

PE Progression Grid Class 3-4

Autumn 1 Fundamentals 3-4 Ball Skills 3-4	Autumn 2 Dance 3 Gym 3	Spring 1 Dance 3 Yoga 3-4	Spring 2 Netball 3-4 Hockey 3-4	Summer 1 Tennis 3 Cricket 3-4	Summer 2 Athletics 3-4 OAA 3-4
Minimum vocabulary shown in bold			Minimum learning is highlighted in yellow		
<p>I am able to jump and turn a skipping rope.</p> <p>I can change direction quickly.</p> <p>I can identify when I was successful.</p> <p>I can link hopping and jumping actions.</p> <p>I demonstrate balance when performing other fundamental skills.</p> <p>I understand how the body moves differently at different speeds.</p> <p>I understand why it is important to warm up.</p> <p>I can demonstrate technique, control and co-ordination</p>	<p>I am respectful of others when watching them perform.</p> <p>I can provide feedback using key words.</p> <p>I can repeat, remember and perform a dance phrase.</p> <p>I can use counts to keep in time with a partner and group.</p> <p>I can use dynamic and expressive qualities in relation to an idea.</p> <p>I can work with a partner and in a small group, sharing ideas.</p> <p>explore, create and perform short dance phrases that communicate the idea or an expression of a feeling.</p>	<p>I can use simple tactics to help my team score or gain possession.</p> <p>I understand the rules of the game and I can use them often and honestly.</p> <p>I can defend one on one and know when to win the ball.</p> <p>I can explain what happens to my body when I exercise and how this helps to make me healthy.</p> <p>I can move to space to help my team to keep possession and score goals.</p> <p>I can pass, receive and shoot the ball with increasing control.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p>	<p>I am learning the rules of the game and I am beginning to use them to play fairly.</p> <p>I can provide feedback using key words.</p> <p>I can return a ball to a partner.</p> <p>I can use basic forehand and backhand skills.</p> <p>I understand the aim of the game.</p> <p>I understand the benefits of exercise.</p> <p>I work cooperatively with my group to self-manage games</p> <p>I am beginning to serve and return the ball creating a rally.</p>	<p>I can demonstrate the difference in sprinting and jogging techniques.</p> <p>I can explain what happens in my body when I warm up.</p> <p>I can identify when I was successful and what I need to do to improve.</p> <p>I can jump for distance with balance and control.</p> <p>I can throw with some accuracy and power to a target area.</p> <p>I show determination to improve my personal best.</p> <p>I support and encourage others to work to their best</p> <p>I know how to develop my stamina eg in the daily mile</p>	
<p>I can catch different sized objects with increasing consistency with two hands.</p> <p>I can dribble a ball with control.</p> <p>I can persevere when learning a new skill.</p> <p>I can provide feedback using key words.</p> <p>I can show a variety of throwing techniques.</p> <p>I can throw overarm and underarm with accuracy and increasing consistency to a target.</p>	<p>I can adapt sequences to suit different types of apparatus.</p> <p>I can choose actions that flow well into one another.</p> <p>I can choose and plan sequences of contrasting actions.</p> <p>I can complete actions with increasing balance and control.</p> <p>I can move in unison with a partner.</p> <p>I can provide feedback using key words.</p>	<p>I can describe how yoga makes me feel and can talk about the benefits of yoga.</p> <p>I can link poses together to create a yoga flow.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p> <p>I can transition from pose to pose in time with my breath.</p> <p>I can work collaboratively and effectively with others.</p> <p>I demonstrate yoga poses which show clear shapes.</p>	<p>I can delay an opponent and help to prevent the other team from scoring.</p> <p>I can dribble, pass, receive and shoot the ball with increasing control.</p> <p>I can move to space to help my team to keep possession and score goals.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p>	<p>I am able to bowl a ball with some accuracy and consistency.</p> <p>I am learning the rules of the game and I am beginning to use them to play honestly and fairly.</p> <p>I can communicate with my teammates to apply simple tactics.</p> <p>I can persevere when learning a new skill.</p> <p>I can provide feedback using key terminology and</p>	<p>I can accurately follow and give instructions to help navigate a route</p> <p>I can identify key symbols on a map and use a key to help navigate around a grid.</p> <p>I can plan and apply strategies to solve problems.</p> <p>I can reflect on when and why I was successful at solving challenges.</p>

<p>I can track the path of a ball that is not sent directly to me.</p>	<p>I use a greater number of my own ideas for movements in response to a task. With help, I can recognise how performances could be improved.</p>	<p>I show increasing control and balance when moving from one pose to another. I can demonstrate Down dog</p>	<p>I can use simple tactics to help my team score or gain possession. I share ideas and work with others to manage our game. I understand the rules of the game and I can use them often and honestly.</p>	<p>understand what I need to do to improve. I can strike a bowled ball after a bounce. I can use overarm and underarm throwing, and catching skills with increasing accuracy. I share ideas and work with others to manage our game. I know what the backstop, wicket and stumps are</p>	
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From Nursery up to year 6 all children will be taught to listen, take turn, work alone, work in a group, work in a team and lead others – these skills will be repeated so that they become embedded and children will regularly be given opportunities to practice these skills.

Vocabulary in PE is repeated and consolidated over time.