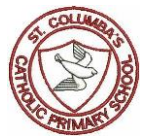


Physical Education Whole School Content and Progression

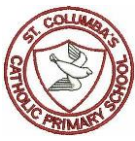
Strand	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics	I balance stand on one leg holding an adult or another child I know different ways to move my body. I can copy my teacher's movements.	I balance stand on one leg I can control my body when moving I can copy my friend's movements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



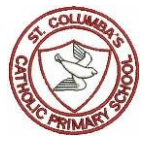
St. Columba's Catholic Primary School



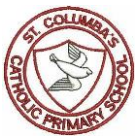
Strand	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Games	I can throw a bean bag I can move around a space safely.	I can throw a bean bag with control. I can move around a space without bumping into my friend's	<ul style="list-style-type: none"> •I can throw underarm. •I can hit a ball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



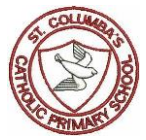
St. Columba's Catholic Primary School



Strand	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Athletics	N/A	N/A	<ul style="list-style-type: none">• To use varying speeds when running.• I can explore different methods of throwing.• I can run short distances.	<ul style="list-style-type: none">• I can begin to run with agility.• I can throw different objects in a variety of ways.• I can begin to run for distance.• I can complete an obstacle course with control and agility	I can run at fast, medium and slow speeds; changing speed and direction. <ul style="list-style-type: none">• I can take part in a relay, remembering when to run and what to do.	I can run over a long distance. <ul style="list-style-type: none">• I can sprint over a short distance.• I can throw in different ways.• I can hit a target.• I can jump in different ways.	I can control when taking off and landing. <ul style="list-style-type: none">• I can throw with accuracy.• I can combine running and jumping.	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
Outdoor & Adventurous / General	This is being developed as part of our 'Forest School' plans		<ul style="list-style-type: none"> •I can copy actions. •I can repeat actions and skills. •I can move with control and care. •I can use equipment safely. 	I can copy and remember actions. <ul style="list-style-type: none"> •I can talk about what is different from what I did and what someone else did. 	I can follow a map in a familiar context. <ul style="list-style-type: none"> •I can use clues to follow a route. •I can follow a route safely. 	I can follow a map in a (more demanding) familiar context. <ul style="list-style-type: none"> •I can follow a route within a time limit. 	I can follow a map in an unknown location. <ul style="list-style-type: none"> •I can use clues and a compass to navigate a route. •I can change my route to overcome a problem. •I can use new information to change my 	I can plan a route and a series of clues for someone else. <ul style="list-style-type: none"> •I can plan with others taking account of safety and danger.
Swimming					Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively (e.g. front crawl, backstroke and breaststroke) Perform safe self-rescue in different water-based situations			