

## Physical Education Objective Progression

	Year One	Year Two	Year Three	Year Four	Year Five	Year Six
Health and Fitness	<p>Can I describe how my body feels before, during and after an activity?</p> <p>Can I show how to exercise safely?</p>	<p>Can I show how to exercise safely?</p> <p>Can I describe how my body feels during different activities?</p> <p>Can I explain what my body needs to keep healthy?</p>	<p>Can I explain why it is important to warm-up and cool-down?</p> <p>Can I identify some muscle groups used in gymnastic activities?</p> <p>Can I explain why warming up is important?</p>	<p>Can I explain why warming up is important?</p> <p>Can I explain why keeping fit is good for my health?</p> <p>Can I explain what effect exercise has on my body?</p>	<p>Can I explain some important safety principles when preparing for exercise?</p> <p>Can I explain why exercise is important?</p> <p>Can I choose appropriate warm ups and cool downs?</p>	<p>Can I explain how the body reacts to different kinds of exercise?</p> <p>Can I explain why we need regular and safe exercise?</p>
Acquiring and Developing Skills	<p>Can I copy actions?</p> <p>Can I repeat actions and skills?</p> <p>Can I move with control and care?</p> <p>Can I copy and remember actions?</p>	<p>Can I copy and remember actions?</p> <p>Can I repeat and explore actions with control and coordination?</p>	<p>Can I select and use the most appropriate skills, actions or ideas?</p> <p>Can I move and use actions with co-ordination and control?</p> <p>Can I move and use actions with co-ordination and control?</p> <p>Can I select and use the most appropriate skills, actions or ideas?</p> <p>Can I make up my own small-sided game?</p>	<p>Can I select and use the most appropriate skills, actions or ideas?</p> <p>Can I make up my own small-sided game?</p> <p>Can I show good control in my movements?</p>	<p>Can I link skills, techniques and ideas and apply them accurately and appropriately?</p> <p>Can I show good control in my movements?</p>	<p>Can I apply my skills, techniques and ideas consistently?</p> <p>Can I show precision, control and fluency?</p>
Evaluating and Improving	<p>Can I talk about what I have done?</p>	<p>Can I talk about what is different between what I did and what someone else did?</p>	<p>With help, can I recognise how performances could be improved?</p>	<p>Can I explain how my work is similar and different from that of others?</p>	<p>Can I compare and comment on skills, techniques and ideas that I and others have used?</p>	<p>Can I analyse and explain why I have used specific skills or techniques?</p>

	<p>Can I describe what other people did?</p> <p>Can I say how I could improve?</p>	<p>Can I say how I could improve?</p>	<p>Can I explain how my work is similar and different from that of others?</p> <p>Can I use my comparison to improve my work?</p>	<p>Can I use my observations to improve my work?</p>	<p>Can I modify use of skills or techniques to improve my work?</p>	<p>Can I create my own success criteria for evaluating?</p>
Dance	<p>Can I move to music?</p> <p>Can I copy dance moves?</p> <p>Can I perform some dance moves?</p> <p>Can I move around the space safely?</p> <p>Can I make a short dance?</p> <p>Can I copy dance moves?</p> <p>Can I dance imaginatively?</p> <p>Can I change rhythm, speed, level &amp; direction?</p>	<p>Can I dance with control and co-ordination?</p> <p>Can I make a sequence by linking sections together?</p> <p>Can I link some movement to show a mood or feeling?</p>	<p>Can I improvise freely, translating ideas from a stimulus into movement?</p> <p>Can I share and create phrases with a partner and in small groups?</p> <p>Can I repeat, remember and perform these phrases in a dance?</p> <p>Can I use dance to communicate an idea?</p>	<p>Can I take the lead when working with a partner or group?</p> <p>Can I make sure my dance moves are clear and fluent?</p> <p>Can I work on my movements and refine them?</p> <p>Can I compose my own dances in a creative and imaginative way?</p> <p>Can I control my movements?</p>	<p>Can I perform to an accompaniment, expressively and sensitively?</p> <p>My movements are controlled?</p> <p>My dance shows clarity, fluency, accuracy and consistency?</p>	<p>Can I develop imaginative dances in a specific style?</p> <p>Can I choose my own music, style and dance?</p>
Games	<p>Can I throw underarm?</p> <p>Can I roll a piece of equipment?</p>	<p>Can I stay in a 'zone' during a game?</p> <p>Can I decide where the best place to be is during a game?</p>	<p>Can I throw and catch with control when under limited pressure?</p> <p>I know and use rules fairly?</p>	<p>Can I hit a ball accurately and with control?</p> <p>Can I keep possession of the ball?</p>	<p>Can I gain possession by working as a team?</p> <p>Can I pass in different ways?</p>	<p>Can I explain complicated rules?</p> <p>Can I make a team plan and communicate it to others?</p>

	<p>Can I move and stop safely?</p> <p>Can I catch with both hands?</p> <p>Can I they kick in different ways?</p> <p>Can I hit a ball with a bat?</p> <p>Can I throw in different ways?</p> <p>Can I use hitting, kicking and/or rolling in a game?</p> <p>Can I follow rules?</p>	<p>Can I use one tactic in a game?</p> <p>Can I follow rules?</p>	<p>Can I keep possession with some success when using equipment that is not used for throwing and catching skills?</p> <p>I am aware of space &amp; use it to support teammates and cause problems for the opposition?</p> <p>Can I catch with one hand?</p> <p>Can I they throw and catch accurately?</p> <p>Can I move to find a space when they are not in possession during a game?</p>	<p>Can I vary tactics and adapt skills according to what is happening?</p> <p>Can I choose the best tactics for attacking and defending?</p>	<p>Can I use forehand and backhand with a racquet?</p> <p>Can I field?</p> <p>Can I use a number of techniques to pass, dribble and shoot?</p>	<p>Can I lead others in a game situation?</p>
Gymnastics	<p>Can I make my body tense, relaxed, curled and stretched?</p> <p>Can I copy / plan a sequence of movements and repeat them?</p> <p>Can I roll in different ways?</p> <p>Can I travel in different ways?</p>	<p>Can I use contrast in my sequences?</p> <p>My movements are controlled?</p> <p>Can I think of more than one way to create a sequence which follows a set of 'rules'?</p> <p>Can I work on my own and with a partner to create a sequence?</p>	<p>Can I use a greater number of my own ideas for movement in response to a task?</p> <p>Can I explain how strength and suppleness affect performances?</p> <p>Can I compare and contrast gymnastic sequences, commenting on similarities and differences?</p>	<p>Can I include change of speed?</p> <p>Can I include change of direction?</p> <p>Can I include a range of shapes?</p> <p>Can I follow a set of 'rules' to produce a sequence?</p>	<p>Can I make complex or extended sequences?</p> <p>Can I perform consistently to different audiences?</p> <p>My movements are accurate, clear and consistent?</p>	<p>Can I combine my own work with that of others?</p> <p>Can I link my sequences to specific timings?</p>

	<p>Can I balance in different ways?</p> <p>Can I stretch / curl in different ways?</p> <p>Can I make my body tense, relaxed, curled and stretched?</p> <p>Can I control my body when travelling?</p> <p>Can I control my body when balancing?</p> <p>Can I climb safely?</p>		<p>Can I adapt sequences to suit different types of apparatus and their partner's ability?</p> <p>Can I work in a controlled way?</p> <p>Can I work with a partner to create, repeat and improve a sequence with at least three phases?</p>	Can I combine action, balance and shape?		
Athletics			<p>Can I run at fast, medium and slow speeds, changing speed and direction?</p> <p>Can I make up and repeat a short sequence of linked jumps?</p> <p>Can I take part in a relay activity, remembering when to run and what to do?</p> <p>Can I link running and jumping activities with some fluency, control and consistency?</p>	<p>Can I sprint over a short distance?</p> <p>Can I throw in different ways?</p> <p>Can I hit a target?</p> <p>Can I jump in different ways?</p> <p>Can I combine running and jumping?</p>	<p>I am controlled when taking off and landing in a jump?</p> <p>Can I throw with accuracy?</p> <p>Can I follow specific rules?</p>	<p>Can I demonstrate stamina?</p> <p>Can I use my skills in different situations?</p>

			<p>Can I throw a variety of objects, changing my action for accuracy and distance?</p> <p>Can I run over a long distance?</p>			
<p>Outdoor Adventurous Activities</p>			<p>Can I follow a map in a familiar context?</p> <p>Can I move from one location to another following a map?</p> <p>Can I use clues to follow a route?</p> <p>Can I follow a route safely?</p> <p>Can I follow a map in a familiar context?</p> <p>Can I move from one location to another following a map?</p> <p>Can I use clues to follow a route?</p> <p>Can I follow a route accurately, safely and within a time limit?</p>	<p>Can I follow a map in a more demanding familiar context?</p> <p>Can I move from one location to another following a map?</p> <p>Can I use clues to follow a route?</p> <p>Can I follow a route accurately, safely and within a time limit?</p>	<p>Can I follow a map in an unknown location?</p> <p>Can I use clues and compass directions to navigate a route?</p> <p>Can I change my route if there is a problem?</p> <p>Can I change my plan if I get new information?</p>	<p>Can I plan a route and series of clues for someone else?</p> <p>Can I plan with others taking account of safety and danger?</p>

Swimming			Below Expected	Expected	Above Expected
			Can I swim between 25 and 50metres unaided?	Can I swim between 50 and 100 metres and keep swimming for 45 to 90 seconds?	Can I swim further than 100 metres?
			Can I keep swimming for 30 to 45 seconds, using swimming aids and support?	Can I use 3 different strokes, swimming on my front and back?	Can I swim fluently and confidently for over 90 seconds?
			Can I use a variety of basic arm and leg actions when on my front and on my back?	Can I control my breathing?	Can I use all 3 strokes with control?
			Can I swim on the surface and lower myself under water?	Can I swim confidently and fluently on the surface and under water?	Can I swim short distances using butterfly?
			Can I take part in group problem-solving activities on personal survival?	Can I work well in groups to solve specific problems and challenges, sharing out the work fairly?	Can I breathe so that the pattern of my swimming is not interrupted?
			Can I recognise how my body reacts and feels when swimming?	Can I recognise how swimming affects my body, and pace my efforts to meet different challenges?	Can I perform a wide range of personal survival techniques confidently?
			Can I recognise and concentrate on what I need to improve?	Can I suggest activities and practices to help improve my own performance?	I know what the different tasks demand of my body and pace my efforts well to meet challenges?
					Can I describe good swimming technique and show and explain it to others?

#### End of KS1 Expectations:

Pupils should develop core movement, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others? They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations?

End of KS2 Expectations:

Pupils should continue to implement and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement? They should enjoy communicating, collaborating and competing with each other? They should develop an understanding of how to succeed in different activities and sports and learn how to evaluate and recognise their own success?