



St Andrew's Church of England Junior School - Progression of Skills and Knowledge: PE



At St Andrew's our vision statement is 'Shining Light on a World of Possibilities' and we have designed our curriculum to be relevant, exciting and creative, underpinned by our school values and based around our 'curriculum drivers':

- Curiosity, enquiry and creativity
- Community
- Possibilities

This document aims to give guidance on the progression of physical education knowledge and skills across the year groups.

NC	Year 3	Year 4	Year 5	Year 6
Multi-ability				
Expected Outcomes Orange = Working Towards Green = Expected Blue = Exceeding	I try several times if at first I don't succeed and I ask for help when appropriate. I know where I am with my learning and I have begun to challenge myself. I cope well and react positively when things become difficult. I can persevere with a task and I can improve my performance through regular practice.	I try several times if at first I don't succeed and I ask for help when appropriate. I know where I am with my learning and I have begun to challenge myself. I cope well and react positively when things become difficult. I can persevere with a task and I can improve my performance through regular practice.	I cope well and react positively when things become difficult. I can persevere with a task and I can improve my performance through regular practice. I see all new challenges as opportunities to learn and develop. I recognise my strengths and weaknesses and can set myself appropriate targets. I can create my own learning plan and revise that plan when necessary. I can accept critical feedback and make changes	I cope well and react positively when things become difficult. I can persevere with a task and I can improve my performance through regular practice. I see all new challenges as opportunities to learn and develop. I recognise my strengths and weaknesses and can set myself appropriate targets. I can create my own learning plan and revise that plan when necessary. I can accept critical feedback and make changes
Fundamental Movement Skill 1	Co-ordination: Footwork (Consolidating Green, <u>Accessing Red</u>) 1. Hopscotch forwards and backwards, alternating hopping leg each time. 2. Move in a 3-step zigzag pattern forward. 3. Move in a 3-step zigzag pattern backwards.	Co-ordination: Footwork (Red) 1. Hopscotch forwards and backwards, alternating hopping leg each time. 2. Move in a 3-step zigzag pattern forward. 3. Move in a 3-step zigzag pattern backwards	Agility: Ball Chasing (Blue) 1. Roll and chase large ball, stopping it with knee sideways onto ball (long barrier position) facing opposite direction. 2. Perform above challenge with tennis ball. 3. Roll and chase large ball, stopping it with head in front support position facing opposite direction.	Agility: Ball Chasing (Blue) 1. Roll and chase large ball, stopping it with knee sideways onto ball (long barrier position) facing opposite direction. 2. Perform above challenge with tennis ball. 3. Roll and chase large ball, stopping it with head in front support position facing opposite direction

FundamentalMovement Skill 2	Static Balance: One Leg (Consolidating Green, Accessing Red) On both legs: 1. Stand still for 30 seconds with eyes closed. 2. Complete 5 squats. 3. Complete 5 ankle extensions.	Static Balance: One Leg (Red)On both legs: 1. Stand still for 30 seconds with eyes closed. 2. Complete 5 squats. 3. Complete 5 ankle extensions.	Co-ordination: Sending/Receiving (Blue) 1.Alternately throw and catch 2 tennis balls against a wall. 2.Throw 2 tennis balls against a wall and catch them with opposite hand (cross-over). 3.Throw 2 tennis balls against a wall in a circuit, in both directions	Co-ordination: Sending/Receiving (Blue) 1.Alternately throw and catch 2 tennis balls against a wall. 2.Throw 2 tennis balls against a wall and catch them with opposite hand (cross-over). 3.Throw 2 tennis balls against a wall in a circuit, in both directions
ApplicationActivities	Balloon Balance Footwork Games Follow the Leader Mirroring and Matching Mirror Challenge	Balloon Balance Select Footwork Patterns Task Cards Through the Gates Footwork Assault Course	Throlf Scatterball	Throlf Scatterball

				
Expected Outcomes Orange = Working Towards Green = Expected Blue = Exceeding	I can help praise and encourage others in their learning. I show patience and support others, listening well to them about our work. I am happy to show and tell them about my ideas. I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task.	I can help praise and encourage others in their learning. I show patience and support others, listening well to them about our work. I am happy to show and tell them about my ideas. I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task.	I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task. I can give and receive sensitive feedback to improve myself and others. I can negotiate and collaborate appropriately. I can involve others and motivate those around me to perform better.	I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task. I can give and receive sensitive feedback to improve myself and others. I can negotiate and collaborate appropriately. I can involve others and motivate those around me to perform better.
Fundamental Movement Skill 1	Dynamic Balance: Jumping/Landing (Consolidating Green, Accessing Red) 1. Jump from 2 feet to 2 feet with 180° turn in either direction. 2. Complete a tucked jump. 3. Complete a tucked jump with 180° turn in either direction.	Dynamic Balance: Jumping/Landing (Red) 1. Jump from 2 feet to 2 feet with 180° turn in either direction. 2. Complete a tucked jump. 3. Complete a tucked jump with 180° turn in either direction.	Dynamic Balance: On a Line (Blue) 1. Walk fluidly, forwards and backwards, lifting heel to bottom, knees up and heel to toe landing. 2. Lunge walk forwards (heel to bottom, knees up, extend leg, sink hips, heel to toe landing). 3. Lunge walk forwards, bringing opposite elbow up to a 90° angle. 4. Complete all red challenges with eyes closed.	Dynamic Balance: On a Line (Consolidating Blue, Accessing Pink) 1. Sidestep in both directions. 2. Stand sideways and complete continuous 180° front pivots. Then with 180° reverse pivots Move sideways, stepping across body (lateral step-over). 3. Perform 'grapevines' (step-over, sidestep, step-behind, repeat). 4. Complete blue challenges then above challenges with eyes closed.
Fundamental Movement Skill 2	Static Balance: Seated (Consolidating Green, Accessing Red) 1. Pick up a cone from one side and place it on the other side with same hand. 2. Return it to the opposite side using the other hand. 3. Sit in a dish shape and hold it for 5 seconds.	Static Balance: Seated (Red) 1. Pick up a cone from one side and place it on the other side with same hand. 2. Return it to the opposite side using the other hand. 3. Sit in a dish shape and hold it for 5 seconds.	Counter Balance: With a Partner (Blue) 1. Stand on 1 leg holding with 1 hand, lean back, hold balance and then move back together. 2. Stand on 1 leg while holding on to partner's opposite foot.	Counter Balance: With a Partner (Consolidating Blue, Accessing Pink) 1. Complete all blue challenges with eyes closed. 2. Step onto bench facing partner, hold with both hands with feet side by side, lean back, hold and then move back together. 3. Step onto a bench facing partner, hold with both hands and swap places whilst leaning back with straight arms.
Application Activities	Exchange Objects Stepping Stones Crossing Develop Combinations (Jumping) Follow the Leader (Stepping Stones)	Exchange Objects Stepping Stone Relay Perform Sequences (jump) Combinations for Distance 5 Jump Combinations	River Crossing Kabadi	Seated Volleyball Scorpion Handball

				
Expected Outcomes Orange = Working Towards Green = Expected Blue = Exceeding	I can begin to order instructions, movements and skills. With help I can recognise similarities and differences in performance and I can explain why someone is working or performing well. I can understand the simple tactics of attacking and defending. I can explain what I am doing well and I have begun to identify areas for improvement. I can understand ways (criteria) to judge performance and I can identify specific parts to continue to work upon. I can use my awareness of space and others to make good decisions.	I can begin to order instructions, movements and skills. With help I can recognise similarities and differences in performance and I can explain why someone is working or performing well. I can understand the simple tactics of attacking and defending. I can explain what I am doing well and I have begun to identify areas for improvement. I can understand ways (criteria) to judge performance and I can identify specific parts to continue to work upon. I can use my awareness of space and others to make good decisions.	I can understand ways (criteria) to judge performance and I can identify specific parts to continue to work upon. I can use my awareness of space and others to make good decisions. I have a clear idea of how to develop my own and others' work. I can recognize and suggest patterns of play which will increase chances of success and I can develop methods to outwit opponents. I can review, analyse and evaluate my own and others' strengths and weaknesses and I can read and react to different game situations as they develop.	I can understand ways (criteria) to judge performance and I can identify specific parts to continue to work upon. I can use my awareness of space and others to make good decisions. I have a clear idea of how to develop my own and others' work. I can recognise and suggest patterns of play which will increase chances of success and I can develop methods to outwit opponents. I can review, analyse and evaluate my own and others' strengths and weaknesses and I can read and react to different game situations as they develop.
Fundamental Movement Skill 1	Dynamic Balance: On a Line (Consolidating Green, Accessing Red) 1. March, lifting knees and elbows up to a 90° angle. 2. Walk fluidly with heel to toe landing. 3. Walk fluidly, lifting knees and using heel to toe landing	Dynamic Balance: On a Line (Consolidating Green, Accessing Red) 1. March, lifting knees and elbows up to a 90° angle. 2. Walk fluidly with heel to toe landing. 3. Walk fluidly, lifting knees and using heel to toe landing	Co-ordination: Ball Skills (Blue) In 20 seconds or less: 1. Stand with legs apart and move ball in figure of 8 around both legs 12 times. 2. Move ball around waist into figure of 8 around both legs 10 times. 3. Move ball around waist and then around alternate legs 12 times. 4. Stand with legs apart and perform 24 criss-crosses, with and then without a bounce.	Co-ordination: Ball Skills (Consolidating Blue, Accessing Pink) In 20 seconds or less: 1. Stand with legs apart and complete 20 front to back catches with a bounce in between. 2. Perform above 30 times without ball bouncing in between. 3. Complete above tasks with head up throughout. 4. Complete 11 overhead throw and catches.

Fundamental Movement Skill 2	Co-ordination: Ball Skills (Consolidating Green, Accessing Red) In 20 seconds or less: 1. Stand with legs apart and move a ball around 1 leg 16 times (right and left leg). 2. Move a ball round waist 17 times. 3. Stand with legs apart and move a ball around alternate legs 16 times.	Co-ordination: Ball Skills (Red) in 20 seconds or less: 1. Stand with legs apart and move a ball around 1 leg 16 times(right and left leg). 2. Move a ball round waist 17 times. 3. Stand with legs apart and move a ball around alternate legs 16 times.	Agility: Reaction/Response (Blue) From 1, 2 and 3 metres: 1. React and step across body, bring hand across body and catch tennis ball after 1 bounce.	Agility: Reaction/Response (Consolidating Blue, Accessing Pink) From 1, 2 and 3 metres: 1.React to call from partner when they drop a ball, turn and catch it after 1 bounce. 2.Perform above challenge but react to sound of the bounce rather than call.
Application Activities	Getting Around Us Follow the Leader (4 Levels) Raise the Level Balance Circuit Travel and Turn Differently	Getting Around Us Go Backwards Mirror/Match/Contrast Original Sequence Training Circuit	Throw Tennis Endball	Throlf Catterball

				
Expected Outcomes Orange = Working Towards Green = Expected Blue = Exceeding	I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme. I can make up my own rules and versions of activities. I can respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and expression. I can link actions and develop sequences of movements that express my own ideas. I can change tactics, rules or tasks to make activities more fun or challenging.	I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme. I can make up my own rules and versions of activities. I can respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and expression. I can link actions and develop sequences of movements that express my own ideas. I can change tactics, rules or tasks to make activities more fun or challenging.	I can link actions and develop sequences of movements that express my own ideas. I can change tactics, rules or tasks to make activities more fun or challenging. I can respond imaginatively to different situations, adapting and adjusting my skills, movements or tactics so they are different from or in contrast to others. I can effectively disguise what I am about to do next. I can use variety and creativity to engage an audience.	I can link actions and develop sequences of movements that express my own ideas. I can change tactics, rules or tasks to make activities more fun or challenging. I can respond imaginatively to different situations, adapting and adjusting my skills, movements or tactics so they are different from or in contrast to others. I can effectively disguise what I am about to do next. I can use variety and creativity to engage an audience.
Fundamental Movement Skill 1	Co-ordination: Sending/Receiving (Consolidating Green, Accessing Red) 1. Strike a ball with alternate hands in a rally. 2. Kick a ball with the same foot. 3. Kick a ball with alternate feet Roll 2 balls alternately using both hands, sending 1 as the other is returning.	Co-ordination: Sending/Receiving (Red) 1. Strike a ball with alternate hands in a rally. 2. Kick a ball with the same foot. 3. Kick a ball with alternate feet Roll 2 balls alternately using both hands, sending 1 as the other is returning.	Static Balance: Seated (Blue) 1. Reach and pick up cone an arms distance away, swap hands and place it on the other side (both directions). 2. Reach and pick up cone an arms distance away and place it on the other side using same hand (both directions). 3. Hold a V-shape with straight arms and legs for 10 seconds.	Static Balance: Seated (Consolidating Blue, Accessing Pink) 1. Reach and pick up cones from in front, to the side and from behind. 2. Reach and pick up cones from in front, to the side and from behind with eyes closed. 3. Reach and pick up cones from in front, to the side and from behind while a partner applies a force. 4. Reach and pick up cones from in front, to the side and from behind with eyes closed, while a partner applies a force.

FundamentalMovement Skill 2	Counter Balance: With a Partner (Consolidating Green, Accessing Red) 1. Hold on and, with a short base, lean back, hold balance and then move back together. 2. Hold on with 1 hand and, with a short base, lean back, hold balance and then move back together. 3.Perform above challenges with eyes closed.	Counter Balance: With a Partner (Red) 1. Hold on and, with a short base, lean back, hold balance and then move back together. 2. Hold on with 1 hand and, with a short base, lean back, hold balance and then move back together. 3. Perform above challenges with eyes closed.	Static Balance: Floor Work (Blue) 1.Transfer tennis ball on and off back in a front support. 2.Transfer cone on and off tummy in back support. 3.Transfer tennis ball on and off tummy in back support.	Static Balance: Floor Work (Consolidating Blue, Accessing Pink) 1. Hold front support position with only 1 foot in contact with floor and transfer cone on and off back. 2. Rotate fluently from front support to back support, and then continue rotating with fluency.
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ApplicationActivities	Collect your Rebound Send and Receive in Order Explore and Compare Collect a Different Rebound Rller Ball	Roller Ball Creative Squash Send and Receive Circuits Beat the Buzzer	Seated Volleyball Scorpion Handball	Bean Bag Raid Dodgeball

				
Expected Outcomes Orange = Working Towards Green = Expected Blue = Exceeding	I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed. I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency. I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities.	I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed. I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency. I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities.	I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities. I can use combinations of skills confidently in sport specific contexts. I can perform a range of skills fluently and accurately in practice situations. I can effectively transfer skills and movements across a range of activities and sports. I can perform a variety of skills consistently and effectively in challenging or competitive situations.	I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities. I can use combinations of skills confidently in sport specific contexts. I can perform a range of skills fluently and accurately in practice situations. I can effectively transfer skills and movements across a range of activities and sports. I can perform a variety of skills consistently and effectively in challenging or competitive situations.
Fundamental Movement Skill 1	Static Balance: Floor Work (Consolidating Green, Accessing Red) 1. Hold full front support position. 2. Lift 1 arm and point to the ceiling with either hand in front support. 3. Transfer cone on and off back in front support.	Static Balance: Floor Work (Red) 1. Hold full front support position. 2. Lift 1 arm and point to the ceiling with either hand in front support. 3. Transfer cone on and off back in front support.	Static Balance: One Leg (Blue) On both legs: 1. Stand still on uneven surface for 30 seconds. 2. Stand still on uneven surface for 30 seconds with eyes closed. 3. Complete 10 squats into ankle extensions. 4. Complete 5 squats with eyes closed	Static Balance: One Leg (Consolidating Blue, Accessing Pink) On both legs: 1. Complete 5 ankle extensions with eyes closed. 2. Complete 10 squats into ankle extensions with eyes closed. 3. Complete above 2 challenges on uneven surface with eyes open. 4. Complete first 2 challenges on uneven surface with eyes closed.
Fundamental Movement Skill 2	Agility: Reaction/Response (Consolidating Green, Accessing Red) From 1, 2 and 3 metres: 1. React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.	Agility: Reaction/Response (Red) From 1, 2 and 3 metres: 1. React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.	Dynamic Balance: Jumping/Landing (Blue) 1. Jump 2 feet to 2 feet forwards, backwards and side-to-side. 2. Hop forward and backwards, freezing on landing. 3. Jump 1 foot to other forwards and backwards, freezing on landing. 4. Hop sideways, raising knee and freezing on landing. 5. Jump 1 foot to other sideways, raising knee and freeze on landing.	Dynamic Balance: Jumping/Landing (Consolidating Blue, Accessing Pink) 1. Jump 2 feet to 2 feet with a 180° turn in the middle (both directions). 2. Jump from 2 feet to 2 feet with a tuck and a 180° turn (both directions). 3. Stand with legs together (vertical stance), jump into a lunge position, then jump back to a vertical stance (both sides).

ApplicationActivities	Front Curling	Front Curling	Jump Ball	Jump Ball
	Cooperative Challenges	Competitive Challenge	Jump, Roll, Balance	Jump, Roll, Balance
	Copy your Partner Link Skills	Adapt and Respond		
	2 Ball Challenge	Keep Possession		
		Competitive		
		Challenge 2		

				
Expected Outcomes Orange = Working Towards Green = Expected Blue = Exceeding	I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely. I can describe how and why my body feels during and after exercise. I can explain why we need to warm up and cool down. I can describe the basic fitness components and explain how often and how long I should exercise to be healthy. I can record and monitor how hard I am working.	I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely. I can describe how and why my body feels during and after exercise. I can explain why we need to warm up and cool down. I can describe the basic fitness components and explain how often and how long I should exercise to be healthy. I can record and monitor how hard I am working.	I can describe the basic fitness components and explain how often and how long I should exercise to be healthy. I can record and monitor how hard I am working. I can self-select and perform appropriate warm up and cool down activities. I can identify possible dangers when planning an activity. I can explain how individuals need different types and levels of fitness to be more effective in their activity/role/event. I can plan and follow my own basic fitness programme.	I can describe the basic fitness components and explain how often and how long I should exercise to be healthy. I can record and monitor how hard I am working. I can self-select and perform appropriate warm up and cool down activities. I can identify possible dangers when planning an activity. I can explain how individuals need different types and levels of fitness to be more effective in their activity/role/event. I can plan and follow my own basic fitness programme.
Fundamental Movement Skill 1	Agility: Ball Chasing (Consolidating Green, Accessing Red) 1. Chase a large rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction. 2. Chase a large bouncing ball, let it roll through legs and then collect it in balanced position facing the opposite direction. 3. Complete above challenges with tennis ball.	Agility: Ball Chasing (Red) 1. Chase a large rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction. 2. Chase a large bouncing ball, let it roll through legs and then collect it in balanced position facing the opposite direction. 3. Complete above challenges with tennis ball.	Static Balance: Stance (Blue) 1. Raise alternate knees to opposite elbow 5 times. 2. Catch large ball thrown at knee height and above head. 3. Catch large ball thrown at knee height and above head. 4. Catch small ball thrown close to and away from body.	Static Balance: Stance (Consolidating Blue, Accessing Pink) 1. Throw and catch 2 small balls alternately, using both hands, both close to and away from body. 2. Strike small ball back to a partner with a racket. 3. Strike a small ball back to a partner from across body with a racket.
Fundamental Movement Skill 2	Stance (Consolidating Green, Accessing Red) 1. Receive a small force from various angles. 2. Raise alternate feet 5 times. 3. Raise alternate knees 5 times. 4. Catch ball at chest height and throw it back.	Static Balance: Stance (Red) 1. Receive a small force from various angles. 2. Raise alternate feet 5 times. 3. Raise alternate knees 5 times. 4. Catch ball at chest height and throw it back.	Co-ordination: Footwork (Blue) 1. Combine 3-step zigzag patterns with cross-over (swerve) when changing lead leg. 2. Move in 3-step zigzag pattern, with knee raise across body just before changing lead leg and direction. 3. Move in 3-step zigzag pattern, lifting foot up behind just before changing lead leg and direction.	Co-ordination: Footwork (Consolidating Blue, Accessing Pink) 1. Move in 3-step zigzag pattern while alternating knee raise and foot behind. 2. Move backwards in 3-step zigzag pattern with cross-over (swerve). 3. Move backwards in 3-step zigzag pattern with knee raise across body.

Application Activities	Balance Transfer Timing through	Balance Transfer	Bean Bag Raid	Throw Tennis
	Cooperation Awareness	Timing Through Collaboration	Dodgeball	Endball
	ChallengesDevelop	Team Strategy		
	Combinations(Ball)	Challenges		
	Grand Prix Qualifying	Develop Sequences		
		Oversee Competition		