



PE

Our high-quality P.E. and learning opportunities enable all children to succeed in physical activity and become physically literate, as well as finding a love for moving. All children will participate in swimming tuition as part of their curriculum. We teach children how to cooperate and collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long values. Our extensive provision of lunchtime and after school sports clubs allow all children the opportunity to participate in extra activity as well as to further develop skills learned in class.

Progression of Skills

Strand	KS1	Year 3	Year 4	Year 5	Year 6
Dance	<ul style="list-style-type: none"> Perform dances to music using simple movement 	<ul style="list-style-type: none"> Responding to stimuli, extreme weather Developing thematic dance into a motif Extending dance to create sequences with a partner Developing sequences with a partner 	<ul style="list-style-type: none"> Responding to stimuli working together Extending sequences with a partner in character Exploring two contrasting Relationships and interlinking dance moves 	<ul style="list-style-type: none"> Develop character movements linked to prejudices Create movements that represent different characters and performers in a circus Extending our performance incorporating props and apparatus linked to the variety of performers 	<ul style="list-style-type: none"> Creating rhythmic patterns using our body Extend choreography through controlled movements, character emotion and expression Explore the relationships between characters applying character emotion and expression
Gymnastics	<ul style="list-style-type: none"> Master basic movement, e.g. running, jumping, throwing, catching, balance, agility and co-ordination. 	Introduction to symmetry Introduction to asymmetry Application of learning onto apparatus Sequence formation Sequence completion	<ul style="list-style-type: none"> Introduction to bridges Application of bridge learning onto apparatus Develop sequences with bridges Sequence formation and improving 	<ul style="list-style-type: none"> Introduction to Counter Balance Application of Counter Balance learning onto apparatus Sequence formation and discussion Counter Tension 	<ul style="list-style-type: none"> Introduction to matching/ mirroring Application of matching/ mirroring learning onto apparatus Sequence development, completion and



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				<ul style="list-style-type: none">Sequence completion and performance	<ul style="list-style-type: none">Sequence completion and performance with feedback	performance with feedback
Athletics		<ul style="list-style-type: none">Master basic movement, e.g. running, jumping, throwing, catching, balance, agility and co-ordination.	<ul style="list-style-type: none">Explore running for speedExplore accelerationIntroduce /develop relay: Running for speed in a teamThrowing: Accuracy vs distanceStanding Long Jump	<ul style="list-style-type: none">Develop running at speedExploring our stride patternExploring running at paceUnderstand and apply tactics when running for distanceThrowing, specifically javelinStanding Triple Jump	<ul style="list-style-type: none">Finishing a raceEvaluating our performanceSprinting: beating my personal bestRelay changeoversThrowing, specifically Shot PutIntroducing the Hurdles	<ul style="list-style-type: none">Running for speed competitionRunning for distance competitionThrowing competitionJumping competition
Invasion Games	Football	<ul style="list-style-type: none">Participate in team games	<ul style="list-style-type: none">Introduce/develop dribbling keeping controlIntroduce passing and receivingCombine dribbling and passing to create spaceDevelop passing, receiving and dribbling	<ul style="list-style-type: none">Refine dribblingTurningRefine passing and receivingDevelop passing and dribbling creating spaceIntroduce shooting	<ul style="list-style-type: none">Refine dribbling and passing to maintain possessionIntroduce and develop defendingDevelop shootingRefine attacking skills, passing, dribbling and shooting, introduce officiating	<ul style="list-style-type: none">Consolidate keeping possession, develop officiatingConsolidate defendingOrganise formations and mange teamsOrganise formations decide tactics, manage teams and officiate games
	Netball	<ul style="list-style-type: none">Participate in team games	<ul style="list-style-type: none">Introduce passing, receiving and creating space	<ul style="list-style-type: none">Refine passing and receivingDevelop passing and dribbling creating space	<ul style="list-style-type: none">Recap and refine dribbling and passing to create attacking opportunities	<ul style="list-style-type: none">Consolidate keeping possession, develop officiatingConsolidate defending

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			<ul style="list-style-type: none"> Develop/combine passing and moving Combine/develop passing and shooting 	<ul style="list-style-type: none"> Develop passing, moving and shooting Refine passing and shooting Develop footwork 	<ul style="list-style-type: none"> Develop marking Refine shooting Refine attacking skills, passing, dribbling and shooting introduce officiating 	<ul style="list-style-type: none"> Create, understand and apply attacking/defending tactics in game situations
	Tag Rugby	<ul style="list-style-type: none"> Participate in team games 	<ul style="list-style-type: none"> Introduce moving with the ball, passing and receiving Introduce tagging Create space when attacking Develop passing and moving Combine passing/moving to create attacking opportunities 	<ul style="list-style-type: none"> Develop passing, moving and creating space Apply learning to 3v3 mini games Develop defending in game situations Combine passing and moving to create an attack and score 	<ul style="list-style-type: none"> Refine passing and moving to create attacking opportunities Explore different passes that can be used to outwit defenders Refine defending as a team Create and apply defending tactics. Develop officiating 	<ul style="list-style-type: none"> Consolidate passing and moving Consolidate defending Create, understand and apply attacking/defending tactics in game situations Consolidate attacking and defending in mini games
	Basketball	<ul style="list-style-type: none"> Participate in team games 	<ul style="list-style-type: none"> Introduce dribbling Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling Introduce shooting 	<ul style="list-style-type: none"> Refine dribbling Refine passing and receiving Refine passing and dribbling creating space Refine passing and dribbling creating shooting opportunities Introduce marking 	<ul style="list-style-type: none"> Refine passing and receiving Apply passing, footwork and shooting into mini games, introduce officiating Introduce defending Explore the function of other passing styles 	<ul style="list-style-type: none"> Consolidate keeping possession and officiating Consolidate defending Create, understand and apply attacking tactics in game situations Create, understand and apply defending tactics in game situations

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Striking & Fielding Games	Cricket	<ul style="list-style-type: none"> Participate in team games 	<ul style="list-style-type: none"> Understand the concept of batting and fielding Introduce throwing overarm Introduce throwing underarm Introduce catching Striking with intent 	<ul style="list-style-type: none"> Develop an understanding of batting and fielding Introduce bowling underarm Develop stopping and returning the ball Develop retrieving and returning the ball Striking the ball at different angles and speeds 	<ul style="list-style-type: none"> Refine batting, batting and bowling tactics Refine fielding stopping, catching and throwing Combine bowling and fielding creating and applying tactics Introduce umpiring and scoring 	<ul style="list-style-type: none"> Consolidate batting, fielding and bowling Create, understand and apply attacking and defensive tactics in game
	Rounders	<ul style="list-style-type: none"> Participate in team games 	<ul style="list-style-type: none"> Introduce to rounders Introduce overarm throwing Apply overarm and underarm throwing Introduce stopping the ball Application of stopping the ball in a game 	<ul style="list-style-type: none"> Develop fielding bowling with a backstop Introduce batting; how Develop batting; where and why Introduce and apply basic fielding tactics 	<ul style="list-style-type: none"> Develop fielding tactics maximising players Understand what happens if the batter misses the ball Refine fielding tactics, what players where? Applying tactics in mini games 	<ul style="list-style-type: none"> Introduction to full rounders Consolidate fielding tactics Refine our understanding of what happens if the batter misses or hits the ball backwards Batting considerations
Net & Wall Games	Tennis	<ul style="list-style-type: none"> Participate in team games 	<ul style="list-style-type: none"> Introduction tennis, outwitting an opponent Creating space to win a point Consolidate how to win a game Introduce rackets 	<ul style="list-style-type: none"> Developing the forehand Creating space to win a point using a racket Introduce the backhand 	<ul style="list-style-type: none"> Introduce/develop the volley Controlling the game from the serve Doubles, understanding and 	<ul style="list-style-type: none"> Game application Game application, mixed ability doubles, round robin games



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			<ul style="list-style-type: none"> Introduce the forehand 	<ul style="list-style-type: none"> Applying the forehand and backhand in game situations Applying the forehand and backhand creating space to win a point 	applying tactics to win a point	
Health Related Fitness & Wellbeing		<ul style="list-style-type: none"> Master basic movement, e.g. running, jumping, throwing, catching, balance, agility and co-ordination. 	Wellbeing <ul style="list-style-type: none"> Exploring relaxation techniques Applying relaxation techniques and using them effectively Performing balanced meditative poses Using props to help us balance in our meditative poses 	Wellbeing <ul style="list-style-type: none"> Creating movements to help express ourselves and our emotions Using mime to manage positive and negative emotions Using meditative poses to help control and manage our emotions 	Health Related Fitness <ul style="list-style-type: none"> Explore and understand cardio fitness Explore and understand flexibility fitness Explore and understand strength fitness 	Health Related Fitness <ul style="list-style-type: none"> Develop a secure understanding of cardio fitness Develop a secure understanding of flexibility fitness Develop a secure understanding of strength fitness
Inclusive Games: Boccia		<ul style="list-style-type: none"> Participate in team games 	<ul style="list-style-type: none"> Exploring sending Understand why we need to be accurate when sending the ball Develop our sending technique and understanding of accuracy Introduce scoring 	<ul style="list-style-type: none"> Consolidating sending with accuracy in Boccia: Sending with pace and speed Tactical Play: Applying accuracy into our Boccia games 	<ul style="list-style-type: none"> Sending the ball: Develop our understanding why we need to be accurate Sending the ball: Refine our sending technique and understanding of accuracy 	<ul style="list-style-type: none"> Creating and applying basic tactics: Coaching and officiating Boccia games Level 1 Competition: Pairs Boccia Level 1 Competition: Team Boccia



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				<ul style="list-style-type: none"> Tactical Play: Defending in Boccia 	<ul style="list-style-type: none"> Sending the ball: Applying accuracy in teams 	
Outdoor Adventurous Activity (OAA)		<ul style="list-style-type: none"> Engage in co-operative physical activities 	Communication & Tactics <ul style="list-style-type: none"> Creating and applying simple tactics Developing leadership Develop communication as a team Create defending and attacking tactics as a team 	Problem Solving <ul style="list-style-type: none"> Benches and mats challenge Round the clock card challenge The pen challenge The river rope challenge Caving challenges 	Orienteering <ul style="list-style-type: none"> Face orienteering Cone orienteering Point and return Point to point Timed course Orienteering competition 	Leadership <ul style="list-style-type: none"> Understanding what makes an effective leader Communicating as a leader Introducing the STEP principle: Space , Task, Equipment and People