

National Curriculum Intent

Guidance from afPE for the progression within PE was taken into account- along with the national curriculum- when designing our PE curriculum.

Early Years

Expected

Children show good control and coordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment effectively. Children know the importance for good health of physical exercise and a healthy diet and talk about ways to keep healthy and safe. Children play cooperatively, taking turns with others. They take account of one another's ideas about how to organise their activity.

Exceeding

Children can hop confidently and skip in time to music Children know about and can make healthy choices in relation to healthy eating and exercise. Children play group games with rules.

Key Stage One



Pupils should continue to develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.



Key Stage Two

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Implementation

Pupil Skills Progression plan

	Reception ⇨	Year 1 ⇨	Year 2 ⇨	Year 3 ⇨	Year 4 ⇨	Year 5 ⇨	Year 6
<p>Team Games</p> 	<p>Fundamentals of Movement</p> <p>Theme: Handling equipment with control Coverage: FOM – roll, push, throw, strike, kick, bounce</p>	<p>Multi Skills</p> <p>Theme: Multi Skills, spatial awareness. Coverage: Agility, Balance, Coordination. Fundamentals of Movement (FOM)</p>	<p>Multi Skills</p> <p>Theme: Working as a team Coverage: Consolidating fundamental movement skills (FMS) from Year 1 to include, kicking, Trapping, throwing, catching, bouncing, pushing, rolling</p>	<p>Invasion Games (Football / Hockey)</p> <p>Theme: Attacking and defending Coverage: Develop basic rules of these sports through attacking/defending based activities 3v1 4v2 5v3.</p>	<p>Invasion Games (Football / Hockey)</p> <p>Theme: Making choices and decisions Coverage: Develop sports specific skills for football & hockey. Provide opportunities for children to apply tactics and strategies using 3v2 4v3 5v4</p>	<p>Invasion Games (Tag Rugby/Basketball)</p> <p>Theme: Attacking play Coverage: Focus on developing attacking principles and goal scoring skills. Further develop sport specific skills and rules. Matches of 3v3 4v4</p>	<p>Invasion Games (Tag Rugby/Basketball)</p> <p>Theme: Teamwork and tactics Coverage: Consolidate FSS and compete in matches using clear tactics and sport specific techniques 4v4 5v5 6v6</p>
<p>Dance</p> 	<p>Fundamentals of Movement - ABC</p> <p>Theme: Traveling and moving confidently Coverage: FOM – stillness, jumping, run, changing shape, direction, hop. Use apparatus.</p>	<p>Dance</p> <p>Theme: Short stories or story based class/school theme Coverage: Shapes and Patterns, Travelling, Change of speed/rhythm/level /direction (teacher led)</p>	<p>Dance</p> <p>Theme: Linked to class/school theme Coverage: Shapes and rhythm. Responding to rhythm. Negotiating space.</p>	<p>Dance</p> <p>Theme: Science, linked to class/school theme Coverage: Create and perform a short group dance showing a range of movement patterns</p>	<p>Dance</p> <p>Theme: Linked to class/school theme Coverage: Perform a partner dance that includes a range of stimuli that allows performers to react to.</p>	<p>Dance</p> <p>Theme: Linked to class/school theme Coverage: Use a cross curricular link to the classes current topic. Perform a whole class dance with small groups each creating a part of the dance, which they teach to their peers.</p>	<p>Dance</p> <p>Theme: Linked to class/school theme Coverage: Responding to music/stimuli, expressing moods and feelings. Creating simple characters and narrative in movement.</p>

<p>Gymnastics</p> 	<p>Fundamentals of Movement</p> <p>Theme: Combining travelling and handling equipment Coverage: negotiate space confidently, and improve ABC's.</p>	<p>Gymnastics</p> <p>Theme: Travelling & Balancing, Linking actions. Coverage: (FSS) Developing Travelling, Balancing & principles of finding space</p>	<p>Gymnastics</p> <p>Theme: Rolling and Jumping, Linking actions. Coverage: (FSS) Developing Rolling, Jumping skills and linking these actions</p>	<p>Gymnastics</p> <p>Theme: Shapes, jumping and landing Coverage: Create a sequence using gymnastic floor elements in pairs and/or small groups. Rolling, balancing, jumping and travelling. Vary direction and levels.</p>	<p>Gymnastics</p> <p>Theme: Transferring weight Coverage: Create a small group apparatus based sequence that includes balancing, jumping rolling and travelling. Introduce more complex skills that focus on transferring weight.</p>	<p>Gymnastics</p> <p>Theme: Sequences, effective combinations Coverage: Develop fluency of elements within a complex sequence. Work in small groups to include contrasting actions.</p>	<p>Gymnastics</p> <p>Theme: Sequencing, matching and mirroring Coverage: To create a sequence in pairs using mirror and matching elements using complex apparatus and skills.</p>
<p>OAA</p>	<p>Fundamentals of Movement</p> <p>Theme: Simple skills of sending/receiving Coverage: send/receive various equipment using feet, hands, other. Kick, throw, hit, catch, trap, roll</p>	<p>Team Work</p> <p>Theme: Send, receive and retrieve & teamwork Coverage: Kicking, striking, catching (using various equipment) and working in teams, co-operation.</p>	<p>Team Work</p> <p>Theme: Develop FMS. Developing simple attacking and defending skills for invasion sports (basketball, netball) Coverage: Working in pairs- Send, receive and score, based on a 2v1 or 2v2 scenario.</p>	<p>Outdoor Adventurous Activity</p> <p>Theme: planning/ recording in different activities and problem solving. Coverage: Use maps and diagrams to orientate. Plan to overcome challenges to problems as a group. Identify success.</p>	<p>Outdoor Adventurous Activity</p> <p>Theme: Responding to challenges in different environments Coverage: Attempt to adapt quickly to unfamiliar situations and recognise solutions. Understand what is needed in challenging situations and take a lead role in their group being successful with ideas.</p>	<p>Outdoor Adventurous Activity</p> <p>Theme: OAA in familiar/ unfamiliar environments; working Individual /small groups Coverage: Adapt quickly to unfamiliar situations and recognise solutions. Implement changes needed in challenging situations and take a lead role in their group being successful with ideas.</p>	<p>Outdoor Adventurous Activity</p> <p>Theme: Planning, recording, navigation and evaluation in different activities, problem solving Coverage: Assess weakness and discuss ways of improving performance.</p>
<p>Athletics</p> 	<p>Sports Day Preparation</p> <p>Theme: run, Jump, throw. Coverage: development of fundamental movement skills for run, throw, jump</p>	<p>Sports Day Athletics</p> <p>Theme: Different ways of running, jumping and throwing. Coverage: Developing fundamental sports skills (FSS) for athletics events. To include competition vs. self.</p>	<p>Sports Day Athletics</p> <p>Theme: Running, jumping and throwing skills, setting personal targets Coverage: Developing fundamental sports skills (FSS) for athletics events. To include competition vs. others</p>	<p>Athletics</p> <p>Theme: Running, jumping and throwing skills, partner work. Coverage: Developing hurdle and running events with a partner. Competing in pairs in throwing and jumping events.</p>	<p>Athletics</p> <p>Theme: Running/ jumping/throwing. Time and direction. Coverage: Competing against others, develop numeracy cross curricular links to focus on timing and direction to maximise performance in running, jumping and throwing events</p>	<p>Athletics</p> <p>Theme: Running, jumping and throwing. Personal best. Coverage: Practice a variety of athletics events from prior learning, developing event specific techniques for pupils to be able to achieve their personal best. Competition to be Included.</p>	<p>Athletics</p> <p>Theme: Running, jumping and throwing. Achieving personal best. Team events. Coverage: Compete in a variety of athletics events for pupils to be able to achieve their personal best. Introduce competitive team events.</p>

<p>Striking and Fielding</p> 	<p>Team Games</p> <p>Theme: co-operating, sharing, listening, taking turns Coverage: A variety of fundamental movement skills introduced through team activities.</p>	<p>Games</p> <p>Theme: Striking / fielding related activities (linking skills from previous terms). Coverage: Developing fundamental sports skills (FSS) for striking / fielding events. To include competition vs. self.</p>	<p>Games (Striking & Fielding)</p> <p>Theme: Striking / fielding related activities (linking skills from previous terms). Coverage: Developing fundamental sports skills (FSS) for cricket and playing simplified versions of the game</p>	<p>Striking & Fielding Games</p> <p>Theme: Finding and closing down space. Coverage: Create small-sided and modified games of cricket and rounders. Introduce basic rules of these sports</p>	<p>Striking & Fielding Games - Rounder's</p> <p>Theme: Bowling & Striking Coverage: Introduce basic rules of rounders and play competitive modified versions of this game. Introduce sport specific techniques for bowling and striking.</p>	<p>Striking & Fielding Games – Cricket</p> <p>Theme: Batting and fielding tactics and strategies Coverage: Develop rules of cricket and play competitive modified versions of this game. Introduce sport specific techniques and tactics for fielding and batting.</p>	<p>Striking & Fielding – Cricket & Rounder's</p> <p>Theme: Teamwork and tactics Coverage: Pupils to organise and compete in full cricket and rounder's games as well as developing skills as captains, coaches and officiators.</p>
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