

Progression ladder PE

UKS2	I can swim 25m unaided and perform self-rescue if needed.
	I can orientate myself with confidence and accuracy around an orienteering course when under pressure using navigation equipment.
Gymnastics	I can complete forward and backward rolls to and from straddle, pike and dive positions
	I can confidently use equipment to vault and incorporate this into sequences.
	I can perform jumps, shapes and balances fluently and with control.
Dance	I can dance with fluency and control, linking all movements and ensuring that transitions flow.
	I can compose individual, partner and group dances that reflect the chosen dance style.
Games	I can hit a bowled ball over longer distances whilst being able to direct a ball when striking or hitting.
	I can move with the ball in a game using a range of techniques showing control and fluency.
	I can accurately throw a ball overarm and catch with one hand.
Athletics	I can choose the most appropriate pace for running and run and jump over a hurdle using a preferred leg.
	I can perform an effective standing long jump.
	I can understand why exercise is good for health, fitness and wellbeing.
LKS2	I can confidently enter the water
Gymnastics	I can complete forward and backward rolls
	I can use equipment to vault in a variety of ways.
	I can link combinations of gymnastic actions with increasing confidence, including changes of direction, speed or level.
Dance	I can perform longer dances individually and with a partner.
	I can perform with some awareness of rhythm and expression.
Games	I can use a bat and a stick to hit a ball or shuttlecock with accuracy and control.
	I can use kicking and dribbling skills in a game
	I can accurately throw a ball underarm and catch a small ball with two hands.
Athletics	I can use one and two feet to take off and to land with when jumping.
	I can speed up and slow down smoothly when running and take part in changeovers in a relay.
	I can explain why it is important to warm up and cool down.

KS1	I can take part in outdoor adventurous activities
Gymnastics	I can hold a still shape whilst balancing on different points of the body.
	I can travel in a variety of ways, including rolling (teddy bear and log roll).
Dance	I can copy, remember and repeat dance actions.
	I can move in time to music
Games	I can travel with a ball in different directions (side to side, forwards and backwards) with control and fluency.
	I can throw, catch and bounce a ball with a partner.
	I can strike or hit a ball with increasing control.
Athletics	I can jump for distance from a standing position with accuracy and control.
	I can run at different paces and use different length strides
	I can explain what I need to stay healthy.
EYFS	I can move energetically in different ways.
	I can begin to balance with control.
	I can jump lifting two feet in the air.
	I can run, safely negotiating space
	I can catch equipment using two hands
	I can describe how the body feels when still and when exercising.