**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
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| 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
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| 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
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| 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
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| 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
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