





## PE Progression Map

	Unit A Invasion Games	Unit B Net and Wall Games	Unit C Gymnastics/Dance	Unit D Target Games	Unit E Striking and Fielding	Unit F Athletics	Unit G Swimming/ Ice Skating	Unit H Outdoor Adventures (OAA)	Class Based Activities
<b>SPARKLE focus</b>	<b>Kind and Caring/Polite</b>	<b>Resilience</b>	<b>Learner</b>	<b>Self- motivated</b>	<b>Ambitious</b>	<b>Enthusiastic</b>			
<b>Year 1 Key Knowledge</b>	Describe how the body feels before, during and after exercise. Carry and place equipment safely.								Each class uses a mixture of the following activities as part of our curriculum, several times throughout the day.  <b>Jump Start Jonny</b>   <b>Go Noodle</b>   <b>The Daily Mile</b>
<b>Skills</b>	<p><b>1A</b> Throw underarm, bounce &amp; catch ball by self &amp; with partner</p> <p>Kick/stop a ball using a confident foot while static Run straight and on a curve and sidestep with correct technique</p> <p>Begin to follow some simple rules</p>	<p><b>1B</b> Work with a partner in throwing and catching games.</p> <p>Find a space during a game and show a level of confidence.</p> <p>Throw a ball accurately to a target using increasing control.</p>	<p><b>1C</b> Choose two contrasting balances with support and perform them.</p> <p>Copy the movements of others to travel and balance in different ways.</p> <p>Create a simple sequence with support, repeating movements if necessary.</p> <p>Follow a structure to perform a simple sequence.</p>	<p><b>1D</b> Work with a partner in throwing and catching games.</p> <p>Find a space during a game and show a level of confidence.</p> <p>Throw a ball accurately to a target using increasing control.</p>	<p><b>1E</b> Work with a partner in throwing and catching games.</p> <p>Find a space during a game and show a level of confidence.</p> <p>Throw a ball accurately underarm to a target using increasing control.</p> <p>Begin to roll objects with some technique.</p> <p>Hit a ball with some control using a range</p>	<p><b>1F</b> Run with basic technique over different distances.</p> <p>Vary their pace and speed when running.</p> <p>Perform a short jumping sequence.</p> <p>Throw a ball toward a target with increasing accuracy.</p> <p>Engage in competitive activities and team games.</p>		<p><b>1H</b> Begin to develop fundamental movement skills, becoming increasingly confident. Engage in competitive and cooperative activities.</p>	

					of appropriate objects.					
<b>Year 2 Key Knowledge</b>	Recognise and describe how the body feels during and after different physical activities. Explain what they need to stay healthy.									<b>Cosmic Kids!</b>
<b>Skills</b>	<p><b>2A</b></p> <p>Perform some dribbling skills with hands and feet using space</p> <p>Pass a ball accurately (hands &amp; feet) over longer distances to a team mate</p> <p>Combine stopping, pick up/collect &amp; send a ball accurately to other players</p> <p>Make simple decisions about when /where to move in game to receive a ball</p>	<p><b>2B</b></p> <p>Use their skills to play end to end games, games over a barrier and fielding games.</p> <p>Use their ability to solve problems and make decisions.</p> <p>Pass and receive a ball in different ways with control and increased accuracy.</p> <p>Perform fielding techniques with increased control and co-ordination</p>	<p><b>2C</b></p> <p>Travel in a variety of ways, including rolling.</p> <p>Hold a still shape whilst balancing on different parts of the body.</p> <p>Climb onto and jump off different equipment safely.</p> <p>Perform learnt skills with increasing control.</p>	<p><b>2D</b></p> <p>Use their skills to play end to end games, games over a barrier and fielding games.</p> <p>Use their ability to solve problems and make decisions.</p> <p>Pass and receive a ball in different ways with control and increased accuracy.</p> <p>Perform fielding techniques with increased control and co-ordination</p>	<p><b>2E</b></p> <p>Recognise good quality in performance.</p> <p>Use information to improve their work.</p> <p>Participate in team games.</p> <p>Pass and receive a ball in different ways with control and increased accuracy.</p> <p>Perform fielding techniques with increased control and co-ordination.</p>	<p><b>2F</b></p> <p>Run at different paces, describing the different paces.</p> <p>Use a variety of different stride lengths.</p> <p>Combine different jumps together with some fluency and control.</p> <p>Throw with accuracy at targets of different heights.</p> <p>Compete against self and others.</p>	<p><b>2G</b></p> <p>Swim a short distance between 5 and 20 metres unaided using one consistent stroke</p> <p>Propel themselves over longer distances using swimming aids</p> <p>Move with more confidence in water including submerging themselves fully</p> <p>Enter and exit the water independently</p> <p>Float and regain to</p>	<p><b>2H</b></p> <p>Continue to develop fundamental movement skills, becoming increasingly confident. Engage in competitive and cooperative activities.</p>		

							standing confidently			
							Push and glide and transition from glide to stroke			
							Attempt skill of sculling and use to propel themselves			
							Apply basic arm and leg action to 'doggy paddle'			
<b>Year 3 Key Knowledge</b>	Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down.									
<b>Skills</b>	<b>3A</b> Make a series of passes to team mates moving towards a scoring area.  Show some signs of using a chest pass and shoulder pass.  Show a target to indicate where I'd like to pass to.	<b>3B</b> Practise throwing and catching with a variety of different balls and using different types of throwing.  Hit the ball with a racket.  Use different shots.  Vary strength,	<b>3C</b> Develop the quality of their actions, shapes and balances.  Move with coordination, control and care.  Use a range of jumps in their sequences.  Begin to use equipment to vault.	<b>3D</b> Practise throwing and catching with a variety of different balls and using different types of throwing.  Hit the ball with a racket.  Use different shots.  Vary strength,	<b>3E</b> Recognise how specific activities affect their bodies.  Understand the importance of keeping warm.	<b>3F</b> Focus on their arm and leg action to improve their sprinting technique.  Begin to combine running with jumping over hurdles.  Use one and two feet to take off and to land with.	<b>3G</b> Swim over greater distance of 10 and 20 metres with confidence in shallow water  Begin to use basic swimming techniques including correct arm and leg action	<b>3H</b> Orientate themselves with increasing confidence and accuracy around a short trail.  Identify and use effective communication to begin to work as a team.  Identify symbols used on a key.		

	<p>Know where space is and try to move into it.</p> <p>Mark another player and defend when needed.</p>	<p>length and direction of throw.</p> <p>Know how can they make it difficult for opponent to receive ball.</p>	<p>Create interesting body shapes while holding balances with control and confidence.</p>	<p>length and direction of throw.</p> <p>Know how can they make it difficult for opponent to receive ball.</p>		<p>Throw with greater control and accuracy.</p> <p>Perform a push throw.</p> <p>Compete against self and others in a controlled manner.</p>	<p>Attempt to use basic breathing patterns when swimming</p> <p>Enter and exit the water in a variety of ways</p> <p>Work in collaboration to perform group challenges such as group floats</p> <p>Submerge, sink, roll and rotate underwater</p> <p>Attempt surface dive</p>	<p>Begin to choose equipment that is appropriate for an activity.</p>	
<p>Year 4 <b>Key Knowledge</b></p>	<p>Describe how the body reacts at different times and how this affects performance.          Explain why exercise is good for your health.          Know some reasons for warming up and cooling down.</p>								
<p><b>Skills</b></p>	<p><b>4A</b></p> <p>Use a chest pass and shoulder pass to support team in scoring.</p> <p>Make decisions regarding which is the best type of pass to use.</p>	<p><b>4B</b></p> <p>Describe what they do and what they find hard.</p> <p>Talk about how to change the court to make it easier/harder.</p>	<p><b>4C</b></p> <p>Use an increasing range of actions, directions and levels in their sequences.</p> <p>Move with clarity, fluency and expression.</p>	<p><b>4D</b></p> <p>Describe what they do and what they find hard.</p> <p>Talk about how to change the court to make it easier/harder.</p>	<p><b>4E</b></p> <p>Recognise good performance and identify the parts of a performance that need improving.</p>	<p><b>4F</b></p> <p>Confidently demonstrate an improved technique for sprinting.</p> <p>Learn how to combine a hop, step and jump to perform</p>		<p><b>4H</b></p> <p>Start to recognise features of an orienteering trial.</p> <p>Communicate clearly with other people in a team, and</p>	

	<p>Begin to use a bounce pass, which only bounces once.</p> <p>Identify space to move into and show a clear target to receive a pass.</p> <p>Mark another player and begin to attempt interceptions.</p>	<p>Say what they do well in a game and what they need help with and what they need to practice.</p>	<p>Travel in different ways, including flight.</p> <p>Develop strength, technique and flexibility throughout performance.</p>	<p>Say what they do well in a game and what they need help with and what they need to practice.</p>		<p>the standing triple jump.</p> <p>Perform a pull throw</p> <p>Perform and apply skills and techniques with control and accuracy.</p>		<p>with other teams.</p> <p>Associate the meaning of a key in the context of an environment.</p> <p>Plan and organise a trail that others can follow.</p>	
<b>Year 5 Key Knowledge</b>	<p>Know and understand the reasons for warming up and cooling down.</p> <p>Explain some safety principles when preparing for and during exercise.</p>								
<b>Skills</b>	<p><b>5A</b></p> <p>Use all three passes correctly.</p> <p>Use a range of speeds within a game to support a team in scoring.</p> <p>Begin to use square &amp; straight passes to achieve pace.</p>	<p><b>5B</b></p> <p>Explain why they or others are playing well in the games.</p> <p>Know what they need to get better at and what to practice.</p> <p>Know how to change court to make easier.</p>	<p><b>5C</b></p> <p>Adapt their sequences to fit new criteria or suggestions.</p> <p>Confidently use equipment to vault in a variety of ways.</p> <p>Apply skills and techniques consistently.</p> <p>Combine equipment with</p>	<p><b>5D</b></p> <p>Explain why they or others are playing well in the games.</p> <p>Know what they need to get better at and what to practice.</p> <p>Know how to change court to make easier.</p>	<p><b>5E</b></p> <p>Know how to warm up.</p> <p>Understand what to include in a warm up in order to improve performance.</p> <p>Understand why exercise is good for their fitness, health and well-being.</p>	<p><b>5F</b></p> <p>Accelerate from a variety of starting positions and select their preferred position.</p> <p>Identify their reaction times when performing a sprint start.</p> <p>Select the most suitable pace for the distance and</p>	<p><b>5G</b></p>	<p><b>5H</b></p> <p>Begin to use navigation equipment to orientate around a trail.</p> <p>Use clear communication to effectively complete a particular role in a team.</p> <p>Create an outdoor activity that</p>	

	Lose a defender to receive a pass. Defend a player and make some successful interceptions when playing as a team.	Understand practices to help with precision and consistency and speed about the court.	movement to create sequences.	Understand practices to help with precision and consistency and speed about the court.		their fitness level in order to maintain a sustained run.  Develop and improve their techniques for jumping for height and distance and support others in improving their performance.  Perform a fling throw.		challenges others.  Create a simple plan of an activity for others to follow.  Begin to use a compass for navigation.	
<b>Year 6 Key Knowledge</b>	Understand the importance of warming up and cooling down. Carry out warm-ups and cool-downs safely and effectively. Understand why exercise is good for health, fitness and wellbeing. Know ways they can become healthier.								
<b>Skills</b>	<b>6A</b> Know which pass is best to use and when in a game.  Use a range of square & straight passes to change direction of the ball.  Use landing foot to change direction to lose a defender.	<b>6B</b> Explain why they or others are playing well in the games.  Know what they need to get better at and what to practice. Understand how to change court to make easier.	<b>6C</b> Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching.  Demonstrate precise and controlled	<b>6D</b> Explain why they or others are playing well in the games.  Know what they need to get better at and what to practice. Understand how to change court to make easier.	<b>6E</b> Evaluate strengths and weaknesses in their own and others' performances and suggest improvements.	<b>6F</b> Recap, practise and refine an effective sprinting technique, including reaction time.  Build up speed quickly for a sprint finish.  Run over hurdles with fluency,		<b>6H</b> Use navigation equipment (compasses, maps) to improve the trial.  Manage an orienteering course for others to compete in.  Listen to feedback and improve an	

	<p>Draw defender away to create space for self or team.</p> <p>Position body to defend effectively, making successful interceptions.</p>	<p>Understand practices to help with precision and consistency and speed about the court.</p>	<p>placement of body parts in their actions, shapes and balances.</p> <p>Confidently use equipment to vault and incorporate this into sequences.</p> <p>Apply skills and techniques consistently, showing precision and control. Develop strength, technique and flexibility throughout performances.</p>	<p>Understand practices to help with precision and consistency and speed about the court.</p>		<p>Set up and lead jumping activities including measuring the jumps with confidence and accuracy.</p> <p>Perform a heave throw.</p>		<p>orienteering course from it.</p>	
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