



## Ordsall Primary School Progression Map for PE

Play, Learn, Grow Together

Play, Learn, Grow Together

		Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Key National Curriculum Theme	Athletics (Movement, Couch to 5k)	<ul style="list-style-type: none"> <li>I can skip.</li> <li>I can hop.</li> <li>I can stand on one leg.</li> </ul>	<ul style="list-style-type: none"> <li>I am developing movement and balancing skills.</li> <li>I can go up steps and stairs, or climb up apparatus, using alternate feet.</li> <li>I can match my developing physical skills to tasks and activities in the setting</li> <li>I am able to perform the fundamental movement skills.</li> <li>I am able to move in a fluent style, with developing control and grace.</li> <li>I am developing overall body strength, co-ordination, balance and agility</li> <li>I can negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>I can move energetically</li> </ul>	<ul style="list-style-type: none"> <li>I can copy actions.</li> <li>I can repeat actions.</li> <li>I can move with control and care.</li> <li>I can use equipment safely.</li> <li>I can stop safely.</li> </ul>	<ul style="list-style-type: none"> <li>I can copy and remember actions.</li> <li>I can talk about what is different from what I did and what someone else did.</li> <li>I follow rules.</li> </ul>	<ul style="list-style-type: none"> <li>I can run at fast, medium and slow speeds.</li> <li>I can change direction.</li> <li>I can change speed.</li> <li>I can take part in a relay and remember when to run and what to do.</li> </ul>	<ul style="list-style-type: none"> <li>I can run over a long distance.</li> <li>I can sprint over a short distance.</li> <li>I can throw using a push throw.</li> <li>I can throw using a pull throw.</li> <li>I can hit a target.</li> <li>I can jump in different ways.</li> </ul>	<ul style="list-style-type: none"> <li>I am controlled when taking off and landing when performing a jump.</li> <li>I can throw with accuracy.</li> <li>I can combine running and jumping.</li> </ul>	<ul style="list-style-type: none"> <li>I can demonstrate stamina.</li> </ul>



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<p style="text-align: center; writing-mode: vertical-rl; transform: rotate(180deg);">Vocabulary</p>	<ul style="list-style-type: none"> <li>• Skip</li> <li>• Hop</li> <li>• Walk</li> <li>• Run</li> <li>• Walk</li> <li>• Jump</li> <li>• Jog</li> <li>• Throw</li> <li>• Target</li> <li>• Fast</li> <li>• Slow</li> <li>• Pass</li> <li>• Balance</li> <li>• Safely</li> </ul>	<ul style="list-style-type: none"> <li>• Aim</li> <li>• High</li> <li>• Low</li> <li>• Step</li> <li>• Bounce</li> <li>• Leap</li> <li>• Repeat</li> <li>• Overarm</li> <li>• Underarm</li> <li>• Accelerate</li> <li>• Relay</li> <li>• Baton</li> <li>• Push</li> <li>• Take off</li> <li>• Landing</li> <li>• Improve</li> <li>• Evaluate</li> <li>• Control</li> </ul>	<ul style="list-style-type: none"> <li>• Distance</li> <li>• Steady pace</li> <li>• Accuracy</li> <li>• Height</li> <li>• Record</li> <li>• Leading Leg</li> <li>• Measure</li> <li>• Heart beat</li> <li>• Hurdles</li> <li>• Landing</li> <li>• Landing foot</li> <li>• Stamina</li> <li>• Obstacles</li> <li>• Stance</li> <li>• Speed</li> <li>• Sling</li> <li>• Pull</li> </ul>	<ul style="list-style-type: none"> <li>• Team</li> <li>• Pacing</li> <li>• Stamina</li> <li>• Release</li> <li>• Performances</li> <li>• Push</li> <li>• Pull</li> <li>• Combination</li> <li>• Kinaesthetic</li> <li>• Technique</li> <li>• Pulse rate</li> </ul>
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Play, Learn

Play, Learn, Grow, Together!

		<u>Nursery</u>	<u>Reception</u>	<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
Key National Curriculum Theme	Games (Net and Ball, Invasion games and cricket)	<ul style="list-style-type: none"> <li>I show a preference for a dominant hand.</li> </ul>	<ul style="list-style-type: none"> <li>I am developing ball skills.</li> <li>I am developing a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</li> <li>I am developing confidence, competence, precision and accuracy when engaging in activities that involve a ball</li> <li>I can demonstrate strength, balance and coordination when playing.</li> </ul>	<ul style="list-style-type: none"> <li>I can throw underarm.</li> <li>I can move and stop safely.</li> <li>I can throw in different ways.</li> <li>I can kick in different ways.</li> </ul>	<ul style="list-style-type: none"> <li>I can use hitting, kicking and rolling in a game.</li> <li>I can throw overarm.</li> <li>I can throw and catch with both hands.</li> <li>I can decide the best space to be in during a game.</li> <li>I can use a tactic in a game.</li> <li>I can follow rules.</li> <li>I can hit a ball with a bat.</li> </ul>	<ul style="list-style-type: none"> <li>I can throw and catch with control.</li> <li>I am aware of space and use it to support team-mates.</li> <li>I am aware of space and use it to cause problems for the opposition.</li> <li>I know and use rules fairly.</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 and with control.</li> <li>I can keep possession of the ball.</li> <li>I am able to vary tactics.</li> <li>I can adapt skills depending on what is happening in a game.</li> </ul>	<ul style="list-style-type: none"> <li>I gain possession by working as a team.</li> <li>I can pass in different ways.</li> <li>I can field.</li> <li>I 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 to others.</li> <li>I can umpire.</li> <li>I can make a team and communicate a plan.</li> <li>I can lead others in a game situation.</li> </ul>
		Vocabulary	<ul style="list-style-type: none"> <li>Throw</li> <li>Catch</li> <li>Kick</li> <li>Pass</li> <li>Hit</li> <li>Target</li> <li>Balance</li> <li>Partner</li> <li>Team</li> </ul>	<ul style="list-style-type: none"> <li>Rolling</li> <li>Striking</li> <li>Underarm</li> <li>Overarm</li> <li>Bouncing</li> <li>Batting</li> <li>Tracking</li> <li>Tactics</li> <li>Space</li> <li>Free space</li> <li>Own space</li> <li>Opposite</li> <li>Follow</li> <li>Speed</li> <li>Direction</li> <li>Control</li> </ul>	<ul style="list-style-type: none"> <li>Possession</li> <li>Score</li> <li>Pass</li> <li>Send</li> <li>Receive</li> <li>Dribble</li> <li>Travel</li> <li>Back – up</li> <li>Support</li> <li>Batting</li> <li>Fielding</li> <li>Bowler</li> <li>Wicket</li> <li>Base</li> <li>Boundary</li> <li>Innings</li> </ul>	<ul style="list-style-type: none"> <li>Repossession</li> <li>Shoot</li> <li>Shield</li> <li>Width</li> <li>Depth</li> <li>Marking</li> <li>Covering</li> <li>Umpire</li> <li>Communicate</li> <li>Plan</li> <li>Lead</li> </ul>			



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		<ul style="list-style-type: none"> <li>Shoot</li> <li>Score</li> <li>Rules</li> </ul>	<ul style="list-style-type: none"> <li>Court</li> <li>Net</li> <li>Defending</li> <li>Attacking</li> </ul>
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		Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Key National Curriculum Theme	Gymnastics	<ul style="list-style-type: none"> <li>I can skip.</li> <li>I can hop.</li> <li>I can stand on one leg.</li> </ul>	<ul style="list-style-type: none"> <li>I am developing movement and balancing skills.</li> <li>I can use large-muscle movements to wave flags and streamers.</li> <li>I am able to perform the fundamental movement skills.</li> <li>I am able to move in a fluent style, with developing control and grace.</li> </ul>	<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 traveling 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>	<ul style="list-style-type: none"> <li>I can plan and perform a sequence of movements.</li> <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 am able to work on my own and with a partner.</li> </ul>	<ul style="list-style-type: none"> <li>I can adapt sequences to suit different types of apparatus and criteria.</li> <li>I can explain how strength and suppleness affects performance</li> <li>I can compare and contrast gymnastic sequences.</li> </ul>	<ul style="list-style-type: none"> <li>I work in a controlled way.</li> <li>I can include change of speed and direction during a sequence.</li> <li>I can include a range of shapes during a sequence.</li> <li>I can create a sequence with at least three phases.</li> <li>I can work with a partner to create, repeat and improve a sequence.</li> </ul>	<ul style="list-style-type: none"> <li>I can make complex extended sequences.</li> <li>I can combine action, balance and shape in a sequence.</li> <li>I can perform consistently to different audiences.</li> </ul>	<ul style="list-style-type: none"> <li>I can combine my work with that of others.</li> <li>I can perform sequences to specific timings.</li> </ul>



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Vocabulary	<ul style="list-style-type: none"> <li>• Forwards</li> <li>• Backwards</li> <li>• Sideways</li> <li>• Slow</li> <li>• Stretch</li> <li>• Tall</li> <li>• Small</li> <li>• Still</li> <li>• Jump</li> <li>• Hop</li> <li>• Copy</li> <li>• Skip</li> <li>• Balance</li> </ul>		<ul style="list-style-type: none"> <li>• Bench</li> <li>• Mat</li> <li>• Table</li> <li>• Roll</li> <li>• Long</li> <li>• Curled</li> <li>• Relaxed</li> <li>• Tuck</li> <li>• Shape</li> <li>• Bounce</li> <li>• Travel</li> <li>• Push</li> <li>• Pull</li> <li>• Step</li> <li>• Crawl</li> <li>• Extension</li> <li>• Pathway</li> <li>• Land</li> <li>• Tension</li> <li>• Curved</li> <li>• Straight</li> <li>• Speed</li> <li>• Slow</li> <li>• Fast</li> <li>• Levels</li> <li>• Under</li> <li>• Through</li> <li>• Smooth</li> <li>• Sequence</li> <li>• Feedback</li> </ul>			<ul style="list-style-type: none"> <li>• Flow</li> <li>• Explosive</li> <li>• Symmetrical</li> <li>• Combination</li> <li>• Improve</li> <li>• Evaluate</li> <li>• Adapt</li> <li>• Contrasting</li> <li>• Suppleness</li> <li>• Strength</li> <li>• Land</li> <li>• 90 degrees</li> <li>• 180 degrees</li> <li>• Leaving</li> <li>• Approaching</li> <li>• Combine</li> <li>• Rotate</li> <li>• Height</li> <li>• Twist</li> <li>• Apparatus</li> <li>• Criteria</li> <li>• Phases</li> <li>• Control</li> </ul>		<ul style="list-style-type: none"> <li>• Dynamic</li> <li>• Mirroring</li> <li>• Matching</li> <li>• Display</li> <li>• Asymmetry</li> <li>• Performance</li> <li>• Create</li> <li>• Refine</li> <li>• Assess</li> <li>• Cool down</li> <li>• Warm up</li> <li>• Muscles</li> <li>• Joints</li> <li>• Flight</li> <li>• Co-operate</li> <li>• Audience</li> <li>• Elements</li> <li>• Aesthetically</li> <li>• Extension</li> <li>• Canon</li> <li>• Counter- balance</li> <li>• Parallel</li> <li>• Timing</li> </ul>



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Key National Curriculum Theme	Dance	<ul style="list-style-type: none"> <li>I am increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm.</li> <li>I can skip.</li> <li>I can hop.</li> </ul>	<ul style="list-style-type: none"> <li>I can skip, hop, stand on one leg and hold a pose for a game like musical statues.</li> <li>I can use large-muscle movements to wave flags and streamers.</li> <li>I am able to move in a fluent style, with developing control and grace</li> <li>I can combine different movements with ease and fluency.</li> </ul>	<ul style="list-style-type: none"> <li>I can move to music.</li> <li>I can copy dance moves.</li> <li>I can perform my own dance moves.</li> <li>I can make up a short dance.</li> <li>I can move safely in a space.</li> </ul>	<ul style="list-style-type: none"> <li>I can change rhythm, speed, level and direction in my dance.</li> <li>I am able to dance with control.</li> <li>I am able to dance with coordination.</li> <li>I can make a sequence by linking sections together.</li> <li>I can use dance to show a mood or feeling.</li> </ul>	<ul style="list-style-type: none"> <li>I can improvise freely.</li> <li>I can translate ideas from a stimulus into movement.</li> <li>I can share and create phrases with a partner and small group.</li> <li>I can repeat, remember and perform phrases.</li> </ul>	<ul style="list-style-type: none"> <li>I can take the lead when working with a partner or group.</li> <li>I can use dance to communicate an idea.</li> </ul>	<ul style="list-style-type: none"> <li>I can compose my own dances in a creative way.</li> <li>I can perform to an accompaniment.</li> <li>I can show clarity, fluency, accuracy and consistency through my dance.</li> </ul>	<ul style="list-style-type: none"> <li>I can develop sequences in a specific style.</li> <li>I can choose my own music and style.</li> </ul>
	Vocabulary	<ul style="list-style-type: none"> <li>Pattern</li> <li>Hold</li> <li>Stature</li> <li>Pose</li> <li>Hop</li> <li>Skip</li> <li>Stop</li> <li>Start</li> </ul>		<ul style="list-style-type: none"> <li>Travel</li> <li>Stillness</li> <li>Direction</li> <li>Space</li> <li>Beginning</li> <li>Middle</li> <li>End</li> <li>Levels</li> <li>Pathways</li> <li>Speed</li> <li>Rhythm</li> <li>Copy</li> <li>Control</li> <li>Coordination</li> <li>Sequence</li> <li>Mood</li> <li>Feeling</li> </ul>	<ul style="list-style-type: none"> <li>Space</li> <li>Repeat</li> <li>Phrase</li> <li>Improvisation</li> <li>Character</li> <li>Gesture</li> <li>Action</li> <li>Reaction</li> <li>Prop</li> <li>Lead</li> <li>Communicate</li> </ul>	<ul style="list-style-type: none"> <li>Style</li> <li>Technique</li> <li>Formation</li> <li>Variation</li> <li>Unison</li> <li>Canon</li> <li>Motif</li> <li>Interpret</li> <li>Compose</li> <li>Fluency</li> </ul>			



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		Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Key National Curriculum Theme	Swimming	•	•		•	•	•	<ul style="list-style-type: none"> <li>• I can swim competently, confidently and proficiently to at least 25 meters.</li> <li>• I can use a range of strokes effectively.</li> <li>• I can perform safe self-rescue in different water-based situations.</li> </ul>	•
	Vocabulary								<ul style="list-style-type: none"> <li>• Pool safety</li> <li>• Metres</li> <li>• Lengths</li> <li>• Stroke</li> <li>• Shallow</li> <li>• Deep</li> <li>• Water Safety</li> <li>• Front crawl</li> <li>• Backstroke</li> <li>• Breaststroke</li> <li>• Self – recue</li> <li>• Treading water</li> <li>• Float</li> <li>• Sink</li> <li>• Dive</li> <li>• Paddle</li> <li>• Life guards</li> </ul>



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Key National Curriculum Theme	Outdoor Adventurous Activity	•		<ul style="list-style-type: none"> <li>I can copy actions.</li> <li>I can repeat actions.</li> <li>I can move with control and care.</li> <li>I can use equipment safely.</li> </ul>	<ul style="list-style-type: none"> <li>I can follow rules.</li> <li>I can copy and remember actions.</li> <li>I can talk about what is different from what I did and what someone else did.</li> </ul>	<ul style="list-style-type: none"> <li>I can follow a map in a familiar context.</li> <li>I can use clues to follow a route.</li> <li>I can follow a route safely.</li> </ul>	<ul style="list-style-type: none"> <li>I can follow a map in a more demanding but familiar context.</li> <li>I can follow a route within a time limit.</li> </ul>	<ul style="list-style-type: none"> <li>I can use clues to navigate a route.</li> <li>I can use 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 route.</li> </ul>	<ul style="list-style-type: none"> <li>I can plan a route and a series of clues for someone else.</li> <li>I can plan with others, taking account of safety and danger.</li> </ul>
				Vocabulary		<ul style="list-style-type: none"> <li>Team work</li> <li>Copy</li> <li>Repeat</li> <li>Equipment</li> <li>Safety</li> <li>Rules</li> <li>Space</li> <li>Direction</li> </ul>	<ul style="list-style-type: none"> <li>Sequence</li> <li>Speed</li> <li>Map</li> <li>Clues</li> <li>Route</li> <li>Plan</li> <li>Evaluate</li> <li>Communication</li> </ul>	<ul style="list-style-type: none"> <li>Navigate</li> <li>Compass</li> <li>Respond</li> <li>Develop</li> <li>Create</li> <li>Assess</li> <li>Collaboration</li> <li>Obstacles</li> <li>Adapt</li> </ul>	