

PE: Progression and End Points at Foundry Lane Primary School



Curriculum Area Dance

By the end of the year learners will know and can:

Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Moving in time to happy and sad music</p> <p>Experiment with different ways of moving</p> <p>Experiment with actions at different levels</p> <p>Moving around as different characters or animals to music</p> <p>LCP Dance: At the Park LCP Dance: Bear Hunt</p>	<p>Listen to the music and being to move in time</p> <p>Perform basic dance movements</p> <p>Perform dance movements showing some levels</p> <p>Perform basic dance travelling movements eg stepping, skipping, jumping</p> <p>Perform simple dance moves with some control</p> <p>LCP Dance: Ourselves, Great Fire of London and weather and Season</p>	<p>Move in time to the music showing some expression</p> <p>Perform dance movements with control</p> <p>Perform dance movements showing a variety of levels</p> <p>Perform dance movements travelling in different directions eg sliding, turning</p> <p>Remember simple dance steps, perform with control to the music</p> <p>LCP Dance: Life cycles, Magic Toys Eye of the Tiger.</p>	<p>Collaborate to make a dance warm up</p> <p>Use a stimulus to create a dance</p> <p>Dance in unison with a partner</p> <p>Perform in a canon with a group</p> <p>Use some different levels and pathways</p> <p>PPP: Greatest Showman, PPP: Eco Warrior</p>	<p>Collaborate to make a dance warm up and take on a leadership role</p> <p>Respond imaginatively to a stimulus</p> <p>Dance in unison with a partner /group performing a range of movement patterns</p> <p>Perform in canon showing a range of movement patterns</p> <p>Perform a variety of levels and pathways in a dance</p> <p>LCP Dance: Divali and During the Blitz</p>	<p>Cooperate and collaborate to create a warm up displaying a variety of movement patterns</p> <p>Translate ideas from a stimulus showing control and fluency</p> <p>Dance in unison in a group keeping in time with each other</p> <p>Dance in canon showing good timing</p> <p>Perform using a variety of levels and using the space</p> <p>LCP Dance: The River and Life of the Nile</p>	<p>Cooperate, communicate and collaborate with a group to make a warm up with good rhythm and timing</p> <p>Translate ideas from a stimulus into movement showing expression, precision, control and fluency</p> <p>Dance in unison in a group showing good timing, energy and strength</p> <p>Dance in canon in a group showing good timing, energy and strength</p> <p>Use levels, travelling and space with timing and musicality</p> <p>LCP Dance: At the Olympics BBC: Street dance</p>

Curriculum Area Athletics

By the end of the year learners will know and can:

Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Marching/running for coordination</p> <p>Experiment with different ways of throwing under over arm</p> <p>Experiment with different ways of jumping measuring with various objects</p> <p>Working with friends in a team taking turns</p> <p>Leaping over cones, spots and throw down strips from standing</p> <p>PPP Indoor Athletics Ongoing Huff and Puff</p>	<p>Running/pumping arms at various speeds</p> <p>Throw a variety of objects with some accuracy</p> <p>Jumping, bending knees and pushing off – being competitive to improve distance as a pair</p> <p>Cooperate and compete in a team in various running games</p> <p>Leaping over throw down strips and low hurdles when moving</p> <p>PPP Indoor Athletics and Outdoor Athletics</p>	<p>Using arms and keeping head still when exploring running patterns</p> <p>Throw in the correct stance – Usan Bolt position</p> <p>Use arms to improve jumping techniques – beating their own score</p> <p>Compete in a team in various running/obstacle games and working together to improve team performance</p> <p>Leaping over hurdles beginning to compete against self and others.</p> <p>PPP Indoor Athletics and Outdoor Athletics</p>	<p>Begin to perform fast technique (face forward head still, arms pump hips to lips, speedy feet, trunk upright)</p> <p>Throw a javelin or vortex using correct stance rotating hips forward.</p> <p>Perform a hop, step and jump (standing triple jump) in isolation and combination.</p> <p>Develop running for distance in warm ups</p> <p>Develop relay change over techniques</p> <p>Run and take off over obstacles at some speed</p> <p>PPP Outdoor Athletics</p>	<p>Perform fast technique confidently when sprinting</p> <p>Throw javelin vortex with height and distance</p> <p>Perform hop step and jump standing triple jump</p> <p>Develop running for distance in warm ups increasing with each lesson</p> <p>Pass a relay baton with control with a partner in adapted games</p> <p>Run and jump over hurdles with speed and control</p> <p>PPP Outdoor Athletics</p>	<p>React quickly and accelerate over short distances</p> <p>Throw javelin/vortex/tennis ball using correct stance, rotating hips forward with good height and distance</p> <p>Perform a variety of jumps – long jump and triple jump and measure for distance</p> <p>Develop pace when running long distance</p> <p>Pass a relay baton with control and timing with a paired change over</p> <p>Run and jump over hurdles with fluency <i>(added to lesson 1 Running of LCP planning. Skill should already be embedded from previous years)</i></p> <p>LCP Athletics</p>	<p>Accelerate quickly with speed and control in movement – timed competitive races</p> <p>Throw a javelin/vortex/shot put safely, with accuracy and power</p> <p>Perform a jump for distance varying techniques to improve performance</p> <p>Develop long distance running – learning how to pace and show good technique</p> <p>Pass a relay baton in competitive situations (timed)</p> <p>Run and jump over hurdles with fluency and speed improving time to achieve a personal best. <i>(added to lesson 1 Running of LCP planning. Skill should already be embedded from previous years. Children need to achieve a personal best).</i></p> <p>LCP Athletics</p>

Curriculum Area OAA

By the end of the year learners will know and can:

Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
			<p>Use a key to follow a plan</p> <p>Communicate with peers to complete challenges</p> <p>Know the 8 points of the compass</p> <p>Identify what is at points on a grid using coordinates in the form letter number.</p> <p>Collaborate with members of a team to begin to solve problems.</p> <p>Develop leadership qualities while completing tasks as part of a team.</p> <p>LCP OAA</p>	<p>Use a key to accurately place things in the correct locations according to a plan.</p> <p>Develop different methods of communication to achieve a goal</p> <p>Give and follow directions using 8 points of the compass</p> <p>Use coordinates on a plan to place and locate objects</p> <p>Listen carefully and follow instructions given by team mates</p> <p>Lead a team to complete a task</p> <p>LCP OAA</p>	<p>Use a key to identify orienteering landmarks on a map</p> <p>Communicate and listen clearly to other members of the team to complete challenges in isolation</p> <p>Use compass directions to navigate around a grid</p> <p>Use four figure grid reference to read an OS map</p> <p>Work effectively as part of a team to complete a challenge</p> <p>Effectively lead a team to complete a task</p> <p>LCP OAA</p>	<p>Use a key to follow a route on an orienteering map</p> <p>Use clear and concise communication skills to complete a challenge</p> <p>Use compass directions to navigate around a familiar area</p> <p>Use six figure grid references to read and OS map</p> <p>Work as a team to ensure all members are able to complete a challenge at a competitive pace</p> <p>Effectively lead a team to complete a task and evaluate their own leadership skills</p> <p>LCP OAA</p>

Curriculum Area Gymnastics

By the end of the year learners will know and can:

Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Experiment with different shapes	Perform various shapes	Perform shapes with a strong body and control	Perform a variety of shapes with good control	Perform a variety of shapes with good control when performing various skills	Perform complex shapes with control and some flexibility	Perform complex shapes when performing sequences and skills with flexibility
Experiment with different jumps	Perform basic jump, straight and star jump	Perform jumps – straight , star and tuck with control and a strong body	Perform a straight jump with a half turn	Perform various jumps and develop travelling across the mat	Perform more complex jumps – tuck, pike and scissor kick.	Perform more complex jumps and travelling on and off apparatus, tuck, pike and leaps scissor kick and cat leaps
Experiment with different ways of rolling and small shapes	Perform a tuck rock and tuck roll and rocket roll with pointed toes	Perform a tuck rock, a tuck roll a forward roll and dish/arch roll	Perform a teddy bear roll	Teddy bear roll with partner or in group in sequence with pointed toes	Perform a T roll	Perform more complex jumps and travelling on and off apparatus, tuck, pike and leaps scissor kick and cat leaps
Experiment with balancing on different body parts	Perform a simple balance holding for three seconds	Perform a balance on one or more parts of the body	Perform point and patch balances	Perform a bunny hop across a mat run and onto/across low benches and apparatus	Perform symmetrical and asymmetrical balances	Side star roll, T roll (with pointed toes), backward rolls
Move along the floor in different ways eg sliding, rolling, stretching	Perform a bunny hop – hands first then feet	Perform a bunny hop – hands flat with straight arms	Perform a bunny hop across a mat run and onto/across low benches and apparatus	Perform matching and mirroring balance routines on apparatus	Link skills to create a sequence with fluency. Cooperate, communicate and collaborate with others.	Perform various balances, counter balance and counter tension
Show a start shape, middle and finish shape (beginning of a sequence)	Perform a basic sequence – roll, jump, roll	Perform a sequence on apparatus – roll, jump, balance,	Perform a short sequence on mats using levels, direction and control	Perform a bunny hop onto a variety of apparatus with control	Cartwheel on the floor using various apparatus	Inverted skills shoulder stand, cartwheel, teddy bear roll, headstand, handstand.
Moving on and off apparatus safely	LCP Unit 5: Gymnastics	Move on and off apparatus with strong body and control	LCP Unit 14: Gymnastics PPP Gymnastics	Perform a short sequence on mats and apparatus showing level, unison and pointed toes	LCP Unit 27: Gymnastics	LCP Unit 28: Gymnastics
LCP Gym Skills PPP Gymnastics		LCP Unit 6: Gymnastics		LCP Unit 15: Gymnastics PPP Gymnastics		

Curriculum Area Games: Striking and Hitting a ball

By the end of the year learners will know and can:

Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Hit a ball with a bat or racquet.</p> <p>Ongoing in Huff and Puff sessions</p>	<p>Use hitting skills in a game.</p> <p>Practise basic striking, sending and receiving.</p> <p>PPP Tennis KS1 PPP Cricket KS1</p>	<p>Strike or hit a ball with increasing control.</p> <p>Learn skills for playing striking and fielding games.</p> <p>Position the body to strike a ball.</p> <p>LCP Unit 4: Games Skills PPP Tennis KS1 PPP Cricket KS1</p>	<p>Demonstrate successful hitting and striking skills.</p> <p>Develop a range of skills in striking (and fielding where appropriate).</p> <p>Practise the correct batting technique and use it in a game.</p> <p>Strike the ball for distance.</p> <p>LCP Unit 12: Striking and Fielding</p>	<p>Use a bat, racquet or stick (hockey) to hit a ball or shuttlecock with accuracy and control.</p> <p>Accurately serve underarm.</p> <p>Build a rally with a partner.</p> <p>Use at least two different shots in a game situation.</p> <p>Use hand-eye coordination to strike a moving and a stationary ball.</p> <p>LCP unit 13: Net and Wall</p>	<p>Use different techniques to hit a ball.</p> <p>Identify and apply techniques for hitting a tennis ball.</p> <p>Explore when different shots are best used.</p> <p>Develop a backhand technique and use it in a game.</p> <p>Practise techniques for all strokes.</p> <p>Play a tennis game using an overhead serve.</p> <p>LCP Unit 26: Net and Wall (Tennis)</p>	<p>Hit a bowled ball over longer distances.</p> <p>Use good hand-eye coordination to be able to direct a ball when striking or hitting.</p> <p>Understand how to serve in order to start a game.</p> <p>LCP Unit 24: Invasion Games (Netball)</p>

Curriculum Area Games: Throwing and Catching

By the end of the year learners will know and can:

Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Roll equipment in different ways.</p> <p>Throw underarm.</p> <p>Throw an object at a target.</p> <p>Catch equipment using two hands.</p> <p>Ongoing in Huff and Puff sessions</p> <p>Indoor Athletics</p>	<p>Throw underarm and overarm.</p> <p>Catch and bounce a ball.</p> <p>Use rolling skills in a game.</p> <p>Practise accurate throwing and consistent catching.</p> <p>LCP Unit 3: Games Skills PPP Tennis KS1 PPP Cricket KS1</p>	<p>Throw different types of equipment in different ways, for accuracy and distance.</p> <p>Throw, catch and bounce a ball with a partner.</p> <p>Use throwing and catching skills in a game.</p> <p>Throw a ball for distance.</p> <p>Use hand-eye coordination to control a ball.</p> <p>Vary types of throw used.</p> <p>LCP Unit 4: Games Skills PPP Tennis KS1 PPP Cricket KS1</p>	<p>Throw and catch with greater control and accuracy.</p> <p>Practise the correct technique for catching a ball and use it in a game.</p> <p>Perform a range of catching and gathering skills with control.</p> <p>Catch with increasing control and accuracy.</p> <p>Throw a ball in different ways (e.g. high, low, fast or slow).</p> <p>Develop a safe and effective overarm bowl.</p> <p>LCP Unit 10: Invasion Games 1 LCP Unit 12: Striking and fielding PPP: Rounders</p>	<p>Develop different ways of throwing and catching.</p> <p>PPP: Basketball PPP: Outdoor Athletics</p>	<p>Consolidate different ways of throwing and catching, and know when each is appropriate in a game.</p> <p>PPP: Tag Rugby PPP: Dodgeball PPP: Handball LCP Unit 25: Cricket</p>	<p>Throw and catch accurately and successfully under pressure in a game.</p> <p>LCP Unit 24: Netball PPP: Dodgeball PPP: Handball LCP Unit 25: Rounders</p>

Curriculum Area Games: Travelling with a Ball

By the end of the year learners will know and can:

Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Move a ball in different ways, including bouncing and kicking.</p> <p>Use equipment to control a ball.</p> <p>Ongoing in Huff and Puff sessions</p>	<p>Travel with a ball in different ways.</p> <p>Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency.</p> <p>LCP Games 3 PPP Football Y1</p>	<p>Bounce and kick a ball whilst moving.</p> <p>Use kicking skills in a game.</p> <p>Use dribbling skills in a game.</p> <p>LCP Games 4 PPP Football Y2</p>	<p>Move with the ball in a variety of ways with some control.</p> <p>Use two different ways of moving with a ball in a game.</p> <p>LCP Unit 10: Invasion Games 1 LCP Unit 12: Striking and fielding PPP: Tag Rugby</p>	<p>Move with the ball using a range of techniques showing control and fluency.</p> <p>LCP Unit 11: Invasion Games PPP: Quick Sticks Hockey PPP: Basketball</p>	<p>Use a variety of ways to dribble in a game with success.</p> <p>Use ball skills in various ways, and begin to link together.</p> <p>LCP Unit 23: Invasion Games (Football) PPP: Tag Rugby PPP: Handball</p>	<p>Show confidence in using ball skills in various ways in a game situation, and link these together effectively.</p> <p>LCP Unit 24: Invasion Games (Netball) PPP: Football PPP: Handball</p>

Curriculum Area Games: Passing a ball

By the end of the year learners will know and can:

Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Kick an object at a target.</p> <p>Ongoing in Huff and Puff sessions</p>	<p>Pass the ball to another player in a game.</p> <p>Use kicking skills in a game.</p> <p>LCP Games 3 PPP Football Y1</p>	<p>Know how to pass the ball in different ways.</p> <p>LCP Games 4 PPP Football Y2</p>	<p>Pass the ball in two different ways in a game situation with some success.</p> <p>LCP Unit 10: Invasion Games 1 LCP Unit 12: Striking and fielding PPP: Tag Rugby PPP: Dodgeball</p>	<p>Pass the ball with increasing speed, accuracy and success in a game situation.</p> <p>LCP Unit 11: Invasion Games LCP Unit 13: Net and Wall PPP: Quick Sticks Hockey PPP: Basketball</p>	<p>Pass a ball with speed and accuracy using appropriate techniques in a game situation.</p> <p>LCP Unit 23: Invasion Games (Football) PPP: Dodgeball PPP: Tag Rugby PPP: Handball</p>	<p>Choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move.</p> <p>LCP Unit 24: Invasion Games (Netball) PPP: Football PPP: Quicksticks PPP: Dodgeball PPP: Handball</p>

Curriculum Area Games: Possession

By the end of the year learners will know and can:

Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
			Know how to keep and win back possession of the ball in a team game. LCP Unit 10: Invasion Games 1 LCP Unit 12: Striking and fielding PPP: Tag Rugby PPP: Dodgeball	Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game. LCP Unit 11: Invasion Games PPP: Quick Sticks Hockey PPP: Basketball	Keep and win back possession of the ball effectively in a team game. LCP Unit 23: Invasion Games (Football) PPP: Dodgeball PPP: Tag Rugby PPP: Handball	Keep and win back possession of the ball effectively and in a variety of ways in a team game. LCP Unit 24: Invasion Games (Netball) PPP: Football PPP: Quicksticks PPP: Dodgeball PPP: Handball

Curriculum Area Games: Using Space

By the end of the year learners will know and can:

Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Move safely around the space and equipment. Travel in different ways, including sideways and backwards. Ongoing in Huff and Puff sessions LCP: Sense of Space	Use different ways of travelling in different directions or pathways. Run at different speeds. Begin to use space in a game. LCP Games 3 PPP Athletics KS1 PPP Football Y1 PPP Tennis KS1 PPP Cricket KS1	Use different ways of travelling at different speeds and following different pathways, directions or courses. Change speed and direction whilst running. Begin to choose and use the best space in a game. LCP Games 4 PPP Athletics KS1 PPP Football Y2 PPP Tennis KS1 PPP Cricket KS1	Find a useful space and get into it to support teammates. LCP Unit 10: Invasion Games 1 LCP Unit 12: Striking and fielding PPP: Tag Rugby PPP: Dodgeball PPP: Rounders	Make the best use of space to pass and receive the ball. LCP Unit 11: Invasion Games PPP: Quick Sticks Hockey PPP: Basketball	Demonstrate an increasing awareness of space. LCP Unit 23: Invasion Games (Football) PPP: Dodgeball PPP: Tag Rugby PPP: Handball LCP Unit 25: Striking and Fielding (Cricket)	Demonstrate a good awareness of space. LCP Unit 24: Invasion Games (Netball) PPP: Football PPP: Quicksticks PPP: Dodgeball PPP: Handball LCP Unit 25: Striking and Fielding (Rounders)

Curriculum Area Games: Attacking and Defending

By the end of the year learners will know and can:

Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Play a range of chasing games.</p> <p>Ongoing in Huff and Puff sessions</p>	<p>Begin to use the terms attacking and defending.</p> <p>Use simple defensive skills such as marking a player or defending a space.</p> <p>Use simple attacking skills such as dodging to get past a defender.</p> <p>LCP Games 3 PPP Football Y1</p>	<p>Begin to use and understand the terms attacking and defending.</p> <p>Use at least one technique to attack or defend to play a game successfully.</p> <p>LCP Games 4 PPP Football Y2</p>	<p>Use simple attacking and defending skills in a game.</p> <p>Use fielding skills to stop a ball from travelling past them.</p> <p>LCP Unit 10: Invasion Games 1 PPP: Tag Rugby PPP: Dodgeball</p>	<p>Use a range of attacking and defending skills and techniques in a game.</p> <p>Use fielding skills as an individual to prevent a player from scoring.</p> <p>LCP Unit 11: Invasion Games PPP: Quick Sticks Hockey PPP: Basketball</p>	<p>Choose the best tactics for attacking and defending.</p> <p>Shoot in a game.</p> <p>Use fielding skills as a team to prevent the opposition from scoring.</p> <p>LCP Unit 23: Invasion Games (Football) PPP: Dodgeball PPP: Tag Rugby PPP: Handball LCP Unit 25: Striking and Fielding (Cricket)</p>	<p>Think ahead and create a plan of attack or defence.</p> <p>Apply knowledge of skills for attacking and defending.</p> <p>Work as a team to develop fielding strategies to prevent the opposition from scoring.</p> <p>LCP Unit 24: Invasion Games (Netball) PPP: Football PPP: Quicksticks PPP: Dodgeball PPP: Handball LCP Unit 25: Striking and Fielding (Rounders)</p>

Curriculum Area Games: Tactics and Rules

By the end of the year learners will know By the end of the year learners can (edit)

Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year
<p>Follow simple rules.</p> <p>Ongoing in Huff and Puff sessions.</p>	<p>Follow simple rules to play games, including team games.</p> <p>LCP Games 3 PPP Football Y1 PPP Tennis KS1 PPP Cricket KS1</p>	<p>Understand the importance of rules in games.</p> <p>LCP Games 4 PPP Football Y2 PPP Tennis KS1 PPP Cricket KS1</p>	<p>Apply and follow rules fairly.</p> <p>Understand and begin to apply the basic principles of invasion games.</p> <p>Know how to play a striking and fielding game fairly.</p> <p>LCP Unit 10: Invasion Games 1 PPP: Tag Rugby LCP Unit 12: Striking and Fielding PPP: Dodgeball PPP: Rounders</p>	<p>Vary the tactics they use in a game.</p> <p>Adapt rules to alter games.</p> <p>LCP Unit 11: Invasion Games LCP Unit 13: Net and Wall (Tennis) PPP: Quick Sticks Hockey PPP: Basketball</p>	<p>Know when to pass and when to dribble in a game.</p> <p>Devise and adapt rules to create their own game.</p> <p>LCP Unit 23: Invasion Games (Football) PPP: Dodgeball PPP: Tag Rugby PPP: Handball LCP Unit 25: Striking and Fielding (Cricket)</p>	<p>Follow and create complicated rules to play a game successfully.</p> <p>Communicate plans to others during a game.</p> <p>Lead others during a game.</p> <p>P Unit 24: Invasion Games (Netball) PPP: Football PPP: Quicksticks PPP: Dodgeball PPP: Handball LCP Unit 25: Striking and Fielding (Rounders)</p>

