

PE Progression Points at Green Lane School

Rules, Strategy and Tactics

	Point 1	Point 2	Point 3	Point 4	Point 5	Point 6
Rules	Follow simple rules and instructions to participate in games and physical activities.	Follow and respond to simple changes in rules to participate in games and physical activities.	Understand and explain why rules are needed and consistently follow and apply them in games and physical activities.	Follow, understand and apply increasingly complex rules in a range of games and physical activities, and explain how rules impact the game.	Follow, understand, apply and adapt complex rules and begin to self-manage games and physical activities.	Follow, understand, apply and adapt complex rules, and self-manage a range of games and physical activities.
Strategy & Tactics	Work towards a desired outcome or goal in simple games and physical activities.	Make simple strategic decisions in group games and physical activities.	Begin to understand the importance of, and how to apply, simple strategies and tactics in games and physical activities.	Understand the importance of and apply simple strategies and tactics in games and physical activities.	Demonstrate increased tactical and strategic understanding in individual and team activities, beginning to apply strategies and tactics appropriately and reflect on their effectiveness.	Appropriately apply strategies and tactics in individual and team activities, reflecting on their effectiveness to suggest and implement adjustments.
Composition	Create and follow simple	Create, follow and adapt movement sequences.	Create, follow and adapt movement sequences using a	Create and adapt movement sequences, beginning to link these	Create, adapt and link movement sequences to	Create and adapt movement sequences and routines by

	movement sequences.		repertoire of movements.	to create simple routines.	create increasingly complex routines.	appropriately selecting and linking movements with increasing fluidity.
Elements of Dance	Use elements of dance fundamentals in isolation to communicate simple ideas, thoughts or feelings through spontaneous movement.	Begin to demonstrate understanding of the elements of dance fundamentals in isolation to communicate simple ideas, thoughts or feelings through planned movement.	Demonstrate elements of the dance fundamentals both combined and in isolation to communicate simple ideas, thoughts or feelings through planned movement.	Demonstrate awareness of combining the elements of dance fundamentals in response to stimuli, or changes in stimuli, as well as to communicate more complex ideas, thoughts or feelings.	Demonstrate combining and adapting elements of dance fundamentals in a range of complex ways to create responses to stimuli or changes in stimuli, as well as to communicate more complex ideas, thoughts or feelings.	Demonstrate using unique and creative approaches to varying and combining elements of dance fundamentals to express a range of stimuli, ideas, thoughts, feelings and narratives.
Creative and Critical Thinking	Demonstrate imagination and discuss their own thoughts and ideas in physical activities.	Demonstrate creativity in making simple decisions and to support performance in physical activities.	Demonstrate creativity and innovation to make simple decisions and to support performance in physical activities.	Demonstrate creativity and innovation to make simple decisions and to support performance in physical activities, beginning to think critically to refine and improve these.	Demonstrate creativity, innovation and critical thinking to support decision making and performance in physical activities.	Demonstrate creativity, innovation and critical thinking to support and justify decision making and performance in physical activities.

Healthy Participation

	Point 1	Point 2	Point 3	Point 4	Point 5	Point 6
Emotional Regulation	Participate in PE lessons, beginning to regulate their own emotions and demonstrate an understanding of how to keep themselves, and others, safe in physical activities.	Actively participate in PE lessons, regulating their own emotions to consistently follow rules, routines and expectations.	Regulate their own emotions successfully in order to persevere when faced with challenging situations in physical activities.	Develop perseverance when faced with challenging situations and begin to cope appropriately with the outcome of competitive situations.	Demonstrate resilience in a range of situations, responding appropriately to the outcome of competitive situations.	Successfully regulate their own emotions in a range of situations, responding appropriately to outcomes of competitive situations and demonstrating perseverance.
Evaluation and Reflection	Begin to reflect on physical activities that they have participated in and celebrate their own and others' achievements.	Reflect on their own and others' strengths and begin to identify areas for improvement in physical activities.	Reflect on their own and others' strengths and areas for improvement in physical activities and understand that feedback helps to refine and improve performance.	Respond to feedback and use reflections to refine and improve performance, beginning to give constructive feedback to others.	Respond appropriately to feedback and personal reflections to refine and improve performance and set simple targets for progression and give constructive feedback to others.	Give and respond to feedback appropriately to refine performance and set simple targets for progression, in independent, group and team activities.

Healthy and Active Lifestyle.	Begin to understand the short-term effects of physical activity on the mind and body.	Have an increased understanding of the short-term effects of physical activity on the mind and body.	Understand and explain the short-term effects of physical activity on the mind and body.	Develop awareness and understanding of the long-term effects of physical activity and the role that this plays in supporting overall health and wellbeing.	Understand and explain the long-term effects of physical activity and the role that this plays in supporting overall health and wellbeing.	Understand and explain the importance of lifelong, active lifestyles and how this contributes to overall health and wellbeing.
Teamwork and Communication	Work alongside and cooperatively with others in physical activities.	Develop cooperative skills in paired and group physical activities, communicating respectfully with each other.	Work cooperatively in paired, group and team activities, demonstrating clearer communication skills and improved listening.	Identify and use effective communication skills to begin to work collaboratively with others in a group or team activity when working towards a common goal.	Work collaboratively as part of a group or team, using clear communication skills during activities to aid performance, solve problems or begin to make collective decisions when working towards a common goal.	Work cohesively and collaboratively as part of a group or team, using effective verbal and non-verbal communication skills to aid performance, solve problems or make collective decisions. Begin to apply these skills more consistently within competitive games.
STAR (Spirit, Teamwork, Attitude and	Begin to show an awareness of the STAR Values and sometimes recognise and	Know what the STAR Values are and recognise and demonstrate them when prompted in	Know and begin to describe what the STAR Values are and begin to independently	Know, describe and begin to identify what the STAR Values are and demonstrate them with developing	Describe and identify the STAR Values and demonstrate them with increasing	Demonstrate the STAR Values independently in a range of physical activities,

Respect) Values.	demonstrate them when prompted in simple physical activities.	simple physical activities.	demonstrate them in an increasing range of physical activities.	independence in a range of physical activities.	independence in a range of physical activities, beginning to understand the positive impact of these values in physical activities.	understanding the positive impact of these values in physical activities.
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Motor Competence

	Point 1	Point 2	Point 3	Point 4	Point 5	Point 6	Point 7
Locomotor skills	Explore and perform a range of simple locomotor movements with developing control and coordination	Explore, refine and perform a range of simple locomotor movements with increasing control and coordination.	Demonstrate control and coordination when performing simple locomotor movements.	Demonstrate consistent control and coordination when performing simple locomotor movements and begin to develop specialised locomotor movement skills.	Perform a range of increasingly complex and specialised locomotor movements with developing control and precision.	Perform a range of increasingly complex and specialised locomotor movements with consistent control and precision.	Consistently demonstrate mastery, control and precision when performing a range of complex and specialised locomotor movements.
Body awareness	Manipulate parts of the body with developing control, beginning to	Manipulate parts of the body with increasing control and purpose,	Intentionally manipulate and control body movements to achieve a	Intentionally manipulate and control body movements to achieve a	Incorporate controlled movement, flexibility, strength and body tension	Incorporate controlled movement, flexibility, strength and body tension	Consistently demonstrate mastery of flexibility, strength and body tension

	demonstrate awareness of self and others.	demonstrating awareness of self and others.	desired outcome, beginning to demonstrate awareness of position, flexibility and tension.	desired outcome, demonstrating awareness of position, flexibility and tension.	into a wide variety of physical activities, beginning to demonstrate an understanding of quality and form.	into a wide variety of physical activities, demonstrating an understanding of quality and form.	to perform controlled, intricate and correctly formed movements in a range of physical activities.
Stability skills	Demonstrate developing control and stability when performing simple balances and movements.	Demonstrate increasing control and stability when performing simple balances and movements.	Consistently demonstrate control and stability when performing simple balances and movements.	Demonstrate control, stability and developing agility when performing increasingly complex balances and movements.	Demonstrate control, stability and increasing agility when performing balances and movements in a variety of physical activities.	Demonstrate control, stability and agility when performing balances and movements in a variety of physical activities.	Demonstrate mastery of balance and agility when performing complex balances and movements in a range of physical activities.
Manipulative skills	Develop coordination of body and equipment	Develop coordination of body and equipment to	Demonstrate coordination of body and	Demonstrate coordination of body and equipment to	Perform specialised manipulative skills with	Perform specialised manipulative skills with	Perform specialised manipulative skills, with

	to manipulate objects with developing control and accuracy.	manipulate objects with increasing control and accuracy.	equipment to manipulate objects with control and accuracy.	perform fundamental manipulative skills with control and accuracy and begin to develop specialised manipulative skills.	increased control, accuracy and fluency, demonstrating knowledge of correct techniques.	control, accuracy and fluency, demonstrating knowledge of correct techniques and when to apply them.	mastery of control, accuracy and fluency, demonstrating knowledge of correct technique, applying them consistently and appropriately.
Combining and Applying Movement Skills	Link and apply fundamental movement skills in a range of physical activities.	Link and apply fundamental movement skills in a range of physical activities with developing fluency.	Link and apply fundamental movement skills with increasing fluency and begin to combine these skills in physical activities.	Combine, link and apply fundamental movement skills with fluency and apply these skills in physical activities.	Combine, link and apply a developing repertoire of fundamental and specialised movement skills with increasing fluency in a range of familiar situations in	Combine, link and apply an increasing repertoire of specialised movement skills fluently, beginning to transfer these skills into a range of unfamiliar situations in	Consistently combine, link and apply a broad repertoire of specialised movement skills fluently, transferring these skills into a range of familiar and unfamiliar situations in

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