

Progress in PE

GAMES AND ATHLETICS

Entering stage 1	Secure Stage 1 Entering Stage 2	Secure Stage 2 Entering Stage 3	Secure Stage 3 Entering Stage 4	Secure Stage 4 Entering Stage 5	Secure Stage 5 Entering Stage 6	Secure Stage 6	Stage 6 Exceeding
Run with confidence and control.	Run with confidence altering speed appropriately.	Run with confidence, altering speed and direction appropriately.	Run consistently and smoothly at different speeds.	Run at appropriate speeds throughout a competitive game.	Run with an effective technique.	Maintain a good running technique whilst in a competitive situation.	Modify running technique in response to changing circumstances.
Move safely, avoiding others and objects.	Move safely, avoiding others and objects confidently and fluently	Move appropriately responding to environmental changes.	Run at a steady pace (appropriate for the individual).	Run at a faster pace for a longer period of time			
Jump and land safely.	Jump and land safely with confidence and control.	Complete a series of jumps showing control at take-off and landing.	Demonstrate different jumps and sequences of jumps with a consistent technique.	Jump with control, accuracy and efficiency.	Adapt and improve a range of jumps.	Maintain a good jumping technique whilst in a competitive situation.	Modify jumping technique in response to changing circumstances.
Throw with some coordination and accuracy.	Throw with some coordination and accuracy at different targets.	Throw with increasing coordination and accuracy at different targets.	Throw a range of objects into a target area with consistency and accuracy.	Throw with more control, accuracy and efficiency.	Throw a ball accurately whilst moving.	Maintain a good throwing technique whilst in a competitive situation.	Modify throwing technique in response to changing circumstances.
Get ready to, and attempt to catch an object.	Catch an object successfully using a good technique.	Catch with increasing coordination and accuracy.	Catch a variety of objects with coordination and accuracy.	Catch a ball using one hand	Catch a ball accurately whilst moving.	Maintain a good catching technique whilst in a competitive situation.	Modify catching technique in response to changing circumstances.
Play with others safely and fairly.	Work as part of a team to achieve a goal.	Communicate well with all members of your team.	Work more consistently as a good team.	Take into account your team mates strengths and weaknesses.	Adopt a good sporting attitude.	Maintain good teamwork whilst in a competitive situation.	Promote and encourage teamwork
Find space away from others.	Recognise space and use it to your advantage when attacking and defending.	Demonstrate some methods of attacking and defending.	Develop ways of attacking and defending as a team.	Choose the best tactics to defend and attack?	Suggest ways to attack and defend.	Think of a team plan and share it with others.	Modify your tactics in response to changing circumstances.

GYMNASTICS

Entering stage 1	Secure Stage 1 Entering Stage 2	Secure Stage 2 Entering Stage 3	Secure Stage 3/4 Entering Stage 5		Secure Stage 5 Entering Stage 6	Secure Stage 6	Stage 6 Exceeding
Explore different ways of travelling.	Perform basic actions such as rolling, jumping, climbing and staying still.	Perform basic actions with more balance, agility and coordination.	Perform more complex actions with balance, agility and coordination.		Perform more complex actions with balance, agility and coordination.	Perform complex actions as part of a group.	Create and perform a complex sequence as part of a group, taking into account the ability of others.
	Link some basic actions to create a sequence of movements	Link basic actions with smooth and controlled transitions	Link more complex actions with smooth and controlled transitions		Create longer more complex sequences.	Create longer more complex sequences with smooth transitions.	
Use apparatus safely with some adult support	Use and set up apparatus safely with adult support e.g. mats/benches	Use and set up apparatus safely with minimal adult support e.g. mats/benches	Use and set up apparatus safely and independently e.g. mats/benches		Demonstrate safe practice when performing on and moving equipment	Demonstrate safe practice when performing on and moving equipment – including wall bars/trestles etc.	

DANCE

Entering stage 1	Secure Stage 1 Entering Stage 2	Secure Stage 2 Entering Stage 3	Secure Stage 3/4 Entering Stage 5		Secure Stage 5 Entering Stage 6	Secure Stage 6	Stage 6 Exceeding
Explore different ways to move	Copy modelled shapes and movements with some accuracy.	Make up their own movements.	Make up, improve and perform combined dance movements.		Plan and perform longer dances from one phrase of music.	Perform & create motifs in a variety of styles.	Perform and combine a variety of dance motifs using different dance styles?
	Move to sounds or music (keeping to the rhythm).	Perform a short dance to sounds or music.	Work on new movements on your own or with a partner or group.		Demonstrate a wide range of actions with fluency & control, individually, and in a group.	Choreograph a group dance	
	Use simple dance words e.g. beat/rhythm.	Talk about yours and others dance and say how to improve.	Use dance vocabulary to talk about and improve yours and others' dance.		Recognise how good dance is, and suggest how to refine, improve and modify it.	Recognise how good a dance is, be able to talk about it and suggest improvements using dance vocabulary.	

SWIMMING

		Secure Stage 2 Entering Stage 3	Secure Stage 3 Entering Stage 4	Secure Stage 4 Entering Stage 5	Secure Stage 5 Entering Stage 6	Secure Stage 6	Stage 6 Exceeding
		Enter and exit the water carefully, using steps.	Enter the water carefully, as taught from the side.	Enter and exit the water carefully, as taught from the side.	Enter the water safely by jumping in and exit from the side.	Enter the water safely by diving.	Adapt a dive to water conditions.
		Move on and below the surface with confidence.	Use different arm and leg movements to propel through the water.	Begin to swim short distances with no support.	Use a range of strokes effectively.	Swim competently and perform a safe self rescue.	Swim competently over a long distance using a range of strokes.

OUTDOOR AND ADVENTUROUS ACTIVITIES

		Choose simple approaches to solve the problems they are set.	Realise that activities need thinking through and recognise planning is useful.	Choose sensible skills and approaches for the challenges set.	Use skills with control in problem solving activities.	Use physical and teamwork skills well in a variety of different challenges.	Successfully apply skills and understanding to new challenges and environments.
			I can follow a map in a familiar context	I can follow a map in a (more demanding) familiar context	I can follow a map in an unknown location		
			I can use clues to follow a route and can follow a route safely.	I can follow a route within a time limit	I can use clues and a compass to navigate a route		