

PE Progression Grid Class 4-5

Autumn 1 Fitness 3-4 Dodgeball 3-4	Autumn 2 Dance 4 Gym 4	Spring 1 Dance 4 Yoga 5-6	Spring 2 Tag Rugby 3-4 Swimming	Summer 1 Tennis 4 Swimming	Summer 2 Athletics 4 Swimming
Minimum vocabulary shown in bold			Minimum learning is highlighted in yellow		
<p>I can collect and record my scores and identify areas I need to improve.</p> <p>I can use key points to help me to improve my sprinting technique.</p> <p>I share ideas and work with others to manage activities.</p> <p>I show balance when changing direction at speed.</p> <p>I show control when completing activities to improve balance.</p> <p>I show determination to continue working over a period of time.</p> <p>I understand there are different areas of fitness and that each area challenges my body differently.</p>	<p>I can choose actions and dynamics to convey a character or idea.</p> <p>I can copy and remember set choreography.</p> <p>I can provide feedback using appropriate language relating to the lesson.</p> <p>I can respond imaginatively to a range of stimuli relating to character and narrative.</p> <p>I can use changes in timing and spacing to develop a dance.</p> <p>I can use counts to keep in time with others and the music.</p> <p>I can use simple movement patterns to structure dance phrases on my own, with a partner and in a group.</p> <p>I show respect for others when working as a group and watching others perform.</p>	<p>I understand the rules of the game and I can use them often and honestly.</p> <p>I can delay an opponent and help prevent the other team from scoring.</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 help my team keep possession and score tries when I play in attack.</p> <p>I can pass and receive 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 can use simple tactics to help my team score or gain possession.</p> <p>I share ideas and work with others to manage our game.</p>	<p>I understand the rules of the game and I can use them often and honestly.</p> <p>I can communicate with my teammates to apply simple tactics to outwit our opponent</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 provide feedback using key terminology and understand what I need to do to improve.</p> <p>I can return to the ready position to defend my own court.</p> <p>I can sometimes play a continuous game.</p> <p>I can use a range of basic racket skills.</p> <p>I share ideas and work with others to manage our game.</p>	<p>I can demonstrate improving skill 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 increasing balance and control.</p> <p>I can throw with improving 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 understand the rules of the game and I can use them often and honestly.</p> <p>I can catch with increasing consistency.</p> <p>I can communicate with my teammates to apply simple tactics.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p> <p>I can return to the ready position to defend myself.</p> <p>I can throw with some accuracy at a target.</p> <p>I share ideas and work with others to manage our game.</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 identify some muscle groups used in gymnastic activities.</p> <p>I can plan and perform sequences with a partner that include a change of level and shape.</p> <p>I can provide feedback using appropriate language relating to the lesson.</p> <p>I can safely perform balances individually and with a partner.</p> <p>I can watch, describe and suggest possible improvements to others' performances and my own.</p> <p>I understand how body tension can improve the control and quality of my movements</p>	<p>I am confident to lead others, demonstrating poses and teaching them my flow.</p> <p>I can use feedback provided to improve the quality of my work.</p> <p>I can use my breath to transition from one pose to another with control.</p> <p>I can use yoga poses to improve my flexibility, strength and balance.</p> <p>I choose poses which link easily from one to the other to help my sequence flow.</p> <p>I recognise my own and others strengths and areas for development and can suggest ways to improve.</p> <p>I understand that there are different areas of fitness and how this helps me in different activities.</p> <p>I can perform the salutation</p>	<p>Swimming is provided to all children in class 4-5 by Kirklees Active Leisure –see policy on school website</p> <p>https://www.mill-lane.org.uk/images/media/doc/kal-school-swim-policy-september-22---23.pdf</p> <p>Kirklees Active Leisure will assess all pupils and provide lessons that meet their individual needs aiming for all children to be able to swim safely for 25 metres, use a range of strokes effectively and perform self rescue</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.