ST ALBAN'S CATHOLIC PRIMARY SCHOOL
DIOCESE OF EAST ANGLIA

Christ Be Our Light

Physical Education Progression Statements

	Autumn 1	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
Early Years	***Gross Motor Skills*** **Large Apparatus Skills:** Negotiate space Build confidence in climbing onto a range of apparatus Follow movements in warm up – Walk on the spot Run on the spot Jump on the spot **Ball Skills:** Use large soft balls: foam balls, beach balls, balloons – Throw, catch, roll to a partner **Yoga:** Easy sitting pose Lying down pose **Dance:** Join in 'Wake and Shake' (Silly Song) ***Fine Motor Skills***	***Gross Motor Skills*** **Large Apparatus Skills:** Hold body weight on ropes Alight balance beam with support Climb up and down One side of climbing frame **Ball Skills:** Footballs and netballs: Throw to a partner, kick to a partner, kick into a goal **Yoga:** Butterfly pose Child's pose **Dance:** Join in African Playground Music Dance warm-up ***Fine Motor Skills*** Develop and refine small motor skills in Continuous Provision	***Gross Motor Skills*** **Large Apparatus Skills:** Sit on knot of rope Alight balance beam independently and walk across with support Climb up and through climbing frame **Ball Skills:** Roll ball along bench to partner **Yoga:** Tree pose Mountain pose **Dance:** Follow sequence of movements in time to music for warm-up and cool down 'Here Comes the Snow Dance' ***Fine Motor Skills*** Develop and refine small motor skills in Continuous Provision	***Gross Motor Skills*** **Large Apparatus Skills:** Pull and jump feet onto knot of rope Alight balance beam and walk across independently Climb up climbing frame and hold body weight hanging from hands **Ball Skills:** Throw to a target Under arm/over arm throws **Yoga:** Warrior Pose Downward Dog Pose **Dance:** Children to create own sequence of movements to Gustav Holst's The Planets and Vivaldi's Four Seasons ***Fine Motor Skills***	***Gross Motor Skills*** **Large Apparatus Skills:** Use arms and feet to pull body further up rope and walk hands back down Alight balance beam and add tuck shape when walking across Walk supported across cylindrical beam **Ball Skills:** Tennis lessons Holding and controlling a racket **Yoga:** Half Lotus pose Cobra pose **Dance Unit from Cambs. Scheme of Work** ***Fine Motor Skills*** Develop and refine small motor skills in Continuous Provision	***Gross Motor Skills*** **Large Apparatus Skills:** Climb further up the rope and hold before walking hands back down Create sequence of gym shapes on balance beam Walk unsupported across cylindrical beam **Ball Skills:** Tennis lessons Racket skills **Yoga:** Wide-Angled seated forward bend pose Seated forward bend pose **Dance Unit from Cambs. Scheme of Work** ***Fine Motor Skills***

	Develop and refine small motor skills in Continuous Provision			Develop and refine small motor skills in Continuous Provision		Develop and refine small motor skills in Continuous Provision
Year 1	**Catching and Throwing Gymnastics** **master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities* **perform dances using simple movement patterns* **participate in team games, developing simple tactics for attacking and defending*	**Football Gymnastics** **master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities* **perform dances using simple movement patterns* **participate in team games, developing simple tactics for attacking and defending*	**Control and teamwork Gymnastics** **master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities* **perform dances using simple movement patterns* **participate in team games, developing simple tactics for attacking and defending*	**Catching and Throwing Gymnastics** **master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities* **perform dances using simple movement patterns* **participate in team games, developing simple tactics for attacking and defending*	**Tennis Swimming** **master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities*	**Tennis Swimming** **master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities*
Year 2	**Dance Swimming** **perform dances using simple movement patterns.* **swim competently, confidently and proficiently over a distance of at least 25 metres* **use a range of strokes effectively*	**Swimming** **swim competently, confidently and proficiently over a distance of at least 25 metres* **use a range of strokes effectively* **perform safe self-rescue in different water-based situations.*	**Gymnastics Ball skills** **master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.* **participate in team*	**Dance Ball skills** **master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.* **participate in team*	**Gymnastics Tennis** **master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.* **participate in team*	**Athletics Multi Skills Sports** **master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.* **participate in team*

	**perform safe self-rescue in different water-based situations.*		*games, developing simple tactics for attacking and defending.* **perform dances using simple movement patterns.*	*games, developing simple tactics for attacking and defending.* **perform dances using simple movement patterns.*	*games, developing simple tactics for attacking and defending.*	*games, developing simple tactics for attacking and defending.*
Year 3	**Dance (indoor)** **Athletics (outdoor)** **perform dances using a range of movement patterns* **develop flexibility, strength, technique, control and balance.*	**Gymnastics (indoor)** **Hockey (outdoor)** **develop flexibility, strength, technique, control and balance.* **play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending*	**Swimming (external)** **Movement and Coordination (outdoor)** **develop flexibility, strength, technique, control and balance.* **use running, jumping, throwing and catching in isolation and in combination.* **swim competently, confidently and proficiently over a distance of at least 25 metres* **use a range of strokes effectively* **perform safe self-rescue in different water-based situations.*	**Swimming (external)** **Games - Invasion (outdoor)** **play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.* **swim competently, confidently and proficiently over a distance of at least 25 metres* **use a range of strokes effectively* **perform safe self-rescue in different water-based situations.*	**Circuits (indoor)** **Games - Cricket (outdoor)** **play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.* **compare their performances with previous ones and demonstrate improvement to achieve their personal best.*	**OAA – team work and cooperation (outdoor)** **Games – Tennis (outdoor)** **take part in outdoor and adventurous activity challenges both individually and within a team.* **play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.*
Year 4	**Invasion Games – Handball (outdoor)** **Dance (indoor)** **play competitive games, modified where appropriate*	**Invasion Games – Handball (outdoor)** **Gymnastics** **Handball (indoor)**	**Swimming (external)** **Movement and Coordination (outdoor)**	**Swimming (external)** **Movement and Coordination (outdoor)**	**Invasion Games – Football (outdoor)** **Circuits (indoor)** **play competitive games, modified where appropriate*	**Tennis (outdoor)** **OAA (outdoor)** **play competitive games, modified where appropriate and apply basic*

	and apply basic principles suitable for attacking and defending. ** perform dances using a range of movement patterns.*	**develop flexibility, strength, technique, control and balance.* **play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.*	**swim competently, confidently and proficiently over a distance of at least 25 metres* **use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]* **perform safe self-rescue in different water-based situations.* **use running, jumping, throwing and catching in isolation and in combination.*	**swim competently, confidently and proficiently over a distance of at least 25 metres* **use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]* **perform safe self-rescue in different water-based situations.* **use running, jumping, throwing and catching in isolation and in combination.*	*and apply basic principles suitable for attacking and defending.* **compare their performances with previous ones and demonstrate improvement to achieve their personal best.*	*principles suitable for attacking and defending.* **take part in outdoor and adventurous activity challenges both individually and within a team.*
Year 5	**<u>Swimming</u>** **<u>Outdoor invasion Games</u>** **swim competently, confidently and proficiently over a distance of at least 25 metres* **use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]* **perform safe self-rescue in different water-based situations.*	**<u>Swimming</u>** **<u>Basketball</u>** **swim competently, confidently and proficiently over a distance of at least 25 metres* **use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]* **perform safe self-rescue in different water-based situations.* **play competitive games, modified*	**<u>Dance</u>** **<u>Tag Rugby</u>** **perform dances using a range of movement patterns.* **play competitive games, modified where appropriate , and apply basic principles suitable for attacking and defending.*	**<u>Dance</u>** **<u>Tag rugby</u>** **perform dances using a range of movement patterns.* **play competitive games, modified where appropriate , and apply basic principles suitable for attacking and defending.*	**<u>Active science/PE</u>** **<u>Cricket</u>** **use running, jumping, throwing and catching in isolation and in combination.* **compare their performances with previous ones and demonstrate improvement to achieve their personal best.*	**<u>Team Games</u>** **<u>Orienteering</u>** **take part in outdoor and adventurous activity challenges both individually and within a team.* **develop flexibility, strength, technique, control and balance.* **play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.*

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Year 6	**Netball Circuits** *play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. *compare their performances with previous ones and demonstrate improvement to achieve their personal best.	**Netball Circuits** *play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. *compare their performances with previous ones and demonstrate improvement to achieve their personal best.	**Hockey Dance** *play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. *perform dances using a range of movement patterns.	**Hockey Gymnastics** *play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. *develop flexibility, strength, technique, control and balance.	**Swimming Tennis** *swim competently, confidently and proficiently over a distance of at least 25 metres *use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] *perform safe self-rescue in different water-based situations. *use running, jumping, throwing and catching in isolation and in combination	**Swimming Athletics and Tennis** *swim competently, confidently and proficiently over a distance of at least 25 metres *use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] *perform safe self-rescue in different water-based situations. *develop flexibility, strength, technique, control and balance.
Missing	**Year 6** *take part in outdoor and adventurous activity challenges both individually and within a team					