

Brimscombe C of E Primary School

Physical Education progression

Year Groups	Y1 – Y2	Y3 – Y4	Y5 – Y6	Y6+
Movement <i>Develop competence to excel in a broad range of physical activities</i>	Develop fundamental movement skills, becoming increasingly confident and competent Master basic movements such as running, jumping, throwing and catching	Continue to apply and develop a broader range of skills Use running, jumping, throwing and catching in isolation and in combination	Continue to apply and develop a broader range of skills Use running, jumping, throwing and catching in isolation and in combination	Build on and embed the physical development and skills learned in KS1 and 2. Tackle complex and demanding physical activities
Using skills, techniques	Access a broad range of opportunities to extend their agility, balance and coordination Developing balance, agility and coordination	Learn how to use (skills) them in different ways and to link them to make actions and sequences of movement Develop flexibility, strength, technique, control and balance e.g. through athletics and gymnastics	Become more competent, confident and expert in their techniques and apply them across different sports and physical activities Develop their technique and improve their performance in other competitive sports e.g. athletics and gymnastics	Develop their technique and improve their performance in other competitive sports e.g. athletics and gymnastics or other physical activities e.g. dance
Dance	Perform dances using simple movement patterns	Perform dances using a range of movement patterns	Perform dances using advanced dance techniques in a range of dance styles and forms	Develop their technique and improve their performance in other physical activities e.g. dance
Cooperation (social) Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect	(work) individually and with others. Engage in cooperative physical activities	(enjoy) communicating, collaborating with each other ...and within a team	...be encouraged to work in a team, building on trust and developing skills... (either individually) or as a group	...encourage pupils to work in a team, building on trust and developing skills... (either individual) or as a group
Competition A high quality physical education curriculum inspires all pupils to succeed and excel in competitive sport... <i>Engage in competitive sports and activities</i>	Engage in competitive physical activities (both against self and against others)	(enjoy) competing with each other	Overcome opponents in direct competition through team and individual games Take part in competitive sports and activities outside school through community links or sports clubs	

Games	Participate in team games	Play competitive games, modified where appropriate	...through team and individual games in team and individual games
Tactics Attack/defend	Developing simple tactics for attacking and defending	Apply basic principles suitable for attacking and defending	Use a range of tactics and strategies to overcome opponents in direct competition (through team and individual games)	Use and develop a variety of tactics and strategies to overcome opponents in team and individual games
Challengesucceed and excel (in competitive sport) and other physically demanding activities	Range of increasingly challenging situations	Develop an understanding of how to improve in different sports Take part in OAA challenges both individually and within a team	Develop an understanding of how to improve in different sports Take part in OAAs which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group	Tackle complex and demanding physical activities Take part in further OAAs in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group
Analysis and evaluation		Learn how to evaluate and recognise their own success Compare their performances with previous ones and demonstrate improvement to achieve their personal best	Analyse their performances compared with previous ones and demonstrate improvement to achieve their personal best	Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best
Preparation for life and participation It should provide opportunities for pupils to become physically confident in a way, which supports their health and fitness	Access a broad range of opportunities	Access a broad range of opportunities	Develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life Take part in competitive sports and activities outside school through community links or sports clubs	Get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs
Health and fitness <i>Are physically active for sustained periods of time Lead healthy, active lives</i>	Begin to understand and apply the long-term health benefits of physical activity	Begin to understand and apply the long-term health benefits of physical activity	Understand and apply the long-term health benefits of physical activity	Get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle