Prestbury St Mary's Federation – PE Progression Ladder

	Reception	End Goals	Year 1	Year 2	End Goals	Year 3	Year 4	End Goals	Year 5	Year 6	End Goals
Dance	Copy basic body actions and rhythms Choose and use travelling actions, shapes and balances. Travel in different pathways using the space around them. Begin to use dynamics and expression with guidance. Begin to count to music.	Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination Move energetically, such as jumping, dancing and skipping	Copy, remember and repeat actions. Choose actions for an idea. Use changes of direction, speed and levels with guidance. Show some sense of dynamic and expressive qualities. Begin to use counts.	Copy, remember and repeat a series of actions. Select from a wider range of actions in relation to a stimulus. Use pathways, levels, shapes, directions, speeds and timing with guidance. Use mirroring and unison when completing actions with a partner. Use mirroring and unison when completing actions with a partner. Show a character through actions, dynamics and expression. Use counts with help to stay in time with the music.	perform dances using simple movement patterns	Copy remember and perform a dance phrase. Create short dance phrases that communicate an idea. Use canon, unison and formation to represent an idea. Match dynamic and and expressive qualities to a range of ideas. Use counts to keep in time with a partner and group.	Copy, remember and adapt set choreography. Choreograph considering structure individually, with a partner and in a group. Use action and reaction to represent an idea. Change dynamics to express changes in character or narrative. Use counts when choreographing short phrases.	Perform dances using a range of movement patterns	Accurately copy and repeat set choreography in different styles of dance showing a good sense of timing. Choreograph phrases individually and with others considering actions, dynamics, space and relationships in response to a stimulus. Confidently perform choosing appropriate dynamics to represent an idea. Use counts accurately when choreographing to perform in time with others and the music.	Perform dances confidently and fluently with accuracy and good timing. Work creatively and imaginatively individually, with a partner and in a group to choreograph longer phrases and structure dance considering actions, space, relationship and dynamics in relation to a theme. Improvise and combine dynamics demonstrating an awareness of the impact on performance. Use counts when choreographing and performing to improve the quality of work.	Perform more complex dances using a range of movement patterns
Vocabulary	Action Counts Direction Finish position High Low Move Quickly Slowly Shape Space Start position travel		Balance Beat Copy Fast Level Pathway Pose timing	Create Dynamics Expression Matching Mirroring Perform Speed unison		Canon Explore Extend Feedback Formation Interact	Action Reaction Flow Order Performance Phrase Relationship Represent Rhythm Structure		Choreograph Choreography Collaboratively Genre Motif Posture Quality Transition	Aesthetic Express Freeze frame Inspiration Mood Refine' Rehearse Stimulus Style	
F.M.S - through fundamentals, fitness and athletics	Run and stop with some control. Explore skipping as a travelling action. Jump and hop with bent knees. Throwing larger balls and beanbags into space. Balance whilst stationary and on the move.	Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination. Move energetically, such as running, jumping, hopping, skipping.	Attempt to run at different speeds showing an awareness of technique. Begin to link running and jumping movements with some control. Jump, leap and hop and choosing which allows them to jump the furthest. Throw towards a target. Show some control and balance when	Show balance and coordination when running at different speeds. Link running and jumping movements with some control and balance. Show hopping and jumping movements with some balance and control. Change technique to throw for distance. Show control and balance when	Master basic movements including running, jumping and throwing. Develop balance, agility and co-ordination, and begin to apply these in a range of activities.	Show balance, coordination and technique when running at different speeds, stopping with control. Link running, hopping and jumping actions using different take offs and landing. Jump for distance and height with an awareness of technique. Throw a variety of objects, changing action for accuracy and distance. Demonstrate balance when performing	Demonstrate how and when to speed up and slow down when running. Link hopping and jumping actions with some control. Jump for distance and height showing balance and control. Throw with some accuracy and power towards a target area. Demonstrate good balance when	Use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance	Run at the appropriate speed over longer distances or for longer periods of time. Show control at takeoff and landing in more complex jumping activities. Perform a range of more complex jumps showing some technique. Show accuracy and power when throwing for distance. Demonstrate good balance and control	Demonstrate a controlled running technique using the appropriate speed over longer distances or for longer periods of time. Link running, jumping and hopping actions with greater control and co-ordination. Perform jumps for height and distance using good technique. Show accuracy and good technique when throwing for distance. Show fluency and control when	Use running, jumping and throwing in isolation and in combination confidently. Develop flexibility, strength, technique, control and balance

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	Change direction at a slow pace. Explore moving different body parts together.		travelling at different speeds. Begin to show balance and co-ordination when changing direction. Use co-ordination with and without equipment.	travelling at different speeds. Demonstrates balance and co-ordination when changing direction. Perform actions with increased control when co-ordinating their body with and without equipment.		other fundamental skills. Show balance when changing direction in combination with other skills. Can co-ordinate their bodies with increased consistency in a variety of activities.	performing other fundamental skills. Show balance when changing direction at speed in combination with other skills. Begin to co-ordinate their body at speed in response to a task.		when performing other fundamental skills. Demonstrate improved body posture and speed when changing direction. Can co-ordinate a range of body parts at increased speed.	travelling, landing, stopping and changing direction. Change direction with a fluent action and can transition smoothly between varying speeds. Can co-ordinate a range of body parts with a fluent action at a speed appropriate to the challenge.	
Vocabulary	Balance Bend Direction Fast Hop Jog Jump Land Rules Run Safe Safely Slow' Space Stop Target Throw Copy Hold Squeeze Still Travel Crawl slide		Control Further Leap Overarm Quickly Time Underarm Walk Active Bones Brain Breathing calm Exercise Healthy Heart Memory Mood Muscles Quick Strong Dodge Jog Ready position Skip swing	Aim Distance Far Height Landing Sprint Take off Speed Steady Time Tired Hurdle Speed Weight		Accuracy Batton Event' Personal best Power Relay Speed strength Technique Agility Co-ordination Control Progress Stamina Rhythm technique	Heave Launch Measure Official Officiate Pace Record Stamina Stride Transfer of weight Accelerate Decelerate Dynamique React Static Momentum React stability		Approach Change over Consistent Dominant Drive Field Force Javelin Momentum Shot put Track Measure Motivate Persevere Power Stable	Discus Explosive fling Grip Maximum Pattern Phase Release Rhythm Stance Strategy Abdominals Analyse Calves Quadriceps Engage	
Games - through ball skills, sending and receiving, invasion, target, net and wall, striking and fielding games	Drop and catch with two hands. Move a ball with feet. Throw and roll a variety of beanbags and larger balls to space. Kick larger balls to space. Stop a beanbag or large ball sent to them using hands. Attempt to stop a large ball sent to them using feet. Hit a ball with hands. Run and stop when instructed. Move around showing limited awareness of others. Make simple decisions in response to a situation.	Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination. Move energetically, such as running, jumping, hopping, skipping.	Drop and catch a ball after one bounce on the move. Move a ball using different parts of the foot. Throw and roll towards a target with some varying techniques. Kick towards a stationary target. Catch a beanbag and a medium-sized ball. Attempt to track balls and other equipment sent to them. Strike a stationary ball using a racket.	Dribble a ball with two hands on the move. Dibble a ball with some success, stopping it when required. Throw and roll towards a target using varying techniques with some success. Show balance when kicking towards a target. Catch an object passed to them, with and without a bounce. Move to track a ball and stop it using feet with limited success. Strike a ball using a racket.	master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.	Dribble the ball with one hand with some control in game situations. Dribble a ball with feet with some control in game situations. Use a variety of throwing techniques in game situations. Kick towards a partner in game situations. Catch a ball passed to them using one and two hands with some success. Receive a ball sent to them using different parts of the foot. Strike a ball with varying techniques.	Link dribbling the ball with other actions with increasing control. Change direction when dribbling with feet with some control in game situations. Use a variety of throwing techniques with increasing success in game situations. Kick with increasing success in game situations. Catch a ball passed to them using one and two hands with increasing success. Receive a ball using different parts of the foot under pressure. Strike a ball using varying techniques with increasing accuracy.	Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	Use dribbling to change the direction of play with some control under pressure. Dribble with feet with some control under increasing pressure. Use a variety of throwing techniques with some control under increasing pressure. Use a variety of kicking techniques with some control under increasing pressure. Catch and intercept a ball using one and two hands with some success in game situations. Receive a ball using different parts of the foot under pressure with increasing control. Strike a ball using a wider range of skills. Apply these with some success under pressure.	Use dribbling to change the direction of play with control under pressure. Use a variety of dribbling techniques to maintain possession under pressure. Use a variety of throwing techniques including fake passes to outwit an opponent. Select and apply the appropriate kicking technique with control. Catch and intercept a ball using one and two hands with increasing success in game situations. Receive a ball with consideration to the next move. Strike a ball using a wider range of skills to outwit an opponent. Apply these with	Confidently use running, jumping, throwing and catching in isolation and in combination. Play a range of competitive games, modified where appropriate and apply principles suitable for attacking and defending.

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			Run, stop and change direction with some balance and control. Recognise space in relation to others. Begin to use simple tactics with guidance	Run, stop and change direction with balance and control. Move to space to help score goals or limit others scoring. Use simple tactics.		Change direction with increasing speed in game situations. Use space with some success in game situations. Use simple tactics individually and within a team.	Change direction to lose an opponent with some success. Create and use space with some success in game situations. Use simple tactics to help their team score or gain possession.		Use a variety of techniques to change direction to lose an opponent. Create and use space for self and others with some success. Understand the need for tactics and can identify when to use them in different situations.	increasing control under pressure. Confidently change direction to successfully outwit an opponent. Effectively create and use space for self and others to outwit an opponent. Work collaboratively to create tactics within their team and evaluate the effectiveness of these.	
Vocabulary	Ball Bounce Catch Dribbling Hit Kick Partner Points Ready Role Run Score Target Throw Aim Jump Direction Land Lose Pass Rules Safely Space Stop Team win Lose jog		Control Ready position Soft swing Track Underarm Attacker Defender Dodge Goal Mark Track Net Racquet Aim Batter Batting Bowl Bowler Fielder Fielding Hit Out overarm Balance Distance Further	Collect Prepare Receive Release Touch Attack Defend Goalkeeper Opponent Possession Send Shoot Tactic Teammate Against Quickly Return Trap Backstop Runs Stump Accurate Ahead Strike		Accurate Block Opponent Possession Personal best Power Technique Communicate Control Court Intercept Invasion Pitch Receiver Referee Teamwork Tournament Umpire Backhand Forehand Opposition React Competition Co-operation Face Rally Tactic Caught out Grip Run out Short barrier Strike Wicket Agility Chip communicate Drive Power Put	Cushion Decision Momentum pressure React Accelerate Cushion Decision Delay Deny Gain Limit Momentum Obstruct Offside Onside Option Protect Support Tackle Timing Alternate Compete Continuous Extend Reflect Co-operative Contact Receiver Swing Pressure Adjust Avoid Relaxed		Angle Ball carrier Barrier Close down Create Dominant Drive Maintain Rebound Situation Stance Sporting behaviour Sportsmanship Adjust Baseline Communicate Consecutive Cushion Grip Groundstroke Pressure Readjust Release Serve Technique Backing up Close catch Deep catch Long barrier Align Fake Officiate Force Par	Abide Appropriate Assess Consecutive Consistently Contest Definite Dictate Draw Extend React Transition turnover Direct Doubles Footwork Limit Opposing Placement Prepare Recover Service Stance Thrust Collaborate Anticipate Trajectory	
Body Management – through gymnastics, yoga	Create shapes showing a basic level of stillness using different parts of their bodies. Begin to take weight on different body parts. Show shapes and actions that stretch their bodies.	Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination. Move energetically, such as running, jumping, hopping, skipping and climbing.	Perform balances making their body tense, stretched and curled. Take body weight on hands for short periods of time. Demonstrate poses and movements that	Perform balances on different body parts with some control and balance. Take body weight on different body parts, with and without apparatus. Show increased awareness of	master basic movements as well as developing balance, agility and co-ordination.	Complete balances with increasing stability, control and technique. Demonstrate some strength and control when taking weight on different body parts for longer periods of time. Demonstrate increased flexibility	Use body tension to perform balances both individually and with a partner. Demonstrate increasing strength, control and technique when taking own and others weight. Demonstrate increased flexibility	Develop flexibility, strength, technique, control and balance	Show increasing control and balance when moving from one balance to another. Use strength to improve the quality of an action and the range of actions available. Use flexibility to improve the quality of the actions they perform as	Combine and perform more complex balances with control, technique and fluency. Demonstrate more complex actions with a good level of strength and technique. Confidently transition from one action to another showing	Develop flexibility, strength, technique, control and balance

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	Copy and link simple actions together		challenge their flexibility. Remember, repeat and link simple actions together.	extension and flexibility in actions. Copy, remember, repeat and plan linking simple actions with some control and technique.		and extension in their actions. Choose actions that flow well into one another both on and off apparatus.	and extension in more challenging actions. Plan and perform sequences showing control and technique with and without a partner		well as the actions they choose to link them. Create and perform more complex sequences of actions with a good level of quality, control and technique with and without a partner.	appropriate control and extension for the complexity of the action. Plan and perform with precision, control and fluency, a sequence of actions including a wide range of skills.	
Vocabulary	Around Balance Bend Copy Hold Jump Land Over Rock Roll Shape Squeeze Star Still Straight Through Travel Fast Safely Slow Space Stop		Action Control Direction Level Speed Breath Feel Focus Listen Pose stretch	Link Pathway Pike Sequence Straddle Tuck Choose Create flexibility Flow Perform Strength		Body tension Extend Landing position Patch Point Take off Match Flow Contrast Base Contact Control Hinge Link Mindfulness Relax tilt	Bridge Inverted Perform Shoulder stand Fluidly Momentum Rotation Stability Rist grip Gratitude Lengthen Notice Stable Wellbeing		Asymmetrical Canon Cartwheel Decide Extension Identify Mirroring Observe Performance Quality Stable Symmetrical Synchronisation Transition Concentrate Connect Exhale Inhale Maintain Muscles Posture Quality transition	Aesthetics Competent Contrasting Counterbalance Counter tension engage Execution Flight formation Handstand Progression Refine Structure Vault Collaborate Engage Expand Fluidly Salutation	
OAA - through team building and OAA	Follow simple instructions. Share their ideas with others. Explore activities making own decisions in response to a task Make decisions about where to move in space. Follow a path. Begin to identify personal success.	Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination. Move energetically, such as running, jumping, hopping, skipping and climbing.	Follow instructions. Begin to work with a partner and a small group. Understand the rules of the game and suggest ideas to solve simple tasks Copy a simple diagram/map. Identify own and others' success.	Follow instructions accurately. Work co-operatively with a partner and a small group, taking turns and listening to each other. Try different ideas to solve a task. Follow and create a simple diagram/map. Understand when a challenge is solved successfully and begin to suggest simple ways to improve.	participate in team games, developing simple tactics	Follow instructions from a peer and give simple instructions. Work collaboratively with a partner and a small group, listening to and accepting others' ideas. Plan and attempt to apply strategies to solve problems. Orientate and follow a diagram/map. Reflect on when and why challenges are solved successfully and use others' success to help them to improve.	Accurately follow instructions given by a peer and give clear and usable instructions to a peer. Confidently communicate ideas and listen to others before deciding on the best approach. Plan and apply strategies to solve problems. Identify key symbols on a map and use a key to help navigate around a grid. Watch, describe and evaluate the effectiveness of their team strategy, giving ideas for improvements.	Take part in outdoor and adventurous activity challenges both individually and within a team.	Use clear communication when working in a group and taking on different roles. Begin to lead others, providing clear instructions. Plan and apply strategies with others to more complex challenges. Orientate a map confidently using it to navigate around a course. Explain why a particular strategy worked and alter methods to improve.	Communicate with others clearly and effectively when under pressure. Confident to lead others and show consideration of including all within a group. Use critical thinking skills to form ideas and strategies selecting and applying the best method to solve a problem. Confidently and efficiently orientate a map, identifying key features to navigate around a course. Accurately reflect on when challenges are solved successfully and suggest well thought out improvements.	Take part in outdoor and adventurous activity challenges both individually and within a team.
Vocabulary	Backwards Forwards Path Safely Sideways Stop Direction Partner Rules Score		Challenge Cooperate Instructions Lead Listen Plan Share talk	Communicate Include Map Solve Successful Support		Collaborate Compass Course Discuss Honest interrupt Root Symbol Tactics Teamwork	Effectively Key Leader Navigate Orientate Reflect role		Cardinal points Concise Compromise Critical thinking Landmark Negotiate Strategy Verbal visual	Adhere Approach Contribute Determine Evaluate Inclusive Location	

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	Space team					trust					
Swimming						Beginners Submerge and regain feet in the water. Breathe in sync with an isolated kicking action from poolside. Use arms and legs together to move effectively across a short distance in the water Glide on front and back over short distances. Float on front and back for short periods of time. Confidently roll from front to back and then regain a standing position. **Developers** Confidently and consistently retrieve an object from the floor with the same breath. Begin to co-ordinate breath in time with basic strokes showing some consistency in timing. Demonstrate a fair level of technique, consistently co-ordinating the correct body parts in a range of strokes. Combine gliding and floating on front and back over an increased distance. Float on front and back using different shapes with increased control. Comfortably demonstrate sculling head first, feet first and treading water. **Intermediate** Confidently combine skills to retrieve an object from greater depth. Confidently co-ordinate a smooth and consistent breathing technique with a range of strokes. Confidently demonstrate good technique in a wider range of strokes over increased distances. Combine gliding and transitioning into an appropriate stroke with good control. Confidently link a variety of floating actions together demonstrating good technique and control. Select and apply the appropriate survival technique to the situation.				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.
Vocabulary							Alternate Buoyancy Rotation Sculling Submerge Survival Treading water Surface dive Sidestroke Front crawl Handstand Breaststroke Backstroke HELP position technique		Continuously Flutter kick Endurance Exhale Inhale Outstretched Personal best Retrieve synchronised	Afloat Buoyant Conserve Flexed Motion Propel streamline	