

PE Progression Of Skills 2023-24

		AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Reception	Content	Locomotor <b>Walking</b>	Gymnastics <b>Moving</b>	Gymnastics <b>Levels</b>	Dance	Health and wellbeing	Feet
	Skills	Explore/develop walking. Explore walking in different pathways. Apply walking into a game.	Explore moving and making shapes using different body parts. Explore moving in different directions. Explore big and small ways of moving and making shapes. Moving in pairs Creating shapes in pairs	Introduction to high, low, over and under. Introduction to the apparatus. Applying high and low on apparatus.	Explore different movements using different parts of the body. Create their own movement ideas relating to specific words. Explore movements such as creeping, tiptoeing and hiding	Introduce and explore agility. Introduce and explore balance. Introduce and explore coordination: Bouncing, rolling and throwing	Explore moving with a ball using our feet. Develop moving with a ball using our feet. Understand dribbling. Develop dribbling against an opponent
	Outcomes & events	Vocab- Balls of your feet, Space, Speed, levels.	Vocab- champion gymnastics, Moving, Apparatus,	Vocab- champion gymnastics, Levels, Creating, Experiment.	Vocab- Champion Dancers, Beat, Control, Sequence, Timing.	Vocab- Agility, Coordination,.	<b>PH</b> Sports Day  Vocab- Control, Defending, Attacking.
Y1	Content	Locomotor <b>Running</b>	Gymnastics <b>Wide, Narrow, curled</b>	Gymnastics <b>Body Parts</b>	Dance	Multi Skill <b>Feet/ Health and wellbeing</b>	Multi Skills <b>Hands/ Athletics</b>
	Skills	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 competitive game.	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	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.	Create a range of controlled movements that represent a superhero.  create a range of controlled movements that represent a villain.	Develop moving the ball using the feet. Apply dribbling into games. Consolidate dribbling. Explore kicking (passing) Apply kicking (passing) to score a point.	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.
	Outcomes & events	Vocab- Speed, Acceleration, tagging or tag.	Vocab- champion gymnastics, Moving, Apparatus.	Vocab- champion gymnastics, Moving, Apparatus.	Vocab- Control, Rhythm, Expression, Unison.	Vocab- Hand-eye coordination, Aiming, Passing, Control, Dribbling.	<b>PH</b> Sports Day

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							Vocab- Hand-eye coordination, Dribbling.
Y2	<b>Content</b>	<b>Locomotor Dodging</b>	<b>Gymnastics Linking</b>	<b>Gymnastics Pathway</b>	<b>Dance</b>	<b>Multi Skill Hands</b>	<b>Rackets, Bats and balls.</b>
	<b>Skills</b>	<p>Explore dodging.</p> <p>Develop dodging.</p> <p>Apply dodging: Explore attacking and defending.</p> <p>Apply dodging in teams.</p>	<p>Developing Linking on apparatus, Jumps, rolls, balance sequences/on apparatus.</p> <p>Creation of sequences.</p> <p>Completion of sequences and performance.</p>	<p>Explore/develop zig-zag pathways/on apparatus.</p> <p>Explore/develop curved pathways/on apparatus.</p> <p>Creation of pathway sequences.</p> <p>Completion of pathways sequences and performance.</p>	<p>Respond to the stimulus using a range of different, controlled movements.</p> <p>Develop our character work, adding movements, expression and emotion to our motif.</p> <p>Consolidate our learning from previous suggested sequences of learning performing a sequence with extended movements.</p>	<p>Develop dribbling/passing and receiving.</p> <p>Combine dribbling, passing and receiving, keeping possession.</p> <p>Develop dribbling/passing and receiving to score a point.</p> <p>Combine dribbling, passing and receiving to score a point</p>	<p>Apply their learning and understanding of hitting a ball with a racket.</p> <p>Apply their hitting (hitting (striking)) skills as they experience a different type of game.</p> <p>Refine their understanding of how they can use their hitting (striking) skills to send the ball to space in order to win a game.</p>
	<b>Outcomes &amp; events</b>	Vocab- Space, defender, attacker, Tagging.	Vocab- champion gymnastics, Roll, Sequence, Jump.	Vocab- Transition, Zigzag, Curved.	Vocab- Sequence, Expression, Motif, Emotion.	Vocab- Dribbling, Teams, Chest Pass.	<p><b>PH</b></p> <p><b>Sports Day</b></p> <p>Vocab- Striking, Accuracy, Opponents.</p>
Y3	<b>Content</b>	<b>Game sense Invasion</b>	<b>Dodgeball</b>	<b>Gymnastic Symmetry</b>	<b>Dance</b>	<b>Football</b>	<b>Tennis/Athletics</b>
	<b>Skills</b>	<p>Introduce passing, receiving and creating space</p> <p>Develop passing and moving</p> <p>Combine passing and moving</p> <p>Introduce shooting</p> <p>Develop passing and shooting</p>	<p>Developing changing direction.</p> <p>Introduce throwing with accuracy.</p> <p>Introducing catching.</p> <p>Develop moving, changing direction at speed.</p>	<p>Introduction to symmetry.</p> <p>Application of learning onto apparatus.</p> <p>Sequence formation Sequence completion</p>	<p>Responding to stimuli.</p> <p>Developing character dance into a motif.</p> <p>Developing sequences with a partner in character that show relationships.</p>	<p>Introduce dribbling in order to keep control.</p> <p>Introduce passing and receiving in order to keep possession</p> <p>Develop passing, moving and dribbling into a game in which</p>	<p>Explore how we can use our bodies to make us run as fast as possible.</p> <p>Apply pupils' understanding and application of running for speed, when running as part of a team.</p>

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		Vary skills, actions and ideas and link these in ways that suit the game's activity.	Combine throwing and dodging.		Extending sequences with a partner in character	you win by keeping possession.	Explore the differences between throwing for accuracy and throwing for distance.  Xxplore how we can use our bodies to jump as far as possible.  Understand the concept of batting and fielding.  Introduce throwing overarm.  Introduce throwing underarm.  Introduce catching.  Introduce striking with intent.
	<b>Outcomes &amp; events</b>	<b>CSSA</b> Cross Country Dodgeball Benchball  Vocab- accuracy, receiving, Hand eye coordination.	<b>CSSA</b> Benchball  Vocab- accuracy, Throwing, Catching, Target, Possession.	<b>CSSA</b> Dodgeball <b>S4A</b> Indoor Athletics  Vocab- Symmetrical, Asymmetrical, Linking, Interesting, Flow.	<b>CSSA</b> Gymnastics <b>S4A</b> Dodgeball Football  Vocab- Expression, Creativity, Choreography.	<b>CSSA</b> Swimming Tennis Football  Vocab- Attacker, Defender , possession, space.	<b>CSSA</b> Quad Athletics <b>PH</b> Sports Day  Vocab- Acceleration, Stamina, Accuracy, Speed, Technique, Return, Rally, feed, Forehand.
<b>Y4</b>	<b>Content</b>	<b>Game Sense Invasion</b>	<b>Dodgeball</b>	<b>Gymnastics Bridges</b>	<b>Dance</b>	<b>Football</b>	<b>Tennis</b>
	<b>Skills</b>	Refine passing and receiving  Develop passing and creating space  Develop passing, moving and shooting  Combine passing and shooting  Introduce defending	Introduce jumping and ducking.  Develop throwing with accuracy and power over an increased distance.  Develop catching Consolidate dodging, jumping and ducking into games.  Combine dodging, catching and throwing.	Explore movements and balances creating bridges.  Apply an understanding of excellent gymnastics by starting to develop a sequence, using pair and individual bridges.  perform completed sequences	Explore movement through improvisation, introducing unison and matching.  Extend dance skills by using more complex interacting movements and actions.  bring the entire dance together and perform it.	Refine passing and receiving  Develop passing and creating space  introduce Shooting  Combine passing, dribbling and shooting	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.

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							<p>Develop their own sprinting technique.</p> <p>Explore pacing and running for distance. Pupils will learn the correct technique to use when running for distance.</p> <p>Explore how we can use our bodies to jump as far as possible, using a combination of jumps, in particular hop, skip and jump.</p> <p>Develop pupils' understanding of throwing for distance.</p>
	<p><b>Outcomes &amp; events</b></p>	<p><b>CSSA</b> Cross Country Dodgeball Benchball</p> <p>Vocab- Spacial Awareness, rotation, Progressive.</p>	<p><b>CSSA</b> Benchball <b>INC</b> Target sports Basketball</p> <p>Vocab- Aim, Duck, Dodging, Jumping.</p>	<p><b>S4A</b> Indoor Athletics <b>INC</b> Indoor Athletics Gymnastics</p> <p>Vocab- Bridge, Level, Flow, Sequence.</p>	<p><b>CSSA</b> Gymnastics <b>S4A</b> Dodgeball Football</p> <p>Vocab- Timing, Rhythm, Stage Presence.</p>	<p><b>CSSA</b> Swimming Tennis Football</p> <p>Vocab- Spacial Awareness, rotation, Transition.</p>	<p><b>CSSA</b> Quad Athletics <b>INC</b> Athletics <b>PH</b> Sports Day</p> <p>Vocab- Speed, distance, Power, pace.</p>
Y5	Content	Netball	Basketball	Hockey	Dance/Gymnastics	Football/Athletics	Tennis
	Skills	<p>Refine passing and receiving</p> <p>Apply passing, footwork and shooting into mini games.</p> <p>Introduce officiating.</p> <p>Develop Defending</p> <p>Explore the function of other passing styles.</p>	<p>Recap and refine dribbling and passing to create attacking opportunities.</p> <p>Develop marking Refine shooting.</p> <p>Refine attacking skills, passing, dribbling and shooting.</p> <p>Introduce officiating</p> <p>Refine dribbling and passing to maintain possession.</p> <p>Develop shooting.</p> <p>Refine attacking skills, passing, dribbling and shooting.</p>	<p>Refine dribbling in order to keep control and possession.</p> <p>Refine passing and receiving in order to keep possession or create a scoring opportunity.</p> <p>introduce pupils to the concept of defending (intercepting, blocking and tackling).</p>	<p>Elntroduction to counterbalance.</p> <p>Application of counter balance. learning onto apparatus.</p> <p>Sequence formation Counter.</p> <p>Tension Sequence completion.</p> <p>Exploring the Greeks using compositional principles.</p> <p>Extending sequences with a partner using compositional principles.</p> <p>Creating movement using improvisation where movement is reactive.</p>	<p>Refine passing and receiving</p> <p>Apply passing and shooting into mini games.</p> <p>Introduce refereeing.</p> <p>Develop Defending</p> <p>Explore the function of other passing styles.</p> <p>Finishing a race.</p> <p>Evaluating our performance Sprinting: My personal best.</p> <p>Relay changeovers.</p> <p>Shot Put.</p>	<p>Introduce/develop the volley.</p> <p>Controlling the game from the serve Doubles.</p> <p>Understanding and applying tactics to win a point.</p>

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	<b>Outcomes &amp; events</b>	<p><b>CSSA</b> Netball Cross Country</p> <p>Vocab- Shoulder pass, Chest Pass, Shoulder pass, Possession.</p>	<p><b>CSSA</b> Football Basketball <b>S4A</b> Football <b>INC</b> Target sports Basketball</p> <p>Vocab- Travelling, Double dribble.</p>	<p><b>CSSA</b> Indoor Athletics Dodgeball Football <b>S4A</b> Football Indoor Athletics Badminton <b>INC</b> Indoor Athletics Gymnastics</p> <p>Vocab- Blocking, Marking, intercepting.</p>	<p><b>CSSA</b> Gymnastics <b>S4A</b> Dodgeball Football</p> <p>Vocab- Counter Balance, Counter Tension.</p>	<p><b>CSSA</b> Swimming Tennis Golf <b>INC</b> Swimming Football Golf</p> <p>Vocab- Forehand, Backhand, Volley, Serve.</p>	<p><b>CSSA</b> Outdoor Athletics Rounders Cricket Football <b>INC</b> Athletics <b>PH</b> Sports Day</p>
<b>Y6</b>	<b>Content</b>	<b>Netball</b>	<b>Basketball</b>	<b>Hockey</b>	<b>Dance/Gymnastics</b>	<b>Football/ Athletics</b>	<b>Tennis</b>
	<b>Skills</b>	<p>Consolidate keeping possession.</p> <p>Develop officiating</p> <p>Consolidate defending</p> <p>Understand and apply attacking/defending tactics in game situations</p>	<p>Consolidate keeping possession.</p> <p>Develop officiating.</p> <p>Consolidate defending.</p> <p>Understand and apply attacking tactics in game situations.</p> <p>Create, understand and apply defending tactics in game situations</p>	<p>refine dribbling and passing skills, combining these skills together to create an attack that results in a shooting opportunity.</p> <p>develop an understanding of the rules of hockey and will start to take responsibility for officiating their own games.</p> <p>bring together the suggested sequence of learning into a level 1 tournament</p>	<p>Performing with technical control and rhythm in a group.</p> <p>Creating rhythmic patterns using the body.</p> <p>Experiencing dance from a different culture.</p> <p>Chorographical elements including still imagery.</p> <p>Introduction to matching/mirroring. Application of matching/mirroring. learning onto apparatus Sequence development.</p>	<p>Consolidate keeping possession.</p> <p>Develop refereeing</p> <p>Consolidate defending</p> <p>Understand and apply attacking/defending tactics in game situations</p> <p>Competition Running for speed.</p> <p>Competition Running for distance.</p> <p>Competition Throwing</p> <p>Competition Jumping.</p>	<p>Game application.</p> <p>Game application, mixed ability doubles, round robin games.</p>

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	<p><b>Outcomes &amp; events</b></p>	<p><u>CSSA</u> Netball Cross Country</p> <p>Vocab- Netball Positions, Umpire, Transition.</p>	<p><u>CSSA</u> Football Basketball</p> <p><u>S4A</u> Football</p> <p><u>INC</u> Target sports Basketball</p> <p>Vocab- Rebound, Transition, Marking, Double Dribble.</p>	<p><u>CSSA</u> Indoor Athletics</p> <p><u>S4A</u> Football Indoor Athletics Badminton</p> <p><u>INC</u> Indoor Athletics Gymnastics</p> <p>Vocab- Marking, dribbling, defending, counter attack, tactics</p>	<p><u>CSSA</u> Gymnastics</p> <p><u>S4A</u> Dodgeball Football</p> <p>Vocab- Matching, Mirroring, Unison, Canon, Excellent Gymnastics.</p>	<p><u>CSSA</u> Swimming Tennis Golf</p> <p><u>INC</u> Swimming Football Golf</p> <p>Vocab- Doubles, Serve, Outwit, Space.</p>	<p><u>CSSA</u> Outdoor Athletics Rounders Cricket Football</p> <p><u>INC</u> Athletics</p> <p><u>PH</u> Sports Day</p> <p>Vocab- False Start, events, Distance.</p>
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