

PE Curriculum Progression Overview

Rationale	<ul style="list-style-type: none"> For all children to gain the fundamental movement skills, knowledge and understanding to be physically literate & to lead healthy, active lives. For all children to have fun & have opportunities to engage in a broad variety of physical activities so that they have both the confidence & skills to try new sports, join clubs and be active outside of school for their leisure and to help with their mental health & wellbeing.
Approach	<ul style="list-style-type: none"> To offer our children an inspirational curriculum in which they can learn the fundamental movement skills from nursery through to year 6. This is to enable children to be able to take part in a variety of sports in Primary school and beyond. To have the physical, tactical and social skills to be able to play a variety of sports by learning through playing modified games, gradually building in complexity for transition to secondary school & beyond. We adopt a 'Teaching games for Understanding' approach so that children learn the tactics, strategies, and rules for different sports. Children will play a variety of modified games to allow this understanding to develop whilst also having time to practice their ball skills & techniques for running, throwing & catching using a variety of balls & sport specific equipment. We ensure that social and emotional skills are at the heart of all our lesson so that children show excellent learner behaviours and our CARE values in PE lessons.

Reception						
Theme	Movement & Manipulating objects	Attacking and Defending (invasion)	Kicking skills	Athletics	Striking and fielding skills	Gymnastics
Content	Moving around a space safely, dodging/weaving, target practice	Negotiating space, roll and throw an object to a target	Using feet to control a ball	Running, jumping, throwing	Striking skills, throwing and catching	Rolling, stretching, holding shape, jumping, tension
Key Outcomes	Exploring movement in different ways by using songs, themes and small equipment. To take turns during activities	Using bean bags and balls to explore movement to partners and groups, safely moving in space	Exploring control and speed of sending a ball to a partner Dribbling a ball Passing and scoring	running in movement patterns, throwing for distance, working in a relay team, aiming for accuracy	Explore striking and hitting an object with hands and bats, throwing and catching an object from varying heights, throwing with accuracy	Understanding leg tension Remembering the names of the basic shapes
Skills	following simple instructions, running, skipping, jumping galloping, underarm throwing,	catching, rolling, throwing an object, working with others	catching a ball, sending and object with control, partner work	taking turns, control, sprinting, underarm/overarm throwing	teamwork, eye hand coordination to connect with a ball, retrieve a ball and sending ball to partner	Routine, stretching, linking, sequence
Vocab	Freeze, safety, rolling, throwing, accuracy	balance, underarm throw, rolling, accuracy run, skip, jump, hop	bounce, catch, control underarm throw, speed, aim	two foot jumping, high five, speed control	under/over arm throw, batting, catching hands,	Jump, pike, tuck, stretch, warm up

Year 1						
Theme	Movement & Manipulating objects	Attacking and Defending (invasion)	Kicking skills	Athletics	Striking and fielding skills	Gymnastics
Content	Throwing and catching	Movement and using space	Football related activities	Running, Jumping, Throwing	Striking skills, throwing and catching	Jumping, landing, rolling, linking, sequencing
Key Outcomes	Exploring moving in different ways Individual throw and catch, throw and catch with different partners, take turns during activities	Finding and moving into space. Play in role of attacker and defender. Play simple games with a partner. Learn to play fairly and follow simple rules. Congratulate others	Explore dribbling, passing and receiving a ball using different parts of feet. Recognise and cope with competitive activities	Exploring running at different speeds, and jumping in different ways. Begin to link running and jumping movements together. Explore throwing a variety of objects in different ways.	Explore striking and hitting objects with hands and bats. Track and retrieve a rolling ball. Throwing and catch a variety of objects as an individual and with a partner. Distinguish between batters and fielders	Keep body tension and good posture during shapes Link the 8 different basic shapes Hold landing positions before stretching
Skills	running, skipping, side stepping jumping, hopping, under arm throwing, over arm throwing, chest push, two handed catching	running, skipping, side stepping jumping, hopping, under arm throwing, over arm throwing, chest push, two handed catching	Controlling ball using feet, passing ball towards target,	sprinting, speeds of running, two footed jumping, hopping, skipping, side stepping, over arm throw, under arm throw	Under arm and over arm throwing, tracking balls, striking objects using hands and bats	
Vocab	avoiding, tracking, rolling, bouncing, space, opposite, team, small catching hands, big catching hands, overarm, underarm	attacker, defender, scorer, stopper, space, score, passing, chasing, dodging, direction, speed, looking, quick, shooting,	dribble, control, space, little kicks, big kicks, shoot, aim, control, tackle, pass	sprint, run, speeds of running, one footed jumping, two footed jumping	batter, fielder, bowler, under arm, over arm, catching hands, space	Names of eight basic shapes

Year 2						
Theme	Movement & Manipulating objects	Attacking and Defending (invasion)	Kicking skills	Athletics	Striking and fielding skills	Gymnastics

Content	Throwing and catching	Fundamental movement skills, moving in space	Football related activities	Running, Jumping, Throwing	Striking skills, throwing and catching	Strength and flexibility Floor Vault
Key Outcomes	Individual throw and catch, throw and catch with partner and in competition, take turns during activities, move in different ways	Run, chase and dodge using space, playing in role of attacker and defender, send and receive objects with a partner and in a small game. Demonstrate understanding of simple tactics. Congratulate and praise opposition.	Continue to explore and develop dribbling, passing, aiming, receiving a ball using different parts of feet. Begin to work with others during competitive activities	Explore running, jumping and throwing activities, take part in simple challenges. Experiment with different ways of travelling, throwing and jumping. Increase awareness of speed and distance	Explore striking and hitting objects with different bats and implements. Track and retrieve a rolling and bouncing ball. Throwing and catch a variety of objects as an individual and with a partner, using different throwing styles. Distinguish between batters, fielders and bowler	Show extension and posture in all skills Show attention to detail in all the shapes Control and hold landing positions when jumping from a height
Skills	under arm throwing, over arm throwing, chest push, two handed catching, move in different ways	identifying and navigating space, changing direction quickly, closing down space,	controlling and navigating space with ball, passing to another player and aiming at a target	Running for speed, jumping for distance, throwing for accuracy and distance, understanding what personal best means	under arm throwing/bowling, over arm throwing, tracking and retrieving balls,	
Vocab	running, side stepping, skipping, hopping, jumping, aiming, direction, passing, controlling, small catching hands, big catching hands, overarm, underarm	attacker, defender, scorer, stopper, space, score, passing, chasing, dodging, direction, speed, looking, quick, shooting, space	dribble, control, space, pass, control, shoot, tackle, chase, aim,	sprint, overarm, under arm, hop, jump,	batter, fielder, bowler, under arm, over arm, catching hands, space	

Year 3

Theme	OOA - Team Building	Invasion	Net & Wall	Athletics	Striking and Fielding	Gymnastics
Content	Team building games and orienteering activities	Fundamental Movement skills: movement, sending & receiving, attacking & defending, decision making	Sending and receiving in using different techniques, send to partner or to space, cooperative and competitive games/rallies	Running, Jumping, Throwing	Striking and Fielding Activities, Cricket, Rounders	Strength and flexibility Floor Vault
Key Outcomes	Team work- 'Together Everyone Achieves More' Work in different teams to solve simple problems Cooperate with each other explore different methods of communication	Develop using space during small sided games. Travel with, send and receive balls and other objects with greater control. Develop understanding of playing fairly during competitive games. Develop an understanding of when to attack and when/how to defend. Develop decision making skills about when to use different skills and tactics.	Develop ability to maintain a rally in a continuous, cooperative game. Use a range of throwing/sending and catching skills and techniques. Begin to use a small range of basic racket skills. Choose and use simple tactics when sending the object to make it difficult for their opponent in competitive games. Choose and use simple tactics for defending their own side of the court. Play fairly and keep score. Talk about their successes and areas in which they could improve.	Exploring running, jumping and throwing actions with control and coordination. Discuss own and others; running, jumping and throwing actions and suggest improvements. Work individually on Personal bests	Develop throwing, catching and retrieving/stopping the ball. Develop grip and stance for striking Play modified competitive games to practice bowling, fielding, wicket keeping and striking Begin to understand and apply rules. Develop understanding of different roles in striking and fielding games.	Hold tension in the arms or legs as needed for the skill Make sure the head position is correct in all rolling work Adapt backwards rolls to finish in star and front support Improve jumping shapes in the air and making each one clear
Skills	Navigating, communication skills, problem solving, teamwork cooperation	dribbling, passing, receiving, finding and using space. Attacking, defending, making decisions.	Throwing, sending with a racket, catching, tracking and meeting the object/timing, use of space, decision making, coordination	Sprinting, Distance Running, two foot standing Jump, Ancient Greek two foot jumps, Over Arm Throw, Heave Throw, Push Throw. Using stopwatches.	batting, catching, bowling, retrieving/stopping, decision making, using space	
Vocab	communication, cooperate, control point, direction, north, south, west, east	attacker, defender, keep possession, making space, use space, close down space, send and receive, pass, dribble, support, mark, score,	Send, receive, ready position, positioning, send to space, track object, move to receive, aim, catch, select technique	achieving personal best, sprint, long jump, triple jump, stopwatch, technique, style, measure, evaluate, compare, heave throw, pull throw,	fielder, batter, wicket keeper, back stop, bowler,	

				over arm, push throw		
Year 4						
Theme	OOA and Team Building	Invasion	Net & Wall	Athletics	Striking and Fielding	
Content	Team building games and orienteering activities	Fundamental Movement skills: movement, sending & receiving, attacking & defending, decision making	Sending and receiving using different techniques, send to partner or to space, cooperative and competitive games/rallies	Running, Jumping, Throwing	Striking and Fielding Activities, Cricket, Rounders	Strength and flexibility Floor Vault
Key Outcomes	To solve a variety of problems and work effectively in teams, Communicate effectively Cooperate and share ideas Try different ideas explore different methods of communication evaluate performances and consider improvements	Continue to develop using space during game play, develop increased skills in sending and receiving. Work in teams to cooperate and maintain possession Communicate effectively Use tactics in different situations and make decisions Learn how to cope with losing and always support team mates/congratulate the opposition	Develop ability to maintain a rally in a continuous, cooperative game. Use a range of throwing/sending and catching skills and techniques. Begin to use a small range of basic racket skills. Choose and use simple tactics when sending the object to make it difficult for their opponent. Choose and use simple tactics for defending their own side of the court. Play fairly and keep score. Talk about their successes and areas in which they could improve.	Develop linking, running, jumping and throwing actions, discuss and perform different jumping and throwing techniques. Use a variety of equipment, ways of measuring and timing, to compare the effectiveness of different running, throwing and jumping techniques.	Develop hitting and striking skills. Develop bowling under arm and try out other bowling techniques. Develop understanding of basic batting and fielding tactics. Play a variety of team games to understand the tactics and roles involved in striking and fielding games	Show continuous leg tension through required skills Show more attention to detail, stretching at the start and the finish Make smooth transition from the springboard to vault
Skills	Navigating, communication skills, problem solving, teamwork skills, cooperation,	Dribbling, receiving, passing, finding and using space, decision making.	Throwing, sending with a racket, catching, tracking and meeting the object/timing, use of space, decision making, coordination	Sprinting, Distance Running, Long Jump, Triple Jump, Over Arm Throw, Heave Throw, Push Throw	batting, bowling, catching, under arm, over arm throwing,	
Vocab	communication, cooperate, control point, direction, north, south, west, east	keep possession, control, make and use space, pass, support, goals, rules, tactics, score, attack, defend	Send, receive, ready position, positioning, send to space, track object, move to receive, aim, catch, select technique	achieving personal best, sprint, long jump, triple jump, stopwatch, technique, style, measure, evaluate, compare, heave throw, pull throw, over arm, push throw	ready position wicket keeper, bower, batter, back stop, infield, outfield, base,	
Year 5						
Theme	OOA and Team Building	Invasion	Net & Wall	Athletics	Striking and Fielding	
Content	Team building games and orienteering activities	Fundamental Movement skills: dodging, side stepping, sending & receiving, attacking & defending, decision making	Sending and receiving in using different techniques, send to partner or to space, cooperative and competitive games/rallies	Running, Jumping, Throwing	Striking and Fielding Activities, Cricket, Rounders	Strength and flexibility Floor Vault

Key Outcomes	Continue to develop team skills of- Cooperating Communicating effectively Being resilient/persevering Finding better ways Learning from others Evaluating strengths and weaknesses to improve Problem solving	Through a variety of modified games- Use and find space, receive and dribble in different ways with some control and accuracy, understand and apply some tactics for attacking and defending, follow the rules and play fairly for simple invasion games, evaluate their own and others' performances, know what to their team needs to do in order to keep possession. Learn to cope with losing and congratulate the opposition	Refine ability to maintain a cooperative rally using forehand, backhand, overhead and volley techniques. Select and use such skills effectively in a competitive scenario. Understand need for and develop use of tactics to beat opponents. Apply and use rules consistently and fairly. Refine and develop their own version of games. Pick out what they and others do well and suggest ideas for improvements.	Link running, jumping, throwing actions, applying them accurately and appropriately. Analyse and give feedback on running, jumping and throwing techniques.	Develop hitting and striking, develop overarm bowling and other specific bowling techniques. Understand importance of striking ball away from fielders and judge when to run after hitting ball. Continue to understand rules and roles of striking and fielding games by playing modified games	Show good body tension and good range of movement Focus on hand placement to perfect cartwheels Hold and show control on the landing positions.
Skills	Navigating skills, communication skills, problem solving, working with others well, leading others, trust, cooperation, orientation	navigating space to gain advantage, passing, receiving, dribbling,	Forehand, backhand, overhead, volley, sending without catching, catching, throwing, positioning in space, tracking and moving towards object	Sprinting, Distance Running, Long Jump, Triple Jump, Over Arm Throw, Heave Throw, Push Throw	batting, bowling, catching, under arm, over arm throwing,	
Vocab	map reading skills, communication skills, problem skills, teamwork skills, cooperation, map orientation	navigating space to gain advantage, passing, receiving, dribbling,	Forehand, backhand, overhead, volley, sending without catching, catching, throwing, positioning in space, tracking and moving towards object	Sprinting, Distance Running, Long Jump, Triple Jump, Over Arm Throw, Heave Throw, Push Throw	batting, bowling, catching, under arm, over arm throwing,	
Year 6						
Theme	OOA and Team Building	Invasion	Net & Wall	Athletics	Striking and Fielding	Gymnastics
Content	Team building games and orienteering activities	Fundamental Movement skills: movement, sending & receiving, attacking & defending, decision making	Sending and receiving in using different techniques, send to partner or to space, cooperative and competitive games/rallies	Running, Jumping, Throwing	Striking and Fielding Activities, Cricket, Rounders	Strength and flexibility Floor Vault
Key Outcomes	Solve variety of problems by Working well with others Listen to others and try different ideas Communicate effectively Be willing to adapt Become familiar with orienteering equipment, explore different methods of communication	Select, combine, and perform passing, receiving and dribbling skills more fluently and effectively. Understand, select and apply a range of attacking and defending tactics. Develop the ability of analyse their own and team performance to improve, and give suggestions in a constructive manner. Show good sportsmanship	Refine ability to maintain a cooperative rally using forehand, backhand, overhead and volley techniques. Select and use such skills effectively in a competitive scenario. Understand need for and develop use of tactics to beat opponents. Apply and use rules consistently and fairly. Refine and develop their own version of games. Pick out what they and others do well and	Link running, jumping, and throwing actions and apply them accurately and appropriately. Analyse and comment on running, jumping and throwing skills and techniques. Modify and refine skills and techniques to improve performance	Develop hitting or striking the ball into spaces to score in different ways. Develop working together when fielding to keep the batters score down. Use strategies or factors to avoid fielders in order to score. When fielding use strategies, tactics, communication, back up others and teamwork.	Ensure extension and posture during individual elements and sequences. Have tension in the arms during skills to make them successful and start to link cartwheels Keep good tension through the arms and pressing through the chest and shoulders when striking the vault

			suggest ideas for improvements.			
Skills	Navigating, map reading skills, communication skills, problem solving, teamwork skills, cooperation,	navigating and manipulating space to gain advantage, passing, receiving, dribbling,	Forehand, backhand, overhead, volley, positioning in space, tracking and moving towards object	Sprinting, Distance Running, Long Jump, Triple Jump, Over Arm Throw, Heave Throw, Push Throw	battling, bowling, catching, under arm, over arm throwing,	
Vocab	Control point, orienteering marker	possession, attackers, defenders, marking, covering, supporting, team play, team positions, direction, re gain position, dodging, anticipating,	Send, receive, ready position, positioning, send to space, track object, move to receive, aim, catch, select technique	achieving personal best, sprint, long jump, triple jump, stopwatch, technique, style, measure, evaluate, compare, heave throw, pull throw, over arm, push throw	ready position wicket keeper, bowler, batter, back stop, infield, outfield, base,	