

Booth Wood Primary School
PE Progression Skills

Outdoor and Adventurous Activities	Athletics	Gymnastics	Dance	Invasion games	Net games & Striking and fielding
<p>I can read and follow a simple map</p> <p>I can follow simple clues to solve problems</p> <p>I can work in a team and share ideas</p>	<p>I can travel at different speeds</p> <p>I can use jumping for a range of activities</p> <p>I can throw different equipment whilst aiming for a target</p>	<p>I can copy simple movements and balances</p> <p>I can climb on low level equipment and land safely</p> <p>I can complete a simple sequence of movements</p>	<p>I can move my body in a range of different ways</p> <p>I can move my body in time to a beat</p> <p>I can link actions and copy a simple routine</p>	<p>I can use a good space when playing games</p> <p>I can take turns with my peers</p> <p>I can use and control equipment during games</p> <p>I can show control when moving a ball with my feet or hands</p>	<p>I can use an underarm throwing technique with some control</p> <p>I can catch different objects using both hands</p> <p>I can aim for a target (rolling, throwing)</p>

Reception (4+)

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<p>I can read and follow a range of simple maps</p> <p>I can follow a range of clues to solve problems</p> <p>I can solve problems as a team during activities</p>	<p>I can run with control over different distances</p> <p>I can jump and land with control</p> <p>I can control a range of throwing equipment whilst aiming for a target or throwing for distance</p>	<p>I can demonstrate simple gymnastics movements and balances</p> <p>I can link three or more actions and balances to form a sequence</p> <p>I can use equipment for climbing and balancing</p>	<p>I can demonstrate good control in movements</p> <p>I can link three or more movements in a routine</p> <p>I can move in time to music</p>	<p>I can follow simple rules of a game</p> <p>I can show good control when moving a ball with my feet or hands</p> <p>I can show good control when using equipment in games</p>	<p>I can use an underarm throwing technique with good control</p> <p>I can catch different objects with good control (bean bag / large ball, small balls)</p> <p>I can strike a moving object (bean bag, ball)</p>

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<p>I can give directions to others using simple maps</p> <p>I can follow a range of clues to solve problems and complete activities</p> <p>I can identify and use symbols on a key</p>	<p>I have a controlled, consistent and effective running style</p> <p>I can use jumping techniques for different purposes and land with increasing control and balance</p> <p>I can show good control over a range of equipment when aiming for a target or throwing for distance</p>	<p>I can show increasing control and flexibility in movements</p> <p>I can link four or more actions including a travel, jump and a balance</p> <p>I can use equipment to demonstrate simple routines</p>	<p>I can move with control and coordination</p> <p>I can link four or more movements in a routine</p> <p>I can select movements to communicate feelings and ideas</p>	<p>I can follow rules of a game consistently</p> <p>I can develop basic tactics for small team games when attacking or defending</p> <p>I can pass to team mates when appropriate</p>	<p>I can throw underarm for accuracy or overarm for distance</p> <p>I can catch a ball with good control</p> <p>I can strike a moving object with some accuracy</p>

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<p>I can orientate myself and move with increasing confidence when following simple orienteering trails</p> <p>I can choose sensible skills and approaches for the challenges set</p> <p>I can identify key features of maps and explain their purpose</p>	<p>I can sprint effectively over a short distance</p> <p>I can run over a longer distance, conserving energy to maintain performance</p> <p>I can show control when using a range of techniques for jumping including a run up if required</p> <p>I can throw with increasing accuracy and coordination to targets set at different distances</p>	<p>I can hold balances with increasing strength and precision</p> <p>I can practice and refine movements</p> <p>I can plan, perform and repeat simple sequences</p>	<p>I can refine movements into short routines</p> <p>I can compose and perform my own simple routines</p> <p>I can change speed and level within a performance</p>	<p>I can maintain possession of a ball during games</p> <p>I know what position to play in and how to contribute when attacking and defending</p> <p>I am aware of space and use it to support team mates and cause problems for opponents</p>	<p>I can confidently use underarm and overarm throwing techniques for both accuracy and distance</p> <p>I can strike a ball with good control and accuracy</p> <p>I can use a basic range of racket skills (balance, forehand, backhand)</p> <p>I can use a basic range of fielding skills competently</p>

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<p>I can orientate myself and move with confidence and accuracy when following simple orienteering trails</p> <p>I can create plans (orally or written) and choose sensible skills and approaches for the challenges set</p> <p>I can create short trails for others using the map skills I have acquired</p>	<p>I can sprint effectively over a short distance</p> <p>I can run over a longer distance, conserving energy to maintain performance</p> <p>I can jump with power, control and consistency using a range of techniques</p> <p>I can throw with accuracy and coordination to targets set at different distances</p>	<p>I can hold balances with strength and precision</p> <p>I can perform gymnastics movements with confidence (e.g. shoulder stand, backward roll, cartwheel, bridge, 1/2 turn jump)</p> <p>I can show changes of direction, speed and level during a sequence</p>	<p>I can compose and perform routines with a clear structure</p> <p>I can move in a fluent and expressive manner</p> <p>I can create movements and routines that convey an idea</p>	<p>I can choose appropriate tactics to cause problems for the opposition</p> <p>I can communicate tactics effectively with my team</p> <p>I can use a variety of simple tactics for attacking well, maintaining possession as a team and getting into positions to 'score'</p>	<p>I can confidently use underarm and overarm throwing techniques for both accuracy and distance</p> <p>I can strike a ball with good control and accuracy</p> <p>I can use a basic range of racket skills (forehand, backhand)</p> <p>I can use a basic range of fielding skills competently</p>

Year 4

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<p>I can read a variety of maps and follow trails with increasing accuracy, recognising symbols and features</p> <p>I can design an orienteering course that can be followed and offers some challenge to others</p> <p>I can use simple navigation equipment (compass, digital devices)</p>	<p>I can demonstrate advanced skills and techniques for acceleration</p> <p>I can sustain pace when running over longer distances and conserve energy to maintain performance</p> <p>I can apply specific techniques during relay races including effective exchanges</p> <p>I can jump with an effective approach, demonstrating control and consistency during take-off, flight and landing</p> <p>I can perform coordinated throws with control, accuracy and efficiency</p>	<p>I can practice and refine gymnastics balances and techniques</p> <p>I can create complex sequences that include a range of movements: travelling, balancing, stretching, turning</p> <p>I can link sequences of movements effectively</p>	<p>I can compose and perform routines, varying dynamics, level, speed and direction</p> <p>I can translate ideas from stimuli into movement</p> <p>I can use simple choreographic principles to create motifs and narrative</p>	<p>I can pass, dribble and shoot with control during games</p> <p>I can identify and use tactics to help the team keep possession and advance it</p> <p>I can mark opponents effectively when defending</p> <p>I can pick out parts of performance that could be improved, and suggest ideas and practices to make them better</p>	<p>I can strike a bowled or volleyed ball with increasing accuracy</p> <p>I can use forehand, backhand and overhead shots with increasing accuracy</p> <p>I can use a range of fielding skills with control and consistency</p> <p>I understand and can implement a range of tactics effectively</p>

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<p>I can read a variety of maps and follow trails accurately, recognising symbols and features</p> <p>I can create clear plans to support the successful completion of orienteering tasks</p> <p>I can complete an orienteering course on multiple occasions, in a faster time due to improved technique</p> <p>I can identify aspects that went well and adapt plans to be more efficient when facing similar challenges</p>	<p>I can demonstrate advanced skills and techniques for acceleration</p> <p>I can sustain pace when running over longer distances and conserve energy to maintain performance</p> <p>I can apply specific techniques during relay races including effective exchanges</p> <p>I can jump with an effective approach, demonstrating control and consistency during take-off, flight and landing</p> <p>I can perform coordinated throws with control, accuracy and efficiency</p>	<p>I can perform complex movements that combine strength and stamina through gymnastics (e.g. cartwheel, handstand, round off)</p> <p>I can create complex and well executed sequences that include a range of movements: flight, vaults, rotations</p> <p>I can use equipment to vault and swing, remaining upright</p>	<p>I can compose, perform and refine complex routines</p> <p>I can perform expressively and maintain a precise and strong body posture</p> <p>I can demonstrate consistent precision in various techniques when performing routines</p>	<p>I can defend and attack tactically by anticipating the direction of play</p> <p>I can use different techniques for passing, controlling, dribbling and shooting in games</p> <p>I can use marking, tackling and/or interception to improve defence</p> <p>I can recognise personal strengths and weaknesses and those in others and suggest ideas that will improve performances</p>	<p>I can strike a bowled or volleyed ball with accuracy</p> <p>I can use forehand, backhand and overhead shots with accuracy</p> <p>I can use a range of fielding skills with control and consistency</p> <p>I can choose and combine a range of tactics and techniques effectively</p>