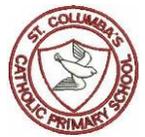


## Physical Education Whole School Content and Progression

Strand	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Gymnastics</b>	I balance stand on one leg holding an adult or another child I know different ways to move my body. I can copy my teacher's movements.	I balance stand on one leg I can control my body when moving I can copy my friend's movements	<ul style="list-style-type: none"> <li>•I can make my body curled, tense, stretched and relaxed.</li> <li>•I can control my body when travelling and balancing.</li> <li>•I can copy sequences and repeat them.</li> <li>•I can roll, curl, travel and balance in different ways.</li> </ul>	I can plan and perform a sequence of movements. <ul style="list-style-type: none"> <li>•I can improve my sequence based on feedback.</li> <li>•I can think of more than one way to create a sequence which follows some 'rules'.</li> <li>•I can work on my own and with a partner</li> </ul>	I can adapt sequences to suit different types of apparatus and criteria. <ul style="list-style-type: none"> <li>•I can explain how strength and suppleness affect performance.</li> <li>•I can compare and contrast gymnastic sequences.</li> </ul>	I can work in a controlled way. <ul style="list-style-type: none"> <li>•I can include change of speed and direction.</li> <li>•I can include a range of shapes.</li> <li>•I can work with a partner to create, repeat and improve a sequence with at least three phases.</li> </ul>	I can make complex extended sequences. <ul style="list-style-type: none"> <li>•I can combine action, balance and shape.</li> <li>•I can perform consistently to different audiences.</li> </ul>	<ul style="list-style-type: none"> <li>•I can combine my own work with that of others.</li> <li>•I can link sequences to specific timings.</li> </ul>
<b>Dance</b>	I can respond to music.	I am beginning to move in response to music	I can move to music. <ul style="list-style-type: none"> <li>•I can copy dance moves.</li> <li>•I can perform my own dance moves.</li> <li>•I can make</li> </ul>	I can change rhythm, speed, level and direction in my dance. <ul style="list-style-type: none"> <li>•I can dance with control and coordination.</li> <li>•I can make a</li> </ul>	I can improvise freely and translate ideas from a stimulus into movement. <ul style="list-style-type: none"> <li>•I can share and create phrases with a partner and small group.</li> </ul>	I can take the lead when working with a partner or group. <ul style="list-style-type: none"> <li>•I can use dance to communicate an idea.</li> </ul>	I can compose my own dances in a creative way. <ul style="list-style-type: none"> <li>•I can perform to an accompaniment.</li> <li>•My dance shows clarity, fluency, accuracy and</li> </ul>	I can develop sequences in a specific style. <ul style="list-style-type: none"> <li>•I can choose my own music and style.</li> </ul>



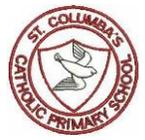
# St. Columba's Catholic Primary School



Strand	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Games</b>	I can throw a bean bag I can move around a space safely.	I can throw a bean bag with control. I can move around a space without bumping into my friend's	<ul style="list-style-type: none"> <li>•I can throw underarm.</li> <li>•I can hit a ball with a bat.</li> <li>•I can move and stop safely.</li> <li>•I can throw and catch with both hands.</li> <li>•I can throw and kick in different ways.</li> </ul>	<ul style="list-style-type: none"> <li>•I can use hitting, kicking and/or rolling in a game.</li> <li>•I can decide the best space to be in during a game.</li> <li>•I can use one tactic in a game.</li> <li>•I can follow rules.</li> </ul>	<ul style="list-style-type: none"> <li>•I can repeat, remember and perform phrases.</li> </ul>	<ul style="list-style-type: none"> <li>•I can catch with one hand.</li> <li>•I can throw and catch accurately.</li> <li>•I can hit a ball accurately with control.</li> <li>•I can keep possession of the ball.</li> <li>•I can vary tactics and adapt skills depending on what is happening in a game.</li> </ul>	<ul style="list-style-type: none"> <li>•I can gain possession by working a team.</li> <li>•I can pass in different ways.</li> <li>•I can use forehand and backhand with a racket.</li> <li>•I can field.</li> <li>•I can choose a tactic for defending and attacking.</li> <li>•I can use a number of techniques to pass, dribble and shoot.</li> </ul>	<ul style="list-style-type: none"> <li>•I can play to agreed rules.</li> <li>•I can explain rules.</li> <li>•I can umpire.</li> <li>•I can make a team and communicate plan.</li> <li>•I can lead others in a game situation.</li> </ul>



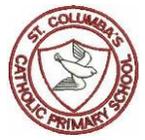
# St. Columba's Catholic Primary School



Strand	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Athletics</b>	N/A	N/A	<ul style="list-style-type: none"><li>• To use varying speeds when running.</li><li>• I can explore different methods of throwing.</li><li>• I can run short distances.</li></ul>	<ul style="list-style-type: none"><li>• I can begin to run with agility.</li><li>• I can throw different objects in a variety of ways.</li><li>• I can begin to run for distance.</li><li>• I can complete an obstacle course with control and agility</li></ul>	I can run at fast, medium and slow speeds; changing speed and direction. <ul style="list-style-type: none"><li>• I can take part in a relay, remembering when to run and what to do.</li></ul>	I can run over a long distance. <ul style="list-style-type: none"><li>• I can sprint over a short distance.</li><li>• I can throw in different ways.</li><li>• I can hit a target.</li><li>• I can jump in different ways.</li></ul>	I can control when taking off and landing. <ul style="list-style-type: none"><li>• I can throw with accuracy.</li><li>• I can combine running and jumping.</li></ul>	I can demonstrate stamina.



# St. Columba's Catholic Primary School



Strand	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Outdoor &amp; Adventurous / General</b>	This is being developed as part of our 'Forest School' plans		<ul style="list-style-type: none"><li>•I can copy actions.</li><li>•I can repeat actions and skills.</li><li>•I can move with control and care.</li><li>•I can use equipment safely.</li></ul>	<p>I can copy and remember actions.</p> <ul style="list-style-type: none"><li>•I can talk about what is different from what I did and what someone else did.</li></ul>	<p>I can follow a map in a familiar context.</p> <ul style="list-style-type: none"><li>•I can use clues to follow a route.</li><li>•I can follow a route safely.</li></ul>	<p>I can follow a map in a (more demanding) familiar context.</p> <ul style="list-style-type: none"><li>•I can follow a route within a time limit.</li></ul>	<p>I can follow a map in an unknown location.</p> <ul style="list-style-type: none"><li>•I can use clues and a compass to navigate a route.</li><li>•I can change my route to overcome a problem.</li><li>•I can use new information to change my</li></ul>	<p>I can plan a route and a series of clues for someone else.</p> <ul style="list-style-type: none"><li>•I can plan with others taking account of safety and danger.</li></ul>
<b>Swimming</b>					<p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively (e.g. front crawl, backstroke and breaststroke)</p> <p>Perform safe self-rescue in different water-based situations</p>			