



St James CE
Primary School

Progression Document: PE 2021 - 2022

EYFS

Autumn		Spring		Summer	
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Fundamental Skills		Gymnastics	Dance	Cricket	Athletics
<p>Children can listen and observe.</p> <p>Children show awareness of their own space.</p> <p>Children can move safely and confidently.</p> <p>Children can move in a range of directions and speeds.</p> <p>Children can use small equipment.</p> <p>Children can move with control.</p> <p>Children can work with a partner.</p> <p>Children can copy actions/movements.</p>		<p>Children can jump from one space to another.</p> <p>Children can confidently jump over small obstacles and from raised heights.</p> <p>Children can land safely.</p> <p>Children can balance on one leg.</p> <p>Children can hop, and some can hop from one place to another.</p> <p>Children can perform rolls.</p> <p>Children can combine movements together with control.</p>	<p>Children can move to music.</p> <p>Children can copy simple dance moves.</p> <p>Children can add movement together for their own dance.</p> <p>Children can discuss how to change a dance.</p>	<p>Children understand what an underarm throw is and are beginning to control the motion.</p> <p>Children understand how to hold their hands to catch a ball.</p> <p>Children can catch a bounced ball.</p> <p>Children can stop the ball.</p> <p>Children are aware of the correct grip used when batting and attempt to use it.</p> <p>Children can make contact with a stationary ball.</p>	<p>Children can run over short and some longer distances.</p> <p>Children can run at differing speeds.</p> <p>Children can bend their knees when landing.</p> <p>Children can perform a safe standing jump.</p> <p>Children can throw objects at a target.</p> <p>Children can compete against others.</p>

Children understand that by hitting the wickets, the person is out.

Key stage 1

Year 1

Autumn		Spring		Summer	
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Activity Skills	Gymnastics	Dance	Cricket	Tri Golf	Athletics
<p>Children are able to move around the space safely, also able to control a large ball in different ways.</p> <p>Children are able to control a rolling ball and the directions of a ball.</p> <p>Children can kick a ball in a straight line.</p> <p>Children can catch a ball/beanbag using the correct technique.</p> <p>Children are able to bounce and catch a ball.</p> <p>Children can throw underarm to a partner.</p> <p>Children can balance a beanbag on the racket, also move around balancing a ball in the middle of the racket.</p>	<p>Children can perform a range of jumps, balances, shapes and rolls.</p> <p>Children can copy a sequence with confidence.</p> <p>Children can carry a mat safely.</p> <p>Children can put jumps, rolls and balances together.</p> <p>Children are aware of dangers when using apparatus.</p> <p>Children can travel across a bench in different ways (heights, speeds and directions).</p> <p>Children can dismount from apparatus safely using the correct technique.</p>	<p>Children can repeat simple rhythmic patterns.</p> <p>Children can think of ideas to link with stimuli and link them together.</p> <p>Children can copy, repeat and perform simple dance phrases.</p> <p>Children can explore different movement ideas to link with the stimuli.</p> <p>Children are able to perform basic movement ideas to create a short travelling sequence.</p> <p>Children are able to show different moods and feelings in their movements.</p> <p>Children can count beats of 4 to music.</p>	<p>Children are able to throw using the under arm technique, including the under arm bowling.</p> <p>Children know the correct way to catch a ball.</p> <p>Children are able to catch at different heights some of the time.</p> <p>Children are developing their over arm throwing technique developing control and accuracy.</p> <p>Children are aware of the different roles in cricket.</p> <p>Children attempt to perform a scoop motion.</p> <p>Children are aware of the correct stance and grip used when batting and attempt to use it.</p>	<p>Children know the name of the golf clubs and when they should be used.</p> <p>Children are able to control the direction of the ball using a putter.</p> <p>Children can show some control over the distance of the ball when using a putter.</p> <p>Children stand in the correct positions when playing Tri-Golf games.</p> <p>Children are able to hit the ball using a chipper.</p> <p>Children can work in a team.</p>	<p>Children can run consistently at different speeds.</p> <p>Children can identify different ways of jumping and landing.</p> <p>Children can perform standing long jumps with control.</p> <p>Children use their stronger leg for take-off.</p> <p>Children are developing their accuracy when throwing a range of objects into a target area.</p> <p>Children can participate in a relay race.</p>

	<p>Children can jump from a bench.</p> <p>Children can balance and perform a jump from a bench.</p>	<p>Children understand different speeds and can apply different speeds to movement.</p> <p>Children can independently make a dance story using basic skills.</p>	<p>Children can make contact with the ball.</p> <p>Children understand how to get someone out in cricket.</p> <p>Children are beginning to understand when to run after batting.</p> <p>Children can find a space and understand the fielding role in cricket.</p>	<p>Children are developing the school value of honesty in P.E. and can keep score of their points.</p> <p>Children can explain why taking their time before taking a shot is important.</p>	
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Year 2

Autumn		Spring		Summer	
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Activity Skills	Gymnastics	Dance	Tri Golf	Cricket	Athletics
<p>Children can throw and catch with control.</p> <p>Children show good hand and eye co-ordination.</p> <p>Children are able to identify when to use a bounce throw or an underarm throw.</p> <p>Children can catch a ball that has bounced towards them.</p>	<p>Children can perform a point balance, counterbalance and a sequence.</p> <p>Children can perform with increased confidence.</p> <p>Children show control of their movements.</p> <p>Children can perform a range of jumps with confidence.</p>	<p>Children are able to count the beats in the music.</p> <p>Children are able to perform a range of movements.</p> <p>Children are able to apply direction and speed to movements.</p> <p>Children are able to work with a partner to develop movements to a beat.</p>	<p>Children can explain what each club is used for in golf.</p> <p>Children can show increased control of the direction of the ball using a putter.</p> <p>Children can show increased control over the distance of the ball when using a putter.</p>	<p>Children can confidently throw using the under arm technique.</p> <p>Children can confidently catch at different heights using the correct technique most of the time.</p> <p>Children have developed their over</p>	<p>Children are becoming more accurate when using throwing techniques.</p> <p>Children can identify and complete a range of jumping and landing techniques.</p> <p>Children can perform standing long jumps with precision and control.</p>

<p>Children can demonstrate an overarm arm throw and control its direction.</p> <p>Children are able to stop a ball with their feet.</p> <p>Children are able to pass a ball with their feet.</p> <p>Children can control a ball whilst dribbling around an area.</p> <p>Children show some control over a ball whilst dribbling with their hands.</p> <p>Children show some control over a ball whilst dribbling with their feet.</p>	<p>Children can use various different ways of travelling in their sequences.</p> <p>Children can combine a range of travelling and jump techniques together.</p> <p>Children can explain how to carry a mat safely.</p> <p>Children can perform different types of rolls.</p> <p>Children understand the terms unison and cannon.</p> <p>Children can move in unison and cannon.</p> <p>Children can perform balances on a bench and a box.</p> <p>Children can lead and copy a partner on a bench.</p> <p>Children can confidently complete a counterbalance on a bench.</p> <p>Children can compose a routine safely on a bench using different heights and balances.</p>	<p>Children are beginning to link movements together independently.</p> <p>Children can apply different elements to their dance.</p> <p>Children evaluate other children's work.</p> <p>Children can teach other children movements from their dance routine.</p> <p>Children can talk about the movements that they were taught and why they linked/didn't link.</p> <p>Children can mirror a partner's movements.</p> <p>Children can stay in time with their partner when mirroring.</p> <p>Children are able to count and move to music with increased confidence.</p> <p>Children can dance a routine taught, attempting to keep time.</p>	<p>Children can show some control over the distance of the ball using a chipper.</p> <p>Children can show some control over the height of the ball using a chipper.</p> <p>Children can remember and explain the position used when striking the ball.</p> <p>Children can make contact with a ball most of the time when using both clubs.</p> <p>Children can explain why teamwork is important, even in a sport like golf.</p> <p>Children are developing the school value of honesty in P.E. and can keep score of their points.</p>	<p>arm throwing technique, continuing to develop control and accuracy.</p> <p>Children can recall the different roles in cricket.</p> <p>Children use the scoop motion to collect a ball and use the correct grip and stance most of the time.</p> <p>Children can confidently bowl under arm and some are beginning to bowl over arm.</p> <p>Children develop their bowling action (under or over arm) when throwing at targets.</p> <p>Most children are able to hit a bowled ball.</p> <p>Children understand how to get someone out in cricket.</p> <p>Children are becoming more independent when choosing to run after batting.</p>	<p>Children consistently use their strong leg for take-off.</p> <p>Children can run for longer periods of time over increased distances.</p> <p>Children can run with a refined technique.</p> <p>Children can discuss some ways that exercise affects their body.</p> <p>Children are beginning to observe and describe successful aspects in other people's umps.</p> <p>Children are developing their teamwork skills.</p> <p>To be able to successfully complete a relay race with guidance.</p>
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Key stage 2

Year 3

Autumn		Spring		Summer	
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Hockey	Gymnastics	Dance	Team Building	Tennis	Athletics
<p>Children apply the correct grip and stance when using a hockey stick.</p> <p>Children show control when moving the ball.</p> <p>Children are developing their dribbling at speed.</p> <p>Children maintain control whilst dribbling in various directions.</p>	<p>Children can perform complex jumps.</p> <p>Children can combine different jumps.</p> <p>Children can perform different stands.</p> <p>Children can confidently perform a point balance and a group balance.</p> <p>Children can confidently perform movements and</p>	<p>Children understand what they need to focus on when learning a dance routine.</p> <p>Children can copy the steps taught from the teacher.</p> <p>Children can repeat and remember the steps in the routine.</p> <p>Children can perform the steps to the rest of the class.</p>	<p>Children can work in a team to achieve set outcomes.</p> <p>Children can develop their communication skills to share and listen to ideas.</p> <p>Children can use the school value of endurance and peace to go along with children's suggestions – even if they disagree with them.</p>	<p>Children can confidently catch a tennis ball by using the correct technique.</p> <p>Children know the correct way to grip a tennis racket.</p> <p>Children are able to control an object while standing still and when moving.</p>	<p>Children can perform the correct technique in javelin some of the time from a stationary position.</p> <p>Children can run consistently and smoothly at different speeds.</p> <p>Children are beginning to analyse running technique and suggest ways to improve.</p>

<p>Children can complete a push pass and stop a moving ball.</p> <p>Children can show control when passing.</p> <p>Children can recall key facts about the game of hockey.</p> <p>Children develop their shooting ability against an opponent.</p> <p>Children can block tackle and use this in game scenarios.</p> <p>Children understand the basic rules of hockey and can link basic skills together to apply them into a game.</p>	<p>balances at different levels.</p> <p>Children can perform different rolls, and to link rolls together.</p> <p>Children can use equipment to help with their rolls.</p> <p>Children can confidently create individual sequences.</p> <p>Children can perform individual sequences in front of peers.</p> <p>Children can confidently perform a group sequence in unison and cannon.</p> <p>Children can create sequences to set criteria: it must contain a balance, a travelling movement and a jump.</p> <p>Children can perform a jump for a dismount off a vault.</p> <p>Children can move over a vaulting box safely.</p>	<p>Children can apply levels to their movements.</p> <p>Children can apply direction to different movements.</p> <p>Children can notice movements that other children have changed.</p> <p>Children can apply 3 different dynamics to their dance routine.</p> <p>Children can copy, repeat and perform the dance routine with increasing confidence.</p> <p>Children can work with a partner and help each other remember movements.</p> <p>Children can compose and perform a routine with their partner.</p> <p>Children can understand what cannon is used for in dance and can apply cannon in their dance routine.</p>	<p>Children can show the attributes of working as a team throughout the entire task.</p> <p>Children can discuss what makes a good team, eg What worked well? What could be improved?</p> <p>Children can recognise how teamwork is incorporated into various sports and everyday tasks.</p>	<p>Children can control a balls direction using a racket.</p> <p>Children develop aim by using targets.</p> <p>Children can perform a forehand shot with a tennis racket.</p> <p>Children can perform a backhand action with their hand and with a tennis racket.</p> <p>Children are able to perform a backhand with and without a bounce.</p> <p>Children are able to complete a short rally.</p> <p>Children are starting to move into space to meet the ball.</p> <p>Children are beginning to score using tennis terminology.</p>	<p>Children can confidently show different ways of jumping and landing.</p> <p>Children can perform standing long jumps with precision and control.</p> <p>Children can perform a long jump with a walk-up.</p> <p>Children can successfully complete a relay race with little support.</p> <p>Children can explain how their body reacts to exercise.</p>
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Autumn		Autumn		Autumn	
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Basketball	Gymnastics	Dance	Orienteering	Tennis	Athletics
<p>Children can dribble with a basketball.</p> <p>Children know when to use different heights.</p> <p>Children can travel at speed and maintain control of the ball.</p> <p>Children understand what tactics are and how/why they're used in a game.</p> <p>Children can perform a variety of passes with confidence, accuracy and using the correct technique.</p> <p>Children attempt to use the correct shooting technique.</p> <p>Children are improving their accuracy when shooting.</p>	<p>Children can confidently perform jumps and leaps.</p> <p>Children can link both jumps and leaps together.</p> <p>Children can confidently perform a group balance.</p> <p>Children can link balances together using a range of movements.</p> <p>Children can confidently link rolls together.</p> <p>Children use equipment to help with their rolls.</p> <p>Children confidently perform a sequence to their peers.</p> <p>Children can perform a creative sequence on a bench.</p>	<p>Children are developing their confidence when counting music whilst dancing.</p> <p>Children can remember more complex dance routines.</p> <p>Children can stay in unison with the rest of their group when performing.</p> <p>Children can analyse theirs and their group's performance.</p> <p>Children can create movements for the beginning, middle and end section of a dance linked to particular themes/music.</p> <p>Children can select and apply a variety of dynamics into their dance piece.</p>	<p>Children are aware of symbols on maps.</p> <p>Children can recognise a range of symbols from different maps.</p> <p>Children can participate in a range of orienteering courses.</p> <p>Children can direct, and be directed, using the 4 compass points.</p> <p>Children can develop their teamwork skills by working as a team to discuss how to, and orienteer with a map.</p> <p>Children are able to identify any obstacles and plan a safe route.</p>	<p>Children grip a tennis racket correctly.</p> <p>Children have good control of a balls direction using a racket.</p> <p>Children can confidently perform a forehand shot with a tennis racket.</p> <p>Children can confidently perform a backhand with and without a bounce.</p> <p>Children can perform a volley with their hand.</p> <p>Children can perform a volley with a tennis racket.</p> <p>Children are moving into space to meet the ball.</p> <p>Children are able to complete a longer rally.</p>	<p>Children can perform the correct technique in javelin from a stationary position most of the time</p> <p>Children can attempt to throw the javelin with a walk/jog/run-up.</p> <p>Children can throw using the shot putt technique from a stationary position</p> <p>Children can perform a walking/jogging long jump with precision and control most of the time. Some children may develop into a run.</p> <p>Children can analyse running technique and suggest ways to improve.</p> <p>Children can compete in a hurdles race.</p>

<p>Children learn and apply different defending skills (pressure, intercepting, blocking).</p> <p>Children are developing their understanding of when it is best to intercept, pressure or block.</p> <p>Children understand the basic rules of basketball.</p> <p>Children can participate in a game of basketball following the rules and incorporating the skills learnt.</p>	<p>Children can perform a mirroring sequence on a bench.</p> <p>Children can land in a straddle position on the vaulting box.</p> <p>Children can confidently perform a jump when dismounting off a vault.</p>	<p>Children can adapt their movements to link with the music.</p> <p>Children can link their dance sections together so that they flow smoothly.</p> <p>Children are developing their confidence and energy when performing.</p>		<p>Children are scoring correctly using tennis terminology.</p>	<p>Children can work well in a team and successfully complete a relay.</p> <p>Children can use our school values and are able to compete against others in a respectful manner.</p> <p>Children know why their heart rate and breathing increases during sport.</p> <p>Children know why a warm up is needed.</p>
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Year 5

Autumn		Spring		Summer	
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Tag Rugby	Gymnastics	Dance	Orienteering	Rounders	Athletics
<p>Children can change their direction quickly and safely when moving.</p> <p>Children know whom to tag during a game (only the ball carrier).</p>	<p>Children can attempt to perform a cartwheel.</p> <p>Children can perform a forward roll.</p> <p>Children can perform a range of formations.</p>	<p>Children can count in beats of eight.</p> <p>Children can watch and describe the Haka.</p> <p>Children can learn all 24 counts of the Haka.</p>	<p>Children can recognise and recall a range of symbols from different maps.</p> <p>Children are aware that maps have scales.</p>	<p>Children can throw a ball accurately into a target.</p> <p>Children can throw and catch a ball with confidence and accuracy.</p>	<p>Children are able to sprint over short distances.</p> <p>Children are aware of ways to improve their technique to increase speed when sprinting.</p>

<p>Children can throw the ball using a pendulum motion.</p> <p>Children can pass the ball using the correct technique whilst standing still.</p> <p>Children can pass the ball using the correct technique whilst moving.</p> <p>Children understand the direction that the ball must travel (backwards or sideways).</p> <p>Children know the correct technique to score a try.</p> <p>Children know how to score in tag rugby and know how the point system works.</p> <p>Children can work together to beat a defender.</p> <p>Children know how to defend.</p> <p>Children understand what a free pass is.</p>	<p>Children can perform a complex sequence including formations.</p> <p>Children can confidently recall jumps, rolls and balances.</p> <p>Children are developing their routines through self and peer observations.</p> <p>Children can perform a safe mount and dismount on a vault.</p> <p>Children can perform a vault that is fluent and confident.</p>	<p>Children can recap the Haka in unison.</p> <p>Children can perform the Haka in cannon.</p> <p>Children can perform the Haka with expression.</p> <p>Children can perform the Haka in a battle situation.</p> <p>Children can make up different moves relating to the Haka.</p> <p>Children can link their own moves and moves from the Haka to make their own Haka.</p> <p>Children can perform their Haka to their peers.</p> <p>Children can give positive and improving feedback to their peers.</p> <p>Children can think of different moves relating to a range of sports.</p>	<p>Children can direct, and be directed, using the 8 compass points.</p> <p>Children can develop their teamwork skills by working as a team to discuss how to, and orienteer with a map.</p> <p>Children know the difference from eye level and an aerial view.</p> <p>Children know what a control point is.</p> <p>Children are able to identify any obstacles and plan a safe route.</p> <p>Children can complete a range of orienteering courses.</p>	<p>Children know the long barrier technique.</p> <p>Children can move to receive the ball.</p> <p>Children can return the ball quickly and accurately.</p> <p>Children can bowl a ball using the correct technique.</p> <p>Children can bowl confidently and accurately.</p> <p>Children can bowl in a game situation.</p> <p>Children can hold a bat correctly.</p> <p>Children can hit a ball with a bat continuously.</p> <p>Children can bat in a game situation.</p> <p>Children can understand the rules of rounders.</p> <p>Children are able to make good decisions when playing rounders.</p>	<p>Children can analyse peer's performances and suggest ways to improve/refine skills.</p> <p>Children can perform a running jump with accuracy and control most of the time.</p> <p>Children can perform the correct technique in javelin using a walk up most of the time</p> <p>Children can confidently throw using the shot putt technique and can include movement before the throw.</p> <p>Children are beginning to understand pace and can alter their pace to complete longer distance activities.</p> <p>Children are competing in a hurdles event.</p> <p>Children can clearly explain why a cool down is performed after physical activity.</p> <p>Children can compete in St James Hexathlon (sprint/hurdles/javelin/shot putt/relay).</p>
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<p>Children understand the differences between offence and defence.</p> <p>Children are developing their concept of space.</p> <p>Children understand what offside is in tag rugby.</p>				<p>Children can give feedback on their own work.</p> <p>Children can work well within a team.</p> <p>Children know the roles involved in rounders.</p>	<p>Children are aware of sportsmanship and can develop this into their PE lessons.</p>
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Year 6

Autumn		Spring		Summer	
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Football	Gymnastics	Dance	Orienteering	Rounders	Athletics
<p>Children can explain the fitness characteristics that are needed for football.</p> <p>Children are developing their ball control and their ability to move and change direction at speed.</p> <p>Children are aware of, and can complete, different turns.</p> <p>Children can dribble the ball while under pressure from others.</p>	<p>Children can create their own sequences using knowledge from Gymnastics at St James.</p> <p>Children can perform their sequences to their peers.</p> <p>Children can confidently perform complex jumps.</p> <p>Children can confidently perform complex leaps.</p>	<p>Children can copy, repeat and remember basic dance moves.</p> <p>Children can deliver a warm up and explain the reasons for it.</p> <p>Children can link moves together.</p> <p>Children can understand the difference between, and work in unison and cannon fluently.</p>	<p>Children can confidently recognise and recall a range of symbols from different maps.</p> <p>Children are aware that maps have scales and what this scale represents.</p> <p>Children can confidently direct, and be directed, using the 8 compass points.</p> <p>Children can develop their teamwork skills by working as a team to discuss how</p>	<p>Children can throw and received a long distance ball.</p> <p>Children can position themselves correctly to catch a ball.</p> <p>Children can return the ball quickly and accurately.</p> <p>Children can bowl confidently and accurately with reduced no-balls called.</p>	<p>Children develop their sprinting speed through technique refinement.</p> <p>Children can sprint over varying short distances.</p> <p>Children can perform a long jump with a run with accuracy and control.</p> <p>Children can perform the correct technique in javelin from a run up most of the time.</p> <p>Children can confidently</p>

<p>Children show control and confidence when dribbling the ball.</p> <p>Children can pass the ball.</p> <p>Children can stop the ball with control.</p> <p>Children can shoot with power and accuracy.</p> <p>Children can use both feet to stop and distribute the ball – even if it isn't accurate.</p> <p>Children can link their knowledge of stamina/endurance and why it's needed in football.</p> <p>Children can develop defence and offense strategies.</p> <p>Children understand the rules of football.</p> <p>Children can participate in a competitive game.</p> <p>Children understand the difference between</p>	<p>Children can link complex leaps and complex jumps together.</p> <p>Children can perform a cartwheel.</p> <p>Children can complete a handstand.</p> <p>Children can perform a tumble consistently.</p> <p>Children can perform balances and jumps with equipment.</p> <p>Children can perform leaps and rolls with equipment.</p> <p>Children can perform sequences with equipment.</p> <p>Children can use equipment safely.</p> <p>Children can mount and dismount the vault safely.</p> <p>Children can perform a vault fluently and confidently.</p>	<p>Children can link standing and floor moves together with confidence.</p> <p>Children can critically evaluate their own, and others performances.</p> <p>Children can time their dance correctly.</p> <p>Children can commit fully to dance; they include attitude and passion in their dance.</p> <p>Children can be creative in their dance expression.</p> <p>Children can copy street dance moves accurately.</p> <p>Children can model their own dance routines around street dance moves they've learnt.</p>	<p>to, and orienteer with a map.</p> <p>Children can confidently explain the difference between eye level and aerial view.</p> <p>Children can explain key terminology.</p> <p>Children are able to identify any obstacles and plan a safe route.</p> <p>Children can complete in a range of orienteering courses.</p> <p>Children will develop their sportsmanship by competing competitively in timed races.</p>	<p>Children can bat the ball with increasing consistency.</p> <p>Children consider tactics when attacking (striking the ball into space).</p> <p>Children consider tactics when defending (throwing the ball to post 1 or 4 to prevent full rounders being scored).</p> <p>Children to be able to make good decisions when playing rounders.</p> <p>Children can give feedback on their own team.</p> <p>Children can manage a game of rounders through a good understanding of rules and game play.</p>	<p>throw using the shot putt technique most of the time and can improve upon the distance that they throw the shotput.</p> <p>Children can sustain their pace over a range of long distance runs.</p> <p>Children understand rules in Athletics (what is a foul throw? What is a false start?)</p> <p>Children can analyse peer's performances and suggest ways to improve/refine skills explaining what impact this will have.</p> <p>Children suggest cool down activities and can explain what impact these have on our bodies.</p> <p>Children can compete competitively in St James' Hexathlon competition showing sportsmanship.</p>
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anaerobic and aerobic exercises.					
Swimming					
Autumn		Spring		Summer	
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	Year 5	Year 4	Year 4	Year 3	Year 3
<p>Children can use front crawl to move through the water.</p> <p>Children can swim 25m without a floatation aid.</p> <p>Children can perform safe self-rescue from the water.</p> <p>Children are developing their back stroke technique.</p>	<p>Children can use front crawl to move through the water.</p> <p>Children can swim 25m without a floatation aid.</p> <p>Children can perform safe self-rescue from the water.</p> <p>Children are developing their back stroke technique.</p>	<p>Children are growing in water confidence.</p> <p>Children can move through the water using front crawl and a floatation aid.</p> <p>Children are beginning to develop their confidence without floatation devices.</p> <p>Children are aware of ways to perform a safe self-rescue.</p> <p>Children can move through the water on their backs.</p>	<p>Children are growing in water confidence.</p> <p>Children can move through the water using front crawl and a floatation aid.</p> <p>Children are beginning to develop their confidence without floatation devices.</p> <p>Children are aware of ways to perform a safe self-rescue.</p> <p>Children can move through the water on their backs.</p>	<p>Children can safely enter the pool.</p> <p>Children can safely climb out of the pool.</p> <p>Children can move in the water with floatation aids.</p> <p>Children can put their faces in the water.</p> <p>Children are aware of pool safety rules.</p> <p>Children are beginning to move through the water using front crawl.</p>	<p>Children can safely enter the pool.</p> <p>Children can safely climb out of the pool.</p> <p>Children can move in the water with floatation aids.</p> <p>Children can put their faces in the water.</p> <p>Children are aware of pool safety rules.</p> <p>Children are beginning to move through the water using front crawl.</p>