



Beckers Green Primary School
Curriculum Progression Document
Subject: PE

An EYFS sportsperson at Beckers Green displays these skills:

Games:

- Move freely using suitable spaces and speed
- Catch a ball
- Move confidently

Gymnastics:

- Move freely in a variety of ways

Dance:

- Experiment moving in different ways on equipment and jump landing safely

General:

Demonstrate good control and coordination in large and small movement

By the end of KS1 knowledge: a sportsperson at Beckers Green has this knowledge:

- Understand the need for varied and healthy foods
- Understand the importance for good health of physical exercise, healthy diet and talk about different ways to keep healthy and safe

A Year 1 sportsperson at Beckers Green displays these skills:

Games:

- Throw underarm.
- Hit a ball.
- Move and stop safely.
- Throw and catch with both hands.
- Throw and kick in different ways.

Gymnastics:

- Make my body curled, tense, stretch and relax.
- Control my body when travelling and balancing.
- Copy sequences and repeat them.
- Roll, curl, travel and balance in different ways.

Dance:

- Move to music
- Copy dance moves.
- Perform my own dance moves.
- Make up a short dance.
- Move safely in a space.

General:

- Copy and repeat actions
- Use equipment safely.

A Year 2 sportsperson at Beckers Green displays these skills:

Games:

- Use hitting, kicking and or rolling game.
- Decide the best space to be in during a game.
- Use a tactic in a game.
- Follow rules.
- Use the terms opponent and team mate

Gymnastics:

- Plan and perform a sequence of movements.
- Improve a sequence based on feedback.
- Think of more than one way to create a sequence which follows some rules.
- Work on own and with a partner.

Dance:

- Change rhythm, speed, level and direction in my dance.
- Dance with control and coordination.
- Make a sequence by linking sections together.
- Use dance to show a mood or feeling..

General:

- Copy and remember actions

By the end of KS1 knowledge: a sportsperson at Beckers Green has this knowledge:

- Understand that food is a basic requirement and is needed to keep us healthy and give us energy to grow
- Identify the 5 types of food that make up a balanced diet and begin to give examples of these
- Identify and name some large bones and muscles and explain why they are important
- Understand that the heart is a muscle which grows during exercise and pumps blood carrying oxygen and energy around the body

A Year 3 sportsperson at Beckers Green displays these skills:

Games:

- Throw and catch with control.
- Aware of space and use it to support team mates.
- Aware of space and use it to cause problems for the opposition.
- Know and use rules fairly.

Gymnastics:

- Adapt sequences to suit different types of apparatus and criteria.
- Explain how strength and suppleness affect performance.
- Compare and contrast gymnastic sequences.

Dance:

- Improvise freely and translate ideas from a stimulus into a movement.
- Share and create phrases with a partner and small group.
- Repeat, remember, perform phrases.

Athletics:

- Run at fast, medium and slow speeds.
- Change speed and direction.
- Take part in a relay.

Swimming:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations

A Year 4 sportsperson at Beckers Green displays these skills:

Games:

- Catch with one hand.
- Throw and catch accurately.
- Hit a ball with control.
- Keep possession of the ball.
- Vary tactics and adapt skills depending on what is happening in the game.

Gymnastics:

- Work in a controlled way.
- Include change of speed and direction.
- Include a range of shapes.
- Swing and hang from equipment safely.
- Work with a partner to create, repeat and improve sequences with at least phases.

Dance:

- Take the lead when working with a partner/group.
- Use dance to communicate an idea.

Athletics:

- Run over a long distance.
- Sprint over a short distance.
- Throw in different ways.
- Hit a target.
- Jump in different ways.

Swimming: (For those who did not meet the standard in previous year)

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations

By the end of Lower KS2, a sportsperson at Beckers Green has this knowledge:

- Explain the types and amounts of food needed for a balanced healthy diet
- Explain the benefits to the body of regular exercise
- Understand that muscles work in pairs to protect, support and move the body

A Year 5 sportsperson at Beckers Green displays these skills:

Games:

- Gain possession by working as a team.
- Pass in different ways.
- Use forehand and backhand with a racket.
- Field.
- Choose a tactic for defending and attacking.
- Use a number of techniques to pass, dribble and shoot.

Gymnastics:

- Make complex extended sequences.
- Combine action, balance and shape.
- Perform consistently to different audiences.

Dance:

- Compose own dances.
- Perform an accompaniment
- Show clarity, fluency, accuracy and consistency.

Athletics:

- Control when taking off and landing.
- Throw with accuracy.
- Combine running and jumping.

Swimming: (For those who did not meet the standard in previous year)

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations

A Year 6 sportsperson at Beckers Green displays these skills:

Games:

- Play to agreed rules.
- Explain rules to others.
- Umpire.
- Make a team and communicate a plan.
- Lead others and act as a respectful team member.

Gymnastics:

- Combine own work with that of others.
- Perform sequences to specific timings.

Dance:

- Develop sequences in a specific style.
- Choose my own music and style.

Athletics:

- Demonstrate stamina
- Use a range of throwing techniques.
- Compete with others and aim to improve personal best performances.

Swimming: (For those who did not meet the standard in previous year)

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations

By the end of Upper KS2, a sportsperson at Beckers Green has this knowledge:

- Evaluate whether a diet is healthy or not, using vitamins and minerals to justify the answer
- Identify the difference between healthy and unhealthy fats
- Identify how different food should be eaten for nutritional purposes
- Understand that muscles work in pairs to protect, support and move the body and how we can build and repair them through exercise
- Using scientific vocabulary, explain what happens to our bodies during and after exercise