



Whole-School Curriculum Progression Map: Physical Education

	Early Years	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
Body Management- Gymnastics and Yoga	<p>Create shapes showing a basic level of stillness using different parts of their bodies.</p> <p>Begin to take weight on different body parts.</p> <p>Show shapes and actions that stretch their bodies.</p> <p>Copy and link simple actions together</p> <p>Develop rocking and rolling.</p> <p>Develop short sequences using shapes, balances and travelling actions.</p> <p>Safely use apparatus and develop balance.</p> <p>Travel around, over and through apparatus.</p>	<p>Perform balances making their bodies tense, stretched and curled</p> <p>Take body weight on hands for short periods of time.</p> <p>Demonstrate poses and movements that challenge their flexibility.</p> <p>Copy, remember, repeat and plan simple actions with some control and technique.</p> <p>Link foundation shapes, rolls and jumps on the floor and on apparatus.</p> <p>Show increased awareness of extension and flexibility in actions.</p> <p>Jump and land using different shapes in flight.</p>	<p>Plan and perform sequences showing control and technique with and without a partner, choosing actions which flow well.</p> <p>Demonstrate some strength and control when taking weight on different body parts for longer periods of time.</p> <p>Demonstrate increased flexibility and extension in their actions.</p> <p>Choose actions that flow well into one another both on and off apparatus.</p> <p>Link foundation shapes together as an individual and with a partner.</p> <p>Plan and perform sequences showing control and technique with and without a partner.</p> <p>Perform forward and backwards rolls.</p>	<p>Show increasing control and balance when moving from one balance to another.</p> <p>Use strength to improve the quality of an action and the range of actions available.</p> <p>Use flexibility to improve the quality of the actions they perform as well as the actions they choose to link them.</p> <p>Create and perform more complex sequences of actions with a good level of quality, control and technique with and without a partner.</p> <p>Confidently transition from one action to another showing appropriate control and extension for the complexity of the action.</p> <p>To develop methods of travel with counter-balances using synchronisation.</p> <p>Link rolls with travel and balance on floor focus on mirror, matching and canon.</p> <p>Evaluate and perform a pair/group sequence on apparatus focusing on dynamics, levels and direction (6-8 parts).</p>
Fundamental Movement Skills and Invasion Games	<p>Develop throwing and learn how to keep score.</p> <p>Work co-operatively and learn to take turns.</p> <p>Work with others to play team games.</p> <p>Play games showing an understanding of the different rules within it.</p> <p>Follow instructions and move safely when playing tagging games.</p>	<p>Throw and catch different sporting implements, progressing to on the move.</p> <p>Throw and catch a medium sized ball with a partner ten times without dropping.</p> <p>Move freely with the ball with feet and hands.</p> <p>Turn with the ball using a variety of techniques.</p> <p>Shoot towards a target with a variety of objects,</p> <p>Dribble the ball freely and replicate technique where possible.</p> <p>Pass with a partner trying to maintain accuracy.</p> <p>Take part in small-sided possession games.</p>	<p>Pass using different techniques with and without a defender</p> <p>Shoot under pressure in a range of invasion games</p> <p>Dribbling towards a target, around objects and against a defender (passive pressure) in a range of game activities.</p> <p>Maintain possession in an attacking overload situation (3 v 1, 4 v 1).</p> <p>Apply skills to small-sided matches.</p>	<p>Passing in an opposed setting.</p> <p>Move into space to pass and control</p> <p>Evading an opponent and dribbling against an opponent progressing to more than one opponent.</p> <p>Maintain possession in a team towards a target.</p> <p>Shooting against the goalkeeper in a range of activities.</p> <p>Begin to understand the role of specific positions within a game situation.</p> <p>Compete in game situations applying simple tactics and formations.</p> <p>Take part in a 5 v 5 tournament and apply rules correctly.</p>

<p>Athletics</p>	<p>Develop balancing whilst stationary and on the move. To develop running and stopping at different speeds. To develop changing direction at different speeds. To develop hopping and landing with control. To explore different ways to travel.</p>	<p>Develop balance, co-ordination and agility and start to monitor performance. Take part in relay running activities and work within a team to improve time. Develop 30m sprinting technique and speed, and improve personal best. Develop long jump technique and improve distance. Complete a range of different running, jumping, throwing and catching activities endeavouring to improve personal best.</p>	<p>Run at different speeds according to the activity. Develop relay change over technique. Improve personal performance in 60m sprint. Throw javelin to a distance of 10m. Complete a 1m long jump. Compete in relay and sprint races. Perform as an individual and monitor individual performance.</p>	<p>Develop running at different speeds depending on the distance. Perform and evaluate the shot putt, javelin and long jump using correct technique. Develop and evaluate 60m sprint and begin to use the sprint start position. To develop the relay changeover technique whilst sprinting. Evaluate individual performance and set targets to improve over time.</p>
<p>Net and Wall</p>	<p>Develop throwing and learn how to keep score. Work co-operatively and learn to take turns. Work with others to play team games.</p>	<p>Explore the ready position in tennis Develop returning the ball with hands and racket To play against a partner Develop racket skills and use them to return a ball Develop returning a ball using a racket Play against an opponent using a racket.</p>	<p>Develop forehand technique. Develop backhand technique. Develop forehand and backhand technique. Understand when and how to play forehand and backhand shots. Develop serving technique understanding power and position. Play a short tennis game against a challenging opponent.</p>	<p>Develop forehand and backhand technique/To develop the fast catch volley. To be able to volley the ball using a set shot in volleyball. To develop the dig shot. To develop front of court and back of court shots in badminton. To begin to maintain a rally over the net with a partner. To develop the underarm serve (volleyball and badminton – progress to flick serve). To play in a badminton/volleyball tournament.</p>
<p>Striking Sports</p>	<p>Develop throwing and learn how to keep score. Work co-operatively and learn to take turns. Work with others to play team games. Play games showing an understanding of the different rules within it.</p>	<p>Perform an underarm and overarm throw on the move. Bat with a partner towards a target. Bowl with a partner. Play small-sided game using points scoring</p>	<p>Play and think tactically about the role in a game. Develop bowling and learn the rules of bowling. Make decisions on when to stop and when to run. Field a ball using a 2 handed pickup and a short barrier. Understand where to hit the ball. Apply skills and knowledge of rules to play a striking sport.</p>	<p>To develop throwing accuracy and catching skills under pressure. To develop a variety of batting techniques and placement of a ball into space. Develop the consistency of catching people out by playing a focused game. Master accuracy of bowling technique towards a target. Apply a variety of fielding techniques within a game situation. Apply skills and evaluate performance within a game situation.</p>
<p>Dance</p>	<p>Explore different body parts and how they move and remember and repeat actions. Express and communicate ideas through movement exploring directions and levels. Create movements and adapt and perform simple dance patterns. Copy and repeat actions showing confidence and imagination. Move with control and co-ordination, linking copying and repeating actions.</p>	<p>Remember, repeat and link actions to tell a story through dance. Develop understanding of dynamics and how they can show an idea Use counts of 8 to help you stay in time with the music. Copy, remember and repeat actions using emotion. Explore pathways and levels in dance. Remember and rehearse a dance showing expression and character.</p>	<p>Copy and create actions in response to an idea. Choose actions which relate to a theme. Develop a dance using matching and mirroring. Learn and create dance moves linked to a theme. Develop a dance using formations, canon and unison. Develop a dance and perform as part of a class performance.</p>	<p>Copy and repeat a set dance showing confidence in movements. To work with others to explore and develop a dance idea. To use changes in dynamics in response to the stimulus. To demonstrate a sense of rhythm and energy when performing. To perform a themed dance, showing an awareness of timing formations and direction. To select, order, structure and perform movements in a dance style, showing various group formations.</p>

<p>Outdoor Adventurous Activities (OAA)</p>		<p>Follow instructions accurately. Begin to work with a partner and small group, taking turns and listening to one another. Understand rules of the game and suggest ideas to solve simple tasks. Try different ideas to solve a task. Understand when a challenge is solved successfully and begin to suggest simple ways to improve.</p>	<p>Co-operate and use teamwork to complete a task. Orientate a map and navigate around a grid. Develop trust and teamwork whilst listening to others and following instructions. Identify objects on a map and follow a simple map. Orientate and navigate around a map and draw a route using directions. Complete a simple orienteering course.</p>	<p>To develop communication, negotiation and empathy whilst working in a team. To work as a team to solve problems, sharing ideas and collaborating with one another. To develop tactical planning and problem solving. To share ideas and work as a team to solve problems. To develop navigational skills and map reading. Analyse and evaluate tactics to complete an orienteering course as quickly as possible. Create an orienteering course for younger children.</p>
<p>Swimming</p>			<p>Perform safe self-rescue in different water based situations Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.</p>	