



Crazies Hill C.E. Primary School
Whole School PE Curriculum Progression Map

	EYFS ELGs	KS1	Lower Key Stage 2	Upper Key Stage 2
Acquiring and developing skills	<p>Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Hold a balance whilst walking along a straight line</p> <p>Zig Zag through a series of markers spaced evenly</p> <p style="padding-left: 40px;">Hop on the same foot</p> <p style="padding-left: 40px;">Jump for distance</p> <p style="padding-left: 40px;">Jump for height</p> <p style="padding-left: 40px;">Catch a bean bag</p> <p>Throw a small ball underarm using the correct technique</p> <p>Zig Zag through a series of tightly spaced markers</p> <p style="padding-left: 40px;">Hop along a straight line using the same foot</p> <p style="padding-left: 40px;">Jump for distance controlling the landing</p> <p style="padding-left: 40px;">Jump for height with a controlled landing</p> <p style="padding-left: 80px;">Catch a small ball</p> <p>Throw a small ball overarm using the correct technique</p>	<p style="padding-left: 40px;">Balance on one foot</p> <p style="padding-left: 40px;">Climb a set of wall bars</p> <p style="padding-left: 40px;">Perform a side stepping gallop</p> <p style="padding-left: 40px;">Run at speed over a distance</p> <p>Complete a forward roll and land on the feet</p> <p style="padding-left: 40px;">Skip forwards in a fluid motion</p> <p style="padding-left: 40px;">Kick a ball accurately</p> <p style="padding-left: 40px;">Pass a ball from chest height to a partner</p>	<p>Perform a sequence of one footed leaps</p> <p style="padding-left: 40px;">Gallop with a fluid motion.</p> <p style="padding-left: 40px;">Dribble a football between cones</p> <p style="padding-left: 40px;">Perform a 'drop-kick'.</p> <p style="padding-left: 40px;">Perform a 'basketball dribble'</p> <p>Strike a ball with a range of bats for accuracy and distance</p>



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Applying skills and using tactics	<p>Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Link skills and actions in different ways to suit different activities.</p> <p>Establish sequences of actions and skills which have a clear beginning, middle and ending.</p> <p>Structure sequences of actions and skills in different orders to improve performance (speed / direction / level / etc).</p>	<p>Vary skills, actions and ideas and link these in different ways to suit different activities.</p> <p>Vary his/her responses to tactics, strategies and sequences used.</p> <p>Apply skills and tactics in combination with a partner or as part of a group / team</p>	<p>Participate in recognised activities and games with skill and precision showing creativity with tactics and strategy.</p> <p>When performing in an activity, draw upon previous knowledge and experiences of tactics, strategies and composition.</p> <p>Develop interest in participating in sports activities and events at a competitive level.</p> <p>When planning activities and actions, take into account a range of strategies, tactics and routes to success, considering his/her strengths and weaknesses and the strengths and weaknesses of others.</p>
Evaluating and improving performance		<p>Describe and comment on performance.</p> <p>Compare his/her performance with others.</p>	<p>Compare and contrast his/her performance with others.</p> <p>Comment on skills and techniques applied in his/her own and others' work and use this understanding to</p>	<p>Identify different levels of performance and use subject specific vocabulary.</p> <p>Analyse, modify and refine skills and techniques and how these are applied.</p> <p>Consider how specific aspects of an activity or performance can influence the outcome and suggest the best possible strategy.</p>



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Swimming			<p>Jump into the pool and submerge briefly.</p> <p>Sink, push away from the wall and glide underwater for a short distance.</p> <p>Submerge fully to pick up an object from the bottom.</p> <p>Swim over 10m using a range of strokes accurately</p> <p>Have a reasonable knowledge of the water safety code</p> <p>Perform a sequence of changing shapes whilst floating on the surface.</p> <p>Perform a range of movements in deep water demonstrating confidence and competence.</p> <p>swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>perform safe self-rescue in different water-based situations</p>	
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Healthy Bodies	<p>Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Identify and name some large bones.</p> <p>Understand why the brain, heart and lungs are important body parts.</p> <p>Begin to understand how our body heals itself (bruising / scabs / etc).</p> <p>Identify and name some large bones and muscles and explain why they are important.</p> <p>Identify the importance of our senses and explain how they help us.</p> <p>Understand that the heart is a muscle which grows during exercise and pumps blood carrying oxygen and energy around the body.</p> <p>Understand that food is broken down into energy in our digestive system.</p> <p>Identify ways we can increase our own body's protection.</p>	<p>Identify the importance of our senses and explain some of the difficulties and dangers that we could encounter if we were to lose a sense.</p> <p>Identify that exercise helps our lungs and heart and improves co-ordination</p> <p>Describe the differences between different body parts</p> <p>Understand the main functions of the brain and the way it sends signals using the nervous system</p> <p>Understand how the body protects the internal organs and how we give extra protection during activities.</p> <p>Name the parts of the digestive system and explain the processes.</p> <p>Identify that the blood transports materials and it also protects</p> <p>Identify the main features of respiration</p> <p>Understand that muscles work in pairs to protect, support and move the body.</p> <p>Understand the three functions of a skeleton and use scientific vocabulary to name specific bones.</p>	<p>Identify the importance of our senses and explain some of the difficulties and dangers that we could encounter if we were to lose a sense.</p> <p>Identify that exercise helps our lungs and heart and improves co-ordination</p> <p>Describe the differences between different body parts</p> <p>Understand the main functions of the brain and the way it sends signals using the nervous system</p> <p>Understand how the body protects the internal organs and how we give extra protection during activities.</p> <p>Name the parts of the digestive system and explain the processes.</p> <p>Identify that the blood transports materials and it also protects</p> <p>Identify the main features of respiration</p> <p>Understand that muscles work in pairs to protect, support and move the body.</p> <p>Understand the three functions of a skeleton and use scientific vocabulary to name specific bones.</p>
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