

Holy Trinity PE Progression

Area	KS1						KS2					
	Y1		Y2		Y3		Y4		Y5		Y6	
Use running, jumping, throwing and catching in isolation and in combination.												
1a	Running - Athletics	Technique	Children will know how to perform a standing start to a race.	Children will know how to perform a standing start to a race with low to high body positions, have a good understanding of the commands.	Children will be able to have a basic understanding of the technique of running at the start, middle and end of a race.	Children be able to show good running technique as well as a basic understanding on how to run over hurdles.	Children will show good running technique in a race as well as over a hurdle and have an understanding of how to run a relay race.	Children will be able to show good running technique in a range of running events.				
1b	Running - relay race	Technique	Children will be able to understand the proper technique of running using their legs and arms.	Children will be able to demonstrate a good running technique using both arms and legs.	Children will know how to pass and receive a baton in a relay race.	Children will know how to pass and receive a baton in a relay race.	Children will be able to perform a moving transfer within a allocated space in a relay race.	Children will be able to perform a moving transfer within a allocated space in a relay race.				
1c	Running - Invasion Games	Technique	Children will be able to run in a range of different activities such as running into space.	Children will be able to find space using different directions in a range of different scenarios.	Children will know how to run into space (change of direction) and receive a pass.	Children will know how to run into space (change of direction) to make and receive a pass.	Children will understand the importance of running into a space (change of direction) and be able to attack into a space.	Children will be able to find space (change of direction) and create space for both receiving and making a pass in a number of invasion games.				
1d	Running - Field Games	Technique	Children will be well balanced and be able to stop safely with control at a range of speeds as well as change direction.	Children will be able to stop a ball coming towards them.	Children will be able to pick a ball up while the ball is running away from them.	Children will be able to collect a ball off the floor while it is both moving towards and away from them.	Children will be able to collect a ball off the floor while it is both moving towards and away from them and have an understanding of how to complete the task with efficiency.	Children will know how to collect a ball off the floor both while it is moving towards and away from them and also being able to throw it back at a target.				
1e	Running - Barrier Games	Technique	Children can move fluently, changing direction and speed easily and avoiding collisions.	Children will be able to make sharp turns on command or to a target.	Will be able to change direction in relation to a tennis/badminton situation. (sharp turns).	Children will be able to make sharp turns in relation to tennis/badminton while also being able to make a shot.	Children will be able to make sharp turns in relation to tennis/badminton while also being able to return a shot with accuracy and control.	Children will be able to make sharp turns in relation to tennis/badminton while also being able to return a shot with accuracy and control over a net.				
1f	Jumping - Gymnastics	Strength, Agility	Children will be able to perform a range of different jumps such as star jumps, pencil jumps and tuck jumps.	Children will be able to perform a range of jumps such as star jumps, tuck jumps, pencil jumps and tuck jumps with the same take off and landing positions. (feet together).	Children will be able to perform a number of different jumps with control (pencil, star and tuck).	Children will be able to perform a number of different jumps such as pencil, star and tuck jump using equipment.	Children will be able to perform a number of gymnastic jumps of a piece of equipment (star, pencil, tuck, pike, and straddle).	Children will be able to perform a number of gymnastic jumps with turns of a piece of equipment (star, pencil, tuck, pike, and straddle).				
1g	Jumping - Athletics	Strength, Agility	Children will be able to perform two footed jumps in any direction while keeping both feet together shoulder width apart. (Long Jump).	Children will have a basic understanding of how to mark a long jump while showing good balance and technique.	Children will be able to perform a two footed and one footed jump with control.	Children will be able to perform a 3 step running jump and have a basic understanding of the movement.	Children will be able to perform a long jump with a run up as well as have an understanding of the triple jump movement.	Children will be able to perform a long jump with a run up as well as a triple jump with good control and consistency.				
1h	Throwing/ Catching - Invasion/field/Barrier Games	Technique	Children will be able to understand what an under arm and over arm throw is and will be able to throw a bean bag at a range of targets. Children will be able to catch a bean bag from a 1m/2m distance.	Children will be able to pass a bean bag both under arm and over arm at a range of different distances. (4 to 8m maximum).	Children will be able to perform a bounce pass and throw a tennis ball to a team mate/s so that they can catch it.	Children will be able to perform a chest and bounce pass and throw a tennis ball from a range of distances to a team mate/s so that they can catch it.	Children will be able to perform a range of passes in a game situation and know when to do so. As well as throw a small ball at a target from a number of distances using both under and over arm.	Children will be able to find space (change of direction) and create space for both receiving and making a pass in a number of invasion games.				
1i	Throwing - Javelin	Technique	Children will be able to have a basic understanding of a javelin and shot put throw.	Children will be able to show a basic understanding and technique of a javelin and shot put throw. They must understand that a javelin is a pull and a shot put is a push.	Children will understand how to throw and hold a javelin and push it across their body. Children will understand how to hold and throw a shot put and push it off their shoulder.	Children will be able to have a basic understanding of a javelin and shot put throw with a dip of the knees.	Children will be able to perform a javelin and shot put throw with a run up and a basic understanding of the mechanics of the movement.	Children will be able to perform a javelin and shot put throw with a run up and a confident understanding of the mechanics of the movement.				
Play competitive games modified where appropriate, and apply basic principles suitable for attacking and defending.												
2a	Attacking	Tactics	Children will understand the role of an attacker and be able to pass, catch and find space in a game situation.	Children will be able to compete in a 2v1 (piggy in the middle) situation and have an understanding of finding space for a pass.	Can move fluently, changing direction and speed easily and avoiding collisions. Children will be able to complete a 4 v1 and 2 v1 game situation.	Children will be able to understand the movement required for beating a defender. Children will be able to complete a 4 v2 game situation.	Children will be able to understand the movement required for beating a number of different defenders. Children will be able to beat a number of defenders 4v1, 4v2 and 4v3 with a score at the end.	Children will be able to understand the movement required for beating a number of different defenders while moving into space or to a target. Children will be able to beat a number of defenders 4v1, 4v2 and 4v3 with a score at the end consistently using space and quick, accurate passing.				
2b	Defending	Tactics	Children will understand the role of defending and be able to mark an attacker with or without the ball.	Children will be able to perform a defending roll in a 4v1 situation by attempting interceptions and blocks.	Children will be able to follow a player blocking space and perform an interception in a game situation.	Children will be able to understand the term of marking a player and space.	Children will be able to mark a player and understand how to defend as part of a team.	Children will be able to mark a player and understand how to defend as part of a team. Using tactics to cut down space as well as reading passes for interceptions.				
2c	Tennis	Tactics	Children will be able to hold a rally with a partner using the racket on the floor and bouncing the ball on the racket.	Children will be able to return a ball using both their hands and a racket in an isolated skill situation.	Children will be able to keep a rally going using their hands as rackets.	Children will have a basic understanding of how a tennis/badminton game is scored and be able to keep a rally going with their hands.	Children will be able to use rackets to keep a rally going. Children will understand how a tennis game works and move their opponent around to gain an advantage.	Children will understand how a tennis game works and move their opponent around to gain an advantage using a full net and court.				
2d	Cricket/Tennis	Tactics	Children will be able to balance a ball on a racket and be able to hit a still ball.	Children will be able to a range of skills such as balance the ball on a racket, bounce the ball on the racket, tap the ball to the floor using the racket. Children will be able to hold a bat in the correct manner.	Children will have a basic understanding of how to use a bat in cricket and rounders	Children will be able to use a range of shots while batting and understand when to run. Children will be able to use a fore hand shot.	Children will have a good understanding of cricket/rounders for both batting and fielding. Children will be able to use a fore both and back hand.	Children will have a range of shots for batting and will be able to hit a ball into space to make runs. Children will be able to understand where to stand to take space in the field as well as know which wicket/post to throw to.				
KS2 - Develop flexibility, strength, technique, control and balance. KS1 - Developing balance, agility and coordination, and begin to apply these in a range of activities.												
3a	Gymnastics	Strength, Balance	Children will be able to understand the meaning of a one, two and three point balance.	Children will begin to be able to hold their balances for 3-5 seconds with control.	Children will be able to perform a number of balances with control and within a sequence (one, two, three and four point).	Children will be able to perform a number of balances with control and within a sequence with a partner as a mirror image.	Children will be able to perform a number of balances with control and within a sequence using the equipment.	Children will be able to perform a number of balances with control and within a sequence using the equipment demonstrating flow and both solo and with a partner (mirror image).				
3b	Gymnastics	Strength, Flexibility	Children will be able to understand the correct technique to perform a number of rolls, pencil, teddy bear and forward roll.	Children will be able to perform a number of roles with control and confidence. (straight legs, straight lines, tucked bodies).	Children will be able to perform a number of rolls, pencil, teddy bear and forward roll.	Children will be able to perform a number of rolls, pencil, teddy bear and forward roll within a sequence.	Children will be able to perform a number of rolls, pencil, teddy bear and forward roll within a sequence showing flow and great control using the equipment.	Children will be able to perform a number of rolls, pencil, teddy bear and forward roll within a sequence showing flow and great control using the equipment with a partner as a mirror image.				
3c	Health and Fitness	Strength, Flexibility	Children will be able to perform movements such as squats, sit ups, burpees and plank.	Children will be able to show good technique while performing basic functional movements.	Children will be able to perform movements such as bear crawls, crab walks, monkey walks and army crawls.	Children will be able to perform movements such as squats, sit ups, burpees, v-ups and shoulder press. Children will know what muscle groups they are using for each different movement.	Children will be able to perform movements such as squats, sit ups, burpees, v-ups, press ups and shoulder press. Children will be able to understand which muscle groups they are using and have an understanding of how the body reacts under exercise.	Children will be able to perform movements such as squats, sit ups, burpees, v-ups, press ups and shoulder press. Children will be able to understand which muscle groups they are using and be able to create exercise combinations to target each muscle group.				
3d	Health and Fitness	Strength, Agility	Children will be able to move more than one body part with control and efficacy.	Children will show coordination in their movements.	Children will be able to hold a number of positions with good control and efficacy. Eg plank.	Children will be able to hold a number of positions hollow hold, plank.	Children will be able to hold a number of positions such as press up, plank and hollow rock.	Children will be able to hold a number of positions such as press up, plank and hollow rock and squat.				
3e	Health and Fitness	Strength, Flexibility	Children will have a basic understanding of what happens to the body during exercise. Children will have a basic understanding what muscles are being used in different movements.	Children will be able to have a basic understanding of how the body reacts during exercise and have a basic understanding of what muscle groups they are using.	Children will be able to understand the importance of a warm up and perform a number of stretches.	Children will be able to understand the importance of a warm up and perform a number of stretches with control and balance (yoga positions such as downward dog, happy cat, angry cat and warrior).	Children will be able to understand the importance of a warm up and perform a number of stretches with control and balance within their own warm up (yoga positions such as downward dog, happy cat, angry cat and warrior).	Children will be able to understand the importance of a warm up and perform a number of stretches with control and balance within their own warm up targeting certain muscle groups (yoga positions such as downward dog, happy cat, angry cat and warrior).				
Perform dances using a range of movement and patterns												
4a	Dance	Movements and Patterns	Children will be able to follow basic dance movements to a beat of four and eight.	Children will be able to create simple dance movements in a beat of 4.	Children will be able to create basic dance movements to a beat of four.	Children will be able to create basic dance movements to a beat of four or eight.	Children will be able to create dance flowing movements to a beat of four or eight within a group showing good timing.	Children will be able to create dance flowing movements to a beat of four or eight both individually and within a group showing a story and using different speeds and levels within the routine.				
4b	Dance/Health and Fitness	Movements and Patterns	Children will understand what syncro/in unison means.	Children will be able to perform basic movements in a small group using unison.	Children will have a basic understanding what syncro, in unison and cannon means.	Children will have a basic understanding what syncro, in unison and cannon means and be able to perform movements using this method.	Children will have a good understanding what syncro, in unison and cannon means and be able to create and perform movements using this method.	Children will have a good understanding what syncro, in unison and cannon means and be able to create and perform movements using this method with a story or props/equipment.				
4c	Dance/Gymnastics	Movements and Patterns	Children will be able to copy movements with a partner at the same time.	Children will be able to both follow and lead using mirror image/unison.	Children will be able to have a basic understanding of a mirror image.	Children will be able to have a basic understanding of a mirror image and be able to apply it within a sequence/ routine.	Children will be able to have a good understanding of a mirror image and be able to apply this to a routine/sequence.	Children will be able to have a good understanding of a mirror image and be able to apply this to a routine/sequence using equipment.				
Take part in outdoor and adventures activity challenges both individually and within a team. (Woodlands Adventure Centre)												
5a	Outdoor education	Tactics			Children will have a basic understanding on how to take part as a team in a canoe.	Children will understand how to take part as a team in a canoe. Children will know how to use an oar in the correct way.	Children will understand how to take part as a team in a canoe. Children will be able to control a canoe.	Children will understand how to take part as a team in a canoe. Children will be able to have good control and be able to move confidently in different directions.				
5b	Outdoor education	Challenge			Children will climb a tall ladder to use a zip wire.	Children will climb a tall ladder to use a zip wire.	Children will climb a tall ladder to use a zip wire.	Children will climb a tall ladder to use a zip wire.				
5c	Outdoor education	Technique			Children will understand how to use a bow and arrow.	Children will understand how to use a bow and arrow without aid.	Children will understand how to use a bow and arrow and hit a target from different distances.	Children will understand how to use a bow and arrow and hit a target from different distances and understand the safety of using the equipment.				
5d	Outdoor education	Challenge			Children will take part in an assault course using different pieces of equipment using skills such as crawling, climbing, balancing and swinging.	Children will take part in an assault course using different pieces of equipment using skills such as crawling, climbing, balancing and swinging.	Children will take part in an assault course using different pieces of equipment using skills such as crawling, climbing, balancing and swinging.	Children will take part in an assault course using different pieces of equipment using skills such as crawling, climbing, balancing and swinging.				
5e	Outdoor education	Challenge			Children will take part in rock climbing activities.	Children will take part in rock climbing activities.	Children will take part in rock climbing activities.	Children will take part in rock climbing activities.				
Swim competently, confidently and proficiently over a distance of at least 25 meters												
6a	Swimming	Technique			Year 3 children should have confidence in the water and have a basic understanding of water safety and be able to swim half a width or a width with the aid of a float.	Year 4 children should have confidence in the water and have a basic understanding of water safety and be able to swim half a width or a width with the aid of a float.	Year 5 children should be able to swim 25m with the aid of a float.	Year 6 children should have achieved this objective. 25m				
Use a range of strokes effectively												
6b	Swimming	Technique			Year 3 children should have a basic understanding of front crawl and back stroke.	Year 4 children should have a basic understanding of front crawl and back stroke.	Year 5 children should be able to perform the basic movement for front crawl and back stroke.	Year 6 children should be able to swim both front crawl and back stroke confidently and effectively.				
Perform safe self-rescue in different water based situations												
6c	Swimming	Technique			Year 3 children will have a basic understanding of water safety in different situations.	Year 4 children will have a basic understanding of water safety in different situations.	Year 5 children will understand the danger of water and how to act to keep themselves safe.	Year 6 children will understand the dangers of water and be able to keep themselves safe in a range of water situations.				