



# Hutton Rudby Primary School

## Physical Education Progression Statements

At Hutton Rudby Primary School we keep the CHILD at the heart of everything we do, as we provide an education which will enable them to be lifelong learners.

We will “prepare our children for life in the big wide world” by giving them the knowledge and skills:

- develop the competence to excel in a broad range of physical activities including: gymnastics, dance, yoga and swimming
- be physically active for increasingly sustained periods of time
- engage in competitive sports and activities, both in school and against others
- have a healthy mind and body
- work both individually and within team



## Year 1 P.E. Progression Statements

<b>Gymnastics</b>	<ul style="list-style-type: none"><li>• Link 2 or more actions to make a sequence</li><li>• Show contrasts (such as small/tall, straight/curved, wide/narrow)</li><li>• Travel by rolling forwards &amp; sideways</li></ul>
<b>Dance</b>	<ul style="list-style-type: none"><li>• Copy and remember moves and positions</li><li>• Move with careful control and coordination</li><li>• Link 2 or more actions to produce a sequence</li></ul>
<b>Multi-skills</b>	<ul style="list-style-type: none"><li>• Run at different speeds with good control, changing direction when necessary</li><li>• Throw with a degree of accuracy</li><li>• Catch larger objects confidently</li></ul>
<b>Games</b>	<ul style="list-style-type: none"><li>• Use the terms 'opponent' and 'team-mate'</li><li>• Use rolling, running, jumping and kicking skills in combination</li></ul>
<b>Athletics</b>	<ul style="list-style-type: none"><li>• Athletic activities are combined with games in Years 1 &amp; 2</li><li>• Run over a short distance up to 60m</li></ul>
<b>Yoga</b>	<ul style="list-style-type: none"><li>• Introduce a series of stencches</li></ul>

## Year 2 P.E. Progression Statements

<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>• Travel by rolling forwards, backwards and sideways</li> <li>• Hold a position whilst balancing on different parts of the body</li> <li>• Climb safely on equipment</li> <li>• Stretch and curl to develop flexibility</li> <li>• Jump in a variety of ways and land with increasing control and balance</li> </ul>
<b>Dance</b>	<ul style="list-style-type: none"> <li>• Link 2 or more actions to produce a sequence</li> <li>• Choose movements to communicate a mood, feeling or idea</li> <li>• Plan, perform and sequences</li> </ul>
<b>Multi-skills</b>	<ul style="list-style-type: none"> <li>• Run confidently at different speeds over a variety of distances, changing direction when necessary</li> <li>• Throw with accuracy over a range of distances</li> <li>• Catch objects, such as a tennis ball, with a degree of confidence</li> </ul>
<b>Games</b>	<ul style="list-style-type: none"> <li>• Use rolling, hitting, jumping, catching and kicking skills in combination</li> <li>• Develop tactics</li> <li>• Lead others where appropriate</li> <li>• Throw and catch</li> </ul>
<b>Athletics</b>	<ul style="list-style-type: none"> <li>• Run over a longer distance, conserving energy in order to sustain performance</li> <li>• Run over a short distance up to 60m</li> </ul>
<b>Yoga</b>	<ul style="list-style-type: none"> <li>• Learn to balance and hold position</li> </ul>

### Year 3 P.E. Progression Statements

<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>• Plan, perform and repeat sequences</li> <li>• Move in a clear, fluent and expressive manner</li> <li>• Refine movements</li> <li>• Show changes of direction, speed and level during performance</li> </ul>
<b>Dance</b>	<ul style="list-style-type: none"> <li>• Plan, perform and repeat sequences</li> <li>• Move in a clear, fluent and expressive manner</li> <li>• Refine movements</li> </ul>
<b>Multi-skills</b>	<ul style="list-style-type: none"> <li>• Apply different skills to game situations, for example: Throwing and catching when fielding in rounders</li> <li>• Throw with accuracy over a range of distances to a team-mate</li> <li>• Catch objects, such as a tennis ball with a degree of confidence whilst on the move</li> </ul>
<b>Games</b>	<ul style="list-style-type: none"> <li>• Throw and catch with control and accuracy</li> <li>• Strike a ball and field with control</li> <li>• Choose appropriate tactics to cause problems for the opposition</li> <li>• Follow the rules of the game and play fairly</li> </ul>
<b>Athletics</b>	<ul style="list-style-type: none"> <li>• Sprint over a short distance up to 60m</li> <li>• Run over a longer distance, conserving energy in order to sustain performance</li> </ul>
<b>Yoga</b>	<ul style="list-style-type: none"> <li>• Learn to balance and hold position for increasing lengths of time</li> </ul>
<b>Swimming</b>	<ul style="list-style-type: none"> <li>• Swim aided up to 25m</li> <li>• Use one basic stroke, breathing correctly</li> <li>• Swim up to 25m with aid if necessary</li> <li>• Control leg movements</li> <li>• Use more than one stroke and coordinate breathing appropriately</li> <li>• Swim up to 25m</li> <li>• Coordinate leg and arm movements</li> <li>• Swim at the surface and below the water</li> <li>• Swim between 25-50m unaided</li> <li>• Use more than one stroke and ordinate breathing as appropriate</li> <li>• Use breast stroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming</li> <li>• Swim over 100m unaided</li> <li>• Swim fluently with controlled strokes</li> <li>• Turn efficiently at the end of a length</li> </ul>

## Year 4 P.E. Progression Statements

<b>Gymnastics</b>	<ul style="list-style-type: none"><li>• Travel in a variety of ways including flight, by transferring weight to generate power in movements</li><li>• Show a kinaesthetic sense in order to improve the placement and alignment of body parts, for example, in balances, experiment to find out how to get the centre of gravity successfully over base and organize body parts to create an interesting body shape</li><li>• Swing from equipment safely using hands</li></ul>
<b>Dance</b>	<ul style="list-style-type: none"><li>• Create dances and movements that convey a definite idea</li><li>• Change speed and levels within a performance</li><li>• Develop physical strength and suppleness by practising moves and stretching</li></ul>
<b>Multi-skills</b>	<ul style="list-style-type: none"><li>• Apply different skills to game situations, for example: Throwing and catching when fielding in rounders</li><li>• Apply skills when under pressure from an opponent</li><li>• Throw with accuracy over a range of distances to a team-mate – using tennis balls &amp; netballs</li></ul>
<b>Games</b>	<ul style="list-style-type: none"><li>• Maintain possession of a ball for example, with feet, hockey stick or hands</li><li>• Pass to team-mates at appropriate times</li><li>• Lead others and act as a respectful team member</li></ul>
<b>Athletics</b>	<ul style="list-style-type: none"><li>• Jump in a number of ways, using a run up where appropriate</li><li>• Compete with others and aim to improve personal best performances</li></ul>
<b>Yoga</b>	<ul style="list-style-type: none"><li>• Recognise and perform common yoga poses</li></ul>

## Year 5 P.E. Progression Statements

<b>Gymnastics</b>	<ul style="list-style-type: none"><li>• Create complex and well-executed sequences that include a full range of movements including, travelling balances swinging springing flight vaults inversions rotations bending, stretching and twisting gestures linking skills</li><li>• Hold shapes that are strong, fluent and expressive</li><li>• Include in a sequence set pieces, choosing the most appropriate linking elements</li></ul>
<b>Dance</b>	<ul style="list-style-type: none"><li>• Compose and create imaginative dance sequences</li><li>• Perform expressively and hold a precise and strong body posture</li><li>• Perform and create complex sequences</li></ul>
<b>Multi-skills</b>	<ul style="list-style-type: none"><li>• Children should have strong skills: running, jumping, throwing and catching</li><li>• Children to throw and catch a range of objects with confidence and use this in game situations</li><li>• Children should run over different distances, choosing which pace to run at</li><li>• Children to change direction with speed and confidence</li></ul>
<b>Games</b>	<ul style="list-style-type: none"><li>• Choose and combine techniques in game situations (running, catching, throwing, passing and kicking)</li><li>• Work alone, or with team-mates in order to gain points or possession</li><li>• Strike a bowled or volleyed ball with accuracy</li></ul>
<b>Athletics</b>	<ul style="list-style-type: none"><li>• Combine sprinting with low hurdles over 60m</li><li>• Choose the best pace for running over a variety of distances</li></ul>
<b>Yoga</b>	<ul style="list-style-type: none"><li>• Learn transitions between poses</li></ul>

## Year 6 P.E. Progression Statements

<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>• Vary speed, direction, level and body rotation during floor performances</li> <li>• Practice and refine the gymnastic techniques used in performances: travelling balances swinging springing flight vaults inversions rotations bending, stretching and twisting gestures linking skills</li> <li>• Demonstrate good kinaesthetic awareness (placement and alignment of body arts is usually good in well-rehearsed actions)</li> <li>• Use equipment to vault and to swing (remaining upright)</li> </ul>
<b>Dance</b>	<ul style="list-style-type: none"> <li>• Express an idea in original and imaginative ways</li> <li>• Plan to perform with high energy, slow grace or other themes and maintain this pace throughout</li> <li>• Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels and handstands)</li> </ul>
<b>Multi-skills</b>	<ul style="list-style-type: none"> <li>• Children should have strong skills: running, jumping, throwing and catching</li> <li>• Children to throw and catch a range of objects with confidence and use this in increasingly complex game situations</li> <li>• Children should run over different distances, choosing which pace to run at</li> <li>• Children to change direction with speed and confidence</li> </ul>
<b>Games</b>	<ul style="list-style-type: none"> <li>• Use forehand and backhand when playing racket games</li> <li>• Field, defend and attack tactically by anticipating the direction of play</li> <li>• Choose the most appropriate tactics for a game</li> <li>• Uphold the spirit of fair play and respect in all competitive situations</li> <li>• Lead others when called upon and act as a good role model within a team</li> </ul>
<b>Athletics</b>	<ul style="list-style-type: none"> <li>• Throw accurately and refine performance by analysing technique and body shape</li> <li>• Show control in take-off and landings when jumping</li> <li>• Compete with others and keep track of personal best performances, setting targets for improvement</li> </ul>
<b>Yoga</b>	<ul style="list-style-type: none"> <li>• Complete a Sun Salute routine combining previously practised poses</li> </ul>