



PE Progression at Probus School

YEAR 1

1. Throw and catch displaying a degree of competency, in isolation and in varied environments
2. Demonstrate changes of direction, level & speed
3. Show an awareness of how the body functions/changes during exercise
4. Repeat and Perform sequences of movements and enjoy moving to music
5. Displays development in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)
6. Uses FUNdamentals of movement to achieve success in competitive environments, individually and as a team
7. With guidance participate displaying respect, fair play and working well with others

YEAR 2

1. Throw and catch displaying competency, in isolation and in varied environments
2. Demonstrate changes of direction, speed & level during performances or in competitive environments
3. Show an awareness of how the body changes/functions during exercise
4. Perform and repeat sequences of movements, dance with confidence.
5. Competent in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)
6. Use FUNdamentals of movement to employ simple tactics in varied environments
7. With guidance participate displaying respect, fair play and working well with others

YEAR 3

1. Throw and catch displaying with accuracy, in isolation and varied environments
2. Demonstrate changes of direction, speed & level in competitive environments or during performances
3. Demonstrates a clear understanding of how the body changes/functions during exercise
4. Moves in a fluent and expressive manner and can compose simple dances
5. Plan, perform and repeat sequences of movements in a group
6. Competent in the FUNdamentals of movement (Jog, Sprint, Hop, Weight on Hands, Jump, Balance & Coordination)
7. Use FUNdamentals of movement to employ simple tactics in competitive environments
8. Displays an understanding of fair play, respect and working well with others

YEAR 4

1. Utilise changes of direction, speed & level during performances/competition to succeed
2. Select and utilise appropriate tactics and techniques to cause problems for opponents
3. Demonstrates a developed understanding of how the body changes/functions during exercise
4. Create movements that convey a clear stimulus, refining these movements into dance sequences
5. Displays an understanding of fair play, working well with others and leading a small group



6. Plan, perform & repeat sequences of movements, experimenting with ways of travelling and complex movements
7. Swim 10-25 m any chosen stroke
8. Can adapt throwing technique to ensure success in a variety of activities (distance, accuracy, control)
9. Change running styles according to distance, with the intention of beating personal best's

YEAR 5

1. Uses knowledge of the relationship between the body and exercise to improve various fitness components
2. Compose creative and imaginative dance sequences with a clear stimulus, performing expressively and precisely
3. Create complex and well executed sequences containing a variety of gymnastic components
4. Display an understanding of fair play, working well with others and leading a medium sized group
5. Field, defend and attack tactically by anticipating the direction of play.
6. Utilise new skills in competitive situations, as an individual or part of a team
7. Utilise knowledge of technique to perform at an optimum level in different types of throw, jump and run
8. Swim 25m fluently with controlled strokes (breast stroke, front and back.)

YEAR 6

1. Uses knowledge of the relationship between the body and exercise to improve all fitness components
2. Compose and perform creative and imaginative dance sequences with a clear stimulus, performing expressively and precisely
3. Create complex, demanding and well executed sequences containing a variety of gymnastic components
4. Display an understanding of fair play, working well with others and leading a large group
5. Field, defend and attack tactically by anticipating and reacting to the direction of play.
6. Utilise new skills in competitive situations, as an individual or part of a team
7. Utilise knowledge of technique to perform at an optimum level in different types of throw, jumps and runs (sprints, middle distance and hurdles)
8. Swim 25-100m fluently with controlled strokes (breast stroke, front and back.)