

## Curriculum Progression – Physical Education

	<u>EYFS</u>	<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
<u>Athletics</u>	<ul style="list-style-type: none"> <li>Travel in a variety of ways.</li> <li>Travel at different levels.</li> <li>Jump and bound between points.</li> <li>Develop a range of throws.</li> </ul>	<ul style="list-style-type: none"> <li>Know and can demonstrate the difference between walking, jogging and sprinting.</li> <li>Develop moving and static jumps</li> <li>Develop push and pull throws</li> <li>Experience 'classic' sports day events</li> </ul>	<ul style="list-style-type: none"> <li>Know and can demonstrate the difference between walking, jogging, running and sprinted</li> <li>Make suggestions on how to improve standing LJ</li> <li>Throw overarm at a raised target accurately</li> <li>Have an understanding of race procedure</li> </ul>	<ul style="list-style-type: none"> <li>Make very basic decisions on pacing based on distance</li> <li>Start to link the skills of running and jumping</li> <li>Introduced to the TJ footwork pattern</li> <li>Make suggestions on how to improve Javelin and seated pushing throws</li> <li>Experience self-competition</li> </ul>	<ul style="list-style-type: none"> <li>Build base stamina and understand its importance</li> <li>Develop their own sprinting action</li> <li>Develop basic LJ and hurdling skills</li> <li>Describe and demonstrate TJ footwork</li> <li>Experience measuring performance</li> <li>Be a part of a relay team</li> </ul>	<ul style="list-style-type: none"> <li>Further develop stamina</li> <li>Develop a standing sprint start stance</li> <li>Make suggestions on how to improve LJ and hurdling skills</li> <li>Improve the weakest part of their TJ</li> <li>Experience a version of a pentathlon</li> </ul>	<ul style="list-style-type: none"> <li>Understand the importance of power</li> <li>Use power to improve field events and sprinting</li> <li>Compare their own performance to elite</li> <li>Measure events with increasing accuracy</li> </ul>
<u>Competitive Games</u>	<p>Invasion games:</p> <ul style="list-style-type: none"> <li>Invade another person's space and tag them</li> <li>Avoid being tagged</li> <li>Develop ideas on how to outwit an opponent 1 vs 1</li> </ul> <p>Net and wall:</p>	<p>Invasion games:</p> <ul style="list-style-type: none"> <li>Play as a member of a team in a tagging game</li> <li>Make basic decisions on how to score points</li> <li>Play in simple attacking and defending roles</li> </ul>	<p>Invasion Games:</p> <ul style="list-style-type: none"> <li>Score points as a member of a team</li> <li>Develop a variety of simple tactics to score points</li> <li>Describe ways in which your team can improve</li> </ul>	<p>Basketball:</p> <ul style="list-style-type: none"> <li>Dribble with control with dominant hand</li> <li>Change direction whilst dribbling</li> <li>Get into a defensive stance</li> </ul> <p>Hockey:</p> <ul style="list-style-type: none"> <li>Use the correct grip</li> </ul>	<p>Basketball:</p> <ul style="list-style-type: none"> <li>Dribble and switch the ball from hand to hand</li> <li>Make decisions on when to pass or shoot</li> <li>Play in an age appropriate game</li> </ul> <p>Hockey:</p>	<p>Hockey:</p> <ul style="list-style-type: none"> <li>Use a slap hit</li> <li>Move the ball towards opposition goal using appropriate tactics</li> <li>Understand what a short and long corner are</li> </ul> <p>Netball:</p>	<p>Basketball:</p> <ul style="list-style-type: none"> <li>Develop shooting skills</li> <li>Develop attacking and defensive skills around the backboard</li> <li>Move the ball from defence to attack quickly</li> </ul> <p>Netball:</p>

	<ul style="list-style-type: none"> <li>• Experience games with throwing and catching</li> <li>• Strike a balloon with hand to keep it from the floor</li> </ul> <p>Striking and fielding:</p> <ul style="list-style-type: none"> <li>• Develop gross motor skills</li> <li>• Play a 1vs 1 game (Striker and fielder)</li> </ul>	<p>Dodgeball:</p> <ul style="list-style-type: none"> <li>• Develop throwing and catching skills</li> <li>• Follow the most basic version of dodgeball rules</li> </ul> <p>Net and wall:</p> <ul style="list-style-type: none"> <li>• Play a throw and catch rally over an obstacle</li> <li>• Hit a balloon with a racket over an obstacle</li> </ul> <p>Striking and fielding:</p> <ul style="list-style-type: none"> <li>• Develop accuracy in throwing and catching</li> <li>• Play as a member of a team when fielding</li> </ul>	<p>Dodgeball:</p> <ul style="list-style-type: none"> <li>• Develop throwing skills by playing games with 'full hits'</li> <li>• Try to get develop tactics to get team mates back into the game</li> </ul> <p>Tennis:</p> <ul style="list-style-type: none"> <li>• Hold a racket and have a starting stance</li> <li>• Hit a moving ball</li> </ul> <p>Striking and fielding:</p> <ul style="list-style-type: none"> <li>• Strike a ball off of a tee</li> <li>• Think about where to stand when fielding</li> </ul>	<ul style="list-style-type: none"> <li>• Dribble using forehand and reverse stick</li> <li>• Use a block tackle</li> </ul> <p>Netball:</p> <ul style="list-style-type: none"> <li>• Know and demonstrate the 4 key passes</li> <li>• Keep possession of the ball</li> <li>• Mark a player</li> </ul> <p>Badminton:</p> <ul style="list-style-type: none"> <li>• Use a backhand serve</li> <li>• Play a clear shot over a net</li> <li>• Score a simple game</li> </ul> <p>Cricket:</p> <ul style="list-style-type: none"> <li>• Strike a dropped ball</li> <li>• Bowl under arm with some accuracy</li> <li>• Play in a simplified game</li> </ul> <p>Volleyball:</p> <ul style="list-style-type: none"> <li>• Hit serves over a tall net</li> <li>• Play a simplified throw and catch version of a game</li> </ul>	<ul style="list-style-type: none"> <li>• Dribble and pass with increasing accuracy</li> <li>• Push the ball into space for a teammate</li> <li>• Play in an age appropriate game</li> </ul> <p>Tag Rugby:</p> <ul style="list-style-type: none"> <li>• Use various footwork to carry the ball forward</li> <li>• Develop a swing pass</li> <li>• Develop 1vs1 defensive skills</li> </ul> <p>Badminton:</p> <ul style="list-style-type: none"> <li>• Serve with increasing accuracy</li> <li>• Develop smash and drop shots</li> <li>• Play in singles and doubles games</li> </ul> <p>Cricket:</p> <ul style="list-style-type: none"> <li>• Strike a bowled ball</li> <li>• Chain field with increasing accuracy</li> </ul>	<ul style="list-style-type: none"> <li>• Play in 'high 5 positions'</li> <li>• Use various tactics to create scoring opportunities</li> <li>• Develop shooting skills</li> </ul> <p>Tag Rugby:</p> <ul style="list-style-type: none"> <li>• Pass the ball on the move</li> <li>• Always get 'go forward'</li> <li>• Understand your role in a defensive team</li> </ul> <p>Badminton:</p> <ul style="list-style-type: none"> <li>• Develop footwork and recover to the centre of the court</li> <li>• Use a low and clear serve</li> <li>• Be able to umpire games</li> </ul> <p>Cricket:</p> <ul style="list-style-type: none"> <li>• Strike an under arm bowled ball</li> <li>• Bowl over arm with increasing accuracy</li> <li>• Play as a wicket keeper</li> </ul> <p>Dodgeball:</p>	<ul style="list-style-type: none"> <li>• Understand how the game restarts from various positions</li> <li>• Plays as a pair in GA and GS</li> <li>• Win rebounds in defence and attack</li> </ul> <p>Tag Rugby:</p> <ul style="list-style-type: none"> <li>• Receive the ball whilst moving</li> <li>• Apply pressure in attack and defence</li> <li>• Develop 'strike moves' from restarts</li> </ul> <p>Cricket:</p> <ul style="list-style-type: none"> <li>• Strike an overarm bowled ball</li> <li>• Hit off of both leg side and off side</li> <li>• Set up a defensive field</li> </ul> <p>Tennis:</p> <ul style="list-style-type: none"> <li>• Develop and overarm serve</li> <li>• Play net shots</li> <li>• Score a simplified game</li> </ul> <p>Volleyball:</p>
--	---	---	--	---	--	--	--

					<ul style="list-style-type: none"> <li>Score points/deny points in various ways</li> </ul> <p>Volleyball:</p> <ul style="list-style-type: none"> <li>Play a rally striking the ball</li> <li>Play as a double</li> </ul>	<ul style="list-style-type: none"> <li>Use tactics to get an opponent out</li> <li>Play an age appropriate version of the game</li> </ul>	<ul style="list-style-type: none"> <li>Play as a member of a team in both seated and standing games</li> <li>Spike the ball for a teammate</li> <li>Develop blocking skills</li> </ul>
<u>Dance</u>	<ul style="list-style-type: none"> <li>Explore movements such as wriggling, rolling, balancing, jumping, skipping, twirling, turning, spinning, hopping, swaying, stamping, rocking, clapping, bouncing, kicking, twisting, sliding, hanging upside down, starting, stopping and falling.</li> <li>Performing - includes the important aspect of rehearsing -</li> </ul>	<ul style="list-style-type: none"> <li>Explore movement ideas</li> <li>Respond imaginatively to a range of stimuli</li> <li>Move confidently and safely in their own space</li> <li>Use changes of speed, level and direction</li> </ul>	<ul style="list-style-type: none"> <li>Chose and link actions to make short dance phrases</li> <li>Express an idea</li> <li>Express a mood</li> <li>Express a feeling</li> <li>Remember and repeat a short dance phrase</li> <li>Show control, co-ordination and special awareness</li> <li>Perform dance phrases using rhythmic and dynamin qualities</li> <li>Show some sensitivity to the</li> </ul>	<ul style="list-style-type: none"> <li>Show imaginative response to stimuli through movement</li> <li>Use different qualities and dynamics</li> <li>Explore and develop new actions whilst working with a group/partner</li> <li>Create dances and movements that convey a definite idea</li> <li>Change speed and levels within a performance</li> </ul>	<ul style="list-style-type: none"> <li>Think about character and narrative ideas</li> <li>Respond through movement</li> <li>Explore and develop new actions whilst working with a group/partner</li> <li>Combine special patterns, speed, tension and continuity</li> <li>Work by self, partner and groups</li> </ul>	<ul style="list-style-type: none"> <li>Explore and improvise to create new motifs in a chosen dance style</li> <li>Specific skills and movement patterns for different dance styles</li> <li>Compose, develop and adapt motifs to make dance phrases</li> <li>Use these in longer dances</li> </ul>	<ul style="list-style-type: none"> <li>Respond to a range of stimuli</li> <li>Improvise freely</li> <li>Controlled movements and patterns</li> <li>Create motifs that demonstrate their dance idea</li> <li>Perform with clarity and sensitivity to an accompaniment</li> <li>Create a dance idea on their own</li> <li>Create a dance idea with a partner</li> <li>Create a dance idea with a group</li> </ul>

	repeating, practising and developing the movements. This includes working on skills and technique, as well as accuracy and perfecting the quality of movement.		accompaniment				
<u>Gymnastics</u>	<ul style="list-style-type: none"> <li>• Hold large and small shapes whilst balancing</li> <li>• Demonstrate a safe (chair) landing when jumping</li> <li>• Perform as straight jump from a bench</li> <li>• Travel sideways using a roll</li> <li>• Transfer weight from hands to feet (bunny hop)</li> </ul>	<ul style="list-style-type: none"> <li>• Perform 8 basic shapes with control</li> <li>• To be still while holding balances on various body parts</li> <li>• Perform 2 jumps with control</li> <li>• Develop skills for a forward roll</li> <li>• Transfer weight from hands to feet using a bench</li> </ul>	<ul style="list-style-type: none"> <li>• Link 4 shapes smoothly</li> <li>• Demonstrate changes in speed smoothly linking 3 balances</li> <li>• Jump for height and perform a shape whilst in the air</li> <li>• Perform a tuck jump with control</li> <li>• Perform rolls in a circular movement</li> <li>• Create sequences with low and high apparatus with 4 parts</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate and hold 10 basic shapes with control</li> <li>• Perform contrasting balances with a change of level and speed</li> <li>• To perform matching actions with a partner using contrasting shapes</li> <li>• Transfer weight from hands to feet with rhythm and control</li> <li>• Perform contrasting shapes and rolls on low apparatus</li> </ul>	<ul style="list-style-type: none"> <li>• Perform 3 shapes with a partner including a twisted shape</li> <li>• Move into balances from different starting positions</li> <li>• Perform a shoulder roll in opposite directions</li> <li>• Explore ways of turning from varying levels</li> <li>• To take weight on hands from a bench</li> <li>• Practise and remember a sequence for taking off from a vault</li> </ul>	<ul style="list-style-type: none"> <li>• Be able to perform 5 symmetrical shapes with a partner in unison</li> <li>• Work with a partner to perform matching and mirroring balances</li> <li>• Hold counter balances with a partner and different heights</li> <li>• Perform 3 symmetrical jumps with a partner</li> <li>• To link different actions together e.g. a roll into a jump</li> </ul>	<ul style="list-style-type: none"> <li>• Work with a partner to perform weight bearing balances safely</li> <li>• With control, move from a balance into a roll</li> <li>• With control turn during flight and land</li> <li>• Travel on over and around apparatus taking weight on hands</li> <li>• Perform a group balance</li> <li>• Adapt and amend a sequence to include twisting and turning</li> <li>• Create a group sequence using</li> </ul>

						<ul style="list-style-type: none"> <li>Land with control after flights</li> </ul>	both unison and canon
<u>Outdoor Adventurous Activities</u>				<ul style="list-style-type: none"> <li>The importance of rules</li> <li>How to care for the environment</li> <li>The importance of teamwork and taking a team member role</li> <li>How to be patient</li> <li>To have the will to succeed</li> <li>How behaviour impacts on how others see us</li> </ul>	<ul style="list-style-type: none"> <li>How to work together towards a shared goal</li> <li>To see the purpose of rules and the responsibility of sticking to them</li> <li>To be patient and think before acting</li> <li>Use appropriate language to express themselves</li> <li>To be self-controlled even under pressures</li> </ul>	<ul style="list-style-type: none"> <li>Understand there are two sides to a story</li> <li>To think in order to solve problems</li> <li>That actions have different benefits</li> <li>Try different things even if they lack confidence in them</li> <li>The implications of peer pressure</li> <li>Learn about rules and the reasons for them</li> </ul>	<ul style="list-style-type: none"> <li>How to show determination and complete challenges</li> <li>The importance of self-discipline under pressure</li> <li>How to make people feel respected and valued</li> <li>The difference between just and unjust situations</li> <li>The importance of being patient</li> <li>To try to do something even when difficult</li> </ul>
<u>Swimming</u>					<ul style="list-style-type: none"> <li>By the end of Key Stage 2 (Year 6) pupils should be taught to swim unaided for a distance of at least 25 metres, using recognised strokes on their front and back</li> <li>Demonstrate an understanding of water safety</li> </ul>		