

Grove Academy whole school provision

PE outcomes document



Knowledge Progression	Year 3	Year 4	Year 5	Year 6
Throwing and catching	Throw and catch displaying with accuracy, in isolation and varied environments	Displays an understanding of fair play, working well with others and leading a small group	Uses knowledge of the relationship between the body and exercise to improve various fitness components	Uses knowledge of the relationship between the body and exercise to improve all fitness components
Games	Demonstrate changes of direction, speed & level in competitive environments or during performances	Select and utilise appropriate tactics and techniques to cause problems for opponents	Field, defend and attack tactically by anticipating the direction of play.	Field, defend and attack tactically by anticipating and reacting to the direction of play.
HRE	Demonstrates a clear understanding of how the body changes/functions during exercise	Demonstrates a developed understanding of how the body changes/functions during exercise	Demonstrates a developed understanding of how the body changes/functions during exercise	Demonstrates a developed understanding of how the body changes/functions during exercise
Gymnastics	Moves in a fluent and expressive manner	Create movements that convey a clear stimulus, refining these movements into sequences	Create complex and well executed sequences containing a variety of gymnastic components	Create complex, demanding and well executed sequences containing a variety of gymnastic components
Dance	Plan, perform and repeat sequences of movements in a group	Plan, perform & repeat sequences of movements, experimenting with ways of travelling and complex movements	Compose creative and imaginative dance sequences with a clear stimulus, performing expressively and precisely	Compose and perform creative and imaginative dance sequences with a clear stimulus, performing expressively and precisely
Athletics	Competent in the FUNdamentals of movement (Jog, Sprint, Hop, Weight on Hands, Jump, Balance & Coordination)	Change running styles according to distance, with the intention of beating personal best's	Utilise knowledge of technique to perform at an optimum level in different types of throw, jump and run	Utilise knowledge of technique to perform at an optimum level in different types of throw, jumps and runs (sprints, middle distance and hurdles)
Competitive games	Use FUNdamentals of movement to employ simple tactics in competitive environments	Can adapt throwing technique to ensure success in a variety of activities (distance, accuracy, control)	Utilise new skills in competitive situations, as an individual or part of a team	Utilise new skills in competitive situations, as an individual or part of a team
Swimming	Swim 25m unaided	Swim 25-50m unaided, demonstrates proficiency in a range of strokes	Swim 50m fluently with controlled strokes (breast stroke, front and back.)	Swim 100m fluently with controlled strokes (breast stroke, front and back.)
Team games	Displays an understanding of fair play, respect and working well with others	Utilise changes of direction, speed & level during performances/competition to succeed	Display an understanding of fair play, working well with others and leading a medium sized group	Display an understanding of fair play, working well with others and leading a large group