



PHYSICAL EDUCATION
Curriculum Progression

Year group	Units of work	Skills	Key success criteria
EYFS	Locomotion: Walking/running Locomotion: Jumping Ball Skills – Hands Ball Skills – Feet Dance Gymnastics	Explore walking/running at different speeds, pathways and using spaces in a game. Explore jumping in different ways including hopping and jumping at different heights and distances. Explore pushing, rolling, bouncing and catching the ball. Kick a ball and develop moving with a ball, using the feet. Dribbling a ball against an opponent. Explore moving to music in different ways, using different parts of the body and adding emotion and expression. Explore making different shapes at different levels both on and off the apparatus.	Pupils will be able to move into spaces in a game Pupils will adjust their speed and change direction. Pupils will negotiate space effectively when playing running and chasing game. Pupils will experiment moving in different ways. Pupils will play by a set of simple rules. Pupils will travel with confidence in different ways Pupils will throw, pat, aim, catch and kick a ball with increasing control. Pupils will safely, confidently and with skill, travel in, out, under and through balancing and climbing apparatus. Pupils will create characters in dance and perform movements with expression.

YEAR 1	Locomotion – Running	Running at different speeds, acceleration, running in games.	Pupils will be able to run applying the correct technique to ensure maximum speed. Pupils will run and stay in a space avoiding the defenders.
	Ball Skills – Hands Ball Skills – Feet Ball Skills – racquets and bats Dance Gymnastics	Explore jumping and skipping and apply to games. Explore how jumping affects our bodies. Introduce sending (bouncing) with control, power and speed when sending a ball, stopping a ball. Scoring points. Throwing with accuracy in a team. Kick to pass the ball, apply dribbling into games, apply kicking (passing) to score a point. Develop ways of balancing a ball on a racquet or bat. Respond to rhythm and patterns through their movements in dance, create movement patterns, explore movements for a jump, turn and a balance, create a simple sequence, show character expression in dance.	Pupils will be able to send a ball towards a target, applying the correct technique and aiming carefully. Pupils will also be able to receive and stop a ball. Pupils will aim carefully in order to score a point to beat an opponent. Pupils will consolidate their ability to dribble the ball keeping control and moving into spaces. Pupils will develop their ability to pass the ball accurately. Pupils will be able to push (hit) their ball towards a target, varying the power they apply based on the distance of the target. Pupils will be able to move in relation to the music and respond with appropriate movements and actions. Pupils will ensure their movements are big and clear. Pupils will be able to move and balance in wide, narrow and curled ways, applying champion gymnastics criteria, on the floor and on apparatus.
Year 2	Locomotion – Dodging Ball Skills – Hands	Explore dodging. Apply dodging - attacking and defending in games.	Pupils will be able to dodge, applying the correct technique to ensure maximum efficiency. Pupils will run, dodge and stay in a space avoiding the defenders.

	Ball Skills – Feet Ball Skills – racquets and bats Dance Gymnastics	Consolidate jumping, explore jumping combinations, link jumping, apply to games. Combine dribbling, passing and receiving to score a point. Explore underarm and overarm throwing. Apply the underarm and overarm throw to win a game. Applying the underarm throw to beat an opponent. Combine dribbling, receiving and passing, keeping possession in point scoring situations and working in a team. Refine pupils' understanding of how they can use their hitting (striking) skills to send the ball to space in order to win a game. Create and develop dance sequences, extending them to include character and emotion. Apply 'champion gymnastics' exploring different pathways (curved), creating movements that pupils can link together. Perform sequences on and off apparatus.	Pupils will be able to dribble, pass and move with developing accuracy. They will combine these skills to score points. Pupils will be able to throw accurately underarm and execute a developing understanding of overarm throwing, in order to beat an opponent. Pupils will be able to apply their passing and dribbling skills in order to keep possession and score a point. Pupils can respond to the music with appropriate movements and actions, using their whole body. Pupils can ensure their movements are big and clear. Pupils will be able to link movements and balances together, applying champion gymnastics criteria, on the floor and on apparatus.
Year 3	Games – Invasion Games – Net/Wall Games – Striking and Fielding	Moving with the ball using the technique necessary for the game. Combine passing and moving to create attacking opportunities to score a point.	Pupils will develop their passing and moving skills to outwit their opponents and keep possession of the ball.

	Athletics Gymnastics Dance	Hold a tennis racquet safely and correctly. Learn forehand shot. Link underarm throw knowledge. Introduce concept of batting and fielding. Apply both underarm and overarm throw. Learn the correct technique for sprinting, understand how and why we need to accelerate at the start of a race. Explore the difference between throwing for accuracy and throwing for distance. How to use our bodies to jump as far as possible. Create sequences, combining both canon and unison, with balances and using a range of apparatus. Create sequences combining symmetry and asymmetry using a range of apparatus. Respond to different stimuli bringing drama and emotion to dance. Perform sequences and motifs, perform movements in unison, change level and direction, observe another group and describe their actions, offer feedback.	Pupils will throw/hit the ball into space on their opponents' side of the court. After playing a shot pupils will recover to a ready position, ready to return the ball. Pupils will develop their throwing, catching and batting skills to outwit their opponents and win the game. Pupils will learn how to apply a variety of fielding skills such as throwing and stopping the ball to keep the batter's score low. Pupils will develop their ability to run and jump as fast/far as possible with the correct techniques and throw for distance exploring the most effective technique. Pupils will execute 'excellent' balances and movements in Pupils will execute 'excellent' movements in both canon and unison and in symmetrical and asymmetrical ways. Pupils will be able to link these movements and balances together. Pupils will ensure that their movements are big and clear, they will perform with expression and emotion as they tell a story.
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Year 4	Games – Invasion Games – Net/Wall Games – Striking and Fielding Athletics Gymnastics Dance Outdoor and Adventurous	Refine passing and dribbling creating space. Refine passing and dribbling creating shooting opportunities. Introduce marking. Develop defending in game situations. Develop 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. Bowling underarm. Develop batting skills. Introduce and apply different fielding tactics. Develop running at speed. Explore stride pattern. Explore running at pace. Understand and apply tactics when running for distance. Javelin technique. Standing Triple Jump Make bridges on and off apparatus. Create and perform sequences. Explore changes in level and direction. Extending sequences with a partner in character. Develop sequences with a partner in character that show relationships and interlinking dance moves	Pupils will be able to apply a secure understanding of passing, moving and dribbling and develop their skills of blocking and tackling, to prevent attacks. Pupils will hit the ball into space on their opponents' side of the court, creating space for the next shot that will win them the point. Pupils will be able to apply developing batting skills in order to score points. Pupils will continue to develop accurate throwing, catching and retrieving skills. Pupils will be able to apply the correct technique for sprinting. They will explore pacing and the correct technique for triple jump and javelin. Pupils will execute 'excellent' balances and movements within the 'bridges' theme. Pupils will develop and create a sequence that includes a change of direction and a change in level, including movements and balances that flow. Pupils will work within teams to find effective strategies and tactics in order to complete the different challenges successfully. Pupils will perform and evaluate sequences. They will refine their movements. They will include canon, mirroring and different levels and directions.

		Sequences, relationships, choreography and performance. Change level and direction. Use canon and unison. Problem solving challenges in teams.	Pupils will work within teams to find effective strategies and tactics in order to complete the different problem solving challenges successfully. They will evaluate and improve strategies.
Year 5	Games – Invasion Games – Net/Wall Games – Striking and Fielding Athletics Gymnastics Dance Outdoor and Adventurous	Recap and refine dribbling and passing to create attacking opportunities. Develop marking. Refine shooting. Refine attacking skills, passing, dribbling and shooting. Introduce officiating. Introduce/develop the volley. Control the game from the serve. Play doubles, understanding and applying tactics to win a point. Refine batting, batting and bowling tactics. Refine fielding stopping, catching and throwing. Combine bowling and fielding creating and applying tactics. Introduce umpiring and scoring. Work individually, in pairs and groups to explore speed and dynamic vocabulary to create a dance motif. Learn and perform dance sequences. Create own sequences and perform. Orientate a map and locate points on the map in a set order. They must follow the route they have been given to reach as	Pupils will pass, move, dribble and shoot accurately and consistently, switching fluidly between attack and defence as possession changes. Pupils will begin to create and apply tactics that they can then adapt depending on the situation. Pupils will develop communication skills as they officiate in game based scenarios. Pupils will also start to lead their team and manage their games. Pupils will be able to execute a wide range of shots and play the ball into space. Pupils will be able to serve the ball accurately to start the game. They will understand where to serve and why. Pupils will refine their bowling, throwing, catching, stopping, retrieving and batting skills and apply these with accuracy and consistency to outwit their opponents. Pupils will develop communication skills as they officiate in game based scenarios. Pupils will also start to lead their team and manage their games Pupils will learn a sequence of movement and perform it. They will count the beats to control the dance sequence. They will perform call and response. They will create and perform a sequence of canon. They will evaluate and provide constructive feedback through observation of other groups.

		many points as possible in an allocated time.	Pupils will consolidate their developing ability to orientate a map and locate points, returning to base as quickly as possible.
Year 6	Dance Gymnastics Games – striking and fielding Games – net/wall Games – invasion Athletics Outdoor and Adventure	Plan routines including timing, rhythm and sustained character. Create sequences of balance in groups, in unison and canon. Use the apparatus creatively and safely. Create matching sequences. Evaluate own and others' performances. Play competitive games, modified where appropriate [for example, basketball, dodgeball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending. Run, jump and throw using a variety of techniques. Running for speed and pacing for different distances. Jumping for height and distance. Throwing over a distance with correct stance. Take part in orienteering, climbing and problem solving challenges.	Pupils will perform dances using a range of movement patterns. Pupils will develop flexibility, strength, technique, control and balance. Pupils will design and lead warm up and cool down exercises. Pupils will achieve personal best by evaluating and improving previous performances. Pupils will show Pupils will demonstrate an understanding of how to apply the correct technique in every event. Pupils will apply a refined understanding of running for speed, pacing, throwing and jumping for distance. Pupils will select and perform appropriate shots using control and accuracy; travel with a ball effectively, maintaining possession; select and execute a variety of passes in a game situation; pupils will apply a refined understanding of the skills required for both attacking and defending.

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