



## Physical Education Progression Map

### Reception Progression of Skills

<b>Ball Skills</b>	<ul style="list-style-type: none"><li>● Shows understanding of the need for safety when tackling new challenges and considers and manages some risks when using equipment.</li><li>● Can play in a group, extending and elaborating play ideas within a group.</li><li>● Begins to accept the needs of others and can take turns and able, sometimes with the support of others.</li><li>● Shows increasing control when throwing and catching a large ball.</li></ul>
<b>Dance</b>	<ul style="list-style-type: none"><li>● Explore and copy basic body actions and rhythms.</li><li>● Negotiate space confidently, using appropriate strategies.</li><li>● Use their bodies to respond to stories, topics and music.</li></ul>
<b>Fun and Games</b>	<ul style="list-style-type: none"><li>● Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles.</li><li>● Shows understanding of the need for safety when tackling new challenges and considers and manages some risks when using equipment.</li><li>● Begins to accept the needs of others and can take turns and share, sometimes with the support of others.</li><li>● Moves freely and with pleasure and confidence in a range of skilful ways.</li></ul>
<b>Me and Myself</b>	<ul style="list-style-type: none"><li>● Ability to dress themselves with support if necessary.</li><li>● Moves freely and with confidence in a range of skilful ways.</li><li>● Engages in conversation with others.</li><li>● Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles.</li></ul>
<b>Movement and Development</b>	<ul style="list-style-type: none"><li>● Travels with confidence and skill in a range of movements when using equipment.</li><li>● Shows understanding of the need for safety when tackling new challenges and considers and manages some risks.</li><li>● Moves freely and with confidence in a range of skilful ways.</li><li>● Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles.</li></ul>



<b>Throwing and Catching</b>	<ul style="list-style-type: none"><li>● Showing increased control when catching.</li><li>● Shows increasing control over an object, pushing, passing, throwing, catching or kicking.</li><li>● Moves freely and with pleasure and confidence in a range of skilful ways.</li><li>● Able to respond to simple instructions, showing a good understanding of safety when using tools and equipment.</li></ul>
<b>Working with Others</b>	<ul style="list-style-type: none"><li>● Can play in a group.</li><li>● Begin to accept the needs of others and can take turns and share, sometimes with the support of others.</li><li>● Keeps play going by responding to what others are saying or doing.</li><li>● Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles.</li></ul>
<b>PE Life Skills: Reception</b>	
<b>Evaluation</b>	Watch and copy some basic movements in P.E.  Responds to what others are saying or doing.
<b>Feedback</b>	Express their enjoyment of an activity using simple feedback techniques (e.g. thumbs up or down)
<b>Peer-coaching</b>	Responds to ideas showing understanding, asking appropriate questions of others.
<b>Leadership and Teamwork</b>	Can play fairly in a group.  Shows the ability to accept the needs of others and can take turns and share resources, sometimes with support from others.



## KS1 & KS2 Progress Overview

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Athletics	<ul style="list-style-type: none"><li>• Explore and practice a variety of athletics movements and apply athletic skills and techniques to a variety of activities.</li><li>• Show understanding and a basic level of control, coordination and consistency when running.</li><li>• Experiment with different jumping techniques, showing control, coordination, and consistency throughout.</li><li>• Develop coordination and balance whilst exploring different running, jumping and throwing techniques.</li><li>• Develop the overarm underarm and pull throw technique, throwing accurately towards a target.</li><li>• Develop the distance running technique, understanding the difference between sprinting, and running over longer distances.</li></ul>		<ul style="list-style-type: none"><li>• Apply and develop a broad range of athletic skills in different ways.</li><li>• Show control, coordination and consistency when running, throwing, and jumping.</li><li>• Choose the appropriate running speed to meet the demand of the task.</li><li>• Understand the pace judgement when running over an increased distance, choosing the appropriate speed to meet the demand of the task.</li><li>• Combine basic jump actions to form a jump combination, using a controlled jumping technique.</li></ul>		<ul style="list-style-type: none"><li>• Understand and apply appropriate pace judgement for the running distance to be covered.</li><li>• Run, jump, catch and throw in isolation and combination. Combine and perform skills with control.</li><li>• Demonstrate a range of throwing actions e.g. push, pull, sling, using different equipment.</li><li>• Choose the appropriate speed to run at for the distance to be covered.</li><li>• Understand and apply the appropriate throwing and jumping technique to achieve maximum distance and height.</li><li>• Select and apply skills that meet the needs of the situation, combining and performing each skill with control and speed.</li></ul>	



<b>Dance</b>	<ul style="list-style-type: none"><li>● Respond imaginatively to a range of stimuli.</li><li>● Move confidently and safely in your own and general space, using changes of speed, level and direction.</li><li>● Perform movement phrases using a range of different body actions and body parts- with control and accuracy.</li><li>● Create linked movements, combining different ways of travelling, with beginnings, middles and ends.</li><li>● Compose short dances that express and communicate mood, ideas, and feelings, varying simple compositional ideas.</li><li>● Explore, remember and repeat short dance phrases, showing greater control and spatial awareness.</li><li>● Describe phrases and expressive qualities.</li></ul>	<ul style="list-style-type: none"><li>● Explore and create characters and narratives in response to a range of stimuli.</li><li>● Perform dances using a range of movement patterns- accurately, fluently, consistently and with control on your own and with a partner.</li><li>● Develop dance phrases using canon, unison, repetition, action/reaction, and question/answer.</li><li>● Combine actions and maintain the quality of performance when performing at the same time as a partner.</li><li>● Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension and continuity when working with a partner and in a group.</li></ul>	<ul style="list-style-type: none"><li>● Continue to develop a broader range of skills and movement patterns, exploring and practicing movement ideas inspired by a stimulus.</li><li>● Use basic compositional principles when creating dances- combining movements fluently and effectively.</li><li>● Perform a range of movements accurately with a sense of rhythm, clarity, and confidence.</li><li>● Use imagination to create and structure dance motifs, phrases, and sections of dances developing expressive qualities.</li><li>● Explore, improvise, and combine movement ideas fluently and effectively inspired by a stimulus.</li><li>● Perform movements to an audience with rhythm and confidence.</li></ul>
<b>Gymnastics</b>	<ul style="list-style-type: none"><li>● Perform basic gymnastics actions, including travelling, rolling, jumping and staying still.</li><li>● Become increasingly confident and competent, moving safely using changes of speed, level and direction</li></ul>	<ul style="list-style-type: none"><li>● Perform a range of actions, abilities and skills with consistency, fluency, and clarity of movement.</li><li>● Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension</li></ul>	<ul style="list-style-type: none"><li>● Explore, improvise and combine movement ideas fluently and effectively, using skills in different ways, performing confidently, with clarity and a sense of rhythm.</li><li>● Perform movements accurately with a sense of rhythm.</li></ul>



	<ul style="list-style-type: none"><li>● Combine different ways of travelling exploring a range of movements and shapes.</li><li>● Create linked movement phrases with beginning, middles and ends.</li><li>● Perform movement phrases using a range of different body parts/actions.</li><li>● Develop fundamental movement skills, combining travelling, balancing and stiffness using both floor and apparatus; and moving smoothly from one position of stiffness to another.</li><li>● Develop agility, balance and coordination.</li><li>● Form simple sequences of different actions, using the floor and a variety of apparatus.</li></ul>	<p>and continuity when working with a partner and in a group.</p> <ul style="list-style-type: none"><li>● Create gymnastic sequences that meet a theme or set of conditions, showing a clear, beginning, middle and end.</li><li>● Create, perform and repeat a combination of actions that include changes of dynamics e.g. changes of level, speed and direction, and clarity of shape.</li><li>● Develop flexibility, strength, control, technique and balance.</li><li>● Find different ways of using a shapes, balance, or travel and link them to make actions and sequences of movement.</li></ul>	<ul style="list-style-type: none"><li>● Make up longer sequences and perform them with fluency and clarity of movement, choosing skills that meet the needs of the situation.</li><li>● Develop your own gymnastic sequences by understanding, choosing and applying a range of compositional principles; varying direction, level, and pathways to improve the look of a sequence.</li><li>● Develop flexibility, strength, control, technique and balance.</li><li>● Use combinations of dynamics using the space effectively.</li></ul>
<p><b>Outdoor Adventure and Activity</b></p>	<ul style="list-style-type: none"><li>● Move in different directions and a variety of different ways.</li><li>● Introduction to map reading. Be able to use some basic features on a map to select and plan a route.</li><li>● Beginning to understand the competitive side of orienteering and take part in a picture orienteering event, following rules and playing fairly,</li></ul>	<ul style="list-style-type: none"><li>● Recognise where you are on a map.</li><li>● Demonstrate all the physical skills needed for orienteering: agility, balance, and coordination.</li><li>● Recognise that activities need thinking through and planning.</li><li>● Move confidently in different ways, developing agility, balance, and coordination.</li></ul>	<ul style="list-style-type: none"><li>● Use a map to confidently orientate yourself around- Use previous knowledge to navigate and design a route to the controls.</li><li>● Takes part in orienteering events, such as picture orienteering, with success.</li><li>● Plan strategies to complete tasks. Choose sensible skills and approaches for the challenge.</li></ul>



- Begin to plan how to solve problems and problem solve with others.
- Understand what a compass is used for and be able to use the direction points.
- Has knowledge of safety rules and procedures for taking part in orienteering events.
- Participate in competition with others, completing a simple orienteering event.

- Participate in competitive orienteering events, following instructions of the game.
- Develop basic understanding of map reading/making and apply skills and techniques in games.
- Have knowledge of safety rules and procedures for taking part in orienteering events.

- Build confidence during team activities and develop communication skills to use to achieve success.
- Develop map reading and building skills- understanding elements and scaling confidently.
- Use relevant techniques to navigate to and from control points.

## Invasion Games

### Football

- Explore different ways to move with a ball. Show control of a ball with basic actions.
- Send/pass a ball and successfully catch/stop a ball.
- Move fluently, changing direction and speed with and without a ball. Develop fundamental movement skills, becoming increasingly confident and competent.
- Use skills in different ways when playing games.
- Recognise space in games and use it to your advantage.
- Perform a variety of skills keeping the ball under control.

- Challenge a player in possession of the ball.
- Apply basic principles for attacking and defending- finding space (attacking), challenge a player in possession (defending).
- Employ and explain simple tactics in game situations.
- Receive a ball under control.

- Participate in competitive games, modified where appropriate.
- Understand the positions in a team and the roles they play; and choose different formations to suit the needs of the game.
- Develop control and confidence whilst performing skills at speed. Change speed and direction to get away from a defender.
- Keep possession of the ball when faces with opponents.
- Adapt games and activities making sure everyone has a role to play.



	<ul style="list-style-type: none"><li>● Participate in team games- showing good awareness of others.</li></ul>		
<b>Hockey</b>	<ul style="list-style-type: none"><li>● Understand and follow the rules of the game.</li><li>● Pass/send a ball and catch/stop a ball with control and increasing accuracy and consistency.</li><li>● Develop fundamental movement skills, becoming increasingly confident and competent, moving fluently, changing direction and speed- with and without a ball.</li><li>● Choose and use simple tactics to suit different situations in small, sided games. React to situations in ways that make it difficult for opponents.</li><li>● Use skills in different ways when playing games.</li><li>● Recognise space in games and use it to your advantage.</li></ul>	<ul style="list-style-type: none"><li>● Move the ball keeping it under control whilst changing direction.</li><li>● Performing basic skills needed for the games with control and accuracy. Pass, shoot and receive a ball with increasing accuracy, control and success.</li><li>● Apply basic principles for attacking and defending- finding space (attacking), challenge a player in possession (defending).</li><li>● Explain simple tactics in game situations.</li><li>● Develop control and technique.</li></ul>	<ul style="list-style-type: none"><li>● Choose different formations to suit the needs of the game and choose skills that meet the need of the situation. Adapt games and activities making sure everyone has a role to play.</li><li>● Perform skills (e.g. passing) with accuracy, confidence and control whilst developing technique and performing at speed.</li><li>● Apply basic principle for attacking in games- choosing when to pass or dribble to keep possession of a ball. Keep possession of a ball. Keep possession of the ball when faced with opponents.</li><li>● Apply basic principles for defending in games- Defend by marking, covering and tracking opponents as appropriate.</li><li>● Participate in competitive games, modified where appropriate.</li><li>● Use different skills to keep possession of a ball as part of a team. Change speed and direction to get away from a defender.</li></ul>



<b>Netball</b>	<ul style="list-style-type: none"><li>● Explore different ways to use, move and send the ball.</li><li>● Develop skills such as sending an objects to a target, catching and gathering, rolling and basic ball control.</li><li>● React to situations to make it difficult for opponents e.g. move to defend a goal.</li><li>● Understand how to play in a safe way.</li><li>● Show good awareness of others when playing games.</li><li>● Perform a range of actions with the ball keeping it under control.</li></ul>	<ul style="list-style-type: none"><li>● Move to support teammates, getting into good positions to pass, receive and shoot the ball.</li><li>● Pass the ball using different techniques.</li><li>● Shoot and score with increasing accuracy,</li><li>● Use a range of tactics, including finding and using spaces, to keep possession of the ball, to shoot/score, and to make it difficult for opponents.</li><li>● Develop the understanding of the importance of speed when playing invasion games.</li><li>● Pass and receive the ball with control.</li><li>● Select passes that keep possession.</li></ul>	<ul style="list-style-type: none"><li>● Choose different formations to suit the need of the game.</li><li>● Work effectively as a team.</li><li>● Use a variety of tactics to keep possession of the ball, applying the principles of attacking.</li><li>● Use the defending principles in game situations, including marking, tracking and covering to gain possession.</li><li>● Increase accuracy and confidence of passing and shooting skills.</li><li>● Use a variety of skills to keep the ball, thinking about moving towards goal, different positions and the use of space.</li></ul>
<b>Net and Wall Games</b>			
<b>Tennis</b>	<ul style="list-style-type: none"><li>● Engage in cooperative and competitive physical activities (both against self and against others).</li><li>● Explore different ways to sue and move with the ball- showing control with simple actions and basic control when striking a ball.</li><li>● Perform a range actions including catching/gathering</li></ul>	<ul style="list-style-type: none"><li>● Perform basic skills needed for the games with control and accuracy, including hitting a ball towards a target, throwing and stopping the ball. Perform a basic forehand action with control and accuracy.</li><li>● Throw/send/hit a ball into space, at different speeds and heights to make it difficult for your opponent.</li></ul>	<ul style="list-style-type: none"><li>● Hit the ball with purpose, varying speed, height and direction. Direct the ball towards the opponent's court or target area. Perform skills such as forehand and backhand shots with control and confidence.</li><li>● Play shots on the forehand and backhand side of your body. Direct the ball towards the opponent's court or target area.</li></ul>





	<p>skills and sending/passing with control and throw/hit a ball in different ways e.g. high, low, fast slow.</p> <ul style="list-style-type: none"> <li>• Understand the concept of moving to get in line with a ball to receive it.</li> <li>• Choose and use skills and simple tactics to suit different situations.</li> <li>• Understand and follow the rules of the game.</li> <li>• Move fluently, changing direction and speed- showing good awareness of others.</li> <li>• Use correct skills and basic tactics in games to meet the challenges of the game, or in response to your opponent's actions.</li> </ul>	<ul style="list-style-type: none"> <li>• Begin to apply basic movements in a range of activities and in combination.</li> <li>• Apply basic principles for attacking including finding and using space in game situations.</li> <li>• Keep a rally going using a range of shots.</li> <li>• Complete with others- keeping and following the rules of the game.</li> </ul>	<ul style="list-style-type: none"> <li>• Participate in competitive games, modified where appropriate.</li> <li>• Adopt a good ready position and show good position on court.</li> <li>• Use good footwork that allows the ball to be hit with good technique</li> <li>• Apply the principles of attacking.</li> <li>• Identify spaces and understand tactic of hitting into gaps.</li> </ul>
--	---	---	--

**Striking and Fielding Games**

<b>Cricket</b>	<ul style="list-style-type: none"> <li>• Understand and follow simple rules for games and complete physical activities both against self and against others.</li> <li>• Develop fundamental movement skills, becoming increasingly confident and competent, moving fluently changing direction and speed.</li> </ul>	<ul style="list-style-type: none"> <li>• Apply and develop a broader range of skills, whilst ensuring basic skills are performed with control and accuracy.</li> <li>• Throw a ball increasing distances, catch a ball with increasing consistency and hit a ball with correct technique and increasing control.</li> </ul>	<ul style="list-style-type: none"> <li>• Bowl using an overarm technique, beginning to vary speed and length of delivery.</li> <li>• Hit the ball with purpose, varying speed height and direction, as well as thinking of tactics needed to score more runs.</li> <li>• Choose skills and tactics to meet the needs of the situation,</li> </ul>
----------------	--	---	---



	<ul style="list-style-type: none"> <li>● Throw/hit a ball in different ways e.g. high, low, fast, slow, showing basic control.</li> <li>● Successfully receive (catch/stop) a ball, understanding the concept of moving to get in line with a ball to receive it.</li> <li>● Apply skills and tactics in simple games, including recognising space and using it to your advantage.</li> <li>● React to situations in ways that make it difficult for opponents, applying simple tactics like hitting the ball into space to help score more points.</li> <li>● Show good awareness of others when playing games.</li> </ul>	<ul style="list-style-type: none"> <li>● Intercept and stop the ball consistently.</li> <li>● Work well as part of a team, employing simple tactics, particularly when fielding to make it harder for the batter.</li> <li>● Communicate, collaborate, and compete with others, following the rules of the game.</li> <li>● Choose both fielding and striking skills which make it difficult for your opponent. Explain the tactics you have used in games.</li> <li>● Show control, coordination and consistency when throwing and catching a ball.</li> </ul>	<p>Begin to bowl at different speeds.</p> <ul style="list-style-type: none"> <li>● Work as part of a team that covers the areas to make it hard for the batter to score runs.</li> <li>● Show good awareness of others in game situations.</li> <li>● Participate in competitive games, modified where appropriate.</li> <li>● Perform skills and techniques, including retrieve, intercept and stop a ball, with accuracy, confidence and control. Perform skills at speed.</li> </ul>
--	---	---	---

**PE Life Skills**

<p><b>Health Fitness and Well-being</b></p>	<ul style="list-style-type: none"> <li>● Understand why being active and playing games is good for you.</li> <li>● Describe why running and playing games is good for you.</li> </ul>	<ul style="list-style-type: none"> <li>● Describe what happens to your heart rate and breathing when playing games and begin to understand why you get hotter.</li> <li>● Develop understanding of the importance of speed and stamina when playing invasion games.</li> <li>● Improve physical fitness.</li> </ul>	<ul style="list-style-type: none"> <li>● Understand the importance of being physically fit and how physical activity can contribute to a healthy lifestyle.</li> <li>● Develop physical fitness and be able to describe its importance in orienteering.</li> <li>● Know how handball helps your fitness and health.</li> </ul>
---	---	---	--



			<ul style="list-style-type: none"><li>● Recognise exercise and activities that help strength, speed and stamina.</li><li>● Develop physical characteristics needed for the game e.g. speed, fitness, agility.</li></ul>
<b>Body Awareness</b>	<ul style="list-style-type: none"><li>● Understand and describe changes to your heartrate when playing a game.</li><li>● Describe what it feels like to breathe quickly during exercise.</li></ul>	<ul style="list-style-type: none"><li>● Communicate what you want through your dances.</li><li>● Describe how their bodies feel when exercising.</li><li>● Understand the link between heartrate and breathing when exercising.</li><li>● Understand the link between heartrate and breathing when exercising.</li></ul>	<ul style="list-style-type: none"><li>● Move in a way that reflects music.</li><li>● Understand how the muscles work, e.g. work by getting shorter, relax by getting longer.</li><li>● Explain how your body reacts and feels when taking part in different activities and undertaking different roles.</li></ul>
<b>Warm-up and Cool-down</b>	<ul style="list-style-type: none"><li>● Begin to understand the importance of preparing safely and carefully for exercise-warming up/down.</li></ul>	<ul style="list-style-type: none"><li>● Devise suitable warm-up activities for the upcoming activities.</li></ul>	<ul style="list-style-type: none"><li>● Create short warm up routines that follow basic principles e.g. raises body temperature, mobilise joint muscles.</li><li>● Suggest ideas for warming up and explain your choices.</li></ul>
<b>Safety</b>	<ul style="list-style-type: none"><li>● Demonstrate an appreciation of safety when using apparatus and equipment.</li><li>● Follow instructions to complete a task.</li><li>● Understand how to play in a safe way.</li></ul>	<ul style="list-style-type: none"><li>● Demonstrate an appreciation of safety when lifting, moving, and placing apparatus and equipment.</li><li>● Play games in a safe and fair manner.</li></ul>	<ul style="list-style-type: none"><li>● Coordinate lifting and moving apparatus in a safe and sensible way.</li></ul>
<b>Evaluation</b>	<ul style="list-style-type: none"><li>● Watch and describe a performance accurately and recognise what is successful.</li></ul>	<ul style="list-style-type: none"><li>● Learn how to evaluate and recognise your own success and areas for improvement, as</li></ul>	<ul style="list-style-type: none"><li>● Compare your performance with previous ones and demonstrate improvement to achieve your personal best.</li></ul>



	<ul style="list-style-type: none"><li>● Evaluate successful and unsuccessful techniques</li><li>● Describe what you have done or seen others do.</li><li>● Identify what skills you need to practice.</li></ul>	<p>well as the effectiveness and quality of a performance.</p> <ul style="list-style-type: none"><li>● Be able to describe your own dance, taking characters into account as well as identifying what they need to practice to improve their dance.</li><li>● Describe and evaluate the effectiveness and quality of work.</li><li>● Identify what you need to practice to improve your performance.</li></ul>	<ul style="list-style-type: none"><li>● Watch and evaluate the success of games and good performance and explain why a performance is good.</li><li>● Identify what they have done well and adapt plans for future challenges.</li><li>● Recognise and evaluate performances providing constructive feedback.</li></ul>
<b>Feedback</b>	<ul style="list-style-type: none"><li>● Use peer feedback to improve their own performance and recognise good quality in others.</li><li>● Recognise what is successful, listen to others, and copy actions and ideas to improve your skills.</li></ul>	<ul style="list-style-type: none"><li>● Identify and evaluate parts of your own game and others, providing feedback.</li><li>● Recognise players who play well in games and give reasons why.</li></ul>	<ul style="list-style-type: none"><li>● Identify strengths and weaknesses of your own and other performances and explain your own reasoning.</li><li>● Engage in constructive feedback.</li><li>● Identify which aspects of a performance were performed consistently, accurately, fluently and clearly; being able to provide constructive feedback.</li><li>● Give feedback to individual, team and your own performance, describing the best points, suggesting how to improve, and commenting techniques and tactics.</li></ul>
<b>Peer-coaching</b>	<ul style="list-style-type: none"><li>● Describe to others how to hold and grip the racket of forehand shots.</li></ul>	<ul style="list-style-type: none"><li>● Identify and describe the skills needed to improve your game and show this to others.</li></ul>	<ul style="list-style-type: none"><li>● Share, discuss and apply techniques with others.</li></ul>



		<ul style="list-style-type: none"><li>● Be able to describe the correct technique to others.</li></ul>	<ul style="list-style-type: none"><li>● Understand how to improve in different physical activities and sport and discuss with others.</li></ul>
<b>Measuring and Improving</b>	<ul style="list-style-type: none"><li>● Copy actions and ideas and use the information to improve their skills.</li><li>● Identify good technique and justify why it is good.</li><li>● Use actions and ideas they have seen to improve their own skills.</li></ul>	<ul style="list-style-type: none"><li>● Where appropriate, independently measure performance and set targets to improve.</li></ul>	<ul style="list-style-type: none"><li>● Develop an understanding of how to improve in different physical activities and sports.</li></ul>
<b>Leadership and Teamwork</b>	<ul style="list-style-type: none"><li>● Work individually and with others.</li><li>● Show good teamwork and sportsmanship when taking part in competitive throwing.</li></ul>	<ul style="list-style-type: none"><li>● Enjoy competing and performing with others.</li><li>● Communicate, collaborate and compete with others, following the rules of the game.</li></ul>	<ul style="list-style-type: none"><li>● Work effectively as part of a team, recognising success.</li><li>● Share ideas in small groups, working together to create a routine incorporating different elements.</li></ul>
<b>Reciprocal Teaching</b>			<ul style="list-style-type: none"><li>● Engage in reciprocal teaching, taking turns to teach each other a new skill or tactic.</li></ul>



## Swimming Progression Overview

	<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
<b><u>Swimming</u></b>			<p><b>Low attainers</b>            Can they swim between 25 and 50 metres unaided?            Can they keep swimming for 30 to 45 seconds, using swimming aids and support?            Can they use a variety of basic arm and leg actions when on their front and on their back?            Can they swim on the surface and lower themselves under water?            Can they take part in group problem-solving activities on personal survival?            Do they recognise how their body reacts and feels when swimming?            Can they recognise and concentrate on what they need to improve?</p> <p><b>Middle attainers</b>            Can they swim between 50 and 100 metres and keep swimming for 45 to 90 seconds?            Do they use 3 different strokes, swimming on their front and back?            Can they control their breathing?            Can they swim confidently and fluently on the surface and under water?</p>		<p><b>Low attainers</b>            Can they swim between 25 and 50 metres unaided?            Can they keep swimming for 30 to 45 seconds, using swimming aids and support?            Can they use a variety of basic arm and leg actions when on their front and on their back?            Can they swim on the surface and lower themselves under water?            Can they take part in group problem-solving activities on personal survival?            Do they recognise how their body reacts and feels when swimming?            Can they recognise and concentrate on what they need to improve?</p> <p><b>Middle attainers</b>            Can they swim between 50 and 100 metres and keep swimming for 45 to 90 seconds?            Do they use 3 different strokes, swimming on their front and back?            Can they control their breathing?            Can they swim confidently and fluently on the surface and under water?</p>	



Do they work well in groups to solve specific problems and challenges, sharing out the work fairly?  
Do they recognise how swimming affects their body, and pace their efforts to meet different challenges?  
Can they suggest activities and practices to help improve their own performance?

**High attainers**

Can they swim further than 100 metres?  
Can they swim fluently and confidently for over 90 seconds?  
Do they use all 3 strokes with control?  
Can they swim short distances using butterfly?  
Do they breathe so that the pattern of their swimming is not interrupted?  
Can they perform a wide range of personal survival techniques confidently?  
Do they know what the different tasks demand of their body, and pace their efforts well to meet challenges?  
Can they describe good swimming technique and show and explain it to others?

Do they work well in groups to solve specific problems and challenges, sharing out the work fairly?  
Do they recognise how swimming affects their body, and pace their efforts to meet different challenges?  
Can they suggest activities and practices to help improve their own performance?

**High attainers**

Can they swim further than 100 metres?  
Can they swim fluently and confidently for over 90 seconds?  
Do they use all 3 strokes with control?  
Can they swim short distances using butterfly?  
Do they breathe so that the pattern of their swimming is not interrupted?  
Can they perform a wide range of personal survival techniques confidently?  
Do they know what the different tasks demand of their body, and pace their efforts well to meet challenges?  
Can they describe good swimming technique and show and explain it to others?