

Goose Green PE Progression

Strand/ discipline	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics/ Dance	<p>I can develop confidence in fundamental movements.</p> <p>I can jump, slide and roll over and on apparatus.</p> <p>I can start to develop coordination and fine motor skills.</p> <p>I can recognise that actions can be reproduced in time to music: beats, patterns and speeds.</p> <p>I can perform a variety of dance actions.</p> <p>I can copy, repeat and perform simple movement patterns.</p>	<p>I can perform a variety of basic gymnastic actions showing control.</p> <p>I can start to turn, twist, spin.</p> <p>I can perform longer movement phrases with confidence.</p> <p>I can count and move to beats of 8.</p> <p>I can copy and repeat movement patterns.</p> <p>I can work as an individual, partner and groups.</p>	<p>I can perform different shapes with my body, having different points touching the floor or apparatus (star, straight, tuck shapes) with good technique.</p> <p>I can perform all 5 gym shapes on low apparatus with good technique.</p> <p>I can perform a minimum of 3 shapes on high apparatus with good technique.</p>	<p>I can perform travelling movements on my feet and with weight on my hands, using apparatus and following different pathways (zig-zag, L shape etc).</p> <p>I can jump using a skipping rope.</p> <p>I can create and perform a sequence of movements (block 4), including rotation using apparatus</p>	<p>I can successfully perform 2 different types of rolls safely (pencil roll, tuck roll).</p> <p>I can link and develop 2 different jumps using apparatus safely.</p> <p>I can use apparatus in more creative ways eg under, around, on top.</p>	<p>I can perform all gymnastics shapes on different body parts/levels, using apparatus.</p> <p>I can create and perform a sequence using 4 actions.</p> <p>I can balance using symmetry and asymmetry in pairs.</p> <p>I can create and perform a sequence individually.</p> <p>I can use more complex travelling balances when using apparatus and walking styles.</p> <p>I can rock/roll</p>	<p>I can recognise all gymnastics shapes.</p> <p>I can identify which joints are moving when changing shapes</p> <p>I can travel using different levels, directions, pathways and speed.</p> <p>I can create and perform a sequence in pairs with at least six contrasting actions.</p> <p>I can perform a forward and egg roll.</p> <p>I can perform the correct jumping, leaping and</p>	<p>I can recognise all gymnastics shapes, including partner assisted shapes.</p> <p>I can create and perform a sequence in pairs using six contrasting actions.</p> <p>I can identify which joints are moving when changing shapes.</p> <p>I can identify which joints are moving as they change balances.</p> <p>I can balance and tension on apparatus.</p> <p>I can perform a forward and egg roll.</p>

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						and forward roll I can jump, leap and land safely.	landing techniques in five jump classifications. I can explain that jumping and landing can strengthen bones.	I can jump, leap and land safely.

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Athletics	<p>I can explore and manage my own body around objects.</p> <p>I can stretch, reach and extend.</p> <p>I can control my body and perform specific movements when asked.</p> <p>I can organise and match various items,</p>	<p>I can explore ways to slide, roll and slither. I can jump with a variety of take off and landings, from different apparatus.</p> <p>I can partake in a variety of small group activities.</p> <p>I can copy and repeat various actions and</p>	<p>I can take off in different ways and land in coordinated ways, (walk, fast walk, side step, slow jog, running, walking backwards, jump from 2 feet to 2 feet, hop.</p> <p>I can jump forwards, backwards and sideways on 2</p>	<p>I can walk and run with good posture and balance, (head straight, back straight, keep on your toes).</p> <p>I can jump 2 feet to 2 feet, 1 foot to 2 feet, 2 feet to 1 foot, 1 foot to 1 foot.</p> <p>I can send an object towards a target in different ways</p>	<p>I can run with a tall body on balls of the feet, picking feet up high, head held high.</p> <p>I can jump from 2 feet to 2 feet, 1 foot to 2 feet, 1 foot to 1 foot, left to right and right to left foot, and test these jumps for distance.</p> <p>I can perform a</p>	<p>I can maintain a good running technique when sprinting and running over obstacles.</p> <p>I can use a short run to jump from one to two feet.</p> <p>I can demonstrate a two handed push throw and a sling throw.</p>	<p>I can observe a partner and give accurate feedback.</p> <p>I can demonstrate the ability to accelerate from a variety of static positions.</p> <p>I can perform triple jump combination sequences with balance and control.</p>	<p>I can observe a partner and give accurate feedback.</p> <p>I can demonstrate the ability to accelerate from a variety of static positions.</p> <p>I can perform triple jump combination sequences with balance and control.</p>

	<p>images, colours and sizes.</p> <p>I can listen, share and ask questions with a partner.</p> <p>I can move and travel safely in space.</p>	<p>patterns.</p> <p>I can understand my feelings and others.</p> <p>I can solve tasks using skills learned.</p> <p>I can work and play taking turns in a collaboration.</p>	<p>feet, then hop on one foot.</p> <p>I can push pass and bounce a ball to my partner, then throw a ball into a target (buckets, hoop, wall targets, boxes etc).</p>	<p>(under-arm, over-arm).</p>	<p>one handed push throw and a pull throw with accuracy towards a target from my dominant hand.</p> <p>I can say which throw was the easiest and most difficult to achieve, and how I can/ have improved my accuracy and distance.</p>		<p>I can sustain jogging and running at a consistent pace for over a minute.</p>	<p>I can sustain jogging and running at a consistent pace for over a minute.</p>
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Ball skills with hands: Catching/ throwing /games	<p>I can use hand eye coordination.</p> <p>I can develop fine motor skills.</p>	<p>I can use hand eye coordination.</p> <p>I can develop fine motor skills.</p> <p>I can pass objects safely to a partner.</p>	<p>I can move in a variety of ways, stop on command and change speed.</p> <p>I can underarm throw a large ball, beanbag, then a tennis ball to my partner.</p>	<p>I can catch an item with two hands, one hand and clap before receiving an item.</p> <p>I can keep moving to receive a pass that could be intercepted.</p>	<p>I can accurately pass and receive the ball to and from my partner (Chest pass, under arm, overarm, roll, overhead).</p> <p>I can drop and bounce the ball to myself and a</p>	<p>I can keep the ball away from a defender while passing to others.</p> <p>I can improve movement to receive a pass.</p> <p>I can create different passes that can be used</p>	<p>I can pass and move with a partner.</p> <p>I can pass and move to keep possession of the ball away from a defender.</p> <p>I can create space</p>	<p>Rugby: I know how to pass an oval shaped ball effectively.</p> <p>I know how to run with the ball effectively.</p> <p>I know how to move forwards and pass the ball</p>

		I can send and receive a variety of objects with different body parts.	I can catch a ball (with a maximum of one bounce)	I can keep possession away from a defender by moving into space to receive an item being thrown to me.	partner whilst moving and clap before I catch it, changing balls with peers as I move. I can move into space. I can discuss with my peers how my team can keep the ball away from the defender.	in a game.	and keep the ball away from defenders. I can use tactics when working as part of a team.	backwards to a teammate. I can play a small sided game of tag rugby league. Basketball: I can dribble the basketball using both hands whilst walking and jogging, pass the ball to my partner using chest, bounce and overhead passes. I can keep possession of the ball by passing the ball.
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Ball skills using a stick/ bat/ racket.			I can control a tennis ball with a racket, (walk the dog, balance a ball on the racket, balance the ball	I can move whilst catching a tennis ball. I can accurately underarm throw a ball to		I know how to place my feet and position my body in order to bowl a ball. I can stop a	I can show control and awareness while dribbling with a hockey stick. I can pass	I can retrieve, intercept and stop a ball when fielding. I can aim towards a target when

			<p>on the racket whilst walking).</p> <p>I can hit the ball on the ground repeatedly, then bounce and catch it with the opposite hands.</p> <p>I can drop the ball on the ground and hit it straight to my partner, then I can catch the ball when my partner hits it to me.</p>	<p>my partner and catch it.</p> <p>I can drop the ball then accurately hit it to my partner using a tennis racket.</p>		<p>moving ball and return it to a partner.</p> <p>I know the importance of hitting the ball into a certain area.</p>	<p>effectively to a partner.</p> <p>I can keep the ball away from a defender while passing to others.</p> <p>I can work as part of an effective team.</p>	<p>bowling and fielding.</p> <p>I can learn the rules of and play diamond cricket.</p> <p>I can strike a bowled ball into selected areas/zones.</p>
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Ball skills using feet				<p>I can dribble the ball with my feet with good control, whilst avoiding obstacles, and successfully stop it with the</p>	<p>I can accurately pass a ball to my partner whilst in a stationary position and whilst moving.</p>	<p>I am competent at passing the ball using my feet from a short distance.</p> <p>I can dribble around obstacles.</p>	<p>I can pass and move with a partner.</p> <p>I can pass and move to keep possession of the ball away</p>	

				<p>ball of my foot on command.</p> <p>I can pass the ball accurately and consistently through a target.</p> <p>I can keep possession away from a defender.</p>	<p>I can dribble the ball using the inside of my foot to a partner then stop and control the ball using the inside and outside of my feet before swapping roles.</p> <p>I can defend, mark and intercept a ball in a small group situation.</p>	<p>I can keep the ball away from a defender while passing to others.</p>	<p>from a defender.</p> <p>I can create space and keep the ball away from defenders.</p> <p>I can use tactics when working as part of a team.</p>	
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Multi skills	<p>I can explore and manage my own body around objects.</p> <p>I can stretch, reach and extend.</p> <p>I can control my</p>	<p>I can explore ways to slide, roll and slither.</p> <p>I can jump with a variety of take off and landings, from different apparatus.</p>	<p>I can move while avoiding obstacles.</p> <p>I can respond to visual instructions.</p> <p>I can use different body parts during</p>	<p>I can use basic running techniques.</p> <p>I can respond to visual instructions.</p> <p>I can use different body</p>	<p>I can use quick reactions to instructions given.</p> <p>I can use appropriate footwork to assist quick reactions.</p>	<p>I can use quick reactions to instructions given.</p> <p>I can use appropriate footwork to assist quick reactions.</p>	<p>I can lead a group in an activity.</p> <p>I can use a pivot when changing direction.</p> <p>I can keep possession of</p>	<p>I can lead a group in an activity.</p> <p>I can use a pivot when changing direction.</p> <p>I can keep possession of equipment while</p>

	<p>body and perform specific movements when asked.</p> <p>I can organise and match various items, images, colours and sizes.</p> <p>I can listen, share and ask questions with a partner.</p> <p>I can move and travel safely in space.</p>	<p>I can partake in a variety of small group activities.</p> <p>I can copy and repeat various actions and patterns.</p> <p>I can understand my feelings and others.</p> <p>I can solve tasks using skills learned.</p> <p>I can work and play taking turns in a collaboration.</p>	<p>challenging tasks.</p> <p>I can copy and follow.</p> <p>I can create different balancing shapes.</p> <p>I can balance on different obstacles.</p> <p>I can roll an object consistently between targets.</p> <p>I can throw underarm towards a target.</p> <p>I can catch a variety of different objects.</p>	<p>parts during challenging tasks.</p> <p>I can copy and perform a partner's actions at the same time.</p> <p>I can jump with control over various distances.</p> <p>I can jump over different obstacles and different heights.</p> <p>I can bounce and catch a ball with consistency.</p> <p>I can dribble on both sides of my body using both hands</p> <p>I can throw and catch different objects.</p>	<p>I can use quick, sharp movements to outwit a partner.</p> <p>I can move quickly in a pressured game situation.</p> <p>I can work as a team and discuss appropriate techniques and strategies.</p> <p>I can explore and hold a number of different balances.</p>	<p>I can use quick, sharp movements to outwit a partner.</p> <p>I can move quickly in a pressured game situation.</p> <p>I can work as a team and discuss appropriate techniques and strategies.</p> <p>I can explore a number of different balances.</p> <p>I understand how balances can be used within a game.</p> <p>I can hold a number of different static balances.</p>	<p>equipment while evading defenders.</p> <p>I can respond quickly when a command is given.</p> <p>I can hold a balance for a set time.</p> <p>I can hold a number of different static balances.</p> <p>I can perform a static balance while holding equipment.</p> <p>I can throw and catch in a number of different ways.</p> <p>I can complete passes while avoiding obstacles.</p>	<p>evading defenders.</p> <p>I can respond quickly when a command is given.</p> <p>I can hold a balance for set time.</p> <p>I can hold a number of different static balances.</p> <p>I can perform a static balance while holding equipment.</p> <p>I can throw and catch in a number of different ways.</p> <p>I can complete passes while avoiding obstacles.</p>
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