
St George's Central CE Primary School and Nursery

Progression in PE: Curriculum Statements

EYFS	KS1	KS2
<p><u>2 – 3 year olds</u></p> <ul style="list-style-type: none">• I can walk, run, jump and climb.• I can kick a ball• I can jump with both feet off the ground at the same time. <p><u>3 – 4 year olds</u></p> <ul style="list-style-type: none">• I can run confidently, changing direction quickly when needed.• I can climb confidently, using alternate feet.• I can catch a large ball.• I can pedal a tricycle.• I can hop and skip.• Match their developing physical skills to the tasks and activities in the setting e.g. they decide whether to crawl, walk or run across a plank depending on it's length and width. <p><u>Reception</u></p> <ul style="list-style-type: none">• Revise and refine the fundamental movement skills they have already aquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing.• Progress towards a more fluent style of moving, with developing control and grace.• Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.	<ul style="list-style-type: none">• I can master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.• I can participate in team games, developing simple tactics for attacking and defending.• I can perform dances using simple movments.	<ul style="list-style-type: none">• I can use running, jumping, throwing and catching in isolation and combination.• I can play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.• Develop flexibility, strength, technique, control and balance.• I can perform dances using a range of movement patterns.• I can take part in outdoor and adventurous activity challenges both individually and within a team.• Compare their performances with previous ones and demonstrate improvement to achieve their personal best.• I can swim competently, confidently and proficiently over a distance of at least 25 metres.• I can use a range of strokes effectively.• I can perform safe self-rescue in different water-based situations.

'Never settle for less than your best'

<ul style="list-style-type: none">• I can combine different movements with ease and fluency.• I can confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.• Develop overall body strength and agility.• Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming.		
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Above are taken from the national curriculum and EYFS statements for PE, including those for swimming.

To ensure a cohesive and progressive curriculum, these statements have been broken down into curriculum objectives for both outdoor and indoor PE.

These statements can be found below.

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Progression in PE: Curriculum Objectives

Outdoor PE

Athletics				
Nursery	Reception	Year 1/Year 2	Year 3/Year 4	Year 5/Year 6
<p><u>2 – 3 year olds</u></p> <ul style="list-style-type: none"> I can run. I can jump with both feet off the ground. <p><u>3 – 4 year olds</u></p> <ul style="list-style-type: none"> I can climb confidently. I can run confidently, changing direction quickly when needed. 	<ul style="list-style-type: none"> Revise and refine running skills. Revise and refine climbing skills. 	<ul style="list-style-type: none"> I can move and stop safely. I can show control when balancing. I can show control when moving. I can discuss differences in technique. 	<ul style="list-style-type: none"> I can change speed and direction. I can run at different speeds. 	<ul style="list-style-type: none"> I can combine running and jumping. I can show control when taking off/landing.
Throwing and Catching				
Nursery	Reception	Year 1/Year 2	Year 3/Year 4	Year 5/Year 6
<p><u>2 – 3 year olds</u></p> <ul style="list-style-type: none"> Enjoy throwing without direction. <p><u>3 – 4 year olds</u></p> <ul style="list-style-type: none"> Beginning to throw with some direction. I can catch a large ball. 	<ul style="list-style-type: none"> I can throw a ball with direction. I can catch a ball. 	<ul style="list-style-type: none"> I can throw and kick in different ways. I can throw and catch with both hands. I can throw underarm. 	<ul style="list-style-type: none"> I can throw and catch with control. I can catch with one hand. I can throw accurately with both hands. 	<ul style="list-style-type: none"> I can pass in different ways. I can pass dribble and shoot in different ways.

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Striking and Fielding				
Nursery	Reception	Year 1/Year 2	Year 3/Year 4	Year 5/Year 6
<p><u>2 – 3 year olds</u></p> <ul style="list-style-type: none"> I can kick a ball. <p><u>3 – 4 year olds</u></p> <ul style="list-style-type: none"> Beginning to kick a ball with some direction. 	<ul style="list-style-type: none"> Develop and refine ball skills including passing and batting. I can kick a ball with some direction. 	<ul style="list-style-type: none"> I can throw and kick in different ways. I can hit a ball with a bat. Use catching skills in a game. 	<ul style="list-style-type: none"> I can hit a ball with control. I can throw accurately in different ways. 	<ul style="list-style-type: none"> I can use forehand and backhand shots. I can throw, catch and field accurately. I can umpire/ Referee a game.
Invasion Games				
Nursery	Reception	Year 1/Year 2	Year 3/Year 4	Year 5/Year 6
		<ul style="list-style-type: none"> I can follow rules. I can use a tactic to help me in a game. I can find and use space during a game. 	<ul style="list-style-type: none"> I know and use rules fairly. I can use space within a game. I show awareness of space. I can vary tactics and skills to suit a game. I can keep possession. 	<ul style="list-style-type: none"> I can use tactics to attack and defend. I can lead others in a game situation. I can play fairly and to agreed rules. I can gain possession working in a team. I can make a team and communicate plans.

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Indoor PE

Personal				
Nursery	Reception	Year 1/Year 2	Year 3/Year 4	Year 5/Year 6
<p><u>2 – 3 year olds</u></p> <ul style="list-style-type: none"> I can express preferences and decisions. <p><u>3 – 4 year olds</u></p> <ul style="list-style-type: none"> I can use resources independently. 	<ul style="list-style-type: none"> I enjoy trying new activities and trying my best. 	<ul style="list-style-type: none"> I enjoy working on simple tasks with help. I can follow instructions, practise safely and work in tasks independently. I try several times if at first I don't succeed. 	<ul style="list-style-type: none"> I try several times if at first I don't succeed. I know where I am with my learning and can begin to challenge myself. I cope well and react positively when challenged. 	<ul style="list-style-type: none"> I cope well and react positively when things become difficult. I can persevere with a task and improve my performance. I never settle for less than my best.
Social				
Nursery	Reception	Year 1/Year 2	Year 3/Year 4	Year 5/Year 6
<p><u>2 – 3 year olds</u></p> <ul style="list-style-type: none"> I can engage with others through gestures, gaze and talk. <p><u>3 – 4 year olds</u></p> <ul style="list-style-type: none"> I can share resources with others. 	<ul style="list-style-type: none"> I can be respectful and work well with others. 	<ul style="list-style-type: none"> I can play with others, take turns and share. I can work sensibly with others. I can help, praise and encourage others in their learning. 	<ul style="list-style-type: none"> I can help, praise and encourage others in their learning. I show patience and support others. I listen carefully to my team mates. I am happy to show my ideas. 	<ul style="list-style-type: none"> I cooperate well with others and give helpful feedback. I help organise roles and responsibilities. I can guide a small group through a task.
Cognitive				
Nursery	Reception	Year 1/Year 2	Year 3/Year 4	Year 5/Year 6
<p><u>2 – 3 year olds</u></p> <ul style="list-style-type: none"> I can follow some direction. <p><u>3 – 4 year olds</u></p> <ul style="list-style-type: none"> I can understand and follow some simple directions. 	<ul style="list-style-type: none"> I can follow simple rules and help to work out problems. 	<ul style="list-style-type: none"> I can follow simple instructions. I can understand and follow simple rules. I can name things I am good at. I can order instructions, movements and skills. 	<ul style="list-style-type: none"> I can understand simple tactics of attack and defence. I can explain what I am doing and the reason for decisions. I have begun to identify areas for improvement. 	<ul style="list-style-type: none"> I can understand ways to judge performance. I can identify specific improvements. I use awareness of space. I can make good decisions and explain these to team mates.

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Creative				
Nursery	Reception	Year 1/Year 2	Year 3/Year 4	Year 5/Year 6
<p><u>2 – 3 year olds</u></p> <ul style="list-style-type: none"> I can move and stamp to music. <p><u>3 – 4 year olds</u></p> <ul style="list-style-type: none"> I can move and dance to music, making up my own movements. 	<ul style="list-style-type: none"> I can move in time to music in my own way. 	<ul style="list-style-type: none"> I can observe and copy others. I can explore and describe simple movements. I can compare my movements and skills with others. 	<ul style="list-style-type: none"> I can compare my movements and skills . I can make up my own rules and versions of a game. I respond differently to a variety of tasks and music. 	<ul style="list-style-type: none"> I can link actions and develop sequences that express my own ideas. I can change tactics, rules or tasks to make activities more fun or more challenging. I can identify ways to improve performance.
Physical				
Nursery	Reception	Year 1/Year 2	Year 3/Year 4	Year 5/Year 6
<p><u>2 – 3 year olds</u></p> <ul style="list-style-type: none"> I can practice large movements using my whole body. <p><u>3 – 4 year olds</u></p> <ul style="list-style-type: none"> I can use patterns of movements with my whole body. 	<ul style="list-style-type: none"> I am beginning to move fluently. 	<ul style="list-style-type: none"> I can move confidently in several ways. I can perform a single skill with control. I can perform a range of skills and link two together. I can perform a sequence with control. 	<ul style="list-style-type: none"> I can perform a sequence with control. I can perform longer sequences with clear shapes. I can select and apply a range of skills with control and consistency. 	<ul style="list-style-type: none"> I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow. I can identify ways to improve performance.
Health and Fitness				
Nursery	Reception	Year 1/Year 2	Year 3/Year 4	Year 5/Year 6
<p><u>2 – 3 year olds</u></p> <ul style="list-style-type: none"> I like being physical. <p><u>3 – 4 year olds</u></p> <ul style="list-style-type: none"> I know being physical is good for me. 	<ul style="list-style-type: none"> I can talk about what physical activity I like doing and know it is good for me. 	<ul style="list-style-type: none"> I am aware of changes to how I feel during exercise. I am aware that exercise is important for my health. I can say how my body feels before, during and after exercise. 	<ul style="list-style-type: none"> I can say how my body feels before, during and after exercise. I can describe why my body changes during exercise. I can explain the need to warm up and cool down. 	<ul style="list-style-type: none"> I can describe the basic fitness components. I can explain how long I need to exercise for to stay healthy. I can record and monitor how hard I am working.
Swimming		OAA		
Year 3/4		Year 5/6		
<ul style="list-style-type: none"> I can swim 25 metres safely. I can swim 25m in a range of strokes. I have a knowledge of water safety. 		<ul style="list-style-type: none"> I can change my route when needed. I can navigate using clues/ a compass. I can follow a map in an unknown location 		

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