

## PE Overview and Progression

### Indoor

Disciplinary Skills							
Substantive Concepts	Early years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Fundamentals</b>	<ul style="list-style-type: none"> <li>Balance while moving on uneven or unstable surfaces.</li> <li>Control movements, including judging how hard or soft to throw a ball.</li> <li>Control the body when running, stopping, climbing and balancing.</li> <li>Co-ordination for climbing, crawling &amp; using ride-on toys &amp; trikes.</li> <li>Muscle/body strength for pushing, pulling &amp; carrying</li> <li>Body awareness to go under, over, through &amp; between obstacles or play equipment.</li> <li>Hand-eye &amp; foot-eye coordination for throwing, catching, kicking &amp; hitting a ball.</li> <li>Linking actions for skipping &amp; other continuous movements such as hopscotch, music &amp; movement</li> </ul>						
<b>Net/wall games</b>				<b>Tennis:</b> <ul style="list-style-type: none"> <li>Focus on developing the skills for net games</li> <li>Use these skills to make the game difficult for their opponent</li> <li>Learn to direct the ball towards the target area and away from their opponent.</li> </ul>	<b>Tennis:</b> <ul style="list-style-type: none"> <li>Focus on developing the skills for net games</li> <li>Use these skills to make the game difficult for their opponent</li> <li>Learn to direct the ball towards the target area and away from their opponent.</li> </ul>	<b>Tennis:</b> <ul style="list-style-type: none"> <li>Develop the range and quality of their skills when playing tennis.</li> <li>Learn specific tactics and skills for tennis.</li> </ul>	<b>Tennis:</b> <ul style="list-style-type: none"> <li>Develop the range and quality of their skills when playing tennis.</li> <li>Learn specific tactics and skills for tennis.</li> </ul>
<b>Dance</b>	<ul style="list-style-type: none"> <li>Use my body to create and express simple theme related shapes, movements and actions</li> <li>Travel safely and creatively in space</li> <li>Look at pictures and create shapes, movements and actions</li> <li>Remember and perform a basic sequence of movement when led by a teacher</li> </ul>	<ul style="list-style-type: none"> <li>Focus on spatial awareness , moving with confidence and safety</li> <li>Explore basic agility, balance and coordination skills</li> <li>Create and repeat a variety of short dances inspired by a range of stimuli</li> <li>Work individually, in pairs, small groups and as a whole class</li> <li>Develop awareness of different dances through a choice of themes</li> </ul>	<ul style="list-style-type: none"> <li>Explore, remember, repeat and link a range of actions with coordination and control.</li> <li>Compose and perform dance phrases &amp; short dances that express and communicate moods, ideas and feelings.</li> <li>Work individually, in pairs, small groups and as a whole class</li> <li>Develop an awareness of the historical and cultural origins of different dances through a choice of themes.</li> </ul>	<ul style="list-style-type: none"> <li>Perform dances, focusing on creating, adapting and linking a range of dance situations.</li> <li>Begin to demonstrate an awareness of the expressive qualities of dance, inspired by a range of stimuli.</li> <li>Work individually, in pairs, small groups and as a whole class.</li> <li>Develop an awareness of the historical and cultural origins of different dances through a choice of themes</li> </ul>	<ul style="list-style-type: none"> <li>Focus on creating characters and narrative through movement and gesture.</li> <li>Gain inspiration from a range of stimuli.</li> <li>Use movement to explore and communicate ideas and issues, and their own feelings and thoughts.</li> <li>Work individually, in pairs, small groups and as a whole class</li> <li>Develop an awareness of the historical and cultural origins of different dances through a choice of themes.</li> </ul>	<ul style="list-style-type: none"> <li>Learn different styles of dance and focus on dancing with other people.</li> <li>Create, perform and watch dances in a range of styles.</li> <li>Use movement to explore and communicate ideas and issues, and their own feelings and thoughts.</li> <li>Work individually, in pairs, small groups and as a whole class</li> <li>Develop an awareness of the historical and cultural origins of different dances through a choice of themes.</li> </ul>	<ul style="list-style-type: none"> <li>Focus on using different visual images and stimuli to compose, perform and evaluate a range of dances.</li> <li>Use movement to explore and communicate ideas and issues, and their own feelings and thoughts.</li> <li>Work individually, in pairs, small groups and as a whole class</li> <li>Develop an awareness of the historical and cultural origins of different dances through a choice of themes.</li> </ul>
<b>Striking and Fielding</b>				<b>Cricket &amp; Netball:</b>	<b>Cricket &amp; Netball:</b>	<b>Cricket &amp; Netball:</b> <ul style="list-style-type: none"> <li>Develop the range and quality of their skills and understanding.</li> </ul>	<b>Cricket &amp; Netball:</b> <ul style="list-style-type: none"> <li>Develop the range and quality of their skills and understanding.</li> </ul>

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				<ul style="list-style-type: none"> <li>Learn how to hit or strike the ball into space, so they are able to score runs in different ways.</li> <li>When fielding, work together to keep the batters' scores down.</li> </ul>	<ul style="list-style-type: none"> <li>Learn how to hit or strike the ball into space, so they are able to score runs in different ways.</li> <li>When fielding, work together to keep the batters' scores down.</li> </ul>	<ul style="list-style-type: none"> <li>Learn how to play the different roles of bowler, wicket-keeper, backstop, fielder and batter.</li> </ul>	<ul style="list-style-type: none"> <li>Learn how to play the different roles of bowler, wicket-keeper, backstop, fielder and batter.</li> </ul>
<b>Invasion games</b>		<ul style="list-style-type: none"> <li>Develop basic game-playing skills, in particular throwing &amp; catching.</li> <li>Play games based on net games (tennis &amp; badminton) and striking &amp; fielding games (rounders &amp; cricket).</li> <li>Opportunities to play one against one, one against two &amp; one against three.</li> </ul>	<ul style="list-style-type: none"> <li>Improve and apply their basic skills in games</li> <li>Play games that demand simple choices and decisions on how to use space to avoid opponents, keep the ball and score points.</li> </ul>	<p>Basketball, Netball, Hockey &amp; Football:</p> <ul style="list-style-type: none"> <li>Learn how to outwit opponents and score when playing invasion games.</li> <li>Develop skills in finding space and using space to keep the ball.</li> <li>Play with the same basic court set-up and rules, using a range of equipment and skills, including throwing, catching, kicking and striking skills.</li> </ul> <p>Tag Rugby:</p> <ul style="list-style-type: none"> <li>Learn how to successfully and consistently demonstrate the four core skills of tag rugby (running, catching, passing &amp; tackling) within a match scenario.</li> </ul>	<p>Basketball, Netball, Hockey &amp; Football:</p> <ul style="list-style-type: none"> <li>Learn simple attacking tactics using a range of equipment and skills</li> <li>Begin to think how to organise themselves to defend goals</li> <li>Start playing small, uneven-sided games, then move on to even-sided games.</li> </ul> <p>Tag Rugby:</p> <ul style="list-style-type: none"> <li>Learn how to successfully and consistently demonstrate the four core skills of tag rugby (running, catching, passing &amp; tackling) in both isolation and together within a match scenario.</li> </ul>	<p>Basketball, Netball, Hockey &amp; Football:</p> <ul style="list-style-type: none"> <li>Develop skillful attacking and team play.</li> <li>Learn how to work well as a team when attacking and explore a range of ways to defend.</li> </ul> <p>Tag Rugby:</p> <ul style="list-style-type: none"> <li>Learn how to successfully and consistently demonstrate the four core skills of tag rugby (running, catching, passing &amp; tackling) with accuracy and precision in both an individual and team based scenario.</li> </ul>	<p>Basketball, Netball, Hockey &amp; Football:</p> <ul style="list-style-type: none"> <li>Develop skillful attacking and team play.</li> <li>Learn how to work well as a team when attacking and explore a range of ways to defend.</li> </ul> <p>Tag Rugby:</p> <ul style="list-style-type: none"> <li>Learn how to successfully and consistently demonstrate the four core skills of tag rugby (running, catching, passing &amp; tackling) with accuracy and precision in both an individual and team based scenario.</li> </ul>
<b>Athletics</b>	<ul style="list-style-type: none"> <li>Share space and be quick to react</li> <li>Land with soft knees</li> <li>Coordinate a run with a jump</li> <li>Throw a ball overarm</li> <li>Run efficiently and within a lane</li> <li>Jump for height including a scissor kick</li> <li>Throw for distance</li> </ul>	<ul style="list-style-type: none"> <li>Explore running, jumping and throwing activities</li> <li>Take part in simple challenges and competitions</li> <li>Experiment with different ways of travelling, throwing and jumping</li> <li>Increase awareness of speed and distance.</li> </ul>	<ul style="list-style-type: none"> <li>Explore running, jumping and throwing activities</li> <li>Take part in simple challenges and competitions</li> <li>Experiment with different ways of travelling, throwing and jumping</li> <li>Increase awareness of speed and distance.</li> </ul>	<ul style="list-style-type: none"> <li>Concentrate on developing good basic running, jumping and throwing techniques.</li> <li>Set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing.</li> </ul>	<ul style="list-style-type: none"> <li>Concentrate on developing good basic running, jumping and throwing techniques.</li> <li>Set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing.</li> </ul>	<ul style="list-style-type: none"> <li>Develop technical understanding of athletic activity</li> <li>Learn how to set targets and improve performance in a range of running, jumping and throwing activities.</li> </ul>	<ul style="list-style-type: none"> <li>Develop technical understanding of athletic activity</li> <li>Learn how to set targets and improve performance in a range of running, jumping and throwing activities.</li> </ul>
<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>Rock, slide and scramble</li> <li>Travel close to the ground</li> <li>Make up a short sequence</li> <li>Move confidently at different levels - under, over, through and change direction</li> <li>Balance on patches</li> <li>Roll in different ways</li> <li>Jump off an object and land appropriately</li> </ul>	<ul style="list-style-type: none"> <li>Investigate movement, stillness, and how to find and use space safely.</li> <li>Explore basic gymnastic actions on the floor and using apparatus.</li> <li>Copy or create, remember and repeat, short movement phrases of 'like' linked actions, e.g. two jumps, or two rolls.</li> </ul>	<ul style="list-style-type: none"> <li>Increase their range of basic gymnastic skills, such as rolling, jumping, travelling and balancing.</li> <li>Create simple sequences of 'unlike' actions on the floor, e.g. a roll, jump and a shape.</li> <li>Incorporate basic skills into rhythmic gymnastics</li> </ul>	<ul style="list-style-type: none"> <li>Explore and improve their gymnastic skills on the floor and using a variety of apparatus developing the quality of their movement, e.g. by stretching fingers and pointing toes, to help them produce tension and extension.</li> </ul>	<ul style="list-style-type: none"> <li>Further develop key gymnastics skills and a variety of actions to create sequences on the floor and with apparatus.</li> <li>Introduction to forward roll, handstand and flight/vaulting.</li> <li>Work as an individual, cooperatively with a partner and within a small group.</li> </ul>	<ul style="list-style-type: none"> <li>Embed key gymnastics skills and explore more difficult actions, including backward roll, handstand, vault, cartwheel and group balances.</li> <li>Further explore apparatus and create longer sequences to perform.</li> <li>Work well as individuals and with a partner or group.</li> </ul>	<ul style="list-style-type: none"> <li>Execute a range of more difficult gymnastics actions with quality.</li> <li>Create and recall longer sequences on the floor and on/with apparatus.</li> <li>Perform to an audience with confidence.</li> <li>Work effectively and cooperatively with others to enhance the group's performance.</li> </ul>

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	<ul style="list-style-type: none"> <li>• Demonstrate what spinning is</li> <li>• Perform a sequence of asymmetric balances and movements on the floor and apparatus</li> <li>• Mirror a friend's movement</li> <li>• Balance on different body parts</li> <li>• Travel, stop and balance with control in curled or stretched shapes</li> <li>• Travel high and low in different pathways</li> </ul>			<ul style="list-style-type: none"> <li>• Work as an individual, with a partner and in a small group to create short action phases of linked actions and different movement concepts.</li> </ul>	<ul style="list-style-type: none"> <li>• Begin to demonstrate more quality and control with their actions and start to understand how they can improve.</li> </ul>	<ul style="list-style-type: none"> <li>• Identify how to improve and put strategies in place to help themselves develop.</li> </ul>	<ul style="list-style-type: none"> <li>• Identify how to improve and put strategies in place to help themselves develop.</li> </ul>
<b>Outdoor and Adventurous Activities</b>				<ul style="list-style-type: none"> <li>• Learn how to read and follow different maps and symbols trails.</li> <li>• Take part in a range of trust and communication activities, and in some adventurous games.</li> </ul>	<ul style="list-style-type: none"> <li>• Learn how to read and follow different maps and symbols trails.</li> <li>• Take part in a range of trust and communication activities, and in some adventurous games.</li> </ul>	<ul style="list-style-type: none"> <li>• Learn how to work with and communicate with others</li> <li>• Be able to delegate roles within a team.</li> <li>• Know how to read and interpret the scale of a map</li> <li>• Have knowledge to orientate a compass when undertaking a journey.</li> </ul>	<ul style="list-style-type: none"> <li>• Learn how to work with and communicate with others</li> <li>• Be able to delegate roles within a team.</li> <li>• Know how to read and interpret the scale of a map</li> <li>• Have knowledge to orientate a compass when undertaking a journey.</li> </ul>
<b>Sports Leadership</b>						<ul style="list-style-type: none"> <li>• Learn the characteristics of being a good sports leader</li> <li>• Learn how to apply these characteristics when leading a group of younger pupils</li> <li>• Learn how to plan, deliver and evaluate sports activities.</li> </ul>	
<b>Swimming</b>							<ul style="list-style-type: none"> <li>• Swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>• Use a range of strokes effectively</li> <li>• Perform safe self-rescue in different water-based situations</li> </ul>