



The Stonebridge School

Physical Education Progression Map

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and Fitness						
Describe how the body feels when exercising and resting.	Describe how the body feels during exercise. To describe the parts of the body that allow us to exercise. Understand the reason we warm up. Carry and place equipment safely.	Describe how the body feels during and after physical activity. Explain why it is important to warm and cool down the body. Explain what the body needs to keep healthy. Explain the body parts used in the warm up.	Recognise and describe the effects of exercise on the body. Explain why it is important to warm up and cool down. Understand the importance of strength and flexibility in sport. Describe what is needed to maintain a healthy lifestyle.	Describe how the body reacts at different times and how this affects performance. Explain why exercise is good for your health and what else is needed to maintain a healthy lifestyle. Explain reasons for warm ups and cool downs.	Explain how exercise is important for health and wellbeing. Explain ways to become healthier. Understand the role of different organs during exercise. Explain safety principles when preparing for and during exercise.	Understand the importance of warming up and cooling down. Understand how body parts are functioning during exercise. Locate the muscle groups activated during different activities. Carry out warm-ups and cool downs safely and effectively. Work in a team to prepare and deliver warm up activities. Understand why exercise is good for health, fitness, and wellbeing and the ways we can improve our health.



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Athletics Running						
Run in different direction with control and pace. Move safely in a space.	Travel at different speeds and paces when running. Stop safely from different speeds. Change direction with balance and co-ordination.	Run at different paces describing the pace they are going. Control speed while changing direction with balance coordination. Understand and explain what parts of the foot they are using in different running techniques. Control their speed when moving around and over obstacles.	Choose a pace and maintain it while running. Understand the importance of adjusting running pace based on the distance they are running. Focus on their arms and legs to improve their running technique. Identify and demonstrate how different techniques can affect their performance. Work as a part of a team to complete relay races.	Accelerate and decelerate smoothly. Carry out an effective sprint finish. Choose a safe and consistent pace for different distances. Demonstrate and improved technique for sprinting and long distance running. Compete in relay events, understanding when it is their turn to run and pass over a baton.	Accelerate from different starting positions. Identify the best pace for a running event based on their fitness level. Continue to develop their technique for sprinting. Use an effective sprint start. Smoothly pass a baton using the backhand technique. Identify their reactions times when performing a sprint start. Understand stamina and explain the importance of using it in running events.	Accelerate during a sprint to overtake competitors. Build up speed quickly for sprint finish. Continue to develop their sprinting technique to improve their balance and momentum while running. Find a consistent stride pattern to clear hurdles using lead leg technique. Control their pace during racing events and demonstrate endurance and stamina in long distance running. Work in a team to competitively perform in a relay race. Be able to identify good tactics and methods based on each participant's strengths.



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Athletics Jumping						
<p>Jump in different ways landing safely.</p> <p>Jump as high and as far as possible.</p>	<p>Link running and jumping movements with some control and balance.</p> <p>Jump as high or as far as possible.</p> <p>Work with a partner to develop the controls of their jumps.</p> <p>Land safely and with control and balance.</p>	<p>Combine different jumps together with some fluency and control.</p> <p>Jump from a standing position and land with balance and control.</p> <p>Investigate the best jumps to cover different distances and choose the most appropriate.</p> <p>Practice taking off and landing in different ways,</p> <p>Understand the importance of bending your knees when landing.</p> <p>Land safely with balance and control.</p>	<p>Use one and two feet to take off and land safely with control.</p> <p>Learn how to combine a hop, step, and jump to perform a triple jump.</p> <p>Use arms and upper body to create an effective take off in standing long jump.</p> <p>Demonstrate techniques to improve their balance on landing.</p> <p>Land safely with balance and control.</p>	<p>Attempt to beat set targets.</p> <p>Safely transfer weight from one leg to another while jumping.</p> <p>Developing their jumping for distance and height.</p> <p>Use arms and upper body in time with jump to extend distance in both long jump and triple jump.</p> <p>Design to measure the distance jumped.</p> <p>Land safely with balance and control.</p>	<p>Continue to develop and improve their jumping technique for distance.</p> <p>Perform an effective standing long jump.</p> <p>Improve technique for dynamic long jump, focusing on timing on take-off.</p> <p>Show perseverance to achieve their personal best.</p> <p>Investigate different jumping techniques.</p> <p>Measure the distance height jumped with accuracy.</p> <p>Land safely with balance and control.</p>	<p>Develop the technique for the standing and dynamic vertical jump.</p> <p>Maintain control at each of the different stages of the triple jump.</p> <p>Develop and improve their techniques for jumping for height and distance and support others in improving their performance.</p> <p>Set up and lead jumping activities including measuring the jumps with confidence and accuracy.</p> <p>Develop their take off technique for dynamic jumps focusing on pacing and timings.</p> <p>Land safely and with balance and control.</p>



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Athletics Throwing						
<p>Roll equipment in different ways.</p> <p>Use underarm throwing.</p> <p>Throw an object at a target.</p>	<p>Use underarm and overarm to throw objects of different sizes and shapes.</p> <p>Throw a ball towards a target with increasing accuracy.</p> <p>Add power to their throws to increase the distance.</p> <p>Use different techniques to roll the ball at different speeds and in varying directions.</p> <p>Understand what parts of their body and they need to use to aim.</p>	<p>Develop both underarm and overarm throwing techniques to improve the accuracy and distance of their throw.</p> <p>Use body position to increase power of their throw and coordinate their body to throw a target.</p> <p>Throw with accuracy at targets of different heights.</p> <p>Practice different techniques to achieve greater distance in their throws.</p>	<p>Perform a push throw using objects of different sizes and weight.</p> <p>Continue developing their technique to increase the distance of their throw.</p> <p>Throw with greater control and accuracy.</p> <p>Show increasing control in their overarm throw.</p>	<p>Perform a pull/overhead throw with power and accuracy.</p> <p>Measure the distance of theirs and their peer throws.</p> <p>Continue to develop and improve their throwing technique to increase accuracy and distance.</p>	<p>Perform a fling throw and practice using disc shaped objects, propelling them with power and accuracy.</p> <p>Choose techniques to propel different objects in the most effective ways for accuracy and distance.</p> <p>Measure and record the distance of theirs and their peers throws.</p> <p>Continue to develop and improve their throwing technique to increase accuracy and distance.</p>	<p>Perform a heave throw using objects of different weights and sizes.</p> <p>Understand and demonstrate the correct technique for throwing discus, hammer and javelin.</p> <p>Continue to develop their throwing techniques and support others in achieving their best.</p> <p>Develop and refine techniques to throw for accuracy.</p>



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Dance						
<p>Join a range of movements together.</p> <p>Follow a basic movement sequence.</p> <p>Perform actions at different speeds.</p> <p>Change the style of their movement.</p>	<p>Copy and repeat basic body patterns and movements to music.</p> <p>Use a variety of movements to change speed and direction.</p> <p>Move in their own space while aware of those around them.</p> <p>Remember simple dance steps and perform them in a controlled manner. Use counting to remember and repeat actions.</p> <p>Choose appropriate movements for different dance ideas.</p> <p>Use simple dance patterns or gymnastics movements to create a sequence.</p> <p>Use matching, mirroring and contrasting in their dance. Begin to improvise independently and in small groups to create a simple dance.</p>	<p>Perform body actions with control and coordination.</p> <p>Copy, remember and repeat simple actions with varying speed and levels.</p> <p>Create a short routine inspired by stimulus.</p> <p>Demonstrate feeling and emotions through their movements.</p> <p>Begin to select simple actions to construct basic sequences.</p> <p>Use different transitions within a dance sequence.</p> <p>Move in time with music and improve the timing of their actions with counting.</p> <p>Adapt their actions based on speed and tempo of music.</p>	<p>Begin to improvise with a partner to create a simple dance.</p> <p>Create and share sequence of movements.</p> <p>Begin to compare and adapt movements and create a larger sequence.</p> <p>Perform with some awareness of rhythm and expression.</p> <p>Repeat, remember and perform actions with confidence.</p> <p>Isolate multiple parts of the body when performing a range of movements.</p> <p>Use dance patterns to create a story as a group.</p>	<p>Work in a controlled way by changing speed/direction/shape.</p> <p>Link together actions to create a dance with an understanding of compositional devices.</p> <p>Respond to stimuli to create movement phrases.</p> <p>Use formation, canon, and unison to develop dance.</p> <p>Refine, repeat, and remember dance phrases.</p> <p>Confidently improvise with a partner or on their own.</p> <p>Demonstrate rhythm and spatial awareness.</p> <p>Modify parts of a dance as a result of self-evaluation.</p> <p>Use simple dance vocabulary when comparing and improving work.</p>	<p>Demonstrate smooth transition in between movements.</p> <p>Perform to music remembering whole sections of the movement.</p> <p>Demonstrate a wide range of dynamics.</p> <p>Perform in time to music and demonstrate a good understanding for more complex rhythms.</p> <p>Use transition to link motifs together.</p> <p>Ensure their actions fit the rhythm of the music.</p> <p>Modify parts of a sequence as result of self and peer evaluation.</p> <p>Use more complex dance vocabulary to compare and improve work.</p>	<p>Link together actions confidently using a variety of compositional devices.</p> <p>Isolate multiple parts of the body with clarity alignment and strength.</p> <p>Demonstrates a range of emotional responses.</p> <p>Demonstrates a change of pace and timing in their movements.</p> <p>Comfortably implement their own ideas with the group as well as supporting my peers.</p> <p>Respond to stimuli demonstrating imaginative movement phrases.</p> <p>Demonstrate strong and controlled movements throughout a dance sequence moving rhythmically and accurately.</p> <p>Modify some elements of a sequence as a result of self and peer evaluation.</p> <p>Use complex dance vocabulary to compare and improve work.</p> <p>Perform a sequence in time to music.</p> <p>Link actions to create a complex sequence using a full range of movement.</p>



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Games Striking a ball						
Strike a ball with a bat, racket or hockey stick. Direct a ball striking it with different parts of the body. Kick an object at a target.	Use striking skills during games. Practice basic striking skills sending and receiving an object. Perform a floor rally with a partner.	Strike the ball with increased control. Strike the ball consistently towards a target. Use different parts of the body to strike the ball during a game. Demonstrate good body position when striking the ball.	Demonstrate successful hitting and striking skills. Develop a range of striking and fielding skills. Strike the ball for distance and accuracy.	Strike a ball with accuracy and control using different objects i.e. Rackets, Bats and Sticks. Be able to rally the ball with a partner in the air and on the ground. Use hand-eye coordination to strike a moving and stationary ball. Use multiple shots in a game situation. Accurately serve a ball underarm in tennis.	Control the speed and direction o a ball to strike it away from fielding players. Explore the timing of striking a ball to allow different shots. Explore when different shots are best used. Demonstrate different cricket strokes to defend their wicket. Develop a backhand technique and use it effectively during games. Play a tennis game using an overhead serve.	Strike a ball over longer distances with direction. Demonstrate good hand-eye coordination to direct a ball when striking or hitting. Understand how to serve in order to start a game and serve at different lengths. Judge the flight and bounce of bowl and throws and adjust their body accordingly.
Games Throwing and Catching						
Roll object in different ways using different parts of the body. Throw an object underarm towards a target. Catch equipment using two hands. Keep eyes open and focus on the ball when catching.	Perform underarm and over arm throws. Throw and catch ball by themselves. Using rolling, underarm and overarm skills in a game. Practice throwing accurately. Make consistent catches using objects of a different size.	Use catching techniques such as C and W and describe when they should be used. Throw different equipment in different ways for accuracy and distance. Throw and catch a ball with a partner. Use throwing and catching skills in a game. Throw ball for accuracy and distance. Consistently hit a target when throwing. Use hand-eye coordination to control a ball. Vary types of throw used based on situation.	Throw and catch with greater control and accuracy. Practise the correct catching techniques in each sport and use them during a game. Use controlled catching and gathering skills. Catch with increasing control and accuracy. Control the speed, height and directions of their throws. Develop a safe and effective overarm bowl.	Develop an effective overarm bowl with greater accuracy and control. Consistently strike a target while bowling. Develop different ways of throwing and catching. Sue different techniques to block and slow the pace of a travelling ball.	Consolidate different ways of throwing and catching and know when each is appropriate in a game.	Throw and catch accurately and successful under pressure in a game. React quickly to make catches. Develop techniques to safely hit a target an opponent is running towards.



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Games Travelling						
Move a ball in different ways, including bouncing and kicking. Use equipment to control a ball.	Travel with a ball in different ways. Develop static and dynamic dribbling using feet and hands. Travel with a ball in different directions and control with fluency.	Move the ball with hands and feet while moving. Control speed of the ball when moving. Use kicking and dribbling skills in a game. Show understanding of which parts of the hands and feet are the most effective for dribbling.	Move with the ball in a variety of different ways with some control. Use two different ways of moving with a ball in a game. Dribble the ball with either hand or foot with some control.	Move with the ball using range of techniques showing control and some fluency.	Link dribbling with other ball skills, such as shooting and passing across a range of sports. Use dribbling in game scenarios with success.	Show confidence in using ball skill in various ways in a game situation and like these together effectively.
Outdoor activities						
			Work within a group to read a basic map to follow directions on a simple route safely. Use symbols used on a key. Use good communication skills to solve problem whilst working in a group.	Identify point of interest on a map. Create basic routes and improve them to increase the challenge of the course. Complete an orienteering course more than once and begin to identify ways of improving their completion time. Set the map to a direction of travel and follow basic paths.	Communicate and collaborate with other to follow planned routines and solve problems. Read keys and symbols on a map and recognise points of interest.	Plan and follow detailed routes using symbols taking account of safety and danger. Find the quickest path whilst recording data. Read keys and symbols on an orienteering map and use them to navigate and plan a route. Prepare routes for peers.
Swimming						
				Perform a recognisable stroke on my front or back with aids. Float in the water on my front and back in the shape of a star.	Swim one length one the front or back in a recognised stroke without aids.	Perform safe self-rescue in different water-based situations. Swim competently, confidently, and proficiently over a distance or at least 25 metres. Use a range of strokes effectively (for example, front crawl, backstroke, and breaststroke).