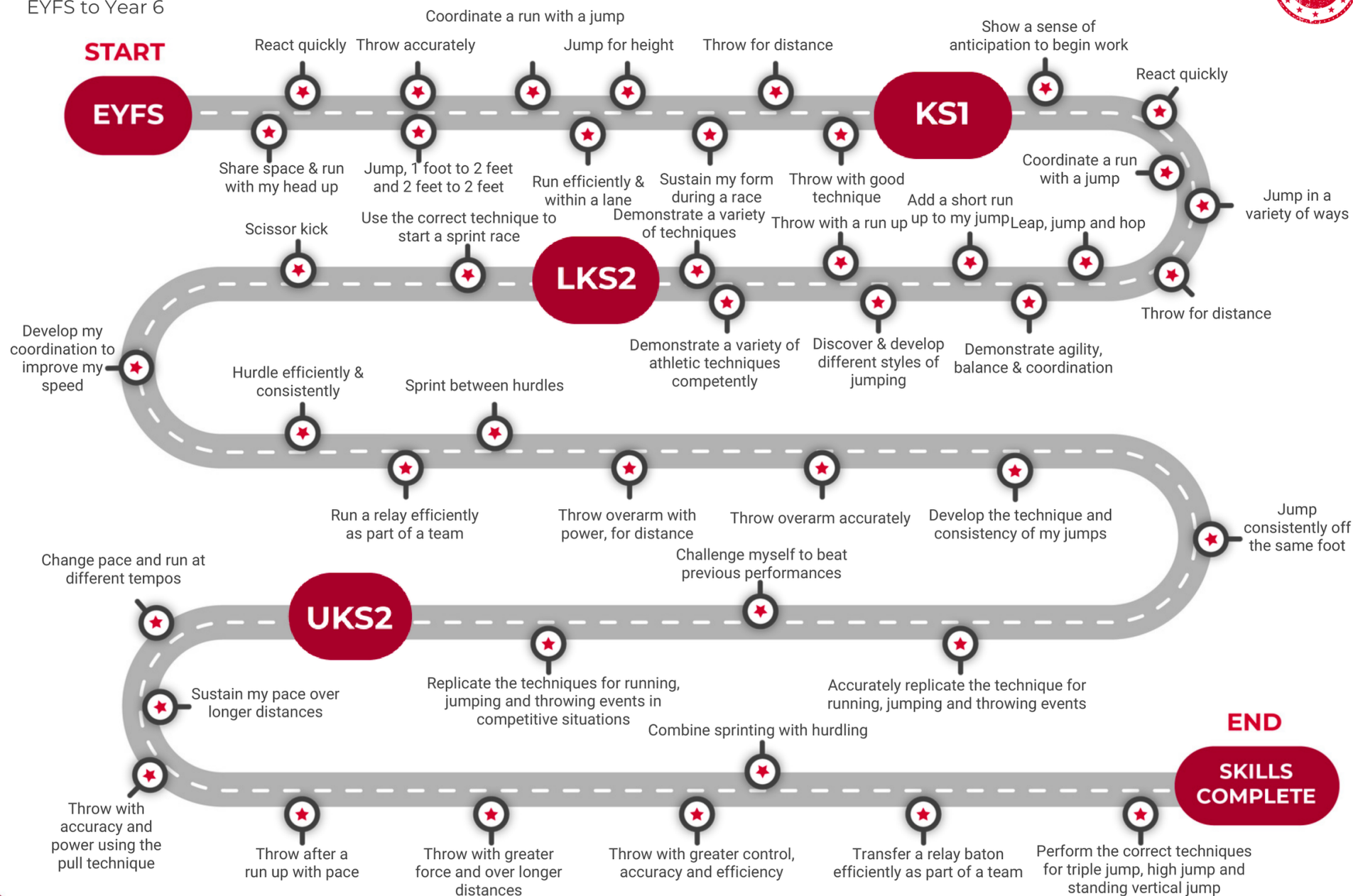


Lever House Primary School PE Progression Document

	EYFS	KSI	LKS2	UKS2
Athletics	-Share space & run with my head up -React quickly -Throw accurately -Jump, 1 foot to 2 feet and 2 feet to 2 feet -Coordinate a run with a jump -Jump for height -Run efficiently and within a lane -Sustain Form within a lane -Throw with good technique	-Show a sense of anticipation to begin work -React quickly -Coordinate a run with a jump -Jump in a variety of ways -Throw for distance -Leap, jump and hop -demonstrate agility, balance and coordination -Add a short run up to my jump -Discover and develop different styles of jumping -Demonstrate a variety of different athletic techniques competently -Demonstrate a variety of techniques	-Use the correct technique to start a sprint race -Scissor kick -Develop my coordination to improve my speed -Hurdle efficiently and consistently -Run a relay efficiently as part of a team -Sprint between hurdles -Throw overarm with power for distance -Throw overarm accurately -Develop the technique and consistency of my jumps -Jump consistently off the same foot -Accurately replicate the technique for running, jumping and throwing events -Replicate the techniques for running, jumping and throwing events in competitive situations	-Change pace and run at different tempos -Sustain my pace over longer distances -Throw with accuracy and power using the pull technique -Throw after a run up with pace -Throw with greater force and over longer distances -Throw with greater control, accuracy and efficiency -Combine sprinting with hurdling -Transfer a relay baton efficiently as part of a team -Perform the correct techniques for triple jump, high jump and standing vertical jump

Athletics

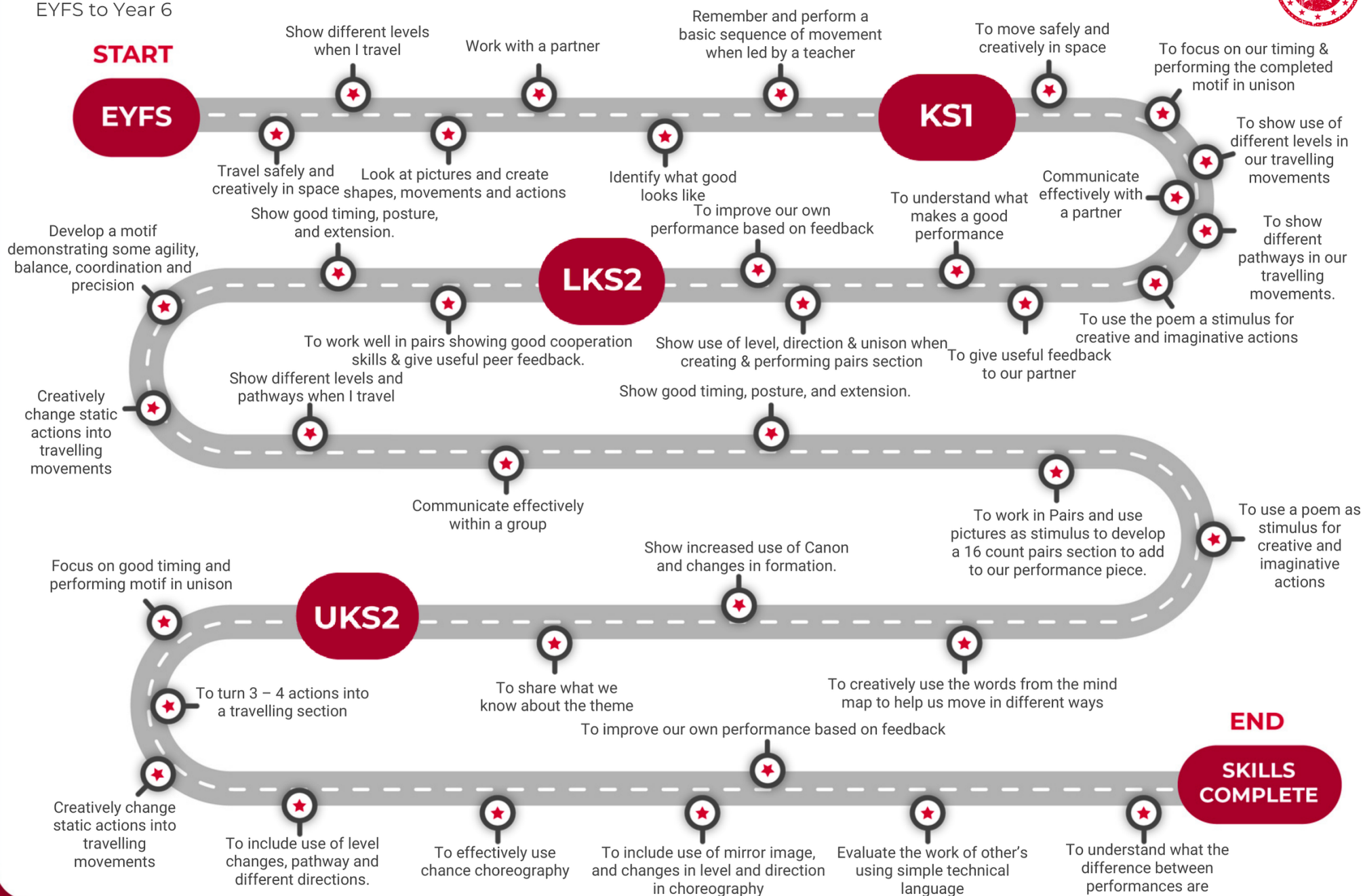
EYFS to Year 6



Dance	-Travel safely and in space -Show different levels when I travel -Look at pictures and create shapes, movements and actions -Work with a partner -Identify what good looks like -Remember and perform a basic sequence of movement when led by a teacher	-To move safely and creatively in a space -To focus on our timing and performing the completed motif in unison -To show use of different levels in traveling movements -communicate effectively with a partner -To show different pathways in our travelling movements -To use a stimulus for creative and imaginative actions -To give useful feedback to our partner -To understand what makes a good performance -Show use of level, direction, and unison when creating and performing pairs in a section -To improve our own performance based on feedback	-To work well in pairs showing good cooperation skills & give useful peer feedback. -Show good timing, posture and extension -Develop a motif demonstrating some agility, balance, coordination and precision -Creatively change static actions into travelling movements -Creatively change static actions into travelling movements -Show different levels and pathways when I travel -Communicate effectively within a group -how good timing, posture, and extension. -To work in Pairs and use pictures as stimulus to develop a 16 count pairs section to add to our performance piece. -To use a poem as stimulus for creative and imaginative actions -Show increased use of a canon and changes in formation. -To share what we know about the theme.	-Focus on good timing and performing motif in unison -To turn 3 - 4 actions into a travelling section -Creatively change static actions into travelling movements -To include use of level changes, pathway and different directions. -To effectively use chance choreography -To include use of mirror image and changes in level and direction in choreography -Evaluate the work of other's using simple technical language -To understand what the differences between performances are.
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Dance

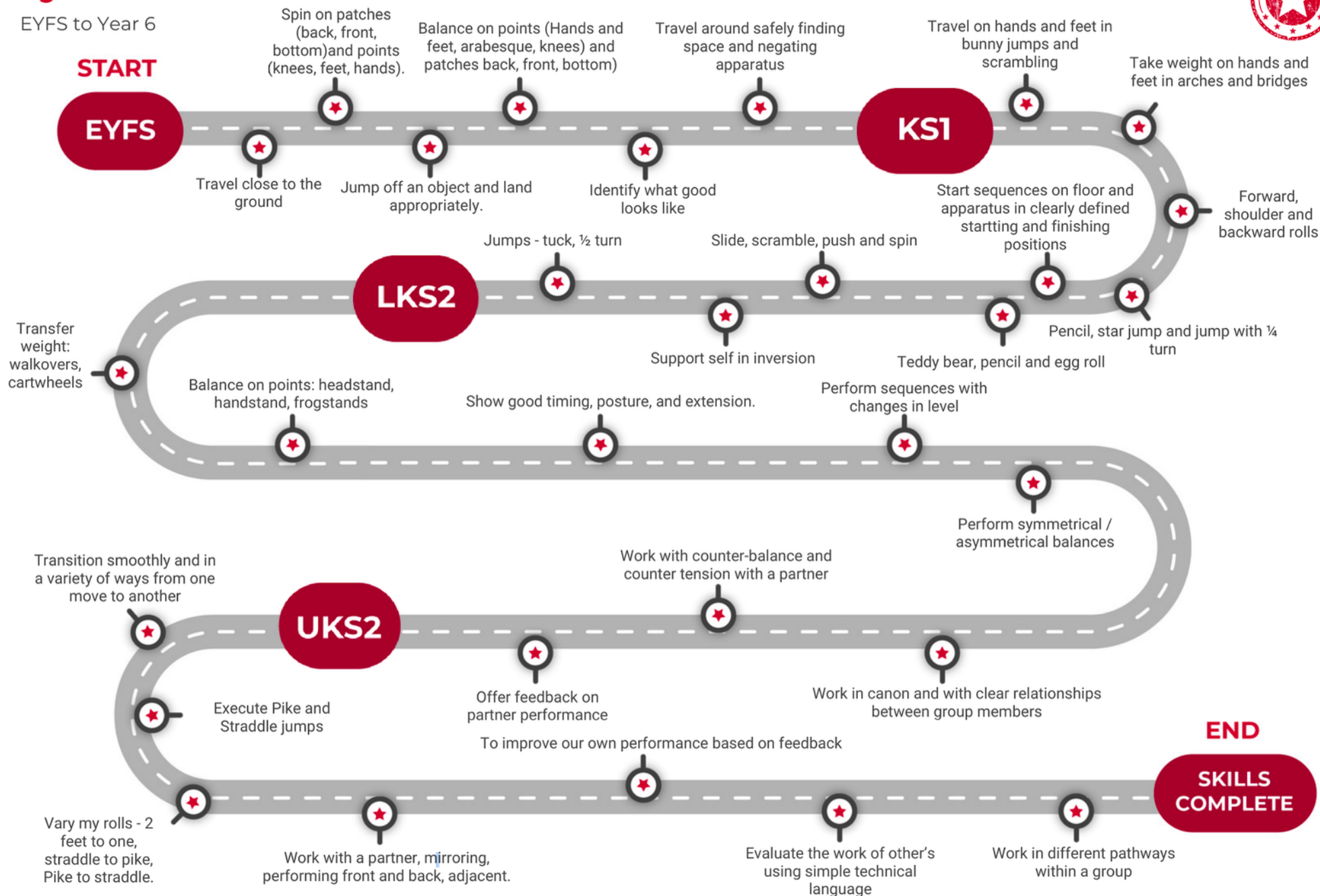
EYFS to Year 6



Gymnastics	-Travel close to the ground -Spin on patches (back, front, bottom) and points (knees, feet, hands) -Balance on points (hands and feet, arabesque, knees) and patches (back, front, bottom) -Jump off an object and land appropriately -Travel around safely finding space and negotiating apparatus -Identify what good looks like	-Travel on hands and feet in bunny jumps and scrambling -Take weight on hands and feet in arches and bridges -Forward shoulder and backward rolls -Pencil, star jump and jump with $\frac{1}{4}$ turn -Start sequences on floor and apparatus in clearly defined starting and finishing -Teddy bear, pencil and egg roll positions -Slide, scramble, push and spin -Support self in inversion -Jumps - tuck, $\frac{1}{2}$ turn	-Transfer weight: walkovers, cartwheels -Balance on points: headstand, handstand, frogstands -Show good timing, posture, and extension -Perform sequences with changes in level -Perform symmetrical / asymmetrical balances -Work in canon and with clear relationships between group members -Work with counter-balance and counter tension with a partner -Offer feedback on partner performance	-Transition smoothly and in a variety of ways from one move to another -Execute pike and straddle jumps -Vary rolls - 2 feet to one, straddle to pike, pike to straddle -Work with a partner, mirroring, performing front and back, adjacent -Improve own performance based on feedback -Evaluate the work of others using simple technical language -Work in different pathways within a group
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Gymnastics

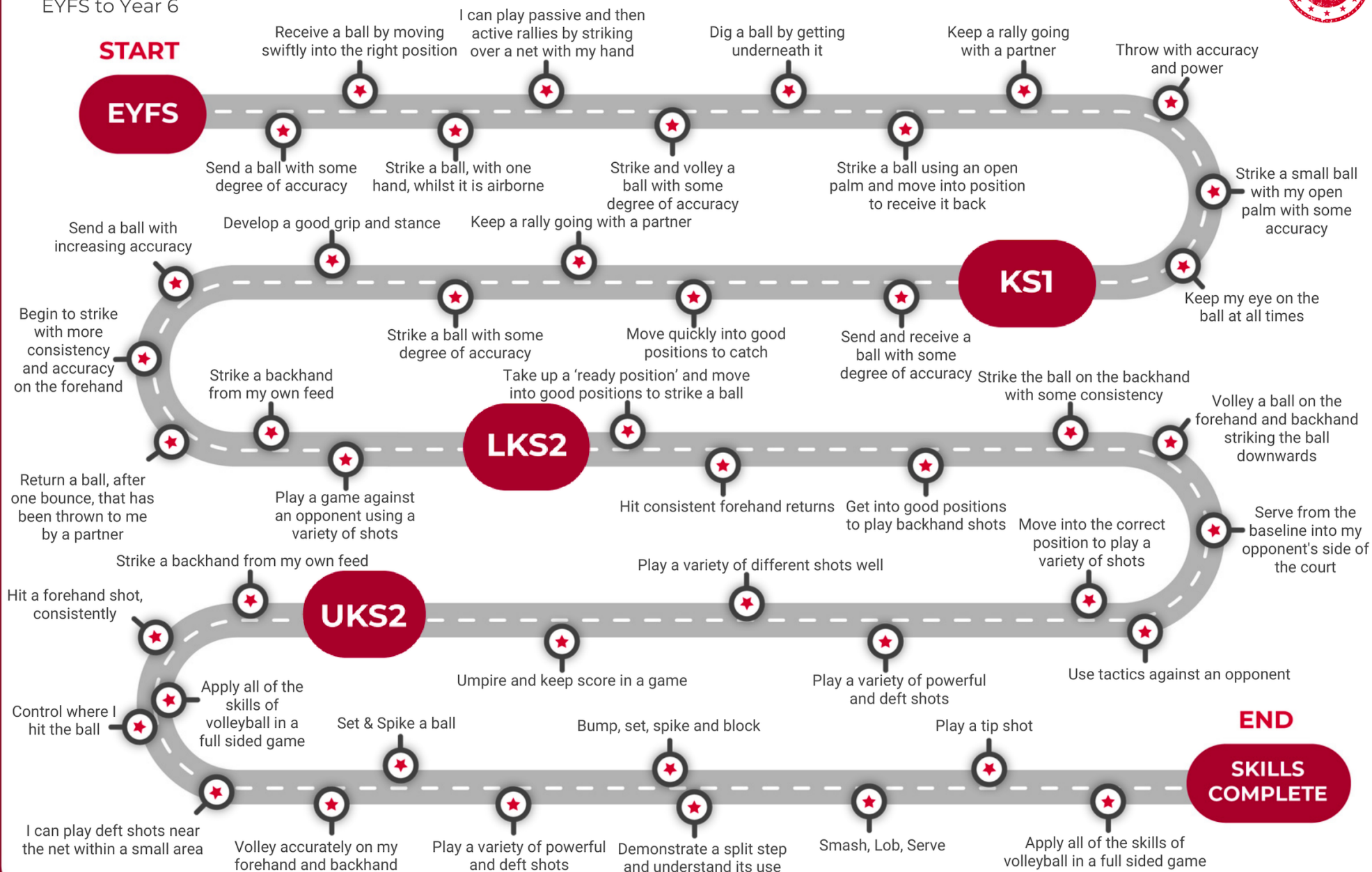
EYFS to Year 6



Net and Wall	-Send a ball with some degree of accuracy -Receive a ball by moving into the right position -Strike a ball with one hand whilst it is airborne -I can play passive then active rallies by striking over a net with my hand -Strike and volley a ball with some accuracy -Dig a ball by getting underneath it -Strike a ball with an open palm and move into a position to receive it back -Keep a rally going with a partner -Throw with accuracy and power -Strike a small ball with an open palm with some accuracy -Keep eyes on the ball at all times	-Send a ball with increasing accuracy -Move quickly into good positions to catch -Keep a rally going with a partner -Strike a ball with some accuracy -Develop a good grip and stance -Send and receive a ball with some accuracy - Begin to strike with more consistency and accuracy on the forehand -Return a ball after one bounce, that has been thrown to me by a partner -Strike a back hand from my own feed -Play a game against an opponent using a variety of shots.	- Take up a ready position and move into good positions to strike a ball. -Hit consistent forehands. -Get into good position to play back hand shots. -Strike the ball on the backhand with some consistency -Volley a ball on the forehand and backhand striking the ball downwards -Serve from the baseline into my opponent's side of the court -Use tactics against an opponent -Move into the correct position to play a variety of shots -Play a variety of powerful and deft shots -Play a variety of different shots well -Umpire and keep score in a game	-Strike a backhand from own feed with control -Hit a forehand shot consistently -Control where the ball is hit -Set and spike a ball -Play a variety of powerful and deft shots -Bump, set, spike and block -Demonstrate a split step and understand its use -Smash, lob, and serve effectively -Play a tip shot -Apply all skills in a full-sided game (end outcome)
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Net and Wall Game Skills

EYFS to Year 6



Striking and Fielding	-Strike a ball off a tee -Stop a ball with my hands -Chase after a ball and retrieve it -Throw underarm accurately -Work with a partner to retrieve a ball -Communicate with teammates	-Catch a ball that is thrown directly to me -Throw overarm at a target from a sideways on position -Bowl a ball overarm from a standing position -Run between wickets to accrue runs -Pick a ball up with one hand or two. -Return a ball, after one bounce, that has been thrown to me by a partner -Strike a ball with some degree of accuracy	-Catch a ball having moved to catch it -Stop a ball consistently that I have had to run to stop -Adopt a good position when wicket keeping and take balls on both sides of the wicket -Walk in with the bowler as they run up -Bowl from close in to the stumps and from the crease line -Be decisive and call for catches when the ball goes high and use soft hands to cushion the ball -Play a variety of different shots well -Stand appropriately at the non striker's end when batting and call when appropriate.	-Bowl a legal delivery with a -Control where I hit the ball -I make the right decisions a -Adjust a field for certain ba -Score on both sides of the V -Bowl using more than one te -Back up other fielders in the -Judge the length of a delive -Anticipate where the ball is
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Striking & Fielding Game Skills

EYFS to Year 6

