



PE progression drive



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<p>Outdoor- Locomotor movement Skills: - Develop travelling techniques such as running, jumping, hopping, skipping, sliding, galloping &amp; leaping - Experiment Changing direction &amp; varying different speeds.</p> <p>Indoor - Gymnastics Skills: - Move skillfully while negotiating spaces, adjusting speed/direction to avoid obstacles. - Experiment moving freely and with pleasure in a range of ways. - Develop balance, agility and co-ordination.</p>		<p>Outdoor – Gross motor /multi-skills Skills: - Parachute Games and Spatial Awareness - Experiment with different ways of moving. - Develop understanding and literal skills following instructions.</p> <p>Indoor - Dance Skills: - Experiment moving freely and with pleasure in a range of ways. - Perform and imitate movement in response to music moving rhythmically. - Move skillfully while negotiating spaces, adjusting speed/direction to avoid obstacles.</p>		Indoor/Outdoor	Indoor/Outdoor
					<p>Indoor/outdoor - Team Games - Develop agility and co-ordination ball skills. Skills: - Develop throwing and catching ability. - Develop balance, agility and co-ordination. -Experiment different ways of sending a ball or bean bag.</p>	



PE progression drive



<p>Year One</p>	<p>Indoor - Gymnastics Skills: - Show basic control and co-ordination when travelling. - Change movement and pathways to avoid others and obstacles. - Copy simple movements and actions. - Associate basic actions with words, signs and symbols. - Link and repeat simple actions. - Know how to start and finish a movement or action. - Identify changes that take place when they exercise.</p>	<p>Indoor- Dance Skills: -Experiment moving freely &amp; moving with some control. -Perform basic dance travelling movements such as stepping, skipping &amp; jumping. -Listen to music &amp; begin to move in time with it.</p> <p>Outdoor – Gross motor/multi skills Skills: - Play simple games with a partner or passive opponent. - Describe basic rules and the way to score. - Practice underarm throwing and rolling skills. - Practice simple collecting and receiving skills.</p>	<p>Outdoor - Mini Athletics &amp; Team Games Skills: - Practice underarm throwing and rolling skills. - Practice simple collecting and receiving skills. - Play simple games with a partner or passive opponent. - Describe basic rules and the way to score. -Running &amp; pumping arms at a variety of different speeds. - Perform jumping, bending knees &amp; pushing off whilst being competitive trying to beat previous scores. - Compete &amp; co-operate in various team based running games.</p>
<p>Year Two</p>	<p>Indoor - Gymnastics Skills: - Show control and co-ordination when travelling and remaining still. - Find and use space safely showing awareness of others. - Remember and repeat simple actions and movements with control. - Describe basic movement phrases. - Select, link and repeat simple actions.</p>	<p>Outdoor - Games, sending and receiving Skills: - Use basic underarm, rolling and hitting skills accurately. - Intercept, retrieve and stop bean bags and large balls with consistency. - Throw, hit and kick a ball in a range of ways depending on the needs of the game.</p>	<p>Outdoor – Mini Athletics, striking &amp; fielding Games Skills: - Use basic hitting skills accurately. -Roll and stop a ball with accuracy &amp; control - Throw a ball under &amp; overarm with accuracy &amp; control -Begin to hold the bat in the correct position &amp; hit a ball off a tee.</p>



PE progression drive

	<ul style="list-style-type: none"> <li>- Know how to start and finish movement phrases.</li> <li>- Describe how they feel during exercise.</li> </ul>	<ul style="list-style-type: none"> <li>- Describe what they and others need to do in a game.</li> </ul> <p>Indoor Dance- Skills:</p> <ul style="list-style-type: none"> <li>- Confidently create moving patterns.</li> <li>- remember simple dance steps &amp; perform in time to music.</li> <li>- Move in time to music showing expression.</li> <li>- Perform extended dance travelling movements such as sliding, gliding &amp; gesturing.</li> </ul>	<ul style="list-style-type: none"> <li>- Participate in small sided games using a variety of equipment &amp; understand rules of the game.</li> <li>- Explore different arm moving techniques whilst running &amp; keeping head still in position.</li> <li>- Use arms to improve technique in jumping to compete against yourself.</li> <li>- participate in team running/obstacle games and working together to improve team performance.</li> </ul>
<p>Year Three</p>	<p>Outdoor - Net &amp; Ball Games (Tennis)</p> <p>Skills:</p> <ul style="list-style-type: none"> <li>- Move body position to catch a ball.</li> <li>- Control a ball on racket when moving varying speed.</li> <li>- Hit a ball into a target with one bounce.</li> <li>- Hit ball across the floor with forehand/backhand position</li> <li>- Play a modified game using skills e.g forehand.</li> <li>- Engage &amp; learn Adapted games, with variations of rules, begin to apply some basic principles</li> </ul> <p>Outdoor- invasion games ( Basketball &amp; Netball)</p>	<p>Indoor – Gymnastics &amp; Dance</p> <p>Skills:</p> <ul style="list-style-type: none"> <li>- Travel in a range of different ways using feet, hands and feet and without feet.</li> <li>- Use all available space using different pathways and changes in direction.</li> <li>- Repeat simple sequences accurately and consistently.</li> <li>- Describe own and other movements, balances and body shapes, using appropriate vocabulary.</li> <li>- Select, link and perform with control, a variety of actions.</li> <li>- Perform longer phrases containing a clear beginning, middle and end.</li> <li>- Identify when the heart rate and breathing quickens.</li> </ul>	<p>Outdoor - Athletics, striking and fielding and Games</p> <p>Skills:</p> <ul style="list-style-type: none"> <li>- Run at slow, medium and fast speeds, changing speed and direction.</li> <li>- Link running and jumping activities with fluency, control and consistency.</li> <li>- Make up and repeat a short sequence of linked jumps.</li> <li>- Take part in an athletic event.</li> <li>- Know and demonstrate a range of throwing techniques, throw with some accuracy and power at targets.</li> <li>- Choose a skill that suits the needs of the game and outwit their opponents.</li> </ul>



## PE progression drive



	<p>Skills:</p> <ul style="list-style-type: none"><li>- Ball Awareness-moving ball around different parts of the body.</li><li>- Dribbling and bouncing a ball in a variety of ways using the 'push not pat' technique.</li><li>-Pass and receive a ball with some control</li></ul> <p>Scoring into smaller targets.</p> <ul style="list-style-type: none"><li>- Perform a jump and stride stop in basketball.</li><li>- Protecting the ball in an adapted game.</li><li>- Introduce 3v3 mini basketball or an adapted game. Introduce tip off and key rules.</li></ul>	<p>Outdoor- Invasion games (Tag rugby &amp; hockey)</p> <p>Skills:</p> <ul style="list-style-type: none"><li>- Introducing to pass sideways and never forwards.</li><li>-Line formation where nobody can overtake the person with the ball.</li><li>-Moving forwards with the ball.</li><li>-Tagging techniques and how to keep in a line whilst doing so.</li></ul> <ul style="list-style-type: none"><li>-Using the correct part of the stick to hit the ball.</li><li>-Using a sweeping motion when passing the ball rather than a full swing.</li><li>-Dribbling the ball with close control using the flat side of the stick.</li></ul>	<ul style="list-style-type: none"><li>- Anticipate movements and actions of others in partner work.</li><li>- With increasing accuracy, use underarm, overarm, throwing and hitting skills.</li><li>- Track, intercept, stop and catch balls and bean bags consistently.</li></ul>
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PE progression drive



<p>Year Four</p>	<p>Outdoor – Net &amp; ball games (Tennis) Skills: - Move with balance and control to catch a ball. -Hit a ball into a target from a variety of distances/ angles with no bounce. - Hit/bounce ball on racket when moving. - Hit ball in forehand/ backhand position with drop feed. - Play a game communicating as a team Play adapted games, Children encouraged to think of tactics.</p> <p>Outdoor invasion games (basketball &amp; netball) Skills:- - Ball Awareness-moving ball around different parts of the body with control. - Dribbling and bouncing a ball with control and using either hand. -Pass and receive, stepping into the pass (chest and bounce pass). - Scoring into a net/hoop in a small sided 3v3 basketball game. -Perform a jump and stride stop with a pivot. - -Dodging around a player with the ball, focus on dodging into a space. -Protecting the ball - using the pivot to protect the ball.</p>	<p>Indoor - Gymnastics &amp; Dance Skills: - Perform actions, balances, body shapes and movements with control. - Combine an increasing range of elements with a sequence. - Combine own work with the work of others. - Identify aspects of a performance that needs to be practiced. - Prepare well-structured sequences that can be performed alone or with a partner. - Plan, perform and repeat sequences that include changes in speed, level and direction, with clear shapes and quality of movement.</p>		<p>Outdoor - Athletics and striking &amp; fielding games Skills: - Understand and demonstrate the difference between sprinting and running for sustained periods. - Increase the fluency and control of running and/or jumping activities. - Perform a range of jumps showing consistent techniques and where appropriate using a short run up. -Effectively assume the role of a team member taking part in an athletic event. - Bat, bowl and field with control. - Use a range of fielding skills. - Make good tactical decisions quickly while remaining aware of what is going on around them. - Identify their own strengths and suggest practices to help improve them. - Identify and describe features of successful game play. - Hit a bowled ball with intent and force. - Use a range of skills when attacking and defending. - Make tactical decisions while showing awareness of others. - Understand and implement a range of tactics in a range of games.</p>
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## PE progression drive



	-Begin to apply basic principles suitable for defending	-Perform dances using a range of pattern movements.		
		Outdoor- invasion games (Tag rugby & Hockey) Skills: <ul style="list-style-type: none"><li>- Move with control in a variety of directions whilst holding the ball in the correct position.</li><li>- Use speed and space to avoid a passive defender.</li><li>- - pass the ball backwards with accuracy &amp; intent whilst on the move.</li><li>- Beat an opposing player to score a point/try in an isolated game situation.</li></ul>		



PE progression drive



		<ul style="list-style-type: none"><li>- Pass the ball over a longer distance with power and accuracy.</li><li>- Perform a pass &amp; then move into a space to receive the ball again.</li><li>- Tackle a player using the correct grip position and stance.</li><li>- Adapt shooting skills into an empty goals and targets.</li><li>- Begin to hit a moving ball into goals and targets.</li><li>- Take part in adapted games using defending and attacking skills.</li></ul>	
Year Five	<p>Outdoor- Net &amp; ball games (Tennis)</p> <p>Skills:</p> <ul style="list-style-type: none"><li>- Move to hit a ball with some control.</li><li>- Hit/ bounce a ball with control when moving at different speeds.</li><li>- Serve diagonally with underarm/overarm throwing into target/game.</li><li>- Begin to use with racket to serve into a target.</li><li>- Moving into position to hit a ball with forehand/ backhand. in skills practice and games.</li></ul>	<p>Indoor - Gymnastics &amp; Dance</p> <p>Skills:</p> <ul style="list-style-type: none"><li>- Combine and perform increasingly complex actions, shapes and balances.</li><li>- Develop an increasing range of solutions to tasks.</li><li>- Create sequences with others.</li><li>- Recognize the key criteria needed to improve their own and other performances.</li><li>- Prepare complex and varied sequences to perform with a partner or as part of a group.</li></ul>	<p>Outdoor - Athletics and striking &amp; fielding games</p> <p>Skills:</p> <ul style="list-style-type: none"><li>- Select the most appropriate pace for a running event to sustain their running and improve upon personal targets.</li><li>- Demonstrate control and accuracy over running and/or jumping activities.</li><li>- Show control at take off in jumping activities.</li><li>- Participate in a range of athletic events.</li><li>- Show accuracy and good technique when throwing for distance.</li></ul>



PE progression drive



	<p>- Communicate and collaborate as a pair to beat opponents.</p> <p>Outdoor – Sending and Receiving games (Basketball &amp; Netball) Skills:</p> <ul style="list-style-type: none"> <li>- Ball Awareness-copying a partner and moving with the ball.</li> <li>-Dribbling the ball, changing direction, and turning, using either hand.</li> <li>- Pass, receive and move with the ball (chest and bounce pass)</li> <li>- Dribble the ball and perform the correct footwork when stopping.</li> <li>- Offensive play in a conditioned, game, beating your partner when dribbling a ball</li> <li>- Begin to use techniques learned in a game situation and to have an understanding of key rules.</li> </ul> <p>Indoor- Developing Fitness, Co-ordination &amp; Agility skills Skills:</p>	<ul style="list-style-type: none"> <li>- Make longer, more complex sequences including changes of direction, level and speed.</li> <li>- Co-operate &amp; work in small groups to create a warmup displaying a variety of movement patterns.</li> <li>-Dance within a group &amp; keep in time with each time &amp; the music.</li> <li>-Perform a dance using a variety of levels using space.</li> </ul> <p>Indoor Athletics Skills:</p> <ul style="list-style-type: none"> <li>-Turning at speeds within 20 meters.</li> <li>- Changing direction with speed and agility.</li> <li>-Standing long jump, looking at technique with take off and landing.</li> <li>-Triple Jump, using a range of methods to do hop skip and jump.</li> <li>-Throwing a Foam javelin and vortex with an over arm technique which will help gather more distance.</li> </ul> <p>Outdoor- Invasion games (Tag rugby, Hockey) Skills:</p> <ul style="list-style-type: none"> <li>- Play a variety of passes with accuracy and power in a game situation.</li> </ul>	<ul style="list-style-type: none"> <li>- Bat, bowl and field with control and demonstrate a range of techniques.</li> <li>- Suggest a range of skills that can be used to improve success.</li> <li>- Vary team and individual tactics to generate impact.</li> <li>- Plan and adapt team and individual tactics.</li> <li>- Choose and apply a range of increasingly complex skills and techniques that are suited to a range of games.</li> <li>- Use a range of tactics for attacking and defending as batters, bowlers and fielders.</li> <li>- Plan and adapt team and individual tactics and vary them as the need arises.</li> <li>- Identify their own and others strengths and weaknesses and devise practices that lead to improvement.</li> <li>- Use a sound understanding of the principles of play when planning their approaches to a game.</li> <li>- Use preferred skills with competence and consistency.</li> <li>- Understand the need for tactics, choose and use some tactics effectively.</li> </ul>
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PE progression drive



	<ul style="list-style-type: none"><li>- Balancing various parts of body when moving -using core strength and keeping control when moving.</li><li>- Can compare their performances with previous ones and strive to achieve a personal best on each station.</li><li>-Co-ordinate using both sides of the body when performing exercises - increasing speed and power</li></ul>	<ul style="list-style-type: none"><li>- Begin to defend against an opponent in a game situation.</li><li>- Hit a moving ball with accuracy and control into a goal.</li><li>- Dribble the ball in different directions using different varieties of speed, keeping head up.</li><li>- Begin to use techniques learned in a game situation and to understand key rules of a game.</li><li>- Apply different tagging techniques and begin to tag 2 people at once.</li><li>- Choose different pathways to move with a ball in hands against an opponent.</li><li>- In a team discuss tactics for attacking &amp; defending that can be used in a game situation.</li><li>- Work in a team to score a try making looping runs &amp; passing the ball at speed in attacking vs defending type games.</li></ul>	
Year Six	Outdoor - Net & Ball Games (Tennis) Skills: <ul style="list-style-type: none"><li>- Move in a variety of directions (using footwork)</li></ul>	Indoor - Gymnastics & Dance Skills: <ul style="list-style-type: none"><li>- Combine and perform a range of complex actions, shapes and balances with control.</li><li>- Share and evaluate the solutions or ideas of others.</li></ul>	Outdoor - Games and Striking & Fielding Skills: <ul style="list-style-type: none"><li>- Bat, bowl and field with a range of techniques.</li><li>- Evaluate the success of skills in order to improve play.</li></ul>



## PE progression drive



<p>-when hitting a ball Hit/bounce ball to a partner with control</p> <ul style="list-style-type: none"><li>- Serve diagonally under/overarm in a game of mini tennis</li><li>- Keep on toes using quick feet to hit a ball in game in forehand/ backhand position</li><li>-Use techniques learned and apply in a game situation.</li><li>-In a group, discuss tactics of attacking &amp; defending in tennis.</li></ul> <p>Outdoor- Invasion games (Basketball &amp; Netball)</p> <p>Skills:</p> <ul style="list-style-type: none"><li>- Ball Awareness-copying a partner and keeping control while moving the ball.</li><li>- Dribbling the ball in various directions at speed.</li><li>-Perform a variety of passes within a game with precision and control.</li><li>- Dribble the ball and perform the correct footwork when stopping in a competitive game situation.</li><li>- Offensive play using your team member to screen the ball in combination. Apply basic principles for attacking.</li><li>- To apply defensive techniques in a competitive game situation. Apply basic principles for defending.</li><li>- Use techniques learned and apply in a game situation. Children to officiate.</li></ul>	<ul style="list-style-type: none"><li>- Create increasingly complex and varied sequences with others.</li><li>- Use criteria to judge the quality of ideas, actions, composition and sequence.</li><li>- Perform and choose from a wide range of complex and demanding actions and balances.</li><li>- Take the lead in the preparation of a performance including complex sequences to be performed by a group.</li><li>-Co-operate, communicate &amp; work in a group to make a warmup with rhythm and timing.</li><li>-Dance in a group showing timing, energy &amp; strength.</li><li>- Use levels, travelling nd space with timing &amp; musicality.</li></ul> <p>Indoor Athletics</p> <p>Skills:</p> <ul style="list-style-type: none"><li>-Turning at speeds within 20 meters.</li><li>- Changing direction with speed and agility.</li><li>-Standing long jump, looking at technique with take off and landing.</li><li>-Triple Jump, using a range of methods to do hop skip and jump.</li><li>-Throwing a Foam javelin and vortex with an over arm technique which will help gather more distance.</li></ul>	<ul style="list-style-type: none"><li>- Explain in detail plans for approaches to game play.</li><li>- Understand and give reasons for the use of a range of tactics.</li><li>- Evaluate and suggest improvements for the batting, bowling and fielding skills of self and others.</li><li>- Suggest a range of complex skills and techniques that could be applied to improve a range of field games.</li><li>- Take a leading role in teams and have a significant impact on the games played.</li><li>- Identify how team and individual tactics have been varied and the impact this will have/has had on the game.</li><li>- Evaluate their own and others strengths and weaknesses.</li><li>- In detail, explain their plans and approaches to game play.</li></ul> <p>Outdoor - Athletics</p> <p>Skills:</p> <ul style="list-style-type: none"><li>- Pace their efforts effectively.</li><li>- Adapt skills and techniques to different challenges and equipment.</li><li>- Show good control, speed, strength and stamina when running, jumping and throwing.</li><li>- Take part in a wide range of athletic events effectively.</li></ul>
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PE progression drive



	<p>Indoor- Developing Fitness, Co-ordination &amp; Agility skills:</p> <ul style="list-style-type: none"><li>-Balance on various body parts using harder balances e.g. shutting eyes, adding explosive movements.</li><li>-Evaluate previous performance levels and demonstrate improvements to achieve their personal best.</li><li>-Co-ordinate using both sides of the body with fluency and speed to perform a combination of exercises.</li></ul>	<p>Outdoor- Invasion games (Tag rugby &amp; hockey)</p> <p>Skills:</p> <ul style="list-style-type: none"><li>- Pass the ball in a variety of different ways in an attacking or defensive situation.</li><li>-Begin to defend as an individual and communicate to defend as a team.</li><li>- Dribble a ball at various speeds in an isolated &amp; games situation.</li><li>- Hit a moving ball into a goal at different angles &amp; apply different speeds to the ball.</li><li>- Use techniques learned &amp; apply in a game situation and apply basic principles of attacking &amp; defending.</li><li>- Dodge around a defender at speed with a ball in hands avoiding being tagged.</li><li>- Work in a team to score a try making looping runs &amp; passing the ball at speed in a tag rugby match.</li><li>- Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending.</li><li>- In a team discuss tactics of attacking and defending &amp; then apply them in a tag rugby game.</li></ul>	<ul style="list-style-type: none"><li>- Use and apply effectively a range of throwing techniques.</li><li>- Use a wide range of good quality skills effectively.</li><li>- Mark and apply a range of decisions quickly and appropriately in games.</li><li>- Choose skills and tactics that meet the needs of the situation.</li><li>- Play in a number of attacking and defending positions effectively.</li><li>- Take responsibility for judgements and decision making in game play.</li></ul>
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PE progression drive



Key Stage PE Curriculum Objectives

EYFS			
Parachute Games and Spatial Awareness		<ul style="list-style-type: none"> <li>- Experiment with different ways of moving.</li> <li>- Develop understanding and literal skills following instructions.</li> </ul>	
Gymnastics		<ul style="list-style-type: none"> <li>- Experiment moving freely and with pleasure in a range of ways.</li> <li>- Move skillfully while negotiating spaces, adjusting speed/direction to avoid obstacles.</li> <li>- Develop balance, agility and co-ordination.</li> </ul>	
Team Games		<ul style="list-style-type: none"> <li>- Develop agility and co-ordination ball skills.</li> <li>- Develop throwing and catching ability.</li> <li>- Develop balance, agility and co-ordination.</li> </ul>	
Key Stage One Pupils should be taught to:		Key Stage Two Pupils should be taught to:	
Gymnastics	Develop balance, agility and co-ordination.	Gymnastics	Develop flexibility, strength, technique, control and balance.
Running, Jumping, Throwing and Catching.	Master basic movements including running, jumping, throwing and catching.	Competitive Games	Play competitive games and apply basic principles suitable for attacking and defending.
Team Games	Participate in team games and develop simple tactics for attacking and defending.	Running, Jumping, Throwing and Catching.	Use running, jumping, throwing and catching in isolation and combination.
-	-	Outdoor and Adventurous Activities	Take part in outdoor and adventurous activities.