

Leys Farm Junior School
P.E Progression of Knowledge and Skills

P.E	Dance	Gymnastics	Invasion	Net/Wall and Striking/Fielding	Athletics
Year 3	<p>Translate stimuli to dance moves.</p> <p>Move appropriately with expression.</p> <p>Move at different speeds, directions and levels.</p> <p>Show control and originality.</p> <p>Create a sequence using different speeds, levels and directions.</p> <p>Work with a partner or group to create sequence.</p> <p>Copy basic moves with precision.</p> <p>Perform moves to a beat with control.</p> <p>Copy an extended sequence.</p> <p>Create original moves.</p> <p>React to different tempo.</p> <p>Describe, evaluate and alter sequence accordingly.</p>	<p>Perform ½ turns and full turns on a floor with control.</p> <p>Show variety in balances.</p> <p>Consistently show tension in all balances.</p> <p>Balance using apparatus</p> <p>Roll with control in at least 2 different ways.</p> <p>Roll forward into sitting position.</p> <p>Use linking movements with control</p> <p>Create and perform a sequence with control and fluency.</p> <p>Perform sequence in unison.</p> <p>Can adapt sequence using complex movements and balances.</p> <p>Can act on feedback.</p> <p>Alter shape in the air.</p>	<p>Execute a variety of passes.</p> <p>Send and control a ball on the move.</p> <p>Recognise and move into space.</p> <p>Show understanding of marking.</p> <p>Use evasion strategies.</p> <p>Know difference between attack and defence.</p> <p>Anticipate opportunities to intercept.</p> <p>Know difference between a pass and a shot</p> <p>Apply skills and knowledge effectively in a game situation.</p> <p>Select appropriate technique in a given situation.</p>	<p>Return a bouncing ball with some accuracy.</p> <p>Rally with a partner (10 shots)</p> <p>Show awareness of hitting into space.</p> <p>Hit a bouncing ball consistently with control.</p> <p>Show awareness of space in a game situation.</p> <p>Catch consistently.</p> <p>Hit a volley with control.</p> <p>Hit a stationary ball.</p> <p>Hit a moving ball using correct technique.</p> <p>Choose direction of strike.</p> <p>Show basic fielding principles.</p> <p>React quickly to events in a game situation.</p>	<p>Hop with balance and control.</p> <p>Jump with balance and control.</p> <p>Perform athletic sequence with control.</p> <p>Jump and land safely.</p> <p>Describe and evaluate jumping action.</p> <p>Run effectively at different speeds.</p> <p>Use good sprinting technique.</p> <p>Show good acceleration from a static start.</p> <p>Know basic principles of throwing for distance.</p> <p>Demonstrate basic principles of throwing for distance</p> <p>Use a variety of techniques to throw.</p> <p>Use correct technique to achieve maximum power.</p> <p>Recognise and describe what the body feels like after exercise.</p>
Year 4	<p>Perform as a character.</p> <p>Use and perform with distinct and expressive movements.</p> <p>Create original movements to support narrative.</p> <p>Be an active group member.</p>	<p>Perform 3 mirrored balances within given parameters.</p> <p>Consistently show tension and control.</p>	<p>Execute a variety of passes.</p> <p>Consistently select appropriate skill for different situations.</p> <p>Know difference between a shot and a pass.</p>	<p>Perform forehand using correct technique.</p> <p>Know difference between forehand and backhand.</p> <p>Use backhand to hit moving ball.</p>	<p>Perform jumping technique with precision.</p> <p>Show fluency in running and jumping.</p> <p>Select appropriate speed for a race.</p>

	<p>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.</p>	<p>Perform a range of supported balances. Change speed, level and direction in a sequence. Perform all rolls with control. Roll from different starting positions. Attempt backward roll (with support) Perform a variety of, complex sequences with a partner (mirror, canon, support) Demonstrate safe landing consistently. Demonstrate effective turns with control. Connect complex jumps and turns. Perform leaps as part of a sequence. Create own sequence Respond to and give appropriate feedback.</p>	<p>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 Select appropriate technique in a given situation.</p>	<p>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.</p>	<p>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. Explain rates of recovery.</p>
Year 5	<p>Perform with elements of originality and expression. Work cooperatively with a partner. Perform consistently with precision. Convey a message or expression through dance.</p>	<p>Perform mirrored balances within given parameters. Perform balances using support (apparatus and partner) Show creativity in paired work</p>	<p>Send and receive effectively on the move. Execute a variety of passes confidently. Move into space appropriately. Use evasive strategies.</p>	<p>Hit a moving ball consistently and accurately. Continue a rally. Consistently show accuracy using a backhand. Consistently hit a volley with precision.</p>	<p>Know good technique when jumping. Select preferred take-off foot when jumping. Combine explosion with control. Run and jump with height. Combine elements of jump to maximise distance.</p>

	<p>Perform narrative with expression.</p> <p>Adapt and change a performance based on self-evaluation.</p> <p>Replicate sequence quickly.</p> <p>Perform with purpose and with high energy levels.</p> <p>Create original movements linked in an original sequence.</p> <p>Communicate ideas in a group.</p> <p>Give appropriate feedback.</p>	<p>Communicate effectively with partner.</p> <p>Show control and fluidity in sequence.</p> <p>Perform up to 4 rolls with control.</p> <p>Roll from different starting position.</p> <p>Start and exit roll with control.</p> <p>Perform cartwheel in a straight line.</p> <p>Show safe landing position.</p> <p>Show control when jumping, turning and spinning.</p> <p>Perform leaps as part of an original sequence.</p> <p>Adapt and perform a sequence with control and precision</p> <p>Give appropriate feedback and work collaboratively.</p>	<p>Apply attacking/ defensive strategies.</p> <p>Develop own attacking/ defensive strategy.</p> <p>Use tactics in a game situation</p> <p>Demonstrate leadership qualities.</p> <p>Demonstrate elements of flair and creativity in game situations.</p> <p>Consistently show teamwork and fair play</p> <p>Show accuracy when shooting.</p>	<p>Coordinate throwing and hitting.</p> <p>Select appropriate shot for a given situation.</p> <p>Use a wide variety of shots with precision.</p> <p>React well to changing situations within a game.</p> <p>Throw overarm/underarm effectively and accurately.</p> <p>Consistently select and apply correct throw.</p> <p>Use correct technique (cricket bowl)</p> <p>Hit a ball consistently with power and controlled direction.</p> <p>Show awareness of match situations.</p>	<p>Isolate parts of the jump in order to improve performance.</p> <p>Run with high levels of speed, agility and competitiveness.</p> <p>Adapt pace to race situation.</p> <p>Sustain acceleration and speed over a distance.</p> <p>Develop preferred starting position.</p> <p>Develop and apply baton passing technique.</p> <p>Use good technique with performing a variety of throws</p> <p>Throw with power using a run up.</p>
Year 6	<p>Move imaginatively and appropriately to a range music</p> <p>Perform movements and routines with originality and expression.</p> <p>Link movements to a story.</p>	<p>Consistently show body tension.</p> <p>Perform given positions accurately.</p> <p>Perform a range of leaps.</p> <p>Perform a wide range of rolls accurately.</p>	<p>Apply basic skills to game situations.</p> <p>Know High 5 netball positions.</p> <p>Have some creative input into the creation of a game.</p>	<p>Keep a rally going over a prolonged period of time.</p> <p>Consistently show accuracy using backhand</p> <p>Consistently show accuracy using forehand</p> <p>Consistently show accuracy using volley.</p>	<p>Know and use parts of the jump in isolation.</p> <p>Understand fully how a skill is broken down.</p> <p>Perform a variety of jumps fluently.</p> <p>Evaluate performance of others and suggest improvements.</p>

	<p>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.</p>	<p>Turn and spin with control. Create a complex sequence. Perform original sequence with enthusiasm, precision, fluidity and balance. Demonstrate sound understanding of gymnastic performance. Work effectively in a group. Evaluate own and others performance. Show elements of decision making and leadership. Create original sequence using apparatus. Adapt ideas showing gymnastic awareness.</p>	<p>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.</p>	<p>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. Lead group and resolve any conflicts.</p>	<p>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.</p> <p>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.</p>
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