



## Darley Dene Primary School - PE Progression

**Intent:** *The PE curriculum reflects our community's needs and enables all children to develop both sporting and social skills, starting with the foundations of fundamental movement skills and building on these throughout their school journey. Our curriculum aims to build skills through each key stage and develop the ability to apply skills in competitive settings. It is our vision for every pupil to succeed and achieve their potential as well as to lead physically active lifestyles. We strive to inspire our pupils through fun and engaging PE lessons that are enjoyable, challenging and accessible to all. We want our pupils to appreciate the benefits of a healthy and physically active lifestyle. Through our teaching of PE, we will provide opportunities for pupils to develop values and transferable life skills such as fairness and respect as well as providing them with opportunities to take part in competitive sport within lessons and extra-curricular provision.*

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Communication</b>							
	I can jump, climb, balance, roll I can join in and try new games I can jump, climb, balance and roll I can throw, catch, roll a ball to my friend I can stretch	Discuss own performance.  Discuss how to improve in different activities.	Evaluate own and others performances.  Identify how to improve in different physical activities	Communicate and compete with each other.  Begin to show an understanding of how to improve own and others performances.	Communicate and compete with each other.  Begin to show an understanding of how to improve own and others performances.	Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel.  Evaluate and recognise own and others success and	Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel.  Evaluate and recognise own and others success and

	<p>and relax my body - yoga and stretching</p> <p>I can jump, throw and follow instructions</p> <p>Train for athletics</p> <p>I can work with a partner in ball and bay games</p>					<p>identify strategies for improvement.</p>	<p>identify strategies for improvement.</p>
<b>Competence</b>							
	<p>Show good control and coordination in large and small movements.</p> <p>Move confidently in a range of ways safely negotiating space.</p>	<p>Practise basic movements including running, jumping, throwing and catching.</p> <p>Develop balance and agility.</p>	<p>Master basic movements including running, jumping, throwing and catching.</p> <p>Develop and apply balance, agility and coordination.</p>	<p>Begin to use running, jumping, throwing and catching in isolation and in combination.</p> <p>Further develop flexibility, strength, control and balance</p>	<p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Further develop flexibility, strength, technique, control and balance.</p>	<p>Use a broad range of skills in isolation and in combination to become physically confident.</p> <p>Develop mastery of flexibility, strength, technique, control and balance.</p>	<p>Use a broad range of skills in isolation and in combination to become physically confident.</p> <p>Master flexibility, strength, technique, control and balance.</p>

Participation							
		Participate in team games and begin to develop simple tactics for attacking and defending.	Participate in team games following simple rules.  Develop simple tactics for attacking and defending.	Participate in team games understanding the rules.  Develop a wider range of tactics for attacking and defending.  Participate in outdoor and adventurous activities.	play competitive games and demonstrate their sense of sportsmanship eg: fairness and respect.  Understand basic principles suitable for attacking and defending.  Participate in outdoor and adventurous activities.	Play competitive game showing good communication and collaboration to demonstrate their sense of sportsmanship.  Apply principles suitable for attacking and defending.  Participate in outdoor and adventurous activities.	Play competitive games showing good communication and collaboration to demonstrate their sportsmanship.  Apply a range of principles suitable for attacking and defending.  Participate in outdoor and adventurous activities.
Performance							
	Sing songs, make music, dance and experiment	Perform simple dances.	Perform dances using simple movement patterns.	Perform dances and gymnastic routines on their own and	perform dances and gymnastic routines on their own and	Perform dance and gymnastic routines on their own and	Perform dances and gymnastic routines on their own and

	<p>with ways of changing them.</p> <p>Represent their own ideas, thoughts and feelings through design and technology, art, music, dance, role play and stories.</p>			<p>have with others using movement patterns.</p> <p>Compare performances with previous ones.</p> <p>Begin to demonstrate improvement to achieve personal best.</p>	<p>with others using movement patterns.</p> <p>Compare performances with previous ones.</p> <p>Demonstrate improvement to achieve personal best.</p>	<p>with others using a range of movement patterns.</p> <p>Evaluate and compare performances with previous ones.</p> <p>Demonstrate improvement to achieve personal best.</p>	<p>with others using a range of movement patterns.</p> <p>Evaluate and compare performances with previous ones.</p> <p>Demonstrate improvement to achieve personal best.</p>
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