

Physical Education Progression Ladder

	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Games	I can throw underarm. I can roll a piece of equipment. I can move and stop safely. I can catch with both hands. I can kick in different ways	I can throw underarm. I can roll a piece of equipment. I can move and stop safely. I can catch with both hands. I can kick in different ways	Move freely to music. Respond to stimuli. Alter speed appropriately. Show originality when moving on different levels. Move with music. Perform a sequence with precision and fluidity. Improve sequences based on feedback Perform sequence in time with others. Create an original sequence and perform with timing and control. Work collaboratively to adapt a sequence.	Move appropriately in response to stimuli Move appropriately to music Copy and repeat a simple sequence consistently. Create and perform a dance sequence with expression. Create an original sequence and perform with timing and control. Perform sequence consistently in time with others. Perform sequence in time with music. Give specific feedback on a performance. Use specific feedback to improve performance. Change level in a sequence.	Move appropriately with expression. Move at different speeds, directions and levels. Show control and originality. Create a sequence using different speeds, levels and directions. Work with a partner or group to create sequence. Copy basic moves with precision. Perform moves to a beat with control. Copy an extended sequence. Create original moves. React to different tempo. Describe, evaluate and alter sequence accordingly.	Perform as a character. Use and perform with distinct and expressive movements. Create original movements to support narrative. Be an active group member. Perform a routine with control, energy and flair. Copy a sequence with control. Suggest appropriate changes to a group's formation. Evaluate a performance and refine accordingly. Adapt own performance to different stimuli. Work collaboratively to adapt a sequence.	Perform with elements of originality and expression. Work cooperatively with a partner. Perform consistently with precision. Convey a message or expression through dance. Perform narrative with expression. Adapt and change a performance based on self evaluation. Replicate sequence quickly. Perform with purpose and with high energy levels. Create original movements linked in an original sequence. Communicate ideas in a group. Give appropriate feedback.	Move imaginatively and appropriately to a range music Perform movements and routines with originality and expression. Link movements to a story. Perform and link dance phrases appropriately and effectively. Adapt and change performance based on self evaluation. Can work within and contribute to group decisions. Replicate quickly what they have seen. Adapt performances to incorporate equipment. Can lead groups and perform with high levels of energy. Create and perform original routine with elements of performance and flair. Give appropriate feedback

Gymnastics	I can make my body tense, relaxed, curled and stretched.	I can make my body tense, relaxed, curled and stretched.		Consistently demonstrate effective and safe jumping and landing technique.				
	I can copy sequences and repeat them.	I can copy sequences and repeat them.		Show tension in a variety of movements and balances.				
	I can roll in different ways. I can travel in different ways.	I can roll in different ways. I can travel in different ways.	Move imaginatively and appropriately to a range music	Turn and spin consistently with control.	Perform ½ turns and full turns on a floor with control.	Consistently show tension and control. Perform a range of supported balances.	Perform balances using support (apparatus and partner)	Consistently show body tension.
	I can balance in different ways.	I can balance in different ways.	Perform movements and routines with originality and expression.	Move in different ways with control. Know, describe and demonstrate effective gymnastic movements.	Show variety in balances.	Change speed, level and direction in a sequence.	Show creativity in paired work	Perform given positions accurately.
	I can stretch in different ways.	I can stretch in different ways.	Link movements to a story. Perform and link dance phrases appropriately and effectively.	Consistently roll with control from different starting positions.	Consistently show tension in all balances.	Perform all rolls with control.	Communicate effectively with partner.	Perform a range of leaps.
	I can curl in different ways.	I can curl in different ways.	Adapt and change performance based on self evaluation.	Link jump and roll with control.	Balance using apparatus Roll with control in at least 2 different ways.	Roll from different starting positions.	Show control and fluidity in sequence. Perform up to 4 rolls with control.	Perform a wide range of rolls accurately.
			Can work within and contribute to group decisions.	Balance consistently using different body parts.	Roll forward into sitting position.	Attempt backward roll (with support)	Roll from different starting position. Start and exit roll with control.	Turn and spin with control.
			Replicate quickly what they have seen.	Copy a 5 part sequence using gymnastic principles.	Use linking movements with control	Perform a variety of, complex sequences with a partner (mirror, canon, support)	Perform cartwheel in a straight line. Show safe landing position.	Create a complex sequence.
			Adapt performances to incorporate equipment.	Create an original 5 part sequence using linking movements.	Create and perform a sequence with control and fluency.	Demonstrate safe landing consistently.	Show control when jumping, turning and spinning.	Perform original sequence with enthusiasm, precision, fluidity and balance.
			Can lead groups and perform with high levels of energy.	Perform sequence as part of a competition with control, tension and balance.	Perform sequence in unison.	Demonstrate effective turns with control.	Perform leaps as part of an original sequence.	Demonstrate sound understanding of gymnastic performance.
			Create and perform original routine with elements of performance and flair.	Act on feedback	Can adapt sequence using complex movements and balances.	Connect complex jumps and turns.	Adapt and perform a sequence with control and precision	Work effectively in a group.
			Give appropriate feedback		Can act on feedback. Alter shape in the air.	Perform leaps as part of a sequence.	Give appropriate feedback and work collaboratively	Evaluate own and others performance.
						Create own sequence		Show elements of decision making and leadership.
						Respond to and give appropriate feedback.		Create original sequence using apparatus.
								Adapt ideas showing gymnastic awareness

Net/Wall			Show basic levels of hand/eye coordination. Demonstrate hand/eye coordination while moving. Hold racket effectively. Hit a rolling ball with control Hit a bouncing ball. Move with an object at speed in a variety of ways. Can control object in a tight space. Control objects in a straight line. Keep control whilst changing direction Keep close control using different body parts. Show control with a change of direction at speed whilst holding/ carrying. Show control using equipment.	Demonstrate hand/eye coordination while moving in different directions. Hold racket effectively. Hit a rolling ball with increased control. Hit a bouncing ball with control. Demonstrate correct hitting position. Control an object at speed in a variety of ways. Can control a variety of objects in a tight space consistently. Control a variety of objects in a straight line. Keep close control using different body parts. Show control with a change of direction at speed, whilst moving in different ways. Consistently use equipment to send and control accurately.	Return a bouncing ball with some accuracy. Rally with a partner (10 shots) Show awareness of hitting into space. Hit a bouncing ball consistently with control. Show awareness of space in a game situation. Catch consistently. Hit a volley with control. Hit a stationary ball. Hit a moving ball using correct technique. Choose direction of strike. Show basic fielding principles. React quickly to events in a game situation.	Know difference between forehand and backhand. Use backhand to hit moving ball. Consistently hit a moving ball with control. Hit a volley with precision and control React quickly to play the best shot possible. Show competitive edge. Throw accurately using 2 techniques. Catch a small ball. Hit a ball in an intended direction with power. Explain the rules of a game. Demonstrate effective fielding skills consistently.	Consistently show accuracy using a backhand. Consistently hit a volley with precision. Coordinate throwing and hitting. Select appropriate shot for a given situation. Use a wide variety of shots with precision. React well to changing situations within a game. Throw overarm/underarm effectively and accurately. Consistently select and apply correct throw. Use correct technique (cricket bowl) Hit a ball consistently with power and controlled direction. Show awareness of match situations	Keep a rally going over a prolonged period of time. Consistently show accuracy using backhand Consistently show accuracy using forehand Consistently show accuracy using volley. React well to changing situations. Consistently select the correct shot in any given situation. Use skills and knowledge to effectively win games. Use correct technique when throwing and stopping a ball. Transfer from stop to throw quickly. Use correct technique when striking a ball. Contribute to group discussions.
Athletics			Copy and develop a range of movements. Use basic sprinting technique. Shift weight side to side.	Copy and develop a range of movements. Evaluate and improve sprinting technique. Respond quickly to	Jump with balance and control. Perform athletic sequence with control.	Perform jumping technique with precision. Show fluency in running and jumping.	Know good technique when jumping. Select preferred take-off foot when jumping.	Know and use parts of the jump in isolation. Understand fully how a skill is broken down.

			Use sideways movement for a purpose. Change direction quickly whilst moving. Demonstrate a variety of jumps. Self-select appropriate speed when moving. Link 2 movements with balance. Use different techniques to throw an object. Throw with power. Select appropriate technique in a given situation.	stimuli. Shift weight side to side. Use sideways movement for a purpose. Change direction quickly whilst moving. Demonstrate good technique when jumping for height and distance. Self-select appropriate speed when moving. Link 2 or more movements with balance and agility. Identify different throws. Use correct techniques to throw an object. Select appropriate technique in a given situation with different objects	Jump and land safely. Describe and evaluate jumping action. Run effectively at different speeds. Use good sprinting technique. Show good acceleration from a static start. Know basic principles of throwing for distance. Demonstrate basic principles of throwing for distance Use a variety of techniques to throw. Use correct technique to achieve maximum power. Recognise and describe what the body feels like after exercise.	Select appropriate speed for a race. Maintain a constant pace. Adapt pace to race conditions. Show acceleration and speed over a distance. Demonstrate quick reactions and evaluate different starting positions. Pass baton without change of pace. Accelerate and maintain pace through a curve. Select appropriate throwing technique for an event. Use correct technique to achieve maximum power. Describe effects of exercise.	Combine explosion with control. Run and jump with height. Combine elements of jump to maximise distance. Isolate parts of the jump in order to improve performance. Run with high levels of speed, agility and competitiveness. Adapt pace to race situation. Sustain acceleration and speed over a distance. Develop preferred starting position. Develop and apply baton passing technique. Use good technique with performing a variety of throws Throw with power using a run up	Perform a variety of jumps fluently. Evaluate performance of others and suggest improvements. Show improvement in jumping. Perform triple jump with balance and control. Can sustain an appropriate pace for a race. Adapt pace to race situation. Use knowledge of tactics in a race situation. Consistently show power and effective technique when jumping, throwing and sprinting. Show determination. Demonstrate a strong desire to improve. Maintain a competitive attitude
Sending and Receiving			Roll with accuracy. Throw with accuracy Can throw to themselves consistently. Can predict where to move to stop a ball.	Roll with accuracy and control. Throw with increased accuracy Can throw to themselves consistently.	Roll with accuracy and control. Throw with increased accuracy Can throw to themselves consistently.	Execute a variety of passes. Consistently select appropriate skill for different situations. Know difference between a shot and	Send and receive effectively on the move. Execute a variety of passes confidently. Move into space appropriately.	Apply basic skills to game situations. Know High 5 netball positions. Have some creative input into the creation of a game.

			Show awareness of moving into space and receiving on the move. Show element of leadership in a group. Select appropriate throw (underarm/ overarm) Select best way to send. Show awareness of purpose when sending an object	Can predict where to move to stop a ball effectively. Show increased awareness of moving into space and receiving on the move. Show element of leadership and decision making in a group. Can adapt throwing and catching technique instinctively. Demonstrate good technique when striking. Show awareness of purpose when sending an object	Can predict where to move to stop a ball effectively. Show increased awareness of moving into space and receiving on the move. Show element of leadership and decision making in a group. Can adapt throwing and catching technique instinctively. Demonstrate good technique when striking. Show awareness of purpose when sending an object	a pass. Quickly identify space and react accordingly, Understand marking and react to an attack. Evaluate own performance Consistently show awareness of game principles. Pass accurately using correct technique. Work as part of a team. Give and act on effective feedback	Use evasive strategies. Apply attacking/ defensive strategies. Develop own attacking/ defensive strategy. Use tactics in a game situation Demonstrate leadership qualities. Demonstrate elements of flair and creativity in game situations. Consistently show teamwork and fair play Show accuracy when shooting	Evaluate activity and make appropriate changes. Implement attacking and defensive tactics in a game. Develop own attacking and defensive tactics. Show high levels of awareness of game principles. Show high level of control, skill and accuracy. Execute a variety of passes consistently. Recognise and move into space quickly. Apply flair in game situations. Show leadership qualities to support and encourage
OAA								Positively interact with others. Work together to solve a problem. Understand a map as a representation of simple features. Identify key features on a simple map Use a simple map to follow a route. Understand and use compass points and

								bearings.
Dance	Enjoys joining in with dancing and ring games. Sings a few familiar songs. Beginning to move rhythmically. Imitates movement in response to music. Taps out simple repeated rhythms. Explores and learns how sounds can be changed	Early Learning Goal Children sing songs, make music and dance, and experiment with ways of changing them. They safely use and explore a variety of materials, tools and techniques, experimenting with colour, design, texture, form and function.	Move freely to music. Respond to stimuli. Alter speed appropriately. Show originality when moving on different levels. Move with music. Perform a sequence with precision and fluidity. Improve sequences based on feedback Perform sequence in time with others. Create an original sequence and perform with timing and control. Work collaboratively to adapt a sequence.	Move appropriately in response to stimuli Move appropriately to music Copy and repeat a simple sequence consistently. Create and perform a dance sequence with expression. Create an original sequence and perform with timing and control. Perform sequence consistently in time with others. Perform sequence in time with music. Give specific feedback on a performance. Use specific feedback to improve performance. Change level in a sequence.	Translate stimuli to dance moves. Move appropriately with expression. Move at different speeds, directions and levels. Show control and originality. Create a sequence using different speeds, levels and directions. Work with a partner or group to create sequence. Copy basic moves with precision. Perform moves to a beat with control. Copy an extended sequence. Create original moves. React to different tempo. Describe, evaluate and alter sequence accordingly.	Perform as a character. Use and perform with distinct and expressive movements. Create original movements to support narrative. Be an active group member. Perform a routine with control, energy and flair. Copy a sequence with control. Suggest appropriate changes to a group's formation. Evaluate a performance and refine accordingly. Adapt own performance to different stimuli. Work collaboratively to adapt a sequence.	Perform with elements of originality and expression. Work cooperatively with a partner. Perform consistently with precision. Convey a message or expression through dance. Perform narrative with expression. Adapt and change a performance based on self evaluation. Replicate sequence quickly. Perform with purpose and with high energy levels. Create original movements linked in an original sequence. Communicate ideas in a group.	Move imaginatively and appropriately to a range music Perform movements and routines with originality and expression. Link movements to a story. Perform and link dance phrases appropriately and effectively. Adapt and change performance based on self evaluation. Can work within and contribute to group decisions. Replicate quickly what they have seen. Adapt performances to incorporate equipment. Can lead groups and perform with high levels of energy. Create and perform original routine with elements of performance and flair. Give appropriate feedback