



The Black Pear Trust

PE Progression Document



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OAA Progression The Black Pear Trust

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>I know how to and can travel in lots different ways and in different directions (pathways), finding space and following lines on the ground</p> <p>I know how to and can pick up objects in different ways and with/ from both sides of my body and place them somewhere else</p> <p>I listen carefully to my teacher and classmates and can follow an instruction</p> <p>I can play with others and share toys and equipment</p> <p>I can agree rules with others</p> <p>I can play with others without getting upset or angry</p> <p>I can talk to others about my ideas/games</p> <p>I know who to ask for help if I see somebody who is upset or angry, and I can ask for help</p> <p>I can make up activities to do with others and help to change the rules if we need to</p> <p>I can say what I like and dislike; what I want or need and why</p>	<p>I know how to and can travel in different ways (including, sliding, pushing, climbing) and can vary my travel pathways safely by making my own decisions or by following instructions</p> <p>I know how to and can work with a partner to move equipment and place it into a space of our choice, or where directed by our teacher</p> <p>I listen carefully to my teacher and classmates and follow at least 2 instructions</p> <p>I can take turns</p> <p>I try to join in with all activities, even if I find them difficult</p> <p>I know right from wrong and try to obey the rules in PE, in the classroom, at home and when I am playing</p> <p>I can share my ideas for a game/activity</p> <p>I am friendly, active and caring when I play with others and I know and can communicate why this is important</p> <p>I can help and encourage others to join in</p> <p>I can find at least 2 ways to challenge myself to make the activity harder and improve my skills</p>	<p>I can travel around or across the apparatus, stepping stones or a traversing (climbing) wall without falling off or touching the ground</p> <p>I know how to and can turn smoothly with control, or jump and turn with control to face a different direction, and apply this in a range of situations</p> <p>I know how to and can work as part of a small group to safely move larger pieces of equipment and place them carefully as directed by my teacher</p> <p>I can work well with others in PE, in the playground, in the classroom and at home</p> <p>I know how to and can share what I am doing with others.</p> <p>I can work well in different groups, and always try my best</p> <p>I can share my ideas to improve the rules or make the activity fairer</p> <p>I can help others to work well together</p> <p>I know how to and can solve a disagreement</p> <p>I can reflect on my choices and say or show which parts worked well and which could have been better, and why</p>	<p>I know how to and can make up and play cooperative and competitive games over a barrier or lines on the floor or wall using different equipment and parts of my body</p> <p>I can work individually and as part of a team to solve simple problems</p> <p>I can listen to others' ideas and happily follow their instructions</p> <p>can use a map and orientate it.</p> <p>To return to the starting point using a map.</p> <p>can find solutions to problems on their own and with a partner or as part of a small group.</p>	<p>Can work as part of a team to follow a trail at school orienteering.</p> <p>Can think of different ways to help the team to solve problems and can suggest how they could do even better next time.</p> <p>I know how to and can stay safe near and in water</p> <p>I can offer to help, or find an adult or friend who may be able to help if somebody is upset</p> <p>I can lead by example and take responsibility for my actions</p>	<p>Can work as part of team that can overcome barriers and solve more complex problems by adapting skills and strategies quickly as required (orienteering and team building activities)</p> <p>Know and can communicate why it is good to have friends and be friendly.</p> <p>Can overcome their fears when trying something new and a bit scary.</p>	<p>Can take part in and learn the skills required to participate in at least one outdoor activity, like climbing, rowing, sailing, mountain biking, sailing, BMX, parkour, street games or orienteering either at school or away from school.</p> <p>Can say or show how they have overcome my fears to take part in a new activity that they have enjoyed and can use this to encourage others to.</p> <p>Can say or show what they are taking into consideration when planning my solution to the task.</p>

I can say or show which piece of equipment I think will work best in different situations, and why

Layered Language

- Forward
- Backward
- Sideways
- Under
- Over
- Up
- Down
- Climb

- Forward
- Backward
- Sideways
- Under
- Over
- Up
- Down
- North
- South
- East
- West
- Direction
- Climb

- Forward
- Backward
- Sideways
- Left
- Right
- Under
- Over
- Up
- Down
- North
- South
- East
- West
- Direction
- Climb
- Problem solve
- Outdoor

- Outdoor
- Adventure
- Orienteering
- Teamwork
- Communication
- Control
- Map
- Problem solve
- Equipment
- Out-of-bounds

- Outdoor
- Adventure
- Orienteering
- Teamwork
- Communication
- Control
- Map
- Symbols
- Problem solve
- Equipment
- Out-of-bounds

- Outdoor
- Adventure
- Orienteering
- Teamwork
- Communication
- Control
- Map
- Symbols
- Compass
- Obstacle
- Equipment
- Out-of-bounds

- Outdoor
- Adventure
- Orienteering
- Teamwork
- Communication
- Trail
- Control
- Map
- Symbols
- Compass
- Obstacle
- Equipment
- Competition
- Organise
- Terrain
- Out-of-bounds
- Boundary
- Record