

Curriculum Progression Planning Subject: Physical Education

Year 1

Skill
Move with some control and awareness of space.
Control leg movements.
Hold a position whilst balancing on different points of the body/in pairs
Copy and remember actions.
Stretch and curl to develop flexibility.
Show contrasts (such as small/tall, straight/curved and wide/narrow).
Travel by rolling forwards, backwards and sideways.
Jump in a variety of ways and land with increasing control and balance.
Climb safely on equipment.
Link two or more actions to make/perform a sequence.
Use rolling, hitting, running, catching and kicking skills in combination.
Athletic activities to increase agility (reaction/response)
Lead others when appropriate.
Develop tactics for attacking and defending

Knowledge
Use the terms 'opponent' and 'team-mate'
Rules to unfamiliar played games and sports

Year 2

Skill

Choose movements to communicate a mood, feeling or idea and create a dance.

Knowledge

I can explain how often and long I should exercise to be healthy. I can describe how and why my body feels during and after exercise. I can explain why we need to warm up and cool down.

Rules to unfamiliar played games and sports

Year 3

Skill

Maintain possession of a ball (with, e.g. a hockey stick).

Use maps, compasses and digital devices to orientate themselves.

Use a range of throwing techniques (such as under arm, over arm). Throw with accuracy to hit a target or cover a distance.

Swing and hang from equipment safely (using hands).

Strike a ball and field with control.

Run over a longer distance, conserving energy in order to sustain performance

Swim between 25 and 50 metres unaided.

Use more than one stroke and coordinate breathing as appropriate for the stroke being used.

Show resilience when plans do not work and initiative to try new ways of working

Knowledge

Rules to unfamiliar games and sports

Year 4

Skill
Travel in a variety of ways, including flight, by transferring weight to generate power in movements. Jump in a number of ways, using a run up where appropriate
Coordinate leg and arm movements
Show a kinesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape).
Plan, perform and repeat sequences.
Show changes of direction, speed and level during a performance.
Refine movements into sequences.
Move in a clear, fluent and expressive manner.
Throw and catch with control and accuracy.
Pass to team mates at appropriate times.
Sprint over a short distance up to 60 metres.
Lead others and act as a respectful team member. Show an ability to both lead and form part of a team. Support others and seek support if required when the situation dictates.
Aim to improve personal best performances
Follow the rules of the game and play fairly.
Choose appropriate tactics to cause problems for the opposition
Maintain possession of a ball (with, e.g. a hockey stick).
Use maps, compasses and digital devices to orientate themselves.
Use a range of throwing techniques (such as under arm, over arm). Throw with accuracy to hit a target or cover a distance.
Swing and hang from equipment safely (using hands).
Strike a ball and field with control.

Run over a longer distance, conserving energy in order to sustain performance
Swim between 25 and 50 metres unaided.
Use more than one stroke and coordinate breathing as appropriate for the stroke being used.
Show resilience when plans do not work and initiative to try new ways of working

Knowledge
Rules to unfamiliar games and sports

Year 5

Skill
Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).
Use equipment to vault and to swing (remaining upright).
Use forehand and backhand when playing racket games.
Select appropriate equipment for outdoor and adventurous activity.
Combine sprinting with low hurdles over 60 metres.
Swim over 100 metres unaided. Use breast stroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming. Swim fluently with controlled strokes. Turn efficiently at the end of a length.

Knowledge
Explain possible risks and ways to manage them.
Rules to unfamiliar games and sports

Year 6

Skills
Throw accurately and refine performance by analysing technique and body shape.
Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).
Field, defend and attack tactically by anticipating the direction of play.
Choose the most appropriate tactics for a game.
Use a range of devices in order to orientate themselves.
Create and perform complex and well-executed sequences that include a full range of movements including: • travelling • balances • swinging • springing • flight • vaults • inversions • rotations • bending, stretching and twisting • gestures • linking skills.
Demonstrate good kinaesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions).
Vary speed, direction, level and body rotation during floor performances.
Use equipment to swing (remaining upright).
Uphold the spirit of fair play and respect in all competitive situations. Lead others when called upon and act as a good role model within a team.
Show control in take off and landings when jumping.
Strike a bowled or volleyed ball with accuracy.
Compete with others and keep track of personal best performances, setting targets for improvement.

Embrace both leadership and team roles and gain the commitment and respect of a team. Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt.

Work alone, or with team mates in order to gain points or possession.

Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).

Use equipment to vault and to swing (remaining upright).

Use forehand and backhand when playing racket games.

Select appropriate equipment for outdoor and adventurous activity.

Combine sprinting with low hurdles over 60 metres.

Swim over 100 metres unaided. Use breast stroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming. Swim fluently with controlled strokes. Turn efficiently at the end of a length.

Knowledge

Rules to unfamiliar games and sports