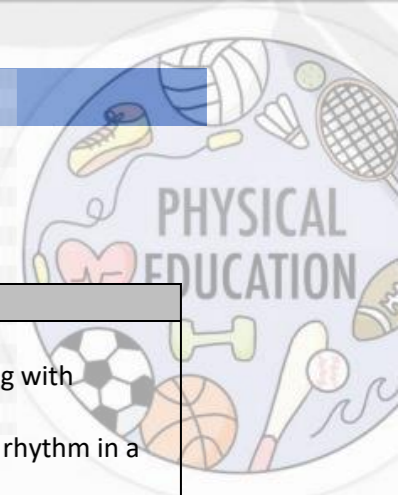
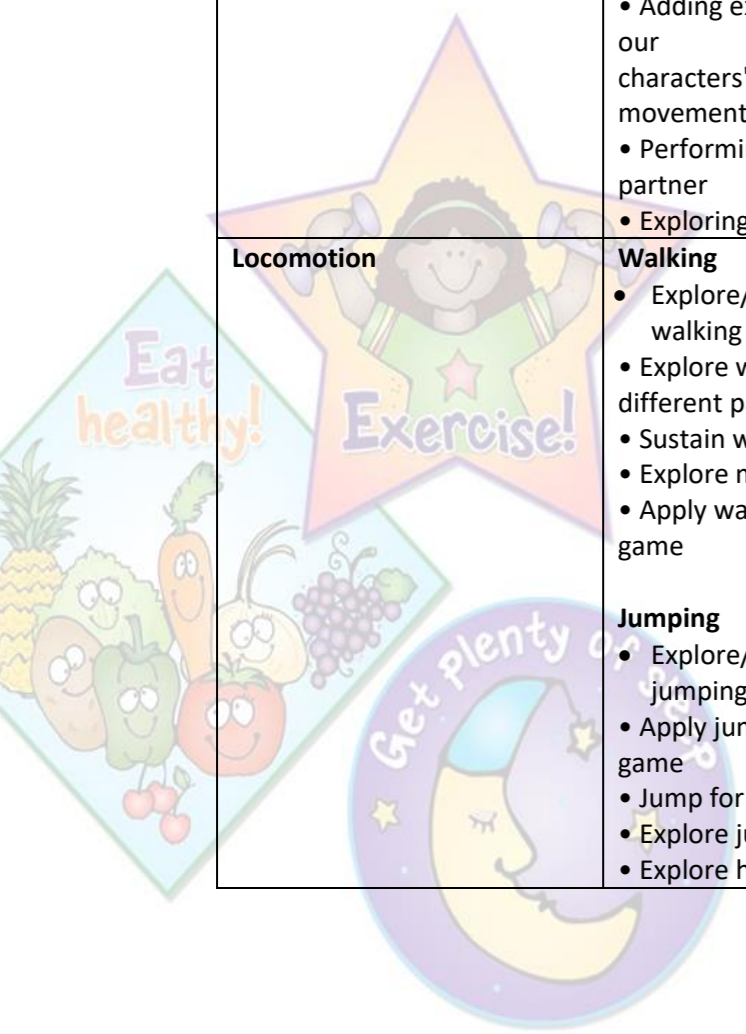


Subject Progression Map PE



Area of Learning	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Dance	<p>Nursery Rhymes</p> <ul style="list-style-type: none"> Moving in sequence Creating our own movements Creating simple movement sequences Responding in movement to words and music Exploring contrasting tempos Exploring character movements <p>Dinosaurs</p> <ul style="list-style-type: none"> Moving with control Adding movements together Responding to rhythm in character Adding expression to our characters' (dinosaur) movements Performing with a partner Exploring relationships 	<p>The Zoo</p> <ul style="list-style-type: none"> Exploring expression Developing our movements, adding movements together Responding to a rhythm: Introducing partner work Creating an animal sequence motifs Exploring relationships within our motifs <p>Heroes</p> <ul style="list-style-type: none"> Performing movements in sequence Creating movements that represent superpowers Creating movements that represent a superhero rescuing/saving, someone/something Exploring character Year movements 	<p>Mr Candy's Sweet Factory</p> <ul style="list-style-type: none"> Exploring expression Linking movements together Creating a motif with characterisation, expression and emotion Extending our motifs with different dynamics (fast and slow) 	<p>Witches and Wizards</p> <ul style="list-style-type: none"> Responding to stimuli Developing characters and extending the story Creating motifs with a partner in character Developing characterisation 	<p>Romans</p> <ul style="list-style-type: none"> Responding to stimuli working together Extending sequences with a partner in character Developing sequences with a partner in character that show relationships and interlinking dance moves. Sequences relationships choreography and performance. 	<p>Greeks</p> <ul style="list-style-type: none"> Exploring the Greeks using compositional principles Extending sequences with a partner using compositional principles Creating movement using improvisation where movement is reactive 	<p>Carnival</p> <ul style="list-style-type: none"> Performing with technical control and rhythm in a group Creating rhythmic patterns using the body Experiencing dance from a different culture Choreographical elements including still imagery <p>Mayans</p> <ul style="list-style-type: none"> Creating rhythmic patterns using our body Extend choreography through controlled movements, character emotion and expression
Locomotion	<p>Walking</p> <ul style="list-style-type: none"> Explore/develop walking Explore walking in different pathways Sustain walking Explore marching Apply walking into a game <p>Jumping</p> <ul style="list-style-type: none"> Explore/develop jumping Apply jumping into a game Jump for distance Explore jumping high Explore hopping 	<p>Running</p> <ul style="list-style-type: none"> Explore running Apply running into a game Explore running at different speeds Running for speed: Acceleration Explore running in a team Consolidate running, apply running into a game <p>Jumping</p> <ul style="list-style-type: none"> Recap jumping Develop jumping 	<p>Dodging</p> <ul style="list-style-type: none"> Explore dodging Develop dodging Apply dodging: Explore attacking and defending Apply dodging in teams <p>Jumping</p> <ul style="list-style-type: none"> Consolidate jumping Apply jumping into a game Linking jumping Explore and develop jumping combinations 				



		<ul style="list-style-type: none"> • Explore how jumping affects our bodies • Explore skipping • Apply skipping and jumping into a game 					
Gymnastics	<p>High, Over, Under, Over</p> <ul style="list-style-type: none"> • Introduce high, low, over and under • Introduction to the apparatus • Applying high and low on apparatus <p>Moving</p> <ul style="list-style-type: none"> • Explore moving and making shapes using different body parts • Explore moving using different directions • Explore big and small ways of moving and making shapes • Moving in pairs • Creating shapes in pairs 	<p>Wide, Narrow, Curled</p> <ul style="list-style-type: none"> • Introduction to wide, narrow and curled • Exploring the difference between wide, narrow and curled • Transitioning between wide, narrow and curled movements • Linking two movements Together <p>Body Parts</p> <ul style="list-style-type: none"> • Introduction to big/small body parts • Combining big and small with wide, narrow and curled • Transition between wide narrow and curled using big and small body parts • Adding (linking) movements together 	<p>Linking</p> <ul style="list-style-type: none"> • Developing linking • Linking on apparatus • Jump, roll, balance sequences/on apparatus • Creation of sequences • Completion of sequences and performance <p>Pathways</p> <ul style="list-style-type: none"> • Explore/develop zigzag pathways/on apparatus • Explore/develop curved pathways/on apparatus • Creation of pathway sequences • Completion of pathways sequences and performance 	<p>Symmetry and Asymmetry</p> <ul style="list-style-type: none"> • Introduction to symmetry • Introduction to asymmetry • Application of learning onto apparatus • Sequence formation • Sequence completion 	<p>Bridges</p> <ul style="list-style-type: none"> • Introduction to bridges • Application of bridge learning onto apparatus • Develop sequences with bridges • Sequence formation • Sequence completion 	<p>Counter Balance and Counter Tension</p> <ul style="list-style-type: none"> • Introduction to counter balance • Application of counter balance learning onto apparatus • Sequence formation • Counter tension • Sequence completion 	<p>Matching and Mirroring</p> <ul style="list-style-type: none"> • Introduction to matching/mirroring • Application of matching mirroring learning onto apparatus • Sequence development
Ball Skills	<p>Ball Skills (Hands)</p> <ul style="list-style-type: none"> • Explore pushing, rolling and bouncing (into space) • Combine pushing, rolling, and bouncing <p>Ball Skills (Feet)</p> <ul style="list-style-type: none"> • Explore moving with a ball using our feet • Develop moving with a ball using our feet • Understand dribbling • Develop dribbling against an opponent 	<p>Ball Skills (Hands)</p> <ul style="list-style-type: none"> • Introduce sending (bouncing) with control • Introduce aiming with accuracy • Introduce power and speed when sending a ball • Introduce/develop stopping, combining sending skills • Combine sending and receiving skills <p>Ball Skills (Feet)</p> <ul style="list-style-type: none"> • Develop moving the ball using the feet • Apply dribbling into games 	<p>Ball Skills (Hands)</p> <ul style="list-style-type: none"> • Develop dribbling/passing and receiving • Combine dribbling, passing and receiving, keeping possession • Develop dribbling/passing and receiving to score a point • Combine dribbling, passing and receiving to score a point <p>Ball Skills (Feet)</p> <ul style="list-style-type: none"> • Develop dribbling/passing/receiving, keeping 				

		<ul style="list-style-type: none"> • Consolidate dribbling • Explore kicking (passing) • Apply kicking (passing) to score a point 	possession <ul style="list-style-type: none"> • Combine dribbling, passing and receiving, keeping possession/to score a point • Apply dribbling, passing and receiving as a team to score a point 				
Netball				<ul style="list-style-type: none"> • Introduce passing, receiving and creating space • Develop/combine passing and moving • Combine/develop passing and shooting 		<ul style="list-style-type: none"> • Recap and refine dribbling and passing to create attacking opportunities • Develop marking • Refine shooting • Refine attacking skills, passing, dribbling and shooting • Introduce officiating 	<ul style="list-style-type: none"> • Consolidate keeping possession, develop officiating • Consolidate defending • Create, understand and apply attacking/defending tactics in game situations
Basketball					<ul style="list-style-type: none"> • Refine dribbling • Refine passing and receiving • Refine passing and dribbling creating space • Refine passing and dribbling creating shooting opportunities • Introduce marking 		<ul style="list-style-type: none"> • Consolidate keeping possession and officiating • Consolidate defending • Create, understand and apply attacking tactics in game situations • Create, understand and apply defending tactics in game situations
Tag Rugby						<ul style="list-style-type: none"> • Develop passing and moving to create attacking opportunities • Explore different passes that can be used to outwit defenders • Develop defending as a team • Create and apply defending tactics 	<ul style="list-style-type: none"> • Consolidate passing and moving • Consolidate defending • Create, understand and apply attacking and defending tactics in game situations • Consolidate attacking and defending in mini games
Football					<ul style="list-style-type: none"> • Develop dribbling skills • Develop turning skills • Refine passing and receiving skills • Develop passing and dribbling and creating space • Introduce shooting 	<ul style="list-style-type: none"> • Refine dribbling and passing to maintain possession • Introduce and develop defending • Develop shooting • Refine attacking skills, passing, dribbling and shooting, introduce officiating 	

Hockey				<ul style="list-style-type: none"> • Introduce dribbling • Introduce passing and receiving • Combine dribbling and passing to create space • Develop passing, receiving and dribbling • Introduce shooting 	<ul style="list-style-type: none"> • Refine dribbling and passing • Combine passing and dribbling to create shooting opportunities • Develop passing and dribbling creating space for attacking opportunities • Introduce defending: blocking and tackling 		
Rackets, bats and balls	<ul style="list-style-type: none"> • Explore pushing/hitting a balloon with control • Explore hitting a balloon with power into space • Explore hitting/pushing (sending) a balloon with accuracy • Explore balancing an object on a racket/bat 	<ul style="list-style-type: none"> • Develop pushing (dribbling) a ball with a racket: Introducing control • Explore hitting and develop pushing a ball (with a racket) towards a target • Explore hitting a ball (with a racket) with accuracy and power 	<ul style="list-style-type: none"> • Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent • Introduce hitting (sending/striking) a ball into a space: Where and why? • Striking the ball (with a bat) into space with intent 				
Tennis				<ul style="list-style-type: none"> • Introduce tennis • Outwitting an opponent • Creating space to win a point • Consolidate how to win a game introduce rackets • Introduce the forehand 	<ul style="list-style-type: none"> • Developing the forehand • Creating space to win a point using a racket • Introduce the backhand • Applying the forehand and backhand in game situations • Applying the forehand and backhand creating space to win a point 	<ul style="list-style-type: none"> • Introduce and develop the volley • Control the game from the serve • Doubles: understand and apply tactics to win a point 	<ul style="list-style-type: none"> • Game application • Mixed ability doubles • Round robin games
Badminton						<ul style="list-style-type: none"> • Introduce badminton • Outwitting an opponent • Introduce the forehand and backhand • Applying the forehand and backhand • Creating space to win a point • Controlling the game from the serve 	<ul style="list-style-type: none"> • Exploring different forehand/backhand shots • Applying different forehand/backhand shots to win a point • Consolidate outwitting an opponent • Doubles: understanding and applying tactics to win a point
Cricket			<ul style="list-style-type: none"> • Consolidate underarm and overarm throwing • Apply skills to beat an opponent and to win games 	<ul style="list-style-type: none"> • Understand the concept of batting and fielding • Introduce throwing overarm • Introduce throwing underarm 	<ul style="list-style-type: none"> • Develop an understanding of batting and fielding • Introduce bowling underarm • Develop stopping and returning the ball 	<ul style="list-style-type: none"> • Refine batting, batting and bowling tactics • Refine fielding stopping, catching and throwing • Combine bowling and 	<ul style="list-style-type: none"> • Consolidate batting, fielding and bowling • Create, understand and apply attacking and defensive tactics in game

				<ul style="list-style-type: none"> • Introduce catching • Striking with intent 	<ul style="list-style-type: none"> • Develop retrieving and returning the ball • Striking the ball at different angles and speeds 	fielding creating and applying tactics <ul style="list-style-type: none"> • Introduce umpiring and scoring 	
Rounders					<ul style="list-style-type: none"> • Develop fielding bowling with a backstop • Introduce batting; how • Develop batting; where and why • Introduce and apply basic fielding tactics 	<ul style="list-style-type: none"> • Develop fielding tactics maximising players • Understand what happens if the batter misses the ball • Refine fielding tactics, what players where? • Applying tactics in mini games 	<ul style="list-style-type: none"> • Introduction to full rounders • Consolidate fielding tactics • Refine our understanding of what happens if the batter misses or hits the ball backwards • Batting considerations
Athletics	<ul style="list-style-type: none"> • Begin to develop running technique (stay in lane, run in a straight line) • Begin to develop jumping technique • Begin to understand and apply skills to competitive races/events 	<ul style="list-style-type: none"> • Develop and improve running technique (keep head still) • Develop and improve jumping technique • Continue to develop understanding and application of skills to competitive races/events 	<ul style="list-style-type: none"> • Develop and improve running technique (arms hip to lip) • Explore jumping for distance • Apply them to compete in athletics events 	<ul style="list-style-type: none"> • Explore running for speed • Explore acceleration • Introduce /develop relay: Running for speed in a team • Throwing: Accuracy vs distance • Standing Long Jump 	<ul style="list-style-type: none"> • Develop running at speed • Exploring our stride pattern • Exploring running at pace • Understand and apply tactics when running for distance • Javelin • Standing Triple Jump 	<ul style="list-style-type: none"> • Finishing a race • Evaluating our performance • Sprinting: My personal best • Relay changeovers • Shot Put • Introducing the Hurdles 	<ul style="list-style-type: none"> • Running for speed competition • Running for distance competition • Throwing competition • Jumping competition
Outdoor and Adventurous Activity		Team Building <ul style="list-style-type: none"> • Introducing teamwork • Develop teamwork • Building trust and developing communication • Cooperation and communication • Explore simple strategies • Problem solving: Consolidate teamwork 	Team Building <ul style="list-style-type: none"> • Introducing teamwork • Develop teamwork • Building trust and developing communication • Cooperation and communication • Explore simple strategies • Problem solving: consolidate teamwork 	Tactics and Communication <ul style="list-style-type: none"> • Creating and applying simple tactics • Developing leadership • Develop communication as a team • Create defending and attacking tactics as a team 	Problem Solving <ul style="list-style-type: none"> • Benches and mats challenge • Round the clock card challenge • The pen challenge • The river rope challenge • Caving challenges 	Orienteering <ul style="list-style-type: none"> • Face orienteering • Cone orienteering • Point and return • Point to point • Timed course • Orienteering competition 	Leadership <ul style="list-style-type: none"> • Understanding what makes an effective leader • Communicating as a leader • Introducing the STEP principle: Space, Task, Equipment and People
Health Related Exercise (including Cross Country)						<ul style="list-style-type: none"> • Explore and understand cardio fitness • Explore and understand flexibility fitness • Explore and understand strength fitness 	<ul style="list-style-type: none"> • Develop and secure understanding of cardio fitness • Develop and secure understanding of flexibility fitness • Explore and understand strength fitness
Multi skills	<ul style="list-style-type: none"> • Explore different ways of moving around an area 						

	<ul style="list-style-type: none"> • Consolidate throwing and catching skills • Use different ways of making objects travel (kicking and rolling) • Take part in competitive races which include the skills covered 						
Attack v Defence: Games for Understanding	<p>Taking turns/keeping the score</p> <ul style="list-style-type: none"> • Understanding and playing by the rules • Avoiding a defender • Preventing an attacker from scoring 	<ul style="list-style-type: none"> • Understanding the principles of attack/defence • Applying attacking/defending principles into a game • Consolidate attacking/defending 	<ul style="list-style-type: none"> • Attacking/defending as a team • Understanding the transition between defence and attack • Create and apply attacking/defensive tactics 				
Swimming				<p><u>Beginners</u> Submerge and regain feet in the water. Breathe in sync with an isolated kicking action from poolside. Use arms and legs together to move effectively across a short distance in the water. Glide on front and back over short distances. Float on front and back for short periods of time. Confidently roll from front to back and then regain a standing position.</p> <p><u>Developers</u> Confidently and consistently retrieve an object from the floor with the same breath. Begin to co-ordinate breath in time with basic strokes showing some consistency in timing. Demonstrate a fair level of technique, consistently co-ordinating the correct body parts in a range of strokes. Combine gliding and floating on front and back over an increased distance. Float on front and back</p> <p><u>Intermediate</u> Confidently combine skills to retrieve an object from greater depth. Confidently co-ordinate a smooth and consistent breathing technique with a range of strokes. Confidently demonstrate good technique in a wider range of strokes over increased distances. Combine gliding and transitioning into an appropriate stroke with good control. Confidently link a variety of floating actions together</p>			

Key Vocabulary	Ball Skills (Hands): space, control, defender, bouncing, rolling, pushing, accuracy, aiming, distance, power, throwing, catching, stopping	Locomotion: jumping, distance, skipping, landing, attacker, defender, space, speed, acceleration, tagging/tag	Locomotion: attacker, defender, space, dodge, tagging/tag, jumping, distance, speed, landing	Hockey: attacker, defender, possession, space, intercepting, shooting, barrier	Hockey: attacker, defender, dribbling, marking, tackling, blocking, free hit	Tag Rugby: tactics, transition, outwit, offside, loop pass, miss pass	Tag Rugby: tactics, transition, offside, formations, knock on, advantage
	Locomotion: defender, change of direction, space, speed, walking, marching, tag, jumping, distance, height, hopping, speed, landing	Ball Skills (Hands): possession, space, control, attacker, dribbling, accuracy, power, batter, fielder, opponent, aiming, throwing, catching, rolling	Ball Skills (Hands): throwing, catching, attacker, defender, batting, fielder, space, opponent, team, dribbling, chest pass	Netball: attacker, defender, possession, chest pass, footwork	Swimming: front crawl, backstroke, breaststroke, butterfly, enter, exit, jump, submerge, kick, scull, tread water, float, rotate, breathe	Netball: tactics, transition, possession, marking, shoulder pass, bounce pass	Netball: tactics, transition, umpire, netball positions, marking
	Dance: champion dancers, beat, moving, control, rhythm, timing, sequence, tempo, expression	Dance: champion dancers, beat, moving, control, rhythm, sequence, motif, expression	Dance: champion dancers, control, rhythm, expression, emotion, choreography, unison, motif	Dance: excellent dancers, expression, creativity, emotion, motif, interconnecting, character	Dance: excellent dancers, expression, creativity, emotion, motif, flow, character	Dance: excellent dancers, expression, creativity, emotion, motif, improvisation	Dance: excellent dancers, expression, creativity, emotion, stimulus, motif, choreography, rhythm
	Ball Skills (Feet): attacker, defender, space, opponent, dribbling, control	OAA: teamwork, inclusion, communication, co-operation, trust, team member, fairness	OAA: teamwork, inclusion, communication, co-operation, strategy, courage, motivation	OAA: communication, tactics, teamwork, strategy, attacker, defender, tag	Gymnastics: excellent gymnastics, extension, control, interesting, bridge, levels, flow	Health Related Exercise: cardiovascular system, strength, flexibility, fitness, circuits, fitness assessment/test	Health Related Exercise: cardiovascular system, strength, flexibility, fitness, circuits, fitness assessment/test
	Gymnastics: champion gymnastics, shapes, high, low, over, under, apparatus, transition	Gymnastics: champion gymnastics, wide, narrow, big, small, curled, transition, interesting, linking, big, small	Gymnastics: champion gymnastics, linking, flow, transition, jump, roll, zig-zag, curved, sequence	Gymnastics: excellent gymnastics, linking, flow, interesting, extension, symmetrical, asymmetrical	OAA Problem Solving: communication, tactics, teamwork, strategy, non-verbal communication, verbal communication	Gymnastics: excellent gymnastics, interesting, flow, levels, counter balance, counter tension, unison, canon	Gymnastics: excellent gymnastics, flow, levels, matching, mirroring, unison, canon
	Rackets, bats and balls: accuracy, space, control, power, aiming, score, hitting, pushing	Ball Skills (Feet): attacker, defender, space, dribbling, passing, control	Ball Skills (Feet): attacker, defender, possession, space, dribbling, passing	Swimming: front crawl, backstroke, breaststroke, butterfly, float, kick, scull, rotate, safe self-rescue	Tennis: outwit, space, accuracy, power, baseline, forehand, backhand, rally, out	Badminton: outwit, space, return, recover, forehand, backhand, serve	Tennis: tactics, space, outwit, forehand, backhand, volley, doubles, serve
	Gymnastics: champion gymnastics, shapes, big, small, high, low, apparatus, transition	Rackets, bats and balls: possession, control, attacker, defender, dribbling, accuracy, hitting, power	R, B and B: attacker, defender, opponent, accuracy, power, batting, fielder	Tennis: outwit, space, return, recover, baseline, forehand, rally, out	Basketball: possession, marking, space, bounce pass, pivot	Football: tactics, marking, pressure, tackle, shadowing, tracking back	Basketball: tactics, transition, counter attack, high press, backcourt violation, man to man marking
	Multi-skills: throwing, catching, rolling, stopping, space, control, change of direction, speed	Games for Understanding: attacker, defender, space, rules, tactics, team	Games for Understanding: attacker, defender, space, tactics, transition, team	Cricket: throwing, catching, outwit, strike, batting, fielder, out	Cricket: retrieving, bowling, strike, batting, fielder, long barrier	OAA Orienteering: teamwork, strategy, tactics, communication, control point, scale	Cricket: tactics, umpire, boundary, four runs, six runs, over
	Games for Understanding: attacker, defender, space, rules, tagging/tag, sharing	Athletics: tactics, speed, acceleration, relay, distance	Cricket: throwing, catching, outwit, strike, batting, fielder, out	Athletics: tactics, speed, acceleration, distance, accuracy, relay, change over	Football: attacker, defender, transition, turning, drag back, goalkeeper	Cricket: tactics, bowling, run out, wicket keeper, no ball, wide, bye	Badminton: tactics, outwit, space, lob, drop, clear
	Athletics: speed, distance, relay		Athletics: tactics, speed, acceleration, distance, accuracy, relay, changeovers		Athletics: tactics, speed, distance, pace, power, stride pattern	Tennis: tactics, outwit, space, accuracy, forehand, backhand, volley, serve	Athletics: tactics, teamwork, speed, distance, evaluation, false start, events
					Rounders: batting, tactics, bowling, catching, backstop, half a rounder	Athletics: tactics, speed, distance, evaluation, change over, personal best, lap	Rounders: tactics, fielder, bowling, run out, outfielder, umpire
						Rounders: tactics, fielder, bowling, batting and bowling square, no ball, out	

