

Physical Education Vertical Concepts Progression Map

	Fitness	Dance	Athletics	Games	Gymnastics	Outdoor and adventurous activities
Year 1/2	<p>Runs at a variety of speeds, using a variety of styles in different directions and with control</p> <p>Skips with good balance and technique</p> <p>Knows what core and agility are and why they are important</p> <p>Uses core strength to support weight on hands</p> <p>Knows what happens to body during exercise</p> <p>Runs efficiently using arms and with balance and co-ordination</p> <p>Performs skipping moves with agility, balance and co-ordination</p> <p>Maintains positions in which weight is supported on hands for sustained periods of time</p> <p>Demonstrates the correct technique for fitness movements and describe how they affect the body</p>	<p>Counts beats in music</p> <p>Moves in time to music</p> <p>Responds to changes in beat and tempo of music</p> <p>Uses gesture to narrate or show emotion</p> <p>Links travelling moves that change direction and level</p> <p>Changes quality of movement appropriately</p> <p>Performs a dance that tells a story with music (teacher led)</p> <p>Shows contrasting movements and positions with strength and clarity</p> <p>Demonstrates changes in levels and speed</p> <p>Links simple movements together</p> <p>Composes and perform simple dance phes</p>	<p>Uses varying speeds when running</p> <p>Runs short distances at speed with good balance and co-ordination</p> <p>Hops, travels and land safely on two feet</p> <p>Throws underarm and begins to throw overarm safely</p> <p>Jumps from two feet in order to cover distance</p> <p>Runs incorporating a change of speed</p> <p>Changes direction, maintaining balance when running</p> <p>Use arms when jumping</p> <p>Throws safely for distance</p> <p>Jumps over an obstacle with balance when running</p> <p>Demonstrates the difference between running for speed and running for distance</p>	<p>Catches a ball or beanbag from a throw</p> <p>Catches from a bounce</p> <p>Throws underarm</p> <p>Throws overarm</p> <p>Rolls the ball in a chosen direction</p> <p>Stops, traps or catches the ball while on the move</p> <p>Strikes a ball with their hand or other parts of their body</p> <p>Follows the rules and demonstrate fair play in a simple game</p> <p>Targets the receivers hands when throwing a ball</p> <p>Can keep eyes on ball when receiving</p> <p>Can catch a ball at different heights</p> <p>Can bounce pass</p> <p>Can kick a ball to a target</p> <p>Can dribble accurately</p> <p>Strikes a ball from a tee with a variety of bats</p> <p>Knows when to throw overarm and when to throw underarm</p> <p>Plays games fairly and in a sporting manner</p>	<p>Travels in different directions with different speeds and levels</p> <p>Links moves and shapes when travelling</p> <p>Egg rolls, log rolls, forward rolls</p> <p>Travels to, around, over, along onto and off a bench</p> <p>Gets out mats and benches safely</p> <p>Changes direction on mats and benches</p> <p>Knows shapes – tuck, pike, straddle, straight and star</p> <p>Balances – front and back support</p> <p>Balances on body parts</p> <p>Performs balances on benches and mats</p> <p>Combines balances and movements into a short routine using benches and mats</p> <p>Performs balances in pairs</p>	



United Learning
The best in everyone™

- Ambition
- Confidence
- Creativity
- Respect
- Enthusiasm
- Determination

Physical Education Vertical Concepts Progression Map

<p>Year 3</p>	<p>Understands the need for warming up Can suggest ways to improve running technique Can turn a long rope accurately and use it to skip Understands why core strength is important Uses core strength to improve agility exercises Can spin a hula hoop once around waist Can use core strength to perform crunches, squats and burpees Can describe what happens to heart rate during exercise</p>	<p>Counts beats and change direction while travelling Keeps count and maintain tempo while dancing Performs a dance with rhythm and expression Works co-operatively with a partner to tell a story using dance – using step patterns and gesture with fluency Performs in front of others with confidence</p>	<p>Runs in different directions and at different speeds using a good technique Throws in a variety of ways using legs and arms Performs a standing long jump Receives a baton Starts a race appropriately</p>	<p>Dribbles a ball with accuracy and control Rolls throws a ball at a target with accuracy Performs a range of catching and gathering skills with control Anticipates a catch and reacts quickly to a catch Throws and hits balls in different ways Chooses simple tactics to suit different situations Understands the rules of the game and sticks to them. Applies tactics to a game situation</p>	<p>Jumps in different ways with a stable safe landing Links jumping techniques to other gymnastic actions and into sequences Jumps from a bench in a range of ways Composes sequences which incorporates jumping moves and improves it</p>	<p>Work collaboratively with a partner and a small group, listening to and accepting others' ideas Plan and attempt to apply strategies to solve problems</p>
<p>Year 4</p>	<p>Can demonstrate footwork patterns and correct technique for jab, twist, cross jab, side kick toe touch and jog-and- roll and duck and dodge moves Understands what stamina means Can complete a step routine to music with co-ordination and balance Can accurately perform poses: mountain, siamese, pencil point, mountain top and giraffe Understands how a circuit can aid fitness and can demonstrate correct technique for: spotty</p>	<p>Learns simple steps and teach them to others Performs simple dances in small groups Stays in place and can maintain space when travelling Demonstrates awareness of rhythm and phrasing Understands motif, unison and canon Composes and perform a small group dance</p>	<p>Modifies stride length, arm action and knee lift to select and maintain different running paces Uses the pull technique when throwing and can throw and retrieve implements safely Uses effective footwork technique when jumping for distance</p>	<p>Dribbles a ball whilst maintaining direction and keeping control Turns with a ball Passes a ball accurately Receives a ball confidently Identifies ways of moving a ball towards the opponent's goal Communicates with team mates Can apply techniques to stop someone scoring Holds racket correctly Sends and receives ball with racket Serves underarm</p>	<p>Performs symmetrical and asymmetrical balances with a partner and incorporates them into sequences Uses own and others body weight to balance Adapts sequences to include equipment Performs longer sequences with fluency and clarity of movement</p>	<p>Confidently communicate ideas to others and listen to suggestions before deciding on the best approach</p>



United Learning
The best in everyone™

- Ambition
- Confidence
- Creativity
- Respect
- Enthusiasm
- Determination

Physical Education Vertical Concepts Progression Map

	dogs, tricep dips, plank and bench star			Demonstrates forehand and backhand strokes Volleys Fields a ball in a variety of ways to stop it travelling further Chooses how to throw depending on the situation Knows the rules of Kwik cricket		
Year 5/6	<p>Understands importance of stretching Demonstrates correct technique for front kick and begin to link boxercise moves within a circuit Links boxercise moves and perform them fluently in order to compose routine Works with a partner to produce sequence of step moves including step ups, v steps, cross steps, heel flicks and side steps Performs fitness circuits and discuss their impact on strength and stamina Performs chair pose and letter L pose accurately</p>	<p>Improvises Describes key components of successful dance and can apply them in order to improve own work. Composes and perform in small groups using variation to adjust motifs. Gives helpful feedback Breaks down dances when teaching to others</p> <p>Performs dances in a group with a strong beginning and end. Performs confidently in front of a larger audience. Composes dances in a group that include moments of stillness and mirror</p>	<p>Sustains running at a continuous pace Uses effective push technique when throwing and can throw with accuracy and power Stands in an accurate position when passing and receiving the baton Accurately describes and demonstrates correct technique for a standing long jump Runs efficiently for speed over a range of distances demonstrating good technique Performs a sprint start Throws with power using push and pull techniques Jumps over obstacles (hurdles) when running</p>	<p>Has a basic knowledge of footwork rules (netball) Can send and receive a range of passes depending on the distance the ball needs to travel Can dodge and get free Marks opponent and demonstrates range of defending skills Shoots (netball) Knows positions on a netball court Chooses appropriate fielding techniques Runs between wickets Directs the ball when batting Tags (rugby) Practices ball handling skills Moves into a space in order to receive ball</p>	<p>Perform star, dish and arch moves with control and accuracy Link moves together with fluency and body tension Learns counterbalance skills and includes these in a sequence Performs movements in canon and in unison Composes sequences in a small group incorporating balance and counterbalance, canon and unison movements. Performs and evaluates equipment and own and others sequences giving feedback and acting on advise in order to bring about improvements</p>	<p>Encourage and motivate others to work to their personal best Persevere when a challenge is difficult Communicate with others clearly and effectively Lead others and show consideration of all within a group Attempt tasks and challenges that are outside comfort zones</p>



United Learning
The best in everyone™

- Ambition
- Confidence
- Creativity
- Respect
- Enthusiasm
- Determination

Physical Education Vertical Concepts Progression Map

	<p>Links known Pilates moves into a sequence Performs circuit moves with balance and co-ordination and to monitor improvements</p> <p>Composes an aerobic work out using boxercise moves that sustains a raised heartbeat Understands the value of step based exercise and devises sequences which include at least 5 movements and changes in pace, noting the effect on heart rate Develops a personal circuit based fitness program and monitor improvements over time Creates own Pilates poses and link with known poses, performing accurately in a sequence Performs running squats with agility and co-ordination Performs circuit moves with balance, co-ordination and agility and suggest ways to improve/reasons for improvement</p>		<p>Uses different footwork patterns to cover distance when jumping</p>	<p>Places ball down to score try Hits ball/shuttle with consistency and accuracy Selects shot according to situation Uses drop shot Reacts quickly to situations Understands backstop/wicket keeper position</p>		
--	--	--	--	--	--	--



United Learning
The best in everyone™

- Ambition
- Confidence
- Creativity
- Respect
- Enthusiasm
- Determination

Physical Education Vertical Concepts Progression Map

Swimming skills progression

Swimming is taught in Year 4

BEGINNERS	DEVELOPERS	INTERMEDIATE
<p>Submerges and regains feet in the water</p> <p>Breathes in sync with an isolated kicking action from poolside</p> <p>Uses arms and legs together to move effectively a short distance in the water</p> <p>Glides on front and back over short distances</p> <p>Floats on front and back for short periods of time</p> <p>Confidently rolls from front to back and then regains a standing position</p>	<p>Confidently and consistently retrieves an object from the floor with the same breath</p> <p>Begins to co-ordinate breath in time with basic strokes showing some consistency in timing</p> <p>Demonstrates a fair level of technique consistently co-ordinating the correct body parts in a range of strokes</p> <p>Combines gliding and floating on front and back over an increased distance</p> <p>Floats on front and back using different shapes with increased control</p> <p>Comfortably demonstrates sculling head first and feet first and treads water</p>	<p>Confidently combines skills to retrieve an object from greater depth</p> <p>Confidently co-ordinates a smooth and consistent breathing technique with a range of strokes</p> <p>Confidently demonstrates good technique in a wider range of strokes over increased distances</p> <p>Combines gliding and transitioning into an appropriate stroke with good control</p> <p>Confidently links a variety of floating actions together demonstrating good technique and control</p> <p>Selects and applies the appropriate survival technique to the situation</p>



United Learning
The best in everyone™

- Ambition
- Confidence
- Creativity
- Respect
- Enthusiasm
- Determination