**PE Curriculum**

**Purpose of study**

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

**Aims**

The national curriculum for physical education aims to ensure that all pupils:

develop competence to excel in a broad range of physical activities

are physically active for sustained periods of time

engage in competitive sports and activities

lead healthy, active lives.

**Attainment targets**

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

**Key stage 1**

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, 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.

Pupils should be taught to:

master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

participate in team games, developing simple tactics for attacking and defending

perform dances using simple movement patterns.

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| **YEAR 1:PE** | | **Planned / Covered** | | |
| **Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities** | | **Au** | **Sp** | **Su** |
| **P1** | run quickly for short distances and pace yourself over longer distances |  |  |  |
| **P2** | perform a range of jumps vertically and horizontally |  |  |  |
| **P3** | throw or kick a ball with increased aim |  |  |  |
| **P4** | stop and sometimes catch a beanbag or medium sized ball |  |  |  |
| **P5** | show co-ordination when travelling and staying still |  |  |  |
| **P6** | describe and copy some basic gymnastic moves |  |  |  |
| **Participate in team games developing simple tactics for attacking and defending** | | | | |
| **P7** | decide where to stand to make a team game difficult for the other team |  |  |  |
| **P8** | aim your team and throw/kick towards your teams ‘goal’ |  |  |  |
| **Perform dances using simple movement patterns.** | | | | |
| **P9** | use one part of your body to dance and sometimes link a few movements together |  |  |  |
| **P10** | show rhythm and movement in dance |  |  |  |
| **P11** | choose the best movements to show different ideas |  |  |  |

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| **YEAR 2: PE** | | | **Planned / Covered** | | |
| **Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities** | | | **Au** | **Sp** | **Su** |
| **P1** | increase speed over short distances and run for longer periods of time | |  |  |  |
| **P2** | perform a range of jumps with a consistent technique, sometimes using a short run-up | |  |  |  |
| **P3** | plan and repeat simple gymnastic actions | |  |  |  |
| **P4** | perform basic gymnastic actions with increased control, coordination and variety | |  |  |  |
| **Participate in team games developing simple tactics for attacking and defending** | | | | | |
| **P5** | | roll, hit and kick with increased accuracy and within a variety of games |  |  |  |
| **P6** | | use simple tactics in games |  |  |  |
| **Perform dances using simple movement patterns.** | | | | | |
| **P7** | | perform dance actions with control and coordination |  |  |  |
| **P8** | | choose and perform movements to express an idea, mood or feeling |  |  |  |

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**Aims**

The national curriculum for physical education aims to ensure that all pupils:

develop competence to excel in a broad range of physical activities

are physically active for sustained periods of time

engage in competitive sports and activities

lead healthy, active lives.

**Attainment targets**

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

**Lower Key stage 2**

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.

Pupils should be taught to:

use running, jumping, throwing and catching in isolation and in combination

play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending

develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

perform dances using a range of movement patterns

take part in outdoor and adventurous activity challenges both individually and within a team

compare their performances with previous ones and demonstrate improvement to achieve their personal best.

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| **YEAR 3: PE- SKILLS PROGRESSION (will not be able to cover all aspects of each area in the year)** | | **Planned / Covered** | | |
| P1 | Complete warm ups carefully |  |  |  |
| P2 | Understand importance of warming up and cooling down |  |  |  |
| **ATHLETICS** | | | | |
| P3 | Demonstrate effective throwing technique (tennis ball/javelin) |  |  |  |
| P4 | Demonstrate effective throwing technique (overhead/seated) |  |  |  |
| P5 | Demonstrate effective throwing technique (discuss) |  |  |  |
| P6 | Throw with accuracy |  |  |  |
| P7 | Understand mechanics of sprinting (arms/legs/knees/stride) |  |  |  |
| P8 | Demonstrate effective hurdling technique |  |  |  |
| P9 | Demonstrate effective standing long jump technique |  |  |  |
| P10 | Demonstrate effective standing triple jump technique |  |  |  |
| P11 | Throw for distance |  |  |  |
| P12 | Understand difference in mechanics of sprints and long distance running. |  |  |  |
| P13 | choose the best pace for a running event |  |  |  |
| P14 | show control at take-off during jumping activities |  |  |  |
| **Use running, jumping, throwing and catching in isolation and in combination:**  **STRIKING AND FIELDING GAMES** | | | | |
| P15 | Understand most efficient fielding / retrieving techniques |  |  |  |
| P16 | Understand rules of rounders |  |  |  |
| P17 | Undestand rules of Kwik cricket |  |  |  |
| P18 | Hold a bat properly |  |  |  |
| P19 | Hit in chosen direction |  |  |  |
| P20 | Apply appropriate catching techniques |  |  |  |
| P21 | Bowl with accuracy |  |  |  |
| P22 | Throw under-arm and over-arm with accuracy |  |  |  |
| **NET AND WALL GAMES** | | | | |
| P23 | Hold a racquet properly and stand appropriately |  |  |  |
| P24 | Bounce ball on racquet |  |  |  |
| P25 | Drop and hit ball so partner can catch |  |  |  |
| P26 | Partner throws ball, hit back to catch |  |  |  |
| **Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending: INVASION GAMES** | | | | |
| P27 | Bounce pass with accuracy |  |  |  |
| P28 | Chest pass with accuracy |  |  |  |
| P29 | Overhead pass with accuracy |  |  |  |
| P30 | Use passes at appropriate times |  |  |  |
| P31 | Understand marking of players |  |  |  |
| P32 | Move into space during games |  |  |  |
| P33 | Know when to use differing passes |  |  |  |
| P34 | Pass and catch while moving |  |  |  |
| P35 | Pass with accuracy |  |  |  |
| P36 | Hold hockey stick correctly |  |  |  |
| P37 | Dribble with control |  |  |  |
| P38 | Shoot with accuracy |  |  |  |
| P39 | work alone or within a team to cause a problem for an opposition |  |  |  |
| **Perform dances using a range of movement patterns: DANCE** | | | | |
| P40 | Explore range of body shapes and explore tension and extension |  |  |  |
| P41 | Develop range of movement patterns |  |  |  |
| P42 | Explore ways of transferring smoothly body weight into and out of shapes |  |  |  |
| P43 | Practice range of linking movements |  |  |  |
| P44 | Remember, practice, repeat and perform dance phrases accurately |  |  |  |
| P45 | Use different speeds |  |  |  |
| P46 | Mimic and link common movements eg. from a sport |  |  |  |
| P47 | Mimic and link common movements at different speeds eg. slow motion |  |  |  |
| P48 | improvise freely, making ideas into movements |  |  |  |
| P49 | create dances that communicate ideas, sometimes alone, sometimes in groups |  |  |  |
| **Develop flexibility, strength, technique, control and balance: GYMNASTICS** | | | | |
| P50 | Practice range of body shapes and explore tension and extension in balances |  |  |  |
| P51 | Develop a gymnastic sequence - Perform, practice and repeat linked actions that include changes in speed and level accurately |  |  |  |
| P52 | Use different apparatus |  |  |  |
| P53 | Investigate contrasts in differing ways of travelling |  |  |  |
| P54 | Explore ways of transferring smoothly body weight into and out of shapes |  |  |  |
| P55 | Practice range of start and finish positions |  |  |  |
| P56 | Start every sequence with a balance |  |  |  |
| P57 | Practice working with a partner, adapting movements |  |  |  |
| P58 | Use different speeds |  |  |  |
| P59 | Finish every sequence with a balance |  |  |  |
| P60 | Practice all jumps with accuracy: 1-2, 1-1, 2-2, 2-1, a-b) |  |  |  |
| P61 | Add turns into jumps |  |  |  |
| P62 | Dismount apparatus safely and with control |  |  |  |
| P63 | Know main safety rules in gymnastics |  |  |  |
| P64 | Understand difference between points / patches |  |  |  |
| P65 | Balance on differing numbers of points / patches |  |  |  |
| P66 | Perform controlled forward roll |  |  |  |
| P67 | Balance on varying numbers of points/patches |  |  |  |
| P68 | Perform pencil roll |  |  |  |
| P69 | Perform teddy bear roll |  |  |  |
| **Take part in outdoor and adventurous activity challenges both individually and within a team:**  **OUTDOOR AND ADVENTUROUS ACTIVITIES** | | | | |
| P70 | use plans and diagrams to help you go from one place to another |  |  |  |
| P71 | enjoy problem solving challenges, working well as a team |  |  |  |

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| **Swim competently, confidently and proficiently over a distance of at least 25 metres.**  **Use a range of strokes effectively.**  **Perform safe self-rescue in different water-based situations: SWIMMING**  **For reference only- Swimming planned and led by swimming coach** | | | | |
| SW1 | Swim using recognisable technique for all four strokes over 25m |  |  |  |
| SW2 | Swim confidently and effectively with and without aid of floats |  |  |  |
| SW3 | Understand body position for breast stroke, backstroke and Front Crawl |  |  |  |
| SW4 | Use accurate and efficient arm action for breast stroke, backstroke and Front Crawl |  |  |  |
| SW5 | Use accurate and efficient leg kick for breast stroke, backstroke and Front Crawl |  |  |  |
| SW6 | Push and glide off wall / floor |  |  |  |
| SW7 | Correct starts and finishes. |  |  |  |
| SW8 | Understand pool safety rules |  |  |  |
| SW9 | Play games with consideration to other pool users |  |  |  |
| SW10 | Safe entries and exits |  |  |  |
| SW11 | Swim under water |  |  |  |
| SW12 | Perform surface floats (mushroom/front/back/star) |  |  |  |
| SW13 | Perform a variety of sculls |  |  |  |
| SW14 | Understand importance of streamlining |  |  |  |
| SW15 | Sitting dive |  |  |  |
| SW16 | Retrieve sinkable abject |  |  |  |
| SW17 | Submerge face in water |  |  |  |
| SW18 | Blow bubbles |  |  |  |
| SW19 | Travel in water: walking, jumping |  |  |  |
| SW20 | feel confident in the water when your feet touch the ground |  |  |  |
| SW21 | explore different ways of moving around in water |  |  |  |
| SW22 | put your head under the water |  |  |  |
| SW23 | swim between 10 and 20 metres with support and 5 metres unaided |  |  |  |
| SW24 | swim between 10 and 20 metres unaided in shallow waters, using arms and legs to move |  |  |  |
| SW25 | use one basic stroke to swim, making sure you breathe properly |  |  |  |
| SW26 | Using floats, swim over longer distances, with a more controlled leg kick |  |  |  |
| SW27 | swim between 20 and 50 metres unaided, using arms and legs in co-ordination |  |  |  |
| SW28 | explore ways of swimming on and below the surface, breathing properly |  |  |  |
| SW29 | take part in group problem solving activities on personal survival |  |  |  |
| SW30 | swim between 50 and 100 metres and keep swimming for 45 to 90 seconds |  |  |  |
| SW31 | use three different strokes, swimming on your front and back |  |  |  |
| SW32 | swim confidently and fluently on the surface and underwater |  |  |  |
| SW33 | swim further than 100 metres |  |  |  |
| SW34 | breathe so that the pattern of swimming is not interrupted |  |  |  |
| SW35 | perform a wide range of personal survival techniques confidently |  |  |  |
| SW36 | swim short distances using butterfly |  |  |  |

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| **YEAR 4: PE- SKILLS PROGRESSION (will not be able to cover all aspects of each area in the year)** | | **Planned / Covered** | | |
| P1 | Complete warm ups carefully |  |  |  |
| P2 | Understand importance of warming up and cooling down |  |  |  |
| **ATHLETICS** | | | | |
| P3 | Demonstrate effective throwing technique (tennis ball/javelin) |  |  |  |
| P4 | Demonstrate effective throwing technique (overhead/seated) |  |  |  |
| P5 | Demonstrate effective throwing technique (discuss) |  |  |  |
| P6 | Throw with accuracy |  |  |  |
| P7 | Understand mechanics of sprinting (arms/legs/knees/stride) |  |  |  |
| P8 | Demonstrate effective hurdling technique |  |  |  |
| P9 | Demonstrate effective standing long jump technique |  |  |  |
| P10 | Demonstrate effective standing triple jump technique |  |  |  |
| P11 | Throw for distance |  |  |  |
| P12 | Understand difference in mechanics of sprints and long distance running. |  |  |  |
| P13 | choose the best pace for a running event |  |  |  |
| P14 | show control at take-off during jumping activities |  |  |  |
| **Use running, jumping, throwing and catching in isolation and in combination:**  **STRIKING AND FIELDING GAMES** | | | | |
| P15 | Understand most efficient fielding / retrieving techniques |  |  |  |
| P16 | Understand rules of rounders |  |  |  |
| P17 | Undestand rules of Kwik cricket |  |  |  |
| P18 | Hold a bat properly |  |  |  |
| P19 | Hit in chosen direction |  |  |  |
| P20 | Apply appropriate catching techniques |  |  |  |
| P21 | Bowl with accuracy |  |  |  |
| P22 | Throw under-arm and over-arm with accuracy |  |  |  |
| **NET AND WALL GAMES** | | | | |
| P23 | Hold a racquet properly and stand appropriately |  |  |  |
| P24 | Bounce ball on racquet |  |  |  |
| P25 | Drop and hit ball so partner can catch |  |  |  |
| P26 | Partner throws ball, hit back to catch |  |  |  |
| **Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending: INVASION GAMES** | | | | |
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| P28 | Chest pass with accuracy |  |  |  |
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| P30 | Use passes at appropriate times |  |  |  |
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| P33 | Know when to use differing passes |  |  |  |
| P34 | Pass and catch while moving |  |  |  |
| P35 | Pass with accuracy |  |  |  |
| P36 | Hold hockey stick correctly |  |  |  |
| P37 | Dribble with control |  |  |  |
| P38 | Shoot with accuracy |  |  |  |
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| **Perform dances using a range of movement patterns: DANCE** | | | | |
| P40 | Explore range of body shapes and explore tension and extension |  |  |  |
| P41 | Develop range of movement patterns |  |  |  |
| P42 | Explore ways of transferring smoothly body weight into and out of shapes |  |  |  |
| P43 | Practice range of linking movements |  |  |  |
| P44 | Remember, practice, repeat and perform dance phrases clearly, fluently and accurately |  |  |  |
| P45 | Use different speeds |  |  |  |
| P46 | Mimic and link common movements eg. from a sport |  |  |  |
| P47 | Mimic and link common movements at different speeds eg. slow motion |  |  |  |
| P48 | produce dance movements that are refined to take into account any accompaniments |  |  |  |
| P49 | suggest improvements to your own and other people’s dances |  |  |  |
| **Develop flexibility, strength, technique, control and balance: GYMNASTICS** | | | | |
| P50 | Practice range of body shapes and explore tension and extension in balances |  |  |  |
| P51 | Develop a gymnastic sequence - Perform, practice and repeat linked actions that include changes in speed and level accurately |  |  |  |
| P52 | Perform a sequence in a small group |  |  |  |
| P53 | Use different apparatus |  |  |  |
| P54 | Investigate contrasts in differing ways of travelling |  |  |  |
| P55 | Explore ways of transferring smoothly body weight into and out of shapes |  |  |  |
| P56 | Practice range of start and finish positions |  |  |  |
| P57 | Start every sequence with a balance |  |  |  |
| P58 | Practice working with a partner, adapting movements |  |  |  |
| P59 | Use different speeds |  |  |  |
| P60 | Finish every sequence with a balance |  |  |  |
| P61 | Practice all jumps with accuracy: 1-2, 1-1, 2-2, 2-1, a-b) |  |  |  |
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| P68 | Balance on varying numbers of points/patches |  |  |  |
| P69 | Perform pencil roll |  |  |  |
| P70 | Perform teddy bear roll |  |  |  |
| P71 | recognise how to improve your flexibility, strength and control |  |  |  |
| **Take part in outdoor and adventurous activity challenges both individually and within a team:**  **OUTDOOR AND ADVENTUROUS ACTIVITIES** | | | | |
| P72 | use maps and diagrams to orientate yourself |  |  |  |
| P73 | co-operate with others, discussing how to follow trails and solve problems. |  |  |  |

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| SW20 | feel confident in the water when your feet touch the ground |  |  |  |
| SW21 | explore different ways of moving around in water |  |  |  |
| SW22 | put your head under the water |  |  |  |
| SW23 | swim between 10 and 20 metres with support and 5 metres unaided |  |  |  |
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| SW25 | use one basic stroke to swim, making sure you breathe properly |  |  |  |
| SW26 | Using floats, swim over longer distances, with a more controlled leg kick |  |  |  |
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| SW28 | explore ways of swimming on and below the surface, breathing properly |  |  |  |
| SW29 | take part in group problem solving activities on personal survival |  |  |  |
| SW30 | swim between 50 and 100 metres and keep swimming for 45 to 90 seconds |  |  |  |
| SW31 | use three different strokes, swimming on your front and back |  |  |  |
| SW32 | swim confidently and fluently on the surface and underwater |  |  |  |
| SW33 | swim further than 100 metres |  |  |  |
| SW34 | breathe so that the pattern of swimming is not interrupted |  |  |  |
| SW35 | perform a wide range of personal survival techniques confidently |  |  |  |
| SW36 | swim short distances using butterfly |  |  |  |

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**Attainment targets**

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**Schools are not required by law to teach the example content in [square brackets]. Physical education 199**

**Upper Key stage 2**

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| **YEAR 5: PE- SKILLS PROGRESSION (will not be able to cover all aspects of each area in the year)** | | **Planned / Covered** | | |
| **P1** | Lead own warm ups |  |  |  |
| **P2** | Understand importance of warming up and cooling down |  |  |  |
| **ATHLETICS** | | | | |
| **P3** | Demonstrate effective throwing technique (tennis ball/javelin) |  |  |  |
| **P4** | Demonstrate effective throwing technique (overhead/seated) |  |  |  |
| **P5** | Demonstrate effective throwing technique (discuss) |  |  |  |
| **P6** | Throw with accuracy |  |  |  |
| **P7** | Understand mechanics of sprinting (arms/legs/knees/stride) |  |  |  |
| **P8** | Demonstrate effective hurdling technique |  |  |  |
| **P9** | Demonstrate effective standing long jump technique |  |  |  |
| **P10** | Demonstrate effective standing triple jump technique |  |  |  |
| **P11** | Throw for distance |  |  |  |
| **P12** | Understand difference in mechanics of sprints and long distance running. |  |  |  |
| **STRIKING AND FIELDING GAMES** | | | | |
| **P13** | Understand most efficient fielding / retrieving techniques |  |  |  |
| **P14** | Understand rules of rounders |  |  |  |
| **P15** | Understand rules of Kwik cricket |  |  |  |
| **P16** | Hold a bat properly |  |  |  |
| **P17** | Hit in chosen direction |  |  |  |
| **P18** | Apply appropriate catching techniques |  |  |  |
| **P19** | Bowl with accuracy |  |  |  |
| **P20** | Throw under-arm and over-arm with accuracy |  |  |  |
| **P21** | Adapt rules and techniques in other games |  |  |  |
| **NET AND WALL GAMES** | | | | |
| **P23** | Hold and use a racquet properly |  |  |  |
| **P24** | Understand and use backhand and forehand |  |  |  |
| **P25** | Bounce ball on racquet |  |  |  |
| **P26** | Drop and hit ball so partner can catch |  |  |  |
| **P27** | Partner throws ball, hit back to catch |  |  |  |
| **P28** | Maintain rallies with partner |  |  |  |
| **INVASION GAMES** | | | | |
| **P29** | Bounce pass with accuracy |  |  |  |
| **P30** | Chest pass with accuracy |  |  |  |
| **P31** | Overhead pass with accuracy |  |  |  |
| **P32** | Use passes at appropriate times |  |  |  |
| **P33** | Understand marking of players |  |  |  |
| **P34** | Move into space during games |  |  |  |
| **P35** | Discuss different tactics |  |  |  |
| **P36** | Pass and catch while moving |  |  |  |
| **P37** | Pass into space ahead of team mates |  |  |  |
| **P38** | Hold hockey stick correctly |  |  |  |
| **P39** | Dribble with control |  |  |  |
| **P40** | Shoot with accuracy |  |  |  |
| **P41** | Pass with accuracy |  |  |  |
| **Perform dances using a range of movement pattern: DANCE** | | | | |
| **P42** | Explore range of body shapes and explore tension and extension |  |  |  |
| **P43** | Develop range of movement patterns |  |  |  |
| **P44** | Use different stimuli |  |  |  |
| **P45** | Investigate contrasts in shape and form |  |  |  |
| **P46** | Explore ways of transferring smoothly body weight into and out of shapes |  |  |  |
| **P47** | Practice range of linking movements |  |  |  |
| **P48** | Perform, practice and repeat linked actions accurately, with fluency and control |  |  |  |
| **P49** | Practice working with a partner |  |  |  |
| **P50** | Use different speeds |  |  |  |
| **P51** | perform to an accompaniment expressively |  |  |  |
| **Develop flexibility, strength, technique, control and balance: GYMNASTICS** | | | | |
| **P52** | Explore range of body shapes and explore tension and extension in balances |  |  |  |
| **P53** | Develop a gymnastic sequence - Perform, practice and repeat linked actions a) accurately, b) with clarity and fluently c) with changes of direction, level and speed |  |  |  |
| **P54** | Adapt actions and balances so that they can be performed in a sequence |  |  |  |
| **P55** | Use different apparatus within a sequence |  |  |  |
| **P56** | Investigate contrasts in differing ways of travelling |  |  |  |
| **P57** | Explore ways of transferring smoothly body weight into and out of shapes |  |  |  |
| **P58** | Practice range of start and finish positions |  |  |  |
| **P59** | Start every sequence with a balance |  |  |  |
| **P60** | Practice working with a partner |  |  |  |
| **P61** | Use different speeds |  |  |  |
| **P62** | Finish every sequence with a balance |  |  |  |
| **P63** | Practice all jumps with accuracy: 1-2, 1-1, 2-2, 2-1, a-b) |  |  |  |
| **P64** | Jump over different differences but maintain control. |  |  |  |
| **P65** | Balance on differing numbers of points / patches |  |  |  |
| **P66** | Dismount apparatus safely and with control |  |  |  |
| **P67** | Know main safety rules in gymnastics |  |  |  |
| **P68** | Add quarter / half / full turns into jumps |  |  |  |
| **P69** | Mirror partners work |  |  |  |
| **P70** | Develop sequence with a partner |  |  |  |
| **Take part in outdoor and adventurous activity challenges both individually and within a team:**  **OUTDOOR AND ADVENTUROUS ACTIVITIES** | | | | |
| **P71** | plan sensible responses to physical challenges or problems when tackling outdoor and adventurous activities |  |  |  |
| **P72** | respond when a task or environment changes as the challenge level increases |  |  |  |

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| **Swim competently, confidently and proficiently over a distance of at least 25 metres.**  **Use a range of strokes effectively.**  **Perform safe self-rescue in different water-based situations: SWIMMING**  **For reference only- swimming planned and led by swimming coach** | | | | |
| SW1 | Swim using recognisable technique for all four strokes over variety of distances (25m, 50m 100m) |  |  |  |
| SW2 | Swim confidently and effectively with and without aid of floats |  |  |  |
| SW3 | Understand body position for all four strokes |  |  |  |
| SW4 | Use accurate and efficient arm action for all four strokes |  |  |  |
| SW5 | Use accurate and efficient leg kick for all four strokes |  |  |  |
| SW6 | Correct breathing for all four stokes. |  |  |  |
| SW7 | Correct starts and finishes. |  |  |  |
| SW8 | Turn with speed and accuracy. |  |  |  |
| SW9 | Understand mechanics of sprint swimming |  |  |  |
| SW10 | Understand mechanics of distance swimming |  |  |  |
| SW11 | Swim under water |  |  |  |
| SW12 | Perform surface floats |  |  |  |
| SW13 | Perform a variety of sculls |  |  |  |
| SW14 | Understand importance of streamlining |  |  |  |
| SW15 | Life saving techniques |  |  |  |
| SW16 | Sitting dive |  |  |  |
| SW17 | Retrieve sinkable object |  |  |  |
| SW18 | feel confident in the water when your feet touch the ground |  |  |  |
| SW19 | explore different ways of moving around in water |  |  |  |
| SW20 | put your head under the water |  |  |  |
| SW21 | swim between 10 and 20 metres with support and 5 metres unaided |  |  |  |
| SW22 | swim between 10 and 20 metres unaided in shallow waters, using arms and legs to move |  |  |  |
| SW23 | use one basic stroke to swim, making sure you breathe properly |  |  |  |
| SW24 | Using floats, swim over longer distances, with a more controlled leg kick |  |  |  |
| SW25 | swim between 20 and 50 metres unaided, using arms and legs in co-ordination |  |  |  |
| SW26 | explore ways of swimming on and below the surface, breathing properly |  |  |  |
| SW27 | take part in group problem solving activities on personal survival |  |  |  |
| SW28 | swim between 50 and 100 metres and keep swimming for 45 to 90 seconds |  |  |  |
| SW29 | use three different strokes, swimming on your front and back |  |  |  |
| SW30 | swim confidently and fluently on the surface and underwater |  |  |  |
| SW31 | swim further than 100 metres |  |  |  |
| SW32 | breathe so that the pattern of swimming is not interrupted |  |  |  |
| SW33 | perform a wide range of personal survival techniques confidently |  |  |  |
| SW34 | swim short distances using butterfly |  |  |  |

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| **YEAR 6: PE- SKILLS PROGRESSION (will not be able to cover all aspects of each area in the year)** | | **Planned / Covered** | | |
| **P1** | Lead own warm ups |  |  |  |
| **P2** | Understand importance of warming up and cooling down |  |  |  |
| **ATHLETICS** | | | | |
| **P3** | Demonstrate effective throwing technique (tennis ball/javelin) |  |  |  |
| **P4** | Demonstrate effective throwing technique (overhead/seated) |  |  |  |
| **P5** | Demonstrate effective throwing technique (discuss) |  |  |  |
| **P6** | Throw with accuracy |  |  |  |
| **P7** | Understand mechanics of sprinting (arms/legs/knees/stride) |  |  |  |
| **P8** | Demonstrate effective hurdling technique |  |  |  |
| **P9** | Demonstrate effective standing long jump technique |  |  |  |
| **P10** | Demonstrate effective standing triple jump technique |  |  |  |
| **P11** | Throw for distance |  |  |  |
| **P12** | Understand difference in mechanics of sprints and long distance running. |  |  |  |
| **P13** | identify activities that help to develop stamina and power for running events, measuring progress over time |  |  |  |
| **STRIKING AND FIELDING GAMES** | | | | |
| **P14** | Understand most efficient fielding / retrieving techniques |  |  |  |
| **P15** | Understand rules of rounders |  |  |  |
| **P16** | Understand rules of Kwik cricket |  |  |  |
| **P17** | Hold a bat properly |  |  |  |
| **P18** | Hit in chosen direction |  |  |  |
| **P19** | Apply appropriate catching techniques |  |  |  |
| **P20** | Bowl with accuracy |  |  |  |
| **P21** | Throw under-arm and over-arm with accuracy |  |  |  |
| **P22** | Adapt rules and techniques in other games |  |  |  |
| **NET AND WALL GAMES** | | | | |
| **P23** | Hold and use a racquet properly |  |  |  |
| **P24** | Understand and use backhand and forehand |  |  |  |
| **P25** | Bounce ball on racquet |  |  |  |
| **P26** | Drop and hit ball so partner can catch |  |  |  |
| **P27** | Partner throws ball, hit back to catch |  |  |  |
| **P28** | Maintain rallies with partner |  |  |  |
| **INVASION GAMES** | | | | |
| **P29** | Bounce pass with accuracy |  |  |  |
| **P30** | Chest pass with accuracy |  |  |  |
| **P31** | Overhead pass with accuracy |  |  |  |
| **P32** | Use passes at appropriate times |  |  |  |
| **P33** | Understand marking of players |  |  |  |
| **P34** | Move into space during games |  |  |  |
| **P35** | Discuss different tactics |  |  |  |
| **P36** | Pass and catch while moving |  |  |  |
| **P37** | Pass into space ahead of team mates |  |  |  |
| **P38** | Hold hockey stick correctly |  |  |  |
| **P39** | Dribble with control |  |  |  |
| **P40** | Shoot with accuracy |  |  |  |
| **P41** | Pass with accuracy |  |  |  |
| **P42** | recognise weaknesses and improvements when participating in competitive games |  |  |  |
| **Perform dances using a range of movement pattern: DANCE** | | | | |
| **P42** | remember, refine and repeat short dances with a sense of style and artistic intention |  |  |  |
| **P43** | show an awareness of musical structure, rhythm, mood and phrasing |  |  |  |
| **P44** | suggest improvements using appropriate dance vocabulary |  |  |  |
| **P45** | Explore range of body shapes and explore tension and extension |  |  |  |
| **P46** | Develop range of movement patterns |  |  |  |
| **P47** | Use different stimuli |  |  |  |
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| **P52** | Practice working with a partner |  |  |  |
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| **Develop flexibility, strength, technique, control and balance: GYMNASTICS** | | | | |
| **P52** | Explore range of body shapes and explore tension and extension in balances |  |  |  |
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| **P54** | Adapt actions and balances so that they can be performed in a sequence and flow |  |  |  |
| **P55** | Use different apparatus within a sequence |  |  |  |
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| **P58** | Practice range of start and finish positions |  |  |  |
| **P59** | Start every sequence with a balance |  |  |  |
| **P60** | Practice working with a partner |  |  |  |
| **P61** | Use different speeds |  |  |  |
| **P62** | Finish every sequence with a balance |  |  |  |
| **P63** | Practice all jumps with accuracy: 1-2, 1-1, 2-2, 2-1, a-b) |  |  |  |
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| **P66** | Dismount apparatus safely and with control |  |  |  |
| **P67** | Know main safety rules in gymnastics |  |  |  |
| **P68** | Add quarter / half / full turns into jumps |  |  |  |
| **P69** | Mirror partners work |  |  |  |
| **P70** | Develop sequence with a partner |  |  |  |
| **P71** | use criteria to judge the quality of compositions and sequences, suggesting improvements as required |  |  |  |
| **Take part in outdoor and adventurous activity challenges both individually and within a team:**  **OUTDOOR AND ADVENTUROUS ACTIVITIES** | | | | |
| **P72** | use detailed maps and diagrams to move confidently through familiar and less familiar environments |  |  |  |
| **P73** | use and adapt your skills and strategies as the situation demands |  |  |  |

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