump a long distance using my arms and legs to help push me forwards and landing safely with my knees bent and feet together I can jump high, bending my knees and swinging my arms to help move me higher and land with knees and ankles bent. I can throw a small ball overarm, over a longer distance using my arms and body to accurately reach a target. I can say how well I have done compared to others	I can run fast in a straight line using my arms to help balance my movement I can call upon a range of skills and abilities to perform well in different sports/games I can say how well I have done compared to others and give reasons for my performance.	I can skip forwards in a rhythmical movement swinging my arms in the opposite direction to my legs I can improve my performance by considering how others have performed	I can make a sequence of one footed leaps using my arms to help move me along. I enjoyed sports and activities as part of my interest and hobbies I can take part in organised sports using my skills I can work out how well I have performed and describe this using appropriate terms for the activity	I can perform better by taking into account my own previous tactics and also how successful they were. I can advise others in my team (relay) of the best strategy based on the combined strengths and weaknesses of everyone
I can	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Wall and Net games	I can negotiate space I can catch a large ball	I can throw a small ball underarm.	I can catch a tennis ball I can throw a small ball accurately to reach a target.	I can call upon a range of skills and abilities to perform well in different sports and games	I can use tactics and skills to my Advantage I can improve my performance by	I can take part in organised games and sports I can use my skills and tactics to help me.	I can hit a ball accurately I can plan a course of action against an opponent based on my strengths and weaknesses



		<p>I can direct a ball accurately so it reaches its target</p> <p>I can use my skills to perform in sports activity</p> <p>I can use my throwing and catching skills to perform in sports and activities.</p>	<p>I can select the most appropriate skills and actions to perform at my best.</p> <p>I can say how well I have done compared to others.</p>	<p>I can strike a ball with intent</p> <p>I can use a set of rules to play fairly</p> <p>I can understand tactics used against me</p> <p>I can say how well I have done compared to others and give reasons for my performance.</p>	<p>considering how others have performed</p> <p>I can play modified competitive games</p>	<p>I can predict what an opponent might do during a game.</p> <p>I can work out how well I have done and describe this using appropriate terms.</p>	<p>I can perform better by taking into account my own previous tactics</p>
	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Swimming						<p>-I can swim between 10 and 20m unaided in shallow water using one stroke.</p> <p>-I can begin to swim 10m-15m unaided using a second stroke.</p> <p>-I can put my face in water and breathe correctly when swimming in one identifiable stroke.</p> <p>- I can use a float to aid my swimming and confidence in deeper water</p> <p>-I can use a float to develop leg and arm techniques.</p> <p>I can begin to explain how to keep safe in the water and what dangers should be identified.</p>	<p>-I can swim 25m unaided in water using one basic method to achieve this distance</p> <p>-I can use two different strokes swimming on both front and back.</p> <p>-I can control my breathing.</p> <p>I can swim confidently and fluently both on the surface and under the water.</p> <p>-I can explain how to remain safe in water and what to do if you or someone nearby gets into trouble.</p>

