

# Progression in Physical Education



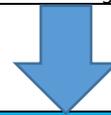
## Year 1 athletes will be able to...

Balance on one foot  
Balance on a piece of apparatus  
Throw and catch a large ball over arm and under arm, dribble a ball and kick a ball to an end target  
Control a ball within a game setting  
Hop, stop on command, sprint, run, skip without a rope, jump for height



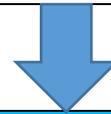
## Year 2 athletes will be able to...

Move in a variety of ways in and out cones and obstacles.  
Skip with a rope, gallop, side gallop, jump for distance  
Copy a dance pattern  
Balance a ball on a bat, dribble a ball in and out of a set of obstacles  
Cooperate with team mates and work as a team in order to score goals



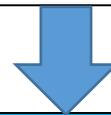
## Year 3 athletes will be able to...

Create and perform a short sequence linking basic actions with a clear beginning, middle and end  
Develop simple tactics for attacking and defending  
Perform a basic log, egg, shoulder and forward roll



## Year 4 athletes will be able to...

Respond imaginatively and with control and coordination  
Vary dynamics, speed, direction and level of their movements  
Plan and perform a movement sequence showing contrasts in speed/level and direction  
Compete in a range of increasingly challenging situations



## Year 5 athletes will be able to...

Bounce a ball on the spot with consistency  
Travel whilst bouncing a ball, showing control  
Play competitive games, modified where appropriate through team and individual games



## Year 6 athletes will be able to...

Use either hand to dribble showing changes of speed and direction.  
Perform a range of rolls consistently including a backward roll  
Develop a longer and more varied movement sequence demonstrating smooth transitions between actions.  
Improvise freely, individually and with a partner  
Refine my own performance in response to others and self-analysis, develop an understanding of how to improve in different physical activities and sports  
Use a range of tactics and strategies to overcome opponents in direct competition  
Succeed and excel (in competitive sport) and other physically demanding activities