

Primary Physical Education progression grid

	Stages 1 to 3	Stages 4 to 6
<i>Moving Well</i>	123MW.01 Practise and refine basic movement skills.	456MW.01 Practise, refine and consolidate a broad range of movement skills.
	123MW.02 Perform movement skills with increasing proficiency and use them sequentially	456MW.02 Perform and be able to link together a wider variety of movement skills in short sequences.
	123MW.03 Move with control and coordination, using space in different ways and moving with different speeds and dynamics.	456MW.03 Display movement skills that demonstrate increasing control, fluency and variety.
	123MW.04 Refine and extend movement competence and confidence through responding and adapting to the demands of a range of contexts, apparatus and equipment, showing coordination and control.	456MW.04 Apply movement competence with confidence in a variety of self-selected and more structured physical activities, showing the ability to respond and adapt to changing contexts and to others' movements, responses and roles.
<i>Understanding Movement</i>	123UM.01 Describe own and others' movements using simple activity-specific vocabulary.	456UM.01 Describe own and others' movements using some activity-specific vocabulary and be able to identify more and less effective movement.
	123UM.02 Describe actions, dynamics, space and relationships when observing and engaging in movement.	456UM.02 Demonstrate (through movement) and discuss understanding of language and concepts related to actions, dynamics, space and relationships.

	123UM.03 Use simple criteria to evaluate success and identify the need for improvement in basic movement tasks and challenges.	456UM.03 Apply success criteria to own and others' movement performances, and discuss ideas and plans for improvement with others.
	123UM.04 Understand and follow simple rules, and understand and use tactics and compositional ideas.	456UM.04 Follow and understand the need for rules, apply tactics/strategies and develop variety in compositional ideas.
<i>Moving Creatively</i>	123MC.01 Explore a variety of movements and movement patterns that begin to demonstrate creativity.	456MC.01 Show creativity and innovation in a range of individual, group, expressive, competitive and cooperative contexts.
	123MC.02 Explore and discover ways of interacting in movement with different situations and contexts, including a range of apparatus and equipment.	456MC.02 Investigate, select and design alternative courses of action in response to given movement and environmental challenges.
	123MC.03 Respond to given and selected tasks and challenges in a range of movement contexts.	456MC.03 Address given and self-directed tasks and challenges, finding solutions through innovative use of movement in individual and group tasks.
	123MC.04 Discover and use a range of compositional ideas to express themes, moods and emotions.	456MC.04 Identify and demonstrate a range of compositional ideas in order to express a selected theme, mood or emotion.
<i>Taking Part</i>	123TP.01 Show involvement when working alone, when sharing space, in whole group physical activity and when playing with others.	456TP.01 Show involvement in individual work, sharing space, playing together, working in pairs, and working in small groups across a range of physical activities.
	123TP.02 Know their roles and start to recognise others' roles in a range of simple individual and small team/group contexts.	456TP.02 Understand the concepts of team/group work and expectations and roles of individual team/group members.
	123TP.03 Know how to work independently towards the achievement of agreed movement goals.	456TP.03 Demonstrate independence and collaboration in evaluating own and others' work, setting short-term personal goals and areas for development.

	123TP.04 Begin to take and share the lead in team/group work.	456TP.04 Take responsibility in leading and following the lead of others, contributing positively to the group's tasks and activities.
	123TP.05 Recognise movement qualities in self and others and be able to describe own movement strengths and areas for improvement.	456TP.05 Understand own and others' movement strengths, areas for improvement and potential, applying this knowledge to improve movement proficiency and refine movement patterns and sequences.
	123TP.06 Listen to others and respond appropriately in a range of movement tasks and challenges.	456TP.06 Show patience and care when working with others. Listen to others and plan together to find solutions to movement challenges.
<i>Taking Responsibility</i>	123TR.01 Show increasing ability to share space and equipment, to take turns and to cooperate with others.	456TR.01 Show ability to share space and equipment skilfully and safely, communicating and collaborating with others during this process.
	123TR.02 Understand individual responsibility for moving and using equipment and space safely, following associated rules and regulations.	456TR.02 Show personal responsibility in physical activities, negotiating successfully and appropriately with other learners in respect of shared equipment, space and movement ideas.
	123TR.03 Demonstrate collaboration and begin to understand what fair play is in team/group physical activities.	456TR.03 Understand and appreciate the need for rules and regulations to foster fair play, following these in a variety of collaborative and competitive physical activities in small teams/groups.
	123TR.04 Understand when and how to engage the help of others during group movement tasks.	456TR.04 Employ a range of appropriate help-seeking strategies at appropriate moments when undertaking group physical activities.
	123TR.05 Give supportive feedback in partner/small group activities. Show appreciation of and respect for contributions and motivation to improve.	456TR.05 Offer constructive and specific feedback to others on strengths and goals. Demonstrate respect for others when they are working to improve individual/group performances.

Healthy Bodies	123HB.01 Demonstrate understanding of bodily changes during physical activity and the positive benefits of physical activity for health and wellbeing.	456HB.01 Demonstrate understanding of the importance of physical activity in relation to health, fitness and wellbeing.
	123HB.02 Identify and name which body parts are being used during physical activity and why these are important.	456HB.02 Identify which body parts, including joints and muscles, are being used during a physical activity and discuss how working these can contribute to physical fitness. Describe the different components of fitness.
	123HB.03 Identify the required level of intensity during a range of simple physical activities and begin to work towards achieving this.	456HB.03 Engage in and plan for a range of physical activities, evaluating and comparing the required level of intensity within each of these.
	123HB.04 Recognise the current limits of own capacities, and understand the risks associated with different contexts and physical activities.	456HB.04 Undertake physical activities responsibly and safely through assessing and managing risk and appropriate preparation and learning.
	123HB.05 Understand the importance of warming up and cooling down the body when participating in physical activity.	456HB.05 Identify the key components of warm-up and cool-down routines in preparation for physical activity, understanding their importance.
	123HB.06 Understand some components of a healthy diet.	456HB.06 Demonstrate understanding that a varied balanced diet contributes to a healthy and active lifestyle.