



	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and Fitness	Describe how the body feels when still and when exercising.	Describe how the body feels before and during exercise. Carry and place equipment safely.	Recognise and describe how the body feels during and after different physical activities. Explain what they need to stay healthy	Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down.	Describe how the body reacts at different times and how this effects performance. Explain why exercise is good for your health. Know some reasons for warming up and cooling down.	Know and understand the reasons for warming up and cooling down. Explain some safety principles when preparing for and during exercise.	Understand the importance of warming up and cooling down. Carry out warm ups and cool downs safely and effectively. Understand why exercise is good for health, fitness and wellbeing. Know ways to become healthier.





Gymnastics
Acquiring and developing skills in Gymnastics (General).

	<p>Create a short sequence of movements.</p> <p>Roll in different ways with control.</p> <p>Travel in different ways.</p> <p>Stretch in different ways.</p> <p>Jump in a range of ways from one space to another with control.</p> <p>Begin to balance with control.</p> <p>Move around, under, over, and through different objects and equipment.</p>	<p>Create and perform a movement sequence.</p> <p>Copy actions and movement sequences with a beginning, middle and end.</p> <p>Link two actions to make a sequence.</p> <p>Recognise and copy contrasting actions (small/tall, narrow/wide).</p> <p>Travel in different ways, changing direction and speed.</p> <p>Hold still shapes and simple balances.</p> <p>Carry out simple stretches.</p> <p>Carry out a range of simple jumps, landing safely.</p> <p>Move around, under, over, and through different objects and equipment.</p> <p>Begin to move with control and care</p>	<p>Copy, explore and remember actions and movements to create their own sequence.</p> <p>Link actions to make a sequence.</p> <p>Travel in a variety of ways, including rolling.</p> <p>Hold a still shape whilst balancing on different points of the body.</p> <p>Jump in a variety of ways and land with increasing control and balance.</p> <p>Climb onto and jump off the equipment safely.</p> <p>Move with increasing control and care.</p>	<p>Choose ideas to compose a movement sequence independently and with others.</p> <p>Link combinations of actions with increasing confidence, including changes of direction, speed or level.</p> <p>Develop the quality of their actions, shapes and balances.</p> <p>Move with coordination, control and care.</p> <p>Use turns whilst travelling in a variety of ways.</p> <p>Use a range of jumps in their sequences.</p> <p>Begin to use equipment to vault.</p> <p>Create interesting body shapes while holding balances with control and confidence.</p> <p>Begin to show flexibility in movements</p>	<p>Create a sequence of actions that fit a theme.</p> <p>Use an increasing range of actions, directions and levels in their sequences.</p> <p>Move with clarity, fluency and expression.</p> <p>Show changes of direction, speed and level during a performance.</p> <p>Travel in different ways, including using flight.</p> <p>Improve the placement and alignment of body parts in balances.</p> <p>Use equipment to vault in a variety of ways.</p> <p>Carry out balances, recognising the position of their centre of gravity and how this affects the balance.</p> <p>Begin to develop good technique when travelling, balancing and using equipment.</p> <p>Develop strength, technique and flexibility throughout performances.</p>	<p>Select ideas to compose specific sequences of movements, shapes and balances.</p> <p>Adapt their sequences to fit new criteria or suggestions.</p> <p>Perform jumps, shapes and balances fluently and with control.</p> <p>Confidently develop the placement of their body parts in balances, recognising the position of their centre of gravity and where it should be in relation to the base of the balance.</p> <p>Confidently use equipment to vault in a variety of ways.</p> <p>Apply skills and techniques consistently.</p> <p>Develop strength, technique and flexibility throughout performances.</p> <p>Combine equipment with movement to create sequences.</p>	<p>Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching.</p> <p>Demonstrate precise and controlled placement of body parts in their actions, shapes and balances.</p> <p>Confidently use equipment to vault and incorporate this into sequences.</p> <p>Apply skills and techniques consistently, showing precision and control.</p> <p>Develop strength, technique and flexibility throughout performances.</p>
<p><i>Gymnastics</i> (Perform)</p>	<p>Control my body when performing a sequence of movements.</p>	<p>Perform using a range of actions and body parts with some coordination.</p> <p>Begin to perform learnt skills with some control.</p>	<p>Perform sequences of their own composition with coordination.</p> <p>Perform learnt skills with increasing control.</p>	<p>Develop the quality of the actions in their performances.</p> <p>Perform learnt skills and techniques with control and confidence.</p>	<p>Perform and create sequences with fluency and expression.</p> <p>Perform and apply skills and techniques with control and accuracy.</p>	<p>Perform own longer, more complex.</p> <p>Consistently perform and apply skills and techniques with accuracy and control.</p>	<p>Link actions to create a complex sequence using a full range of movement. Perform and apply a variety of skills and techniques confidently, consistently and with precision.</p>





P.E Progression Map

<p style="text-align: center;">Dance (Skills)</p>	<p>Join a range of different movements together.</p> <p>Change the speed of their actions.</p> <p>Change the style of their movements.</p> <p>Create a short movement phrase which demonstrates their own ideas.</p>	<p>Copy and repeat actions.</p> <p>Put a sequence of actions together to create a motif.</p> <p>Vary the speed of their actions.</p> <p>Use simple choreographic devices such as unison, canon and mirroring.</p> <p>Begin to improvise independently to create a simple dance.</p>	<p>Copy, remember and repeat actions.</p> <p>Create a short motif inspired by a stimulus.</p> <p>Change the speed and level of their actions.</p> <p>Use simple choreographic devices such as unison, canon and mirroring.</p> <p>Use different transitions within a dance motif.</p> <p>Move in time to music.</p> <p>Improve the timing of their actions.</p>	<p>Begin to improvise with a partner to create a simple dance.</p> <p>Create motifs from different stimuli.</p> <p>Begin to compare and adapt movements and motifs to create a larger sequence.</p> <p>Use simple dance vocabulary to compare and improve work.</p> <p>Perform with some awareness of rhythm and expression.</p>	<p>Identify and repeat the movement patterns and actions of a chosen dance style.</p> <p>Compose a dance that reflects the chosen dance style.</p> <p>Confidently improvise with a partner or on their own.</p> <p>Compose longer dance sequences in a small group.</p> <p>Demonstrate precision and some control in response to stimuli.</p> <p>Begin to vary dynamics and develop actions and motifs in response to stimuli.</p> <p>Demonstrate rhythm and spatial awareness.</p> <p>Change parts of a dance as a result of self-evaluation.</p> <p>Use simple dance vocabulary when comparing and improving work.</p>	<p>Identify and repeat the movement patterns and actions of a chosen dance style.</p> <p>Compose individual, partner and group dances that reflect the chosen dance style.</p> <p>Show a change of pace and timing in their movements.</p> <p>Develop an awareness of their use of space.</p> <p>Demonstrate imagination and creativity in the movements they devise in response to stimuli.</p> <p>Use transitions to link motifs smoothly together.</p> <p>Improvise with confidence, still demonstrating fluency across the sequence.</p> <p>Ensure their actions fit the rhythm of the music.</p> <p>Modify parts of a sequence as a result of self and peer evaluation.</p> <p>Use more complex dance vocabulary to compare and improve work.</p>	<p>Identify and repeat the movement patterns and actions of a chosen dance style.</p> <p>Compose individual, partner and group dances that reflect the chosen dance style.</p> <p>Use dramatic expression in dance movements and motifs.</p> <p>Perform with confidence, using a range of movement patterns.</p> <p>Demonstrate strong and controlled movements throughout a dance sequence.</p> <p>Combine flexibility, techniques and movements to create a fluent sequence.</p> <p>Move appropriately and with the required style in relation to the stimulus, e.g. using various levels, ways of travelling and motifs.</p> <p>Show a change of pace and timing in their movements.</p> <p>Move rhythmically and accurately in dance sequences.</p> <p>Improvise with confidence, still demonstrating fluency across their sequence.</p> <p>Dance with fluency and control, linking all movements and ensuring that transitions flow.</p> <p>Demonstrate consistent precision when performing dance sequences.</p> <p>Modify some elements of a sequence as a result of self and peer evaluation.</p> <p>Use complex dance vocabulary to compare and improve work.</p>
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P.E Progression Map

<p style="text-align: center;">Dance (Perform)</p>	<p>Control my body when performing a sequence of movements.</p>	<p>Perform using a range of actions and body parts with some coordination. Begin to perform learnt skills with some control.</p>	<p>Perform sequences of their own composition with coordination. Perform learnt skills with increasing control.</p>	<p>Develop the quality of the actions in their performances. Perform learnt skills and techniques with control and confidence.</p>	<p>Perform and create sequences with fluency and expression. Perform and apply skills and techniques with control and accuracy.</p>	<p>Perform own longer, more complex sequences in time to music. Consistently perform and apply skills and techniques with accuracy and control.</p>	<p>Link actions to create a complex sequence using a full range of movement. Perform the sequence in time to music. Perform and apply a variety of skills and techniques confidently, consistently and with precision.</p>
<p style="text-align: center;">Games (Striking and Hitting)</p>	<p>Hit a ball with a bat or racquet.</p>	<p>Use hitting skills in a game. Practise basic striking, sending and receiving.</p>	<p>Strike or hit a ball with increasing control. Learn skills for playing striking and fielding games. Position the body to strike a ball.</p>	<p>Demonstrate successful hitting and striking skills. Develop a range of skills in striking (and fielding where appropriate). Practise the correct batting technique and use it in a game. Strike the ball for distance.</p>	<p>Hit a bowled ball over longer distances. Use good hand-eye coordination to be able to direct a ball when striking or hitting. Understand how to serve in order to start a game.</p>	<p>Use a bat, racquet or stick (hockey) to hit a ball or shuttlecock with accuracy and control. Accurately serve underarm. Build a rally with a partner. Use at least two different shots in a game situation. Use hand-eye coordination to strike a moving and a stationary ball.</p>	<p>Use different techniques to hit a ball. Identify and apply techniques for hitting a tennis ball. Explore when different shots are best used. Develop a backhand technique and use it in a game. Practise techniques for all strokes. Play a tennis game using an overhead serve.</p>
<p style="text-align: center;">Games (Throwing and Catching)</p>	<p>Roll equipment in different ways. Throw underarm. Throw an object at a target. Catch equipment using two hands.</p>	<p>Throw underarm and overarm. Catch and bounce a ball. Use rolling skills in a game. Practise accurate throwing and consistent catching.</p>	<p>Throw different types of equipment in different ways, for accuracy and distance. Throw, catch and bounce a ball with a partner. Use throwing and catching skills in a game. Throw a ball for distance. Use hand-eye coordination to control a ball. Vary types of throw used.</p>	<p>Throw and catch with greater control and accuracy. Practise the correct technique for catching a ball and use it in a game. Perform a range of catching and gathering skills with control. Catch with increasing control and accuracy. Throw a ball in different ways (e.g. high, low, fast or slow). Develop a safe and effective overarm throw.</p>	<p>Develop different ways of throwing and catching.</p>	<p>Consolidate different ways of throwing and catching, and know when each is appropriate in a game.</p>	<p>Throw and catch accurately and successfully under pressure in a game.</p>





P.E Progression Map

<p><i>Games</i> (Travelling with a ball)</p>	<p>Move a ball in different ways, including bouncing and kicking. Use equipment to control a ball.</p>	<p>Travel with a ball in different ways. Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency.</p>	<p>Bounce and kick a ball whilst moving. Use kicking skills in a game. Use dribbling skills in a game.</p>	<p>Move with the ball in a variety of ways with some control. Use two different ways of moving with a ball in a game.</p>	<p>Move with the ball using a range of techniques showing control and fluency.</p>	<p>Use a variety of ways to dribble in a game with success. Use ball skills in various ways, and begin to link together.</p>	<p>Show confidence in using ball skills in various ways in a game situation, and link these together effectively.</p>
<p><i>Games</i> (passing a ball)</p>	<p>Kick or throw an object at a target.</p>	<p>Pass the ball to another player using kicking or throwing skills.</p>	<p>Know how to pass the ball in different ways by either kicking, throwing or striking.</p>	<p>Pass the ball in different ways in a game situation with some success.</p>	<p>Pass the ball with increasing speed, accuracy and success in a game situation.</p>	<p>Pass a ball with speed and accuracy using appropriate techniques in a game situation.</p>	<p>Choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move.</p>
<p><i>Games</i> (Possession)</p>				<p>Know how to keep and win back possession of the ball in a team game. Eg. Shielding, Interception. Tackling</p>	<p>Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.</p>	<p>Keep and win back possession of the ball effectively in a team game.</p>	<p>Keep and win back possession of the ball effectively and in a variety of ways in a team game.</p>
<p><i>Games</i> (Using Space)</p>	<p>Move safely around the space and equipment. Travel in different ways, including sideways and backwards.</p>	<p>Use different ways of travelling in different directions or pathways. Run at different speeds. Begin to use space in a game.</p>	<p>Use different ways of travelling at different speeds and following different pathways, directions or courses. Change speed and direction whilst running. Identify and move into space when travelling. Begin and choose to use space in a game.</p>	<p>Find space and move into it when playing games.</p>	<p>Make the best use of space when passing and receiving a ball.</p>	<p>Demonstrate an increasing awareness of space in game situations.</p>	<p>Apply a good awareness of space in order to outwit the opposition within a game.</p>





<p>Games (Attacking and Defending)</p>	<p>Play a range of chasing games.</p>	<p>Begin to use the terms attacking and defending.</p> <p>Use simple defensive skills such as marking a player or defending a space.</p> <p>Use simple attacking skills such as dodging to get past a defender</p>	<p>Develop a greater understanding of the terms attacking and defending.</p> <p>Begin to use attacking or defending techniques when playing games.</p>	<p>Use simple attacking and defending skills in a game.</p> <p>Use defending skills to stop a ball from travelling past them.</p>	<p>Use a greater range of attacking and defending skills and techniques in a game.</p> <p>Use defending skills as an individual to prevent a player from scoring.</p> <p>Use attacking skills as an individual to shoot in a game.</p>	<p>Choose the best tactics for attacking and defending.</p> <p>Use defensive skills as a team to prevent the opposition from scoring.</p> <p>Use attacking skills to shoot and score with increasing accuracy.</p>	<p>Think ahead and create a plan of attack or defence.</p> <p>Apply knowledge of skills for attacking and defending.</p> <p>Work as a team to develop defensive strategies to prevent the opposition from scoring.</p> <p>Begin to develop team attacking tactics in order to outwit the opposition and score.</p>
<p>Games (Tactics and rules)</p>	<p>Follow simple instructions</p>	<p>Follow simple rules when playing games.</p>	<p>Understand the importance of rules in games and follow them in simple team games.</p>	<p>Apply and follow rules fairly.</p> <p>Understand and begin to apply the basic principles of invasion games.</p> <p>Know how to play a striking and fielding game fairly.</p>	<p>Vary the tactics they use in a game.</p> <p>Adapt rules to alter games.</p>	<p>Know when to pass and when to dribble in a game.</p> <p>Devise and adapt rules to create their own game.</p>	<p>Follow and create complicated rules to play a game successfully.</p> <p>Communicate plans to others during a game.</p> <p>Lead others during a game.</p>
<p>Games (Compete and Perform)</p>	<p>Control my body when performing a sequence of movements.</p> <p>Participate in simple games.</p>	<p>Perform using a range of actions and body parts with some coordination.</p> <p>Begin to perform learnt skills with some control.</p> <p>Compete against self and others.</p>	<p>Perform sequences of their own composition with coordination.</p> <p>Perform learnt skills with increasing control.</p> <p>Compete against self and others in a controlled manner.</p>	<p>Develop the quality of the actions in their performances.</p> <p>Perform learnt skills and techniques with control and confidence.</p> <p>Engage in competitive activities and team games.</p>	<p>Perform and apply skills and techniques with control and accuracy.</p> <p>Take part in a range of competitive games and activities.</p>	<p>Consistently perform and apply skills and techniques with accuracy and control.</p> <p>Take part in competitive games with a strong understanding of tactics and composition.</p>	<p>Perform and apply a variety of skills and techniques confidently, consistently and with precision.</p> <p>Take part in competitive games with a strong understanding of tactics and composition</p>





Athletics
(Running)

Run in different ways for a variety of purposes.	Run with a basic technique over different distances Show good posture and balance. Vary their pace and speed when running. Jog in a straight line. Change direction when jogging. Sprint in a straight line. Change direction when sprinting. Maintain control as they change direction when jogging or sprinting.	Run with increasing control and technique. Run at different paces, describing the different speeds. Use a variety of different stride lengths. Begin to select the most suitable pace and speed for a distance. Complete an obstacle course. Vary the speed and direction in which they are travelling. Run with basic technique following a curved line. Be able to maintain and control a run over different distances.	Identify and demonstrate how different techniques can affect their performance. Focus on their arm and leg action to improve their sprinting technique. Begin to combine running with jumping over hurdles. Understand the importance of adjusting running pace to suit the distance being run.	Confidently demonstrate an improved technique for sprinting. Carry out an effective sprint finish. Perform a relay, focusing on the baton changeover technique. Speed up and slow down smoothly. Develop trail leg and lead leg action when running over hurdles. Begin to run longer distances maintain a steady pace..	Accelerate from a variety of starting positions and select their preferred position. Identify their reaction times when performing a sprint start. Continue to practise and refine their technique for sprinting, focusing on an effective sprint start. Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run. Identify and demonstrate stamina, explaining its importance for runners.	Recap, practise and refine an effective sprinting technique, including reaction time. Develop acceleration when sprinting and techniques for a sprint finish. Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern. Accelerate to pass other competitors. Work as a team to competitively perform a relay. Confidently and independently select the most appropriate pace for different distances and different parts of the run. Demonstrate endurance and stamina over longer distances in order to maintain a sustained run.
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<p style="text-align: center;">Athletics (Jumping)</p>	<p>Jump in a range of ways, landing safely.</p>	<p>Perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.</p> <p>Perform a short jumping sequence.</p> <p>Jump as high as possible.</p> <p>Jump as far as possible.</p> <p>Know that the leg muscles are used when performing a jumping action</p> <p>Land safely and with control.</p>	<p>Perform and compare different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.</p> <p>Combine different jumps together with increasing fluency and control.</p> <p>Jump for distance from a standing position with accuracy and control.</p> <p>Choose the most appropriate jumps to cover different distances.</p> <p>Land safely and with control</p>	<p>Perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot with increasing control and technique.</p> <p>Work with a partner to develop the control of their jumps.</p> <p>Explore and develop the use of arms to increase distances jumped.</p> <p>Develop an effective take-off for the standing long jump.</p> <p>Land safely and with control.</p>	<p>Develop an effective flight phase for the standing long jump.</p> <p>Learn how to combine a hop, step and jump to perform the standing triple jump.</p> <p>Land safely and with control.</p>	<p>Improve techniques for jumping for distance.</p> <p>Perform an effective standing long jump.</p> <p>Perform the standing triple jump with increased confidence.</p> <p>Develop an effective technique for the standing vertical jump (jumping for height) including take-off and flight.</p> <p>Land safely and with control.</p> <p>Measure the distance and height jumped with accuracy.</p> <p>Investigate different jumping techniques.</p>	<p>Develop the technique for the standing vertical jump.</p> <p>Maintain control at each of the different stages of the triple jump.</p> <p>Land safely and with control.</p> <p>Develop and improve their techniques for jumping for height and distance and support others in improving their performance.</p> <p>Perform and apply different types of jumps in other contexts.</p> <p>Set up and lead jumping activities including measuring the jumps with confidence and accuracy.</p>
<p style="text-align: center;">Athletics (Throwing)</p>	<p>Roll equipment in different ways.</p> <p>Throw underarm.</p> <p>Throw an object at a target.</p>	<p>Throw underarm and overarm.</p> <p>Throw a ball towards a target with increasing accuracy.</p> <p>Improve the distance they can throw by using more power.</p>	<p>Throw different types of equipment in different ways, for accuracy and distance.</p> <p>Throw with accuracy at targets of different heights.</p> <p>Investigate ways to alter throwing techniques to achieve greater distance.</p>	<p>Perform a push throw. (Shot put/ball push)</p> <p>Throw with greater control and accuracy.</p> <p>Show increasing control in their overarm throw.</p> <p>Continue to develop techniques to throw for increased distance.</p>	<p>Perform a pull throw. (Javelin/howler)</p> <p>Measure the distance of their throws.</p> <p>Continue to develop techniques to throw for increased distance.</p>	<p>Perform a fling throw. (Discuss/Quoit)</p> <p>Throw a variety of implements using a range of throwing techniques.</p> <p>Measure and record the distance of their throws.</p> <p>Continue to develop techniques to throw for increased distance.</p>	<p>Perform a heave throw.</p> <p>Measure and record the distance of their throws.</p> <p>Continue to develop techniques to throw for increased distance and support others in improving their personal best.</p> <p>Develop and refine techniques to throw for accuracy.</p>





<p>Athletics (Compete and Perform)</p>	<p>Control my body when performing a sequence of movements. Participate in simple games.</p>	<p>Begin to perform learnt skills with some control. Compete against self and others.</p>	<p>Perform learnt skills with increasing control. Compete against self and others in a controlled manner.</p>	<p>Develop the quality of the actions in their performances. Perform learnt skills and techniques with control and confidence. Engage in competitive activities and team games.</p>	<p>Perform and apply skills and techniques with control and accuracy. Take part in a range of competitive games and activities.</p>	<p>Consistently perform and apply skills and techniques with accuracy and control. Take part in competitive games with a strong understanding of tactics and composition.</p>	<p>Perform and apply a variety of skills and techniques confidently, consistently and with precision. Take part in competitive games with a strong understanding of tactics and composition</p>
<p>Outdoor Adventurous Activities. (Trails)</p>				<p>Orientate and follow a short trail with increasing accuracy.</p>	<p>Orientate and follow a short trail with increasing accuracy. Recognise the features of an orienteering course. Create a short trail for others to follow.</p>	<p>Orientate and follow an orienteering course with increasing accuracy. Begin to use maps and compasses to navigate a trail. Design an orienteering course for others to follow.</p>	<p>Orientate and follow an orienteering course with increasing accuracy when under pressure. Design orienteering courses for others to follow which offers challenge. Use navigational equipment to improve orienteering courses.</p>
<p>Outdoor Adventurous Activities. (Problem Solving)</p>				<p>Identify symbols on a key. Use effective communication to begin to work as a team. Solve problems and complete challenges as part of a team.</p>	<p>Communicate clearly with team-mates and other teams. Experience a range of roles within a team. Identify the skills required to be successful in each role. Work out the meaning of symbols on a key in the context of an environment. Solve increasingly difficult problems and complete more advanced challenges as part of a team.</p>	<p>Use a range of communication methods to effectively complete a role within a team. Complete orienteering activities both independently and as part of a team. Identify the key on a map and apply the information in activities. Work collaboratively to solve increasingly difficult problems and complete more challenges as part of a team using verbal and non-verbal methods of communication.</p>	<p>Use a wider range of communication methods to effectively complete a role within a team. Compete in orienteering activities both independently and as part of a team. Use a range of map styles and navigation tools to make decisions on the best course of action.</p>





<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Outdoor Adventurous Activities. (Preparation and Organisation)</p>				<p>Begin to choose equipment appropriate for an activity.</p>	<p>Experiment with a range of equipment to complete and create an OAA activity.</p> <p>Make informed decisions about the best equipment to use for an activity.</p>	<p>Choose the best equipment for an OAA activity.</p> <p>Create a simple plan for others to follow.</p> <p>Identify the quickest route to accurately navigate a simple orienteering course.</p> <p>Plan and organise an OAA activity</p>	<p>Choose the best equipment for an OAA activity.</p> <p>Prepare an orienteering course for others to follow.</p> <p>Identify the quickest route to accurately navigate increasingly complex orienteering courses.</p> <p>Manage an orienteering event for others to compete in.</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Outdoor Adventurous Activities. (Communication)</p>				<p>Communicate with others</p>	<p>Communicate clearly with others.</p> <p>Work as part of a team.</p> <p>Begin to use maps to complete an orienteering course.</p>	<p>Communicate with greater clarity and more effectively with others.</p> <p>Work more co-operatively as part of a team.</p> <p>Successfully use maps to complete orienteering courses.</p> <p>Begin to use a compass for navigation.</p>	<p>Communicate with greater clarity and more effectively with others under pressure</p> <p>Work more co-operatively as part of a team demonstrating leadership skills when necessary.</p> <p>Successfully use maps to complete orienteering courses.</p> <p>Use compasses for navigation.</p> <p>Organise OAA events for peers.</p>





P.E Progression Map

<p>Outdoor Adventurous Activities. (Compete and perform)</p>				<p>Begin to complete activities in a set period of time.</p> <p>Begin to offer an evaluation of personal performances and activities.</p>	<p>Complete an orienteering course more than once and begin to identify ways of improving completion time.</p> <p>Offer an evaluation of both personal performances and activities.</p> <p>Start to increase trails to increase the challenge of the course.</p>	<p>Complete an orienteering course on multiple occasions in a quicker time due to improved technique.</p> <p>Offer a detailed and effective evaluation of both personal performances and activities.</p> <p>Improve a trail to increase the challenge of a course.</p>	<p>Complete an orienteering course on multiple occasions in a quicker time due to improved technique.</p> <p>Offer a detailed and effective evaluation of both personal performances and activities with an aim of increasing challenge and improving performance.</p> <p>Listen to feedback and improve an orienteering course from it.</p>
<p>(Evaluate)</p>	<p>Talk about what they have done.</p> <p>Talk about what others have done.</p>	<p>Watch and describe performances.</p> <p>Begin to say how they could improve.</p>	<p>Watch and describe performances, and use what they see to improve their own performance.</p> <p>Talk about the differences between their work and that of others.</p>	<p>Watch, describe and evaluate the effectiveness of a performance.</p> <p>Describe how their performance has improved over time.</p>	<p>Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</p> <p>Modify their use of skills or techniques to achieve a better result.</p>	<p>Choose and use criteria to evaluate own and others' performance.</p> <p>Explain why they have used particular skills or techniques, and the effect they have had on their performance.</p>	<p>Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements</p>

