



The Black Pear Trust

PE Progression Document



The Black Pear Trust

Invasion Games Progression The Black Pear Trust

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Can listen to a piece of music and identifying if it is fast or slow (understanding rhythms of the music)</p> <p>Can clap in time to a beat</p> <p>Can find a space</p> <p>Explore how different body parts can move (move in the way an animal would – flash cards)</p> <p>Can skip, hop, run, jump, gesture, turn and hold a pose.</p> <p>Can understand and use movement language (forwards, backwards, sideways, left, right, in, out, high, low, close, far etc)</p> <p>Can put movements into a sequence as an individual.</p>	<p>Can listen to a piece of music and say how it makes them feel.</p> <p>Able to express feelings through movement (sharp, slow, fast)</p> <p>Can travel in different ways.</p> <p>Can create and use a motif.</p> <p>Can work with a partner to put movements into a sequence.</p> <p>Can begin to copy and explore different movements.</p>	<p>Can begin to add fluidity between movement sequences (e.g. travel to link movements together)</p> <p>Can understand and use shape formations (make a circle, stand in a v shape etc)</p> <p>Can work as a small group to put movements into a sequence.</p> <p>Can copy and explore different movements.</p> <p>Know different dance styles (incorporating different cultures etc)</p>	<p>Watch different dance styles, describing what we see and how it makes us feel.</p> <p>Know how to and can suggest ways that they can show unison (at the same time) and canon (one after the other) in their dances or gymnastics sequences.</p> <p>Know how to and can perform a movement sequence in unison (at the same time) with a partner or as part of small group.</p> <p>Know how to and can perform a variety of movements (at least 2) at different levels (high, middle and low).</p>	<p>Use the body and face to express feelings and apply this using different dynamics to perform sequences of movement in different contexts.</p> <p>Can work in a small group to create a dance.</p> <p>Look at other people's dances and decide what is good and what could be even better.</p> <p>Work collaboratively with others to find solutions and improve the dance.</p>	<p>Know how to and can use canon and unison as part of a movement sequence with a partner and small group that shows travel, stillness and at least two different levels.</p> <p>Can plan how to make an activity harder to enable everybody to be successful and provide extra- challenge- e.g adding in rolls, jumps etc.</p>	<p>Know how to and can perform matching and mirroring actions and balances with a partner at different levels, showing clarity of shape and good body tension.</p> <p>Know and can explain what is meant by 'dynamics' and can give examples of how changes in dynamics are used in dance.</p> <p>Know what to say and do to make others feel successful and good about themselves.</p> <p>Be positive about their own and others abilities and how to develop them further.</p>

Layered Language

<ul style="list-style-type: none"> • slither • gallop • shuffle • roll • crawl • lead • follow • Copy • share • wait • before • after • backwards • sideways • forwards • happy • excited • sad • stretching 	<ul style="list-style-type: none"> • gallop • skip • jump • hop • bounce • spring • turn • spin • freeze • statue • forwards, • backwards • sideways • Near • Far • in and out • on the spot • own • beginning • middle • end 	<ul style="list-style-type: none"> • high • medium • Low • forwards • backwards • sideways • Near • Far • in and out • on the spot • curved • zigzag • Happy • Angry • Calm • Excited • Sad • Lonely • tired, • hot sweaty • heart rate 	<ul style="list-style-type: none"> • canon • unison • timing • space • fluency • control • balance • routine • interpretation • composition • feelings • freeze-frame • gesture • formation • pathways • motif • phrase • evaluate • appreciate
---	--	--	--

- curling
- reaching
- twisting
- turning
- strong
- gentle
- heavy
- floppy
- between
- through
- above
- like
- dislike
- prefer
- disagree

- jolly
- Stormy
- Fast
- Strong
- gentle

- warm up
- cool down