Holyport CE (A) Primary School and Foundation Unit
'Love Learning, Love Life'

PE Skills Progress
ATHLETICS

Foundation/Year 1	Year 2	Year 3/4	Year 5/6
Phase 1		**Phase 2**	**Phase 3**
I can run at different speeds	I can run in different directions and change speed.	I can perform the correct running actions at different speeds.	I can improve my running technique in different athletic running events and work towards my personal best.
I can jump and land on both feet.	I can perform a number of different jumps.	I can perform the correct techniques in different jumps.	I can improve my jumping technique and work towards my personal best in different athletic events.
I can throw and catch in isolation.	I can throw and catch in combination.	I can perform the correct throwing actions with different objects.	I can improve my throwing technique in a different athletic events and work towards my personal best.
I can recognise different changes in my body when I exercise.	I can identify that my heart beats faster with physical activity.	I can understand the different effects of exercise on the body.	I can understand and explain the different effects of exercise on the body.

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PE Skills Progress
DANCE

Foundation/Year 1	Year 2	Year 3/4	Year 5/6
Phase 1		**Phase 2**	**Phase 3**
I can count and clap in time to music.	I can move in time to music.	I can perform different movements in time to music.	I can perform a range of movements in time to music with control.
I copy basic actions with my body.	I can copy different movements and patterns.	I can create my own movements and patterns.	I can help create and perform a dance routine.
I can describe and discuss my actions and basic movements.	I can describe and discuss others work.	I can evaluate my work and improve my performance.	I can describe and discuss my work and others and provide constructive feedback.
I can follow a basic warm up and cool down.	I understand the importance of a warm up.	I can take part in a warm up and cool down and understand the importance of preparing the body for exercise.	I can lead a warm up and cool down and understand how to best prepare the body for exercise

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PE Skills Progress
GYMNASTICS

Foundation/Year 1	Year 2	Year 3/4	Year 5/6
Phase 1		**Phase 2**	**Phase 3**
I can identify and perform different ways of travelling.	I can travel in different ways across the floor and mat.	I can travel across the floor and apparatus with control.	I can identify different methods of travelling across the floor and apparatus. Travelling at different speeds, directions and levels with control and fluency while performing.
I can balance myself while on the floor and apparatus.	I can perform different balances using different parts of my body.	I can perform different balances with control on the floor and apparatus. I can display good balance and coordination in gymnastics.	I can display good body tension and control in balances on the floor and apparatus. I display good balance and coordination while working in by myself and in small groups.
I can perform jumps off the floor.	I can perform jumps off apparatus. I can perform basic shapes with my body.	I can perform different jumps and turns off the floor and apparatus. I can identify different shapes used in gymnastics.	I can perform a range of shapes while in flight jumping. I can take off and land with control and balance.
I can put basic movements together.	I can develop a basic routine.	I can develop and perform an individual and paired routine. I can break down my performance and identify how to improve my routine.	I can develop and perform an individual routine while displaying good control and balance. I can work with others and develop group routines while exploring concepts like mirroring and cannoning. I can evaluate my work and others and provide constructive feedback.

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PE Skills Progress
NETBALL/ BASKETBALL

Foundation/Year 1	Year 2	Year 3/4	Year 5/6
Phase 1		**Phase 2**	**Phase 3**
I can send and receive while rolling a ball and I can throw and catch in isolation.	I can throw different objects using over and under arm techniques. I can throw and catch in combination.	I can send and receive a pass. I can perform key passes used in netball and basketball with control.	I can perform a range of passes in netball and basketball with control. I can identify the correct pass to use in gameplay to exploit the opponent.
I can control and balance an object using different parts of my body.	I can bounce a ball on the spot.	I can bounce a ball while running. I can dribble with control using both hands.	I can dribble and control a basketball with both hands to beat opponent in game related play,
I can roll a ball.	I can aim and throw a ball at a target.	I can aim and shoot at a target with control,	I can aim and shoot using the correct technique in Netball and Basketball in a game related situation.
I can look and identify where space is and move into it.	I can dodge taggers and attack space. I can tag opponents and restrict space.	I can attack individually and in a team to create space. I can defend and mark opponents. I understand the basic rules in Netball and Basketball.	I can display good knowledge and understanding in attacking and defending in Netball and Basketball, I can make tactical changes in team games to improve performance. I have a good understanding of the rules of Netball and Basketball and how to play.

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PE Skills Progress
CRICKET/ ROUNDERS

Foundation/Year 1	Year 2	Year 3/4	Year 5/6
Phase 1		**Phase 2**	**Phase 3**
I can control and balance object (ball / bean bag) using equipment (racket). I can hit a ball with a bat in isolation	I can hit a ball with a bat in combination.	I can strike a ball using a cricket and rounder's bat.	I can aim and strike a ball with control in cricket in game related play.
I can throw and catch in isolation,	I can throw and catch in combination, I can identify space,	I can catch when fielding and identify where to throw. I can position myself in suitable areas when fielding. I can bowl using an underarm technique (rounders).	I can display the correct skills needed to field effectively in games. I can stop the ball and work in a team to restrict runs. I can bowl using the correct over arm technique (cricket) with speed and accuracy.
I can run.	I can run in different directions and different speeds.	I can score runs by myself in rounders and quick cricket.	I can decide when to run in traditional cricket and rounders. I can work and communicate with team mates to score runs.
I can play safely within a team.	I can play and cope with winning a losing and play by rules in games while respecting opponents,	I can play quick cricket and rounders and understand the basic rules and principals involved.	I can compete and play traditional cricket and rounders and have a good understanding of the rules and principles.