

PE – Lower Key Stage 2 Progressive statements

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

	Games	Dance	Gymnastics	Athletics	Swimming	Outdoor and adventurous activities
Year 3	<ul style="list-style-type: none"> • I can throw and catch various objects / balls with control and accuracy. • I follow rules of games and play fairly • I can maintain possession of a ball (eg: feet, hockey stick, hands) • I can pass to teammates when appropriate • I can hold a tennis racket correctly • I can perform an underarm swing • I can hit a ball back in the direction it came from • I can use the correct stance for a forehand • I bring my racquet from low to high when playing a forehand • I can attempt an underarm rally with a partner over a short distance • I can throw and catch a tennis ball • I can hold a cricket bat correctly • I can hold a rounders bat correctly • I can hit a ball when it is bowled for me • I can perform a defending strike with a cricket bat • I can develop fielding strategies • I can throw and catch various 	<ul style="list-style-type: none"> • I can refine movements into sequences • I can change speed and level within a performance • I can develop suppleness through stretching • I can perform elements of a routine by myself, with a partner and as part of a larger group 	<ul style="list-style-type: none"> • I can refine movements into sequences • I can show changes of direction, speed and level during a performance • I can swing and hang from equipment safely using hands • I can roll forwards and backwards competently and confidently • I can support my body weight using different body parts • I can perform balances of increasing difficulty for a count of 5 • I can hold a headstand with tucked knees 	<ul style="list-style-type: none"> • I can sprint over a short distance up to 60m • I can use a range of throwing techniques (underarm / overarm) • I can compete with others • I can improve personal best performances • I can use my arms effectively when I run • I can understand how to maximise the height/distance I can jump • I can compete with others • I can improve personal best performances 	<ul style="list-style-type: none"> • I can swim unaided up to 25 metres. • I can use one basic stroke • I can control leg and arm movements 	<ul style="list-style-type: none"> • I can arrive properly equipped for an OAA • I understand the need to manage risks • I can support others • I can seek support when I need it • I can orientate a map

	<p>objects/balls with control and accuracy (chest pass, overhead pass, bounce pass, across body pass)</p> <ul style="list-style-type: none"> • I follow rules of games and play fairly • I can maintain possession of a ball when faced with opposition (e.g. feet, hockey stick, hands) • I can pass to teammates when appropriate in a pressured situation • I can contribute in both defence and attack to help my team 					
Year 4	<ul style="list-style-type: none"> • I can strike a ball and field with control • I can choose appropriate tactics to cause problems for the opposition • I am an effective team member • I can lead a team effectively • I can bounce a ball on my tennis racket, keeping it under control • I can hit a tennis ball at a fixed target accurately using a forehand technique • I can return a thrown tennis ball over a net • I can move my feet into a position that helps me hit the ball accurately • I can rally with a partner for over 20 shots • I can begin to understand the rules and can play a game of mini tennis. • I can accurately throw underarm • I can hit a ball when it is bowled at me • I can tactically arrange fielders 	<ul style="list-style-type: none"> • I can plan, perform and repeat sequences • I can move in a clear, fluent and expressive manner • I can create dances and movements that convey a clear idea • I can develop physical strength by practicing moves • I can improvise freely on my own and with a partner 	<ul style="list-style-type: none"> • I can plan, perform and repeat sequences • I can move in a clear, fluent and expressive manner • I can travel in a variety of ways (eg: flight by transferring weight to generate power in movement) • I understand centre and gravity and can use this to create interesting body shapes • I can perform a headstand with my legs outstretched • I can perform a cartwheel safely 	<ul style="list-style-type: none"> • I can run over a longer distance, conserving energy to sustain performance • I can throw with accuracy to hit a target or cover a distance eg javelin • I can jump in a number of ways, using a run up if appropriate • I can compete with others and aim to improve personal best performances • I can use the scissors kick technique when performing a high jump • I can pass a relay baton face to face and one behind the other • I can combine sprinting with low hurdles over 60m 		<ul style="list-style-type: none"> • I can lead a team • I am an effective team member • I show resilience when plans do not work • I use my initiative to try new ways of working • I can use a compass and digital devices to orientate myself • I remain aware of changing conditions and change plans if necessary

- I can work as part of a defensive team to catch and stump attacking players out
- I can understand a basic version of the rules for rounders and cricket
- can choose appropriate tactics to cause problems for the opposition
- I can pass and receive across a range of sports with increasing confidence
- I am an effective team member and understand the different roles of different positions within the team
- I can lead a team effectively
- I can travel confidently and at speed with the ball towards my opponents goal using changes of speed and direction to attempt to go past defenders
- I work hard to find space in game situations so as to be available for my team mates to pass to me