**Langdon Primary School – Progression in PE and Sport (2019)**



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| --- | --- | --- | --- | --- |
|  | Year R | Years 1 and 2 | Years 3 and 4 | Years 5 and 6 |
| Dance | * Move to music * Copy a sequence of movements | * Move to music * Copy a dance pattern * Move to a beat * Show mood or feeling through movements or actions * Change directions * Link a short series of dance sequences together * Make simple improvements to performance | * Create an perform a short sequence linking basic actions with a clear beginning, middle and end * Choose and link actions to create expressive dance which shows sensitivity to accompaniment * Show some fluency between actions or movements * Plan and perform a music sequence showing contrasts in speed, level and direction * Work effectively with a partner or group to apply compositional ideas to a dance sequence * Evaluate and suggest ways to improve or refine performance | * Create and perform a short sequence linking basic actions with expression and sensitivity to the accompaniment * Plan and perform a movement sequence showing contrasts in speed, level and direction * Ensure transitions between actions are smooth, clear and fluent * Apply basic compositional ideas to create longer, more varied dance sequences with a partner or in a group * Evaluate, modify, improve and refine performances in response to own or others’ analysis |
| Games and Athletics | * Roll a ball to a target * Throw an object with some control * Catch a large object eg. netball * Kick a ball * Move in a variety of ways in and out of obstacles * Jump with both feet * Hop * Step * Change speed when running – jog, run, sprint * Begin to participate in team games | * Throw underarm with control * Catch large and small objects with two hands * Jump for height and distance * Skip without a rope * Skip with a rope * Gallop * Kick or dribble a ball with accuracy * Bounce a ball on the spot * Balance a ball on a racket * Hit a ball with a bat or racket * Hold a racket/stick with two hands to strike an object * Learn simple tactics to attack and defend * Participate in team games * Begin to control a ball in game settings * Play a game following a set of rules * Play as part of a team | * Bounce and catch a ball whilst moving * Throw under and overarm * Catch confidently with two hands * Begin to catch with one hand * Show control of a ball when using a racket or stick * Use running, jumping, throwing and catching in isolation and combination under limited pressure and in competitive situations * Vary dynamics, speed, direction and level of movements * Develop simple techniques for defending and attacking * Develop an understanding of how to improve own performance | * Bounce a ball with either hand showing changes of speed and direction * Choose an appropriate throwing method * Throw and catch well under pressure * Catch with one hand * Move and stop a ball with control when using feet, hands or a racket or stick * Modify defending and attacking skills in competitive games * Use running, jumping, throwing and catching in isolation and combination under pressure and in competitive situations * Demonstrate how to improve their own and others’ performance |
| Gymnastics and Yoga | * Develop good control of large and small movements * Copy actions, sequences and poses * Balance on one leg or on a single piece of equipment * Make body tense, relax, curl and stretch * Jump * Roll in different ways * Travel in different ways * Climb safely | * Perform a side roll * Walk along a line or along a bench * Perform simple poses * Show control in movements * Create and perform simple sequences of movements that follow a set of ‘rules’ * Create contrast in sequences * Work with a partner in sequences * Make improvements to sequences * Explain how strength and suppleness affect performance * Develop balance, agility and coordination | * Perform a sequence of yoga poses * Perform a shoulder roll * Change speed of movements * Change direction when travelling * Follow a set of ‘rules’ to produce a sequence * Combine actions, balances and poses * Work with a partner to create, repeat and improve a sequence | * Perform a backward roll * Perform a sequence of poses or movement with clarity, accuracy and control * Create complex or extended sequences for individual performance or performance with others * Link sequences to specific timings * Evaluate and improve sequences |
| Outdoor Adventurous Activities  (Activities on offer) | * Take part in outdoor and adventurous activities both individually and with a group | 1 night residential visit   * Hike across different terrains * Build shelters from natural materials * Complete a zip wire * Complete a night line | 2 night residential   * Take part in low rope activities * Try high rope activities * Build and sail a raft * Take part in archery * Walk over different terrains in the twilight or at night | 4 night residential   * Canoeing * Kayaking * Sailing * Air rifle shooting * Survival skills |
| Swimming |  | * Jump in with help * Swivel enter the pool * Blow bubbles on the surface * Swim 5m with floatation aids (front or back) * Tread water with a floatation aid | * Jump in * Submerge completely * Swim 5m without aids * Perform a star float without aids * Push and glide on front * Tread water for a ten seconds | * Push and glide on front and back * Swim 10m with a fair stroke action on front and back * Perform a star float on front and back * Retrieve an object from the bottom of the pool * Tread water for up to a minute |