



All children will be given opportunities to acquire knowledge and skills through the study of a broad and balanced curriculum. Children will be inspired to become curious learners who are interested in the wider world and have the resilience and confidence to succeed in life.

Progression of Knowledge and Skills in Physical Education

| | EYFS | Y1 | Y2 | Y3 | Y4 | Y5 | Y6 |
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| In all areas, children will be taught about how to give and receive feedback to their peers | | | | | | | |
| Invasion games | Moving freely using suitable spaces and speed or direction to avoid obstacles To bounce and catch a ball | To develop basic skill of bouncing and catching a ball To develop basic skill of kicking a ball with accuracy To develop basic skill of working with others | To develop their throwing and catching skills Explore movement into space Using simple tactics in games | Passing a ball using a chest pass To pass a ball using a bounce pass To use simple tactics in games | To pass a ball using a one handed pass with control. To use tactics in games To shoot a ball with accuracy | Pass and catch a ball with consistency, accuracy and control To shoot a ball with some accuracy To apply simple attacking and defending tactic in games | To pass and catch a ball with consistency accuracy and control. To apply and talk about simple attacking and defending tactics in games |

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| Gymnastics | <p>Experiment with different ways of moving.</p> <p>Jumps off an object and lands appropriately</p> <p>Moving freely and with confidence in a range of ways including rolling, floor shapes and ways of travel.</p> | <p>To develop the basic skills of rolling</p> <p>To develop basic skill of travelling</p> <p>To develop their standing and sitting "like a gymnast"</p> <p>To develop their balance and use of core strength by exploring and developing use of upper strength taking weight on both hands and feet – front support (press up position) and back support (opposite)</p> <p>To correctly land when jumping from apparatus.</p> | <p>Improve their travelling, jumping, rolling.</p> <p>To develop simple balancing skills</p> <p>Remember simple sequences and perform them</p> | <p>To improve their balance and use of core strength</p> <p>To improve accuracy and control when completing a roll</p> <p>To improve balance and control when jumping and landing</p> | To combine travel jumping and balancing actions | <p>To demonstrate counterbalance and counter tension</p> <p>To create a sequence using matched and mirrored partner balances</p> | <p>To perform shapes and balances with partner and a small group</p> <p>To improve technique of counterbalance and counter tension paired balances using apparatus</p> <p>To complete a sequence in unison</p> |

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| Dance | <p>Experiment with different ways of moving.</p> <p>Complete simple sequences to different stimulus.</p> | <p>Develop simple dance phases</p> <p>To develop basic skill of travelling</p> <p>Explore basic body patterns</p> <p>Create pathways using stimulus</p> | <p>Change speed and direction</p> <p>Develop simple dance phases</p> <p>Explore basic body patterns</p> <p>Create pathways using stimulus</p> <p>Create effective travelling pathways</p> <p>Create ideas adding expression and develop ways to improve their work</p> <p>Perform as a group</p> <p>Work to music</p> | <p>Create a sequence of travelling and balancing action</p> <p>Create a sequence of travelling and balancing action using the apparatus</p> | <p>Dance in unison – thinking about timing and movement</p> <p>Dance in a group</p> <p>Create and remember a sequence and perform for an audience</p> | <p>To perform two dances from different stimulus; a duet and a group dance</p> <p>Perform dances with confidence</p> <p>To discuss and listen to other views to improve the dance.</p> <p>Use different levels, directions, facings, positions, shapes, elements of contact in their performance.</p> | <p>Create short dances using movements and expression.</p> <p>Work together as a group to use solo dances to make a group dance.</p> <p>Give and use constructive feedback and adapt dance following feedback.</p> |
| Net and Wall | <p>Catch a large ball</p> <p>To throw a ball at a target</p> | <p>To develop basic skill of throwing and catching a ball</p> | <p>To improve technique of catching a ball</p> <p>To develop technique of holding a bat</p> <p>To strike a ball with accuracy</p> <p>To apply tactics to outwit an opponent</p> | <p>To consolidate catching skills</p> <p>To consolidate throwing skills</p> <p>To improve technique of striking a ball</p> <p>Improve movement skills</p> | <p>To improve throwing objects</p> <p>To strike a ball using a bat</p> | <p>To demonstrate a forehand shot with some consistency</p> <p>To demonstrate a backhand shot with some consistency</p> <p>To demonstrate a simple tactics in a net type game</p> | <p>To demonstrate forehand shot with consistency</p> <p>To demonstrate backhand shot with consistency</p> <p>To demonstrate a simple tactics in a net type game</p> <p>To play a game and incorporate tactics to score points</p> |

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| Striking and Fielding | <p>To develop basic skill of throwing underarm</p> <p>To develop basic skill of throwing overarm</p> | To develop basic skill of throwing underarm for accuracy | <p>To developing the skill of striking the ball with accuracy</p> <p>To developing the skill of fielding a ball</p> <p>To apply simple tactics</p> <p>To perform striking, fielding and throwing in a simple game</p> | <p>To improve the skills of striking a ball</p> <p>To improve skill of fielding a ball</p> <p>To apply simple tactics to a game</p> | <p>To improve an underarm throw with accuracy</p> <p>To strike a ball from a batting tee or drop feed.</p> <p>To bowl a ball underarm</p> | <p>To bowl underarm with accuracy and consistency</p> <p>To bowl overarm with accuracy and consistency</p> <p>To strike a ball off a tee with consistency</p> <p>To apply tactics in a game</p> | <p>To demonstrate bowling underarm and overarm with accuracy.</p> <p>To catch a ball when fielding.</p> <p>To strike a ball with a bat.</p> <p>To throw a ball overarm with fielding.</p> <p>To explain where to strike a ball in a game</p> <p>To use tactics in a game</p> |
| Athletics | Travel in different ways | To develop basic skill of negotiating space at speed | <p>To develop skill of underarm/overarm throw for accuracy/distance</p> <p>Develop skill for travelling with speed and agility</p> <p>Develop skill for jumping for distance</p> | <p>To throw using a pull action</p> <p>To throw using a push action</p> <p>To perform a sling shot</p> | <p>To throw using a pull action</p> <p>To throw using a push action</p> <p>To perform a sling throw</p> | <p>To perform running techniques for short and long distances</p> <p>To develop running for distance</p> <p>To jump for distance</p> <p>To improve technique of sling throw</p> | <p>To improve technique for running for distance.</p> <p>To improve technique to perform a pull and push throw.</p> <p>To improve technique of performing a sling shot.</p> <p>To take off and land one foot to one foot</p> |

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| | | | | | | To perform a heave throw | <p>To take off and land using a combination of jumps.</p> <p>To improve technique when performing a heave throw.</p> |
| OAA | | <p>Basic map reading</p> <p>Basic problem solving</p> | <p>Leadership skills</p> <p>Problem solving as an individual and as part of a team</p> <p>Basic map reading and orienteering</p> | <p>To improve teamwork</p> <p>To improve communication skills</p> <p>To improve ability to work with and trust others.</p> | <p>To work with team</p> <p>To navigate safely to sites</p> <p>To be able to keep a map 'set' or 'orientated'</p> <p>To know some symbols</p> | <p>To communicate with others.</p> <p>To trust and work with others to solve problems.</p> <p>Apply strategies to remember information.</p> <p>Share ideas confidently.</p> <p>Work together as a team.</p> | <p>To communicate with other team members.</p> <p>To trust and work with others to solve problems.</p> <p>Apply strategies to remember information.</p> <p>Share ideas confidently.</p> <p>To improve to skills of teamwork.</p> |