

Links to Curriculum Drivers

Expressive Communicators

World Citizens

Open to Possibilities

Life-Long Learners



Ridgeway Primary school

PE skills progression



Threshold Concept	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Athletics	I can run at different speeds e.g. 20 metres I can jump from a standing position and understand how bending knees and swinging arms can help e.g. standing jump I can throw an object over arm and under arm with one hand	I can run with agility and confidence changing speed & direction whilst running e.g. between cones for 20 metres I can jump accurately from a standing position using different techniques depending on the distance e.g. over objects (cones/ hoops) I can throw a variety of objects aiming in the correct direction	I can run with agility and confidence at a speed appropriate to the distance I am running e.g. 50 metres I can take a running jump successfully with body control demonstrating correct landing skills I can demonstrate a range of throwing actions using a variety	I can select and maintain a running pace for different distances demonstrating good control and strength e.g. up to 100 metres I can demonstrate accuracy & technique in a range of jumping actions exploring different footwork patterns e.g. long jump I can demonstrate appropriate techniques to gain a distance in	I can demonstrate good control and strength, in a variety of athletic events showing an awareness of lane discipline I understand how to apply athletic skills depending on distance e.g. triple jump I can successfully aim correctly and throw various pieces of	I can demonstrate good control, strength, speed & stamina in a variety of athletic events understanding how speed can be used to their advantage. I understand how to apply athletic skills & tactics to the competitive situation showing accuracy and technique I can successfully aim correctly and safely, throwing various pieces

		with height to maximise throwing distance with one hand I can recognise a change in temperature & heart rate during exercise Heart rate Temperature Height One hand Over arm Under arm Direction Speed	of objects over and long distances with control I can recognise a change in heart rate, temperature and breathing rate Breathing rate Distance Control Sprint Body control Agility Metres Athletics	throwing e.g. a run up (javelin) I can describe the changes in my body when running, jumping & throwing Catching Hurdles Javelin Footwork Accuracy Maintain Pace Strength Leading leg	equipment over an assigned distance I understand the basic principles of warming up Warming up Muscles Triple jump Events Lane discipline Awareness Rhythm	of equipment based on the competitive situation (e.g. shot put) I understand why exercise is good for fitness, health and wellbeing Stamina Fitness Health and wellbeing Competitive Shot put
Dance	I can copy basic body patterns & movements showing an awareness of space with a starting and finishing position	I can link movements with control & co-ordination showing an awareness of space with a starting and finishing position I understand and can explain what a	I can show an understanding of the meaning of unison and perform unison confidently in a small group.	I can show an understanding of the meaning of unison and canon and perform these confidently in a small group.	I can evaluate my own and other's dances containing canon and unison	I can understand the advantages to practicing and refining dance phrases.

	I can use different parts of my body to respond to a stimuli e.g. creating animal movements I can show different size movements and travel using different speeds and directions e.g. following commands/music Travel Space Movement Patterns Starting position Finishing position Size Body parts	stimulus is and how it helps me create movements I can respond to different pieces of music using appropriate movement depending on the mood Stillness Direction Levels Speed Beginning, middle, end Sequence Rhythm	I can explore movement using an action word as a stimulus e.g. bang, pop I understand what dynamic means and can communicate effectively through movement e.g. shapes/actions/rhythmic phrases Action phrase Rhythmic phrases Unison Dynamic Communicate Stimulus Repetition	I can create a series of dance phrases using a stimuli and action words. I can understand how to improvise movements showing actions, dynamics, directions, levels and Relationships Improvise Relationships Dance phrase Series Canon Action and reaction	I can create a dance motif that brings out character with the use of a stimulus I can understand how to analyse and interpret a dance containing actions, dynamics, directions, levels and relationships Interpret Analyse Formation Motif Variation Evaluate	I can create a dance motif that brings out character and dramatic effect with the use of a stimulus. I can understand the meaning of actions and expressive features when creating a dance phrase. Dance style Variation Expressive Character Dramatic Refining
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Gymnastics

I can describe and perform five body shapes with control e.g. star, tuck, straight, pike, straddle

I can perform basic travelling actions using the space safely and effectively, using pathways, changes of direction, level and speed and stillness.

I can perform small and large body part balances with control showing good coordination.

I can explore body shapes on small and large apparatus and begin to have a clearer entrance and exit roll.

I can perform travelling actions on both the floor and with use of apparatus, using pathways, changes of direction, level and speed and stillness showing an awareness of space for themselves and others.

I can demonstrate push and pull balances with a partner.

I can demonstrate the five body shapes with strength, clarity and control and describe shapes with terminology.

I can travel creatively on apparatus with confidence, control, coordination and imagination; and respond to instruction

I can show a wide variety of push and pull balances

I can show attempts at expanding body shapes using supports, boxes and bridges and execute a variety of rolls safely.

I can demonstrate in sequence with a variety of changing mechanisms, also able to describe these changes

I can show a wide variety of push and pull and solo shape balances with a confident performance

I can describe in detail the characteristics of each of the body shapes giving an example of how shape is incorporated into the gymnastics formula.

I can demonstrate a high level of control and coordination when travelling showing strength and creativity.

I understand the fundamentals of balance; perform balances with a creative sequence incorporating levels, direction and speed.

I can demonstrate balances and shapes, consolidating their rolling actions, with clarity using a range of small and large equipment or hand held apparatus.

I can demonstrate in sequence, perform direction speed, level, stillness and creativity on floor and apparatus.

I can perform balances with a creative sequence incorporating levels, direction and speed, varying with body parts, push and pull balances, boxes and bridges depending on working as a solo or groups.

	I can begin to show clarity within jump and controlled landing	I understand the safety elements to jump, land and travel within large and small apparatus.	I can maintain shape in jumping and landings.	I can incorporate jump and landing into sequences and explore jump and landing on and off low apparatus	I can demonstrate good technique and describe safe practice within a variety of jumps and landing.	I can jump onto and dismount safely onto appropriate apparatus e.g. boxes, small platforms
	I can observe, describe and copy gymnastics movements	I can compose a small creative sequence which has a clear beginning, middle and end (may include apparatus).	I can transfer many gymnastics actions onto different apparatus showing appropriate decisions, good control and a calm performance	I can create my own sequences exploring dynamics in performance and explore sills with hand held apparatus adding interest to the movement.	I can create a solo that has clarity, fluidity and a variety of actions that may include different apparatus at different times.	I can explore symmetry, cannon and unison, mirroring, dynamics and floor patterns in groups using apparatus
	I can watch and discuss my own work and that of my peers	I can begin to identify the difference between my performance and that of others	I can describe my own and others work noting similarities and difference and make suggestions for improvements	I can describe how to refine, improve and modify	I can choose and use information and basic criteria to evaluate my own and others work	I can evaluate my own and others work, suggesting ways of making improvements to enhance performance
	Star Tuck	Apparatus Exit roll	Strength Clarity Control Maintain	Support boxes Bridges Solo shapes Execute	Formula Stamina Creativity Techniques Landing	Enhance

	Straight Pike Straddle Shape Speed Jump Land Travel Forwards Backwards Sideways Balance Twist Point Capital letter	Sequence Push and pull balances Roll Stretch Wide Narrow Direction Level Coordination	Stretch Crawl Still High Low	Refine Modify Evaluate Step Spring Step 90 degrees 180 degrees 360 degrees Combine Rotate Dynamic	Fluidity Criteria Clarity	Mirroring Obstacles Symmetry Parallel Dismount Variables
Games	I can begin to understand basic sending and receiving techniques I can begin to develop balance, agility and co-ordination I can begin to basic sending and receiving skills I can begin to make use of coordination,	I can use hand-eye co-ordination to control a ball. I can catch a variety of objects. I can vary types of throw I can kick and move with a ball I can develop catching and dribbling skills	I can be aware of others when playing a game e.g. piggy in the middle I can choose the correct throwing and receiving skill I can perform a range of actions, maintaining control of the ball I can perform a range of catching and receiving skills	I can keep possession of a ball I can use ABC (agility, balance, co-ordination) techniques to keep control of a ball in a competitive situation. I can use accurate passing and dribbling in a game. I can identify and apply ways to move the ball towards an opponent's goal and show an	I can demonstrate basic passing and receiving skills using a netball. I can develop an understanding and knowledge of the basic footwork rule of netball. I can use good hand/eye co-ordination to pass and receive a ball successfully.	I understand the basic rules of various invasion games. I understand how to move at various speeds showing control I understand how to work as a team, using ball-handling skills I understand how to pass and carry a ball using balance and co-ordination

	accuracy and weight transfer I can use ball skills in game-based activities Direction Passing Throwing Catching Shooting Aiming Target	I can use ball games in a mini festival Kicking Dribbling Coordination Balance Agility Control Sending Receiving	I can catch with increasing control and accuracy I can hit a ball in different ways e.g. high, slow, fast I can apply skills and tactics in small sided games I can identify and follow the rules of games I can choose and use simple tactics to suit different situations. I can react to situations in ways that make it difficult for opponents to win. Possession Hitting Control Accuracy Travelling Tactics Team	awareness of a goalkeepers position I can learn concepts of attack and defence. I can tackle opponents correctly I can play in a mini competition Tackle Opponents Attack Defence marking Positions ABC (agility, balance, co-ordination) Techniques Competition	I can develop skills in the ranges of passes e.g. chest, overhead, bounce pass and to which pass to use depending on the distance the ball needs to travel I understand the importance of 'getting free' in order to receive a pass I understand how to make space by dodging I can demonstrate a range of defending skills and understand how to mark an opponent I understand how to intercept a pass I understand how to shoot I understand the different positions in a netball teams and which positions are attacking and which are defending Intercept Shoot Dodging	I understand how to score a try I can apply rules and skills learned to a game I can play in a competition. Rules Score Carry Ball-handling Invasion Court
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Striking and fielding	(Field Games) I can practise basic striking, sending and receiving I can use throwing and catching skills in a game I can practise accuracy of throwing and catching in a game I can practise accuracy of throwing and consistent catching I can strike with a racket or bat I can play a game fairly in a sporting manner Catching Throwing Hitting Racket	(Field Games) I can learn skills for striking and fielding games I can position my body to strike a ball I can throw a ball for distance I can practise throwing skills in a circuit I can use fielding skills to play a game Distance Position Fielding Body position	(Field Games) I can consolidate and develop a range of skills in striking and fielding I can develop and investigate different ways of throwing and know when it is appropriate to use them I can practise the correct technique for catching a ball and use it in a game I can practise the correct batting technique and use it in a game situation I can practise the correct technique for fielding and use it in a game situation I can strike a ball for distance	I understand different ways of throwing and when each is appropriate I can begin to identify where I need to move towards the ball or away from the ball to catch it I can use ABC to field a ball well I can use hand-eye co-ordination to strike a moving and a stationary ball I can develop fielding skills and understand their importance when playing a game I can start to understand where batters are likely to go I can play in a competitive situation and demonstrate sporting behaviour	I can demonstrate a range of throwing and catching techniques I can demonstrate and have confidence to move towards a moving ball and stop it using the long barrier, one hand or two hand pick up and release I can choose the correct fielding techniques by considering body position I can run between the wickets/bases choosing the correct running speed I can use a safe and effective overarm throw I understand and can develop batting control	I can throw and catch under pressure I can use fielding skills to stop the ball effectively I understand the role of backstop/Wicket keeper I understand the importance of having a good technique will increase better success rate when striking I understand what is meant by 'line and length' when bowling I can demonstrate the correct grip for bowling I can play in a mini tournament and work as a team, using tactics in order to beat another team Tactics Grip

	Bat Fair Aim Target		I can play a striking and fielding game competitively and fairly Striking Fielding Pitch Technique Competitive	Batter Bowler Rounder Stationary	I can use all the skills learning by playing in a mini tournament Over arm Tournament Control Wickets Speed Opponents Moving ball Long barrier One/two hand pick up	Line and length Success rate Back stop Wicket keeper
Net and Wall				I can become familiar with balls and short tennis rackets I can get the ball into play I can accurately serve underarm I can build up a rally I can play a variety of shots in a game situation and explore when different shots used be played Serve Underarm Shots	I can identify and apply techniques for hitting a tennis ball I can develop the techniques for ground strokes and volleys I can develop a backhand technique and used it in a game I can practise techniques for all strokes I can use the scoring system and court for singles tennis I can play a tennis game using an overhead serve and	I can demonstrate and use the correct grip of the racket and understand how to get into the ready position I can use good hand-eye co-ordination to be able to contact the shuttle with the face of the racket I understand how to serve the shuttle in order to start the game I can recognise the difference between the low serve and the high serve

				Tennis rackets Tennis balls Net	the correction selections of shots I understand and use doubles scoring in a tennis game Doubles Scoring Overhead serve Shots Scoring system Singles Back hand Rally Volleyes Ground strokes	I understand that the ‘drop shot’ us an attacking shot and why I understand where the ‘drop shot’ should be aimed for it to be most productive and why I understand how to use different shots to outwit an opponent in a game I understand the principles within a doubles game of badminton including tactics an strategies used Stance Drop shot Attacking shot Low serve High serve Shuttle Grip Ready position
Outdoor and adventurous activities			I can use various ways to travel and navigate within the school grounds. I can find effective ways to navigate within the school grounds	I understand outdoor activities can demonstrate ways to find answers using problem solving I can help myself and others using vocabulary to complete a route	I can help myself and others using vocabulary to find, create and complete a route I can work in pairs to complete an orienteering cause	I understand outdoor activities can demonstrate ways to find answers using problem solving with good speed and focus

			I can use a range of decision making skills for success I can read a simple map with simple symbols and letters related to the school Travel Decision making skills Map Symbols Journey Following North East South West	I can demonstrate good navigating. I can record and show findings from my journey I can read a variety of maps and plan accurately using symbols and letters Problem solving Route Navigate Outdoor activity Direction Compass	using a map provided by the teacher and recording findings on the map provided. I can navigate using a set map whilst having to share their own problems and challenge others to solve them within the group. Orienteering Cause Recording Finding Solve	I can set up an orienteering course using ICT to problem solve in groups with efficiency. I can set up and complete my own course within the school grounds individually and exchanging maps with other. I can take part in a fun and Problem solving competition within small groups using questions specific to field / grounds. Communication Exchanging Eight point compass
Swimming	See Appendix 1					