



# King George V Primary School

## Curriculum Skills Progression Map

**Subject Area: Physical Education (P.E.)**

Skill	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Basic Movement (KS1)</b>	<p>I can move in a variety of ways in and out cones and obstacles.</p> <p>I can jump with both feet leaving the ground</p> <p>I can: Hop Stop on command Sprint Run Skip without a rope Jump for height</p>	<p>I can move in a variety of ways in and out cones and obstacles.</p> <p>I can jump with both feet leaving the group</p> <p>I can: Hop Stop on command Sprint Run Skip without a rope Jump for height Skip with a rope Gallop Side gallop Jump for distance</p>				
<b>Developing Balance (KS1)</b>  <b>Control and Balance (KS2)</b>	<p>I can single balance</p> <p>I can balance on one foot</p> <p>I can balance on a piece of apparatus</p> <p>I can: Side roll Climb Line walk</p>	<p>I can single balance</p> <p>I can balance on one foot</p> <p>I can balance on a piece of apparatus</p> <p>I can: Side roll Climb Line walk Bench walk</p>	<p>I can bounce a ball on the spot with consistency</p> <p>I can perform a basic log, egg, shoulder and forward roll</p>	<p>I can bounce a ball on the spot with consistency</p> <p>I can perform a basic log, egg, shoulder and forward roll</p> <p>I can respond imaginatively and with control and coordination</p> <p>I can use different body parts</p>	<p>I can bounce a ball on the spot with consistency</p> <p>I can respond imaginatively and with control and coordination</p> <p>I can use different body parts</p> <p>I can vary dynamics, speed, direction and level of their movements</p>	<p>I can bounce a ball on the spot with consistency</p> <p>I can respond imaginatively and with control and coordination</p> <p>I can use different body parts</p> <p>I can travel whilst bouncing a ball, showing control</p>

				<p>I can vary dynamics, speed, direction and level of their movements</p>	<p>I can travel whilst bouncing a ball, showing control</p> <p>I can perform a competent forward roll, log roll, egg roll, shoulder roll, curled roll and progress to backward roll.</p> <p>I can improvise freely, individually and with a partner.</p> <p>I can translate ideas from a stimulus into movement.</p>	<p>I can improvise freely, individually and with a partner</p> <p>I can translate ideas from a stimulus into movement.</p> <p>I can use either hand to dribble showing changes of speed and direction.</p> <p>I can perform a range of rolls consistently including a backward roll.</p> <p>I can respond imaginatively to a variety of stimuli, demonstrating a wide range of actions with precision, control and fluency.</p> <p>I can incorporate different dynamics and develop new actions with a partner and in a group.</p>
<p><b>Agility and Coordination (KS1)</b></p>	<p>I can throw and catch a large ball over arm and under arm</p> <p>I can roll a ball to an end target</p> <p>I can kick a ball with increasing accuracy to an end target</p> <p>I can dribble a ball</p> <p>I can balance a ball</p>	<p>I can throw and catch a medium sized ball accurately</p> <p>I can kick a ball</p> <p>I can balance a ball on a bat</p> <p>I can dribble a ball in and out of a set of obstacles</p> <p>I can hit a ball with some accuracy using a racket or bat</p>				

	on a racket	I can throw a beanbag into a given target				
<b>Team Games (KS1)</b>	I can participate in a game with an opposing side	I can participate in a game with an opposing side	I can participate in team games	I can participate in team games	I can participate in team games	I can participate in team games
<b>Competitive Games (KS2)</b>	I can control a ball within a game setting	I can control a ball within a game setting	I can develop simple tactics for attacking and defending	I can develop simple tactics for attacking and defending	I can play competitive games, modified where appropriate through team and individual games	I can play competitive games, modified where appropriate through team and individual games
	I can use my hands to control a ball with increasing accuracy	I can play a game with a set of rules	I can succeed and excel (in competitive sport) and other physically demanding activities.	I can play competitive games, modified where appropriate.	I can develop simple tactics for attacking and defending	I can use a range of tactics and strategies to overcome opponents in direct competition
	I can play a game following a set of rules	I can play as part of a team		I can succeed and excel (in competitive sport) and other physically demanding activities.	I can apply basic principles suitable for attacking and defending	I can apply basic principles suitable for attacking and defending
		I can cooperate with team mates		I can compete in a range of increasingly challenging situations	I can succeed and excel (in competitive sport) and other physically demanding activities	I can succeed and excel (in competitive sport) and other physically demanding activities
		I can work as a team in order to score goals			I can compete in a range of increasingly challenging situations	I can compete in a range of increasingly challenging situations
		I can control a ball accurately				I can develop an understanding of how to improve in different physical activities and sports.
		I can use both hands and feet in order to control a ball				
<b>Movement Patterns</b>	I can dance to link in with learning theme	I can dance to link in with learning theme	I can create and perform a short sequence linking basic actions with a clear beginning, middle and end.	I can create and perform a short sequence linking basic actions with a clear beginning, middle and end.	I can create and perform a short sequence linking basic actions, with a clear beginning, middle and end.	I can create and perform a short sequence linking basic actions with a clear beginning, middle and end.
	I can copy a dance pattern	I can copy a dance pattern	I can choose and link actions to create an	I can choose and link actions to create an	I can choose and link actions to create an	I can choose and link actions to create an
		I can move to a beat				

	<p>I can move to a beat</p> <p>I can link 2 dance movements together</p>	<p>I can link a short series of dance sequences together</p>	<p>expressive dance phase which shows some sensitivity to accompaniment.</p>	<p>expressive dance phase which shows some sensitivity to accompaniment.</p> <p>I can plan and perform a movement sequence showing contrasts in speed/level and direction,</p> <p>I can apply basic compositional ideas to create dance phrases with a partner and in a small group.</p>	<p>expressive dance which shows some sensitivity to accompaniment.</p> <p>I can plan and perform a movement sequence showing contrasts in speed, level and direction.</p> <p>I can apply basic compositional ideas to create dance phrases with a partner and in a small group.</p> <p>I can describe and comment on their own performance and that of others and make simple suggestions to improve quality and performance.</p> <p>I can develop a longer and more varied movement sequence demonstrating smooth transitions between actions.</p>	<p>expressive dance phase which shows some sensitivity to accompaniment.</p> <p>I can plan and perform a movement sequence showing contrasts in speed/level and direction</p> <p>I can apply basic compositional ideas to create dance phrases with a partner and in a small group.</p> <p>I can develop a longer and more varied movement sequence demonstrating smooth transitions between actions.</p> <p>I can compare, develop and adapt movement motifs to create longer dances.</p> <p>From observations of others, I can describe constructively how to refine, improve and modify performance</p> <p>I can refine my own performance in response to others and self-analysis.</p>
<b>Swimming</b>			<p>I can put face in water and blow bubbles</p> <p>I can fully submerge under water</p> <p>I can swim 20 metres across the pool without support</p>		<p>I can swim 25 metres in any style, unsupported.</p>	

			I can swim 10metres front crawl and back stroke			
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