



**Mary Dean's C of E Primary School Progression of skills**



FS/Reception	YEAR 1	YEAR 2	YEARS 3 & 4	YEARS 5 & 6	Beyond Yr 6
I can copy steps and actions with some control and co-ordination	I can copy and explore basic body patterns and movements	I can perform with control and co-ordination	I can improvise freely on my own and with a partner	I can demonstrate precision, control and fluency in response to stimuli	I can perform and create motifs in a variety of dance styles with accuracy and consistency
I can link individual and whole body movements together	I can remember simple dance steps and perform them in a controlled manner	I can respond imaginatively to a variety of stimuli	I can translate ideas from a variety of stimuli into movement	I can vary dynamics and develop actions with a partner or as part of a group	I can select and use a wide range of compositional skills to demonstrate ideas and translate into performance
I can watch others work and choose actions	I can choose actions and link them with sounds and music	I can vary the dynamics, levels, speed and direction of my phrase/motif	I can compare, develop and adapt movement motifs to create longer dances. I can use dance vocabulary to compare and improve my work	I can link phrases and motifs to create a wide performance. I continually demonstrate rhythm and spatial awareness	I can suggest ways to improve quality of performance showing sound knowledge and understanding
I can recognise how to move in space and I can talk about ways to keep healthy	I can safely perform teacher led warm-ups and can describe and discuss others work	I can discuss my own and others work with simple vocabulary. I understand the need for warm up and cool down	I understand how to work safely, I recognise changes in my body, I can give reasons why PE is good for my health	I can modify my performance and that of others. I can organise myself to warm up safely	I can lead my own and others to warm up safely

Assessment in Dance

# Assessment in Gymnastics



FS/Reception	YEAR 1	YEAR 2		YEARS 3 AND 4	YEARS 5 AND 6	Beyond Yr 6
I can copy individual and whole body movements with some control and co-ordination.	I can copy and explore basic gymnastics actions with some control and co-ordination.	I can copy, remember, explore and repeat a variety of basic gymnastics actions with control and co-ordination.		I can copy, remember, explore and repeat gymnastics actions with consistent control, co-ordination, quality and clarity.	I can copy, remember, explore and repeat increasingly complex gymnastics actions with some control, co-ordination, quality and clarity.	I can explore and perform some complex gymnastics actions with consistent control, co-ordination, quality and clarity.
I can link individual and whole body movements together.	I can select and link basic gymnastics actions together.	I can select and link basic gymnastics actions into fluent short movement phrases.		I can select and link gymnastics actions fluently into longer movement phrases and can apply basic compositional ideas.	I can select and link increasingly complex gymnastics actions fluently into individual, pair and group sequences and can apply a variety of compositional ideas.	I can select and link complex gymnastics actions fluently into individual, pair and group sequences and can apply a variety of more complex compositional ideas showing originality.
I can watch others work.	I can watch and discuss my own and others work.	I can identify and describe the difference between my own and others work.		I can describe my own and others work noting similarities and differences and I can make suggestions for improvements.	I can identify and act upon criteria to refine, improve and modify gymnastics actions and sequences.	I can analyse gymnastics actions and sequences and suggest ways to improve quality of performance showing sound knowledge and understanding.
I can recognise and negotiate space and I can handle small and/or low apparatus safely I can talk about ways to keep healthy.	I can safely perform a teacher led warm-up and cool down and I can use space safely showing an awareness of others.	I can handle large apparatus safely and I can explain the need for a warm up and cool down recognising what is happening to my body during exercise.		I can work safely, handling a range of hand, small and large apparatus and I can recognise changes in my body giving reasons why PE is good for health	I can demonstrate specific aspects of warm-up and cool down and describe the effects of exercise on the body.	I can lead myself and others to warm up and cool down safely and appropriately for gymnastics activities.





# Assessment in Games

FS/Reception	YEAR 1	YEAR 2	YEARS 3 AND 4	YEARS 5 AND 6	Beyond Yr 6
I can stop a ball with some control	I can stop a ball with basic control	I can stop / catch / strike a ball with control and accuracy	I can control, strike, catch a ball whilst moving and keep possession with some accuracy	I can control, catch, send and receive a ball accurately whilst moving and keeping to the rules.	I can control movement with a ball in an opposed situation whilst moving
I can send a ball in the direction of another person	I can send a ball in the direction of another person and collect a ball	I can pass a ball to someone else and receive a ball when moving	I can accurately pass to someone else and am aware of space and how to use it. I can choose simple tactics for sending and defending.	I can move with a ball in opposed situations (quicksticks/ football) and attack and defend in a small sided game.	I can combine accurate passing skills / techniques in games
I can often control a ball on my own	I can take part in sending and receiving activities with a partner	I can take part in conditioned games with opponents	I am beginning to influence the conditioned games with opponents. I can describe what others do well	I can take part in a conditioned game with an understanding of tactics and rules and use this to help improve performance	I can advise and help others in their techniques in a game
I can move with a ball in space safely and can talk about ways to keep healthy	I can talk about exercising, safety and short term effects of exercise	I understand about exercising, being safe and the short term effects of exercise	I can talk about why it is important to warm up / cool down and lead a partner through short warm up routines	I understand and can use principles of exercise activities for warming up and recognise how exercise is good for health.	I understand and can explain the short term effects of exercise, warming up and cooling down. I understand and can explain long term effects of exercise.



# Assessment in Athletics



YEARS 3 & 4	YEARS 5 & 6
I can run at a speed appropriate to the distance I am running.	I can improve and sustain different running technique at different speeds in a variety of athletic events.
I can jump accurately from a standing position and I can take a running jump.	I can demonstrate accuracy and technique in a range of throwing and jumping actions.
I can demonstrate a range of throwing actions using a variety of objects.	I can identify and explain what makes a good athletic performance. I can explain how to improve technique in a variety of events.
I can recognise a change in heart rate, temperature and breathing rate during exercise.	I understand how to work safely, I recognise changes in my body, I can give reasons why PE is good for my health.