



Progression Grid: PE



Communication

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Discuss own performances	Evaluate own and others' performances	Communicate and compete with each other	Communicate and compete with each other	Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel	Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel
	Discuss how to improve in different physical activities	Identify how to improve in different physical activities	Begin to show an understanding of how to improve own and others' performances	Understand how to improve own and others' performances	Evaluate and recognise own and others' success and identify strategies for improvement	Evaluate and recognise own and others' success and identify strategies for improvement

Competence

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Show good control and co-ordination in large and small movements	Practise basic movements including running, jumping, throwing and catching	Master basic movements including running, jumping, throwing and catching	Begin to use running, jumping, throwing and catching in isolation and in combination	Use running, jumping, throwing and catching in isolation and in combination	Use a broad range of skills in isolation and in combination to become physically confident	Use a broad range of skills in isolation and in combination to become physically confident
Move confidently in a range of ways, safely negotiating space	Develop balance and agility	Develop and apply balance, agility and co-ordination	Further develop flexibility, strength, control and balance	Further develop flexibility, strength, technique, control and balance	Develop mastery of flexibility, strength, technique, control and balance	Master flexibility, strength, technique, control and balance

Participation						
Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Participate in team games	Participate in team games following simple rules	Participate in team games understanding the rules	Play competitive games and demonstrate their sense of sportsmanship eg fairness and respect	Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship	Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship
	Begin to develop simple tactics for attacking and defending	Develop simple tactics for attacking and defending	Develop a wider range of tactics for attacking and defending	Understand basic principles suitable for attacking and defending	Apply principles suitable for attacking and defending	Apply range of principles suitable for attacking and defending
			Participate in outdoor and adventurous activities	Participate in outdoor and adventurous activities	Participate in outdoor and adventurous activities	Participate in outdoor and adventurous activities
Performance						
Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Sing songs, make music and dance and experiment with ways of changing them	Perform simple dances	Perform dances using simple movement patterns	Perform dances and gymnastic routines on own and with others using movement patterns	Perform dances and gymnastic routines on own and with others using movement patterns	Perform dances and gymnastic routines on own and with others using a range of movement patterns	Perform dances and gymnastic routines on own and with others using a range of movement patterns
Represent their own ideas, thoughts and feelings through design and technology, art, music, dance, role-play and stories			Compare performances with previous ones	Compare performances with previous ones	Evaluate and compare performances with previous ones	Evaluate and compare performances with previous ones
			Begin to demonstrate improvement to achieve personal best	Demonstrate improvement to achieve personal best	Demonstrate improvement to achieve personal best	Demonstrate improvement to achieve personal best