

Pegswood Primary School

Progression Map

PE



	Foundation Stage	Year 1	Year 2
Locomotion	<p>Walking</p> <ul style="list-style-type: none"> ● Explore/develop walking ● Explore walking in different pathways ● Sustain walking ● Explore marching ● Apply walking into a game <p>Jumping</p> <ul style="list-style-type: none"> ● Explore/develop jumping ● Apply jumping into a game ● Jump for distance ● Explore jumping high ● Explore hopping 	<p>Running</p> <ul style="list-style-type: none"> ● Explore running ● Apply running into a game ● Explore running at different speeds ● Run for speed: Acceleration ● Explore running in a team ● Consolidate running, apply running into a competitive game <p>Jumping</p> <ul style="list-style-type: none"> ● Recap jumping ● Develop jumping ● Explore how jumping affects our bodies ● Explore skipping ● Apply skipping and jumping into a game 	<p>Dodging</p> <ul style="list-style-type: none"> ● Explore dodging ● Develop dodging ● Apply dodging: Explore attacking and defending ● Apply dodging in teams <p>Jumping</p> <ul style="list-style-type: none"> ● Consolidate jumping ● Apply jumping into a game ● Link jumping ● Explore jumping combinations ● Develop jumping combinations

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Ball Skills	<p>Hands 1</p> <ul style="list-style-type: none"> ● Explore pushing ● Explore rolling ● Explore bouncing ● Explore bouncing into space ● Combine pushing and rolling ● Combine rolling, pushing and bouncing <p>Feet</p> <ul style="list-style-type: none"> ● Explore moving with a ball using our feet ● Develop moving with a ball using our feet ● Understand dribbling ● Develop dribbling against an opponent <p>Hands 2</p> <ul style="list-style-type: none"> ● Explore throwing overarm ● Explore throwing underarm ● Explore rolling ● Explore stopping a ball ● Explore catching 	<p>Hands 1</p> <ul style="list-style-type: none"> ● 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 <p>Feet</p> <ul style="list-style-type: none"> ● Develop moving the ball using the feet ● Apply dribbling into games ● Consolidate dribbling ● Explore kicking (passing) ● Apply kicking (passing) to score a point <p>Hands 2</p> <ul style="list-style-type: none"> ● Introduce throwing with accuracy ● Apply throwing with accuracy in a team ● Introduce stopping a ball ● Develop sending (rolling) skills to score a point ● Consolidate sending and stopping to win a game 	<p>Hands 1</p> <ul style="list-style-type: none"> ● Develop dribbling/passing and receiving ● Combine dribbling, passing and receiving, keeping possession ● Develop dribbling/passing and receiving to score a point ● Combine dribbling, passing and receiving to score a point <p>Feet</p> <ul style="list-style-type: none"> ● Develop dribbling/passing/ receiving, keeping possession ● Combine dribbling, passing and receiving, keeping possession/to score a point ● Apply dribbling, passing and receiving as a team to score a point <p>Hands 2</p> <ul style="list-style-type: none"> ● Consolidate pupils application and understanding of underarm throwing ● Apply the underarm and overarm throw to win a game ● Apply the underarm throw to beat an opponent

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Gymnastics	<p>High, Low, Over, Under</p> <ul style="list-style-type: none"> ● Introduction to high, low, over and under ● Introduction to the apparatus ● Apply high and low on apparatus <p>Moving</p> <ul style="list-style-type: none"> ● Explore moving and making shapes using different body parts ● Explore moving in different directions ● Explore big and small ways of moving and making shapes ● Move in pairs ● Create shapes in pairs 	<p>Wide, Narrow, Curled</p> <ul style="list-style-type: none"> ● Introduction to wide, narrow and curled ● Explore the difference between wide, narrow and curled ● Transition between wide, narrow and curled movements ● Link two movements together <p>Body Parts</p> <ul style="list-style-type: none"> ● Introduction to big/small body parts ● Combine big and small with wide, narrow and curled ● Transition between wide narrow and curled using big and small body parts ● Add (linking) movements together 	<p>Linking</p> <ul style="list-style-type: none"> ● Develop linking ● Link on apparatus ● Jump, roll, balance sequences/on apparatus ● Creation of sequences ● Completion of sequences and performance <p>Pathways</p> <ul style="list-style-type: none"> ● Explore/develop zig-zag pathways/on apparatus ● Explore/develop curved pathways/ on apparatus ● Creation of pathway sequences ● Completion of pathways, sequences and performance

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Dance	<p>Nursery Rhymes</p> <ul style="list-style-type: none"> ● Move in sequence ● Create our own movements ● Create simple movement sequences ● Respond in movement to words and music ● Explore contrasting tempos ● Explore character movements <p>Ourselves</p> <ul style="list-style-type: none"> ● Move in sequence ● Respond in movement to words and music ● Move with props and contrasting tempos ● Create their own movements ● Explore opposites and creating simple movement sequences 	<p>The Zoo</p> <ul style="list-style-type: none"> ● Explore expression ● Develop our movements, adding movements together ● Respond to a rhythm: Introducing partner work ● Create an animal sequence motifs ● Explore relationships within our motifs <p>Growing</p> <ul style="list-style-type: none"> ● Respond to rhythm ● Develop the growing plant 'dance' ● Introduction to motifs ● Create motifs ● Create movement sequences ● Relationships and performance 	<p>Explorers</p> <ul style="list-style-type: none"> ● Respond to stimuli ● Develop our motif with expression and emotion ● Apply choreography in our motifs ● Extending our motifs ● Sequences, relationships and performance <p>Water</p> <ul style="list-style-type: none"> ● Respond to stimuli ● Develop whole group movement ● Improvisation and physical descriptions ● Create contrasting movement sequences ● Sequences, relationships and performance

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Attack/Defence	Games for Understanding <ul style="list-style-type: none"> • Take turns/keeping the score • Understand and playing by the rules • Avoid a defender 	Games for Understanding <ul style="list-style-type: none"> • Understand the principles of attack/defence • Apply attacking/ defending principles into a game • Consolidate attacking/defending 	Games for Understanding <ul style="list-style-type: none"> • Attack/defend as a team • Understand the transition between defence and attack • Create and apply attacking/ defensive tactics

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Health & Wellbeing	Health & Wellbeing <ul style="list-style-type: none"> • Move fluently in a variety of ways • Move safely in space • Move a different speeds and with changes of direction • Enjoy moving 	Health & Wellbeing <ul style="list-style-type: none"> • Introduce and explore agility • Introduce and explore balance • Introduce and explore coordination: Bouncing, rolling and throwing 	Health & Wellbeing <ul style="list-style-type: none"> • Consolidate agility • Consolidate balancing: Explore balancing on apparatus • Introduce and explore coordination: Dribbling and kicking

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Team Building	Team Building <ul style="list-style-type: none"> • Follow rules and instructions • Take turns and share • Listen and talk to others 	Team Building <ul style="list-style-type: none"> • Introducing teamwork • Develop teamwork • Build trust and developing communication • Cooperation and communication • Explore simple strategies • Problem solving: Consolidate teamwork 	Team Building <ul style="list-style-type: none"> • Introducing teamwork • Develop teamwork • Build trust and developing communication • Cooperation and communication • Explore simple strategies • Problem solving: Consolidate teamwork

		Year 3	Year 4	Year 5	Year 6
Games	Invasion	<p>Tag Rugby</p> <ul style="list-style-type: none"> ● Introduce moving with the ball, passing and receiving ● Introduce tagging ● Create space when attacking ● Develop passing and moving ● Combine passing/moving to create attacking opportunities <p>Hockey</p> <ul style="list-style-type: none"> ● Introduce dribbling; keeping control ● Introduce passing and receiving ● Combine dribbling and passing to create space ● Develop passing, receiving and dribbling ● Introduce shooting <p>Netball</p> <ul style="list-style-type: none"> ● Introduce passing, receiving and creating space ● Develop/combine passing and moving ● Combine/develop passing and shooting <p>Dodgeball</p> <ul style="list-style-type: none"> ● Develop changing direction ● Introduce throwing with accuracy ● Introduce catching ● Develop moving, changing direction at speed ● Combine throwing and dodging 	<p>Football</p> <ul style="list-style-type: none"> ● Refine dribbling ● Turning ● Refine passing and receiving ● Develop passing and dribbling and creating space ● Introduce shooting <p>Netball</p> <ul style="list-style-type: none"> ● Refine passing and receiving ● Develop passing and dribbling creating space ● Develop passing, moving and shooting ● Refine passing and shooting ● Develop footwork <p>Handball</p> <ul style="list-style-type: none"> ● Refine passing and receiving ● Develop passing and creating space ● Develop passing, moving and shooting ● Combine passing and shooting ● Introduce defending 	<p>Tag Rugby</p> <ul style="list-style-type: none"> ● Refine passing and moving to create attacking opportunities ● Explore different passes that can be used to outwit defenders ● Refine defending as a team ● Create and apply defending tactics ● Develop officiating <p>Hockey</p> <ul style="list-style-type: none"> ● Develop defending; block and tackling ● Recap and refine dribbling and passing to create attacking opportunities ● Refine attacking skills, passing dribbling and shooting ● Refine defending skills developing transition from defence to attack <p>Dodgeball</p> <ul style="list-style-type: none"> ● Introduce blocking ● Consolidate catching ● Understand where we throw and why we need to throw with accuracy and power ● Explore basic attacking and defending tactics 	<p>Football</p> <ul style="list-style-type: none"> ● Consolidate keeping possession, develop officiating ● Consolidate defending ● Organise formations and manage teams ● Organise formations, decide tactics, manage teams and officiate games <p>Handball</p> <ul style="list-style-type: none"> ● Consolidate keeping possession, develop officiating ● Consolidate defending understand and apply defending tactics in game situations ● Consolidate defensive tactics; understand and apply defensive tactics in game scenarios

	Net/Wall	<p>Tennis</p> <ul style="list-style-type: none"> ● Introduction tennis, outwitting an opponent ● Create space to win a point ● Consolidate how to win a game introduce rackets ● Introduce the forehand 	<p>Tennis</p> <ul style="list-style-type: none"> ● Develop the forehand ● Create space to win a point using a racket ● Introduce the backhand ● Apply the forehand and backhand in game situations ● Apply the forehand and backhand creating space to win a point 	<p>Tennis</p> <ul style="list-style-type: none"> ● Introduce/develop the volley ● Control the game from the serve ● Doubles, understanding and applying tactics to win a point 	<p>Tennis</p> <ul style="list-style-type: none"> ● Game application ● Game application, mixed ability doubles, round robin games
	Striking & Fielding	<p>Cricket</p> <ul style="list-style-type: none"> ● Understand the concept of batting and fielding ● Introduce throwing overarm ● Introduce throwing underarm ● Introduce catching ● Striking with intent 	<p>Cricket</p> <ul style="list-style-type: none"> ● Develop an understanding of batting and fielding ● Introduce bowling underarm ● Develop stopping and returning the ball ● Develop retrieving and returning the ball ● Striking the ball at different angles and speeds 	<p>Cricket</p> <ul style="list-style-type: none"> ● Refine batting, understand and develop batting and bowling tactics ● Refine fielding stooping, catching and throwing ● Combine bowling and fielding creating and applying tactics ● Introduce umpiring and scoring <p>Rounders</p> <ul style="list-style-type: none"> ● Develop fielding tactics maximising players ● Understand what happens if the batter misses the ball ● Refine fielding tactics, what players where? ● Applying tactics in mini games 	<p>Cricket</p> <ul style="list-style-type: none"> ● Consolidate batting / fielding /bowling ● Create, understand and apply attacking/defensive tactics in game <p>Rounders</p> <ul style="list-style-type: none"> ● Introduction to full rounders ● Consolidate fielding tactics ● Refine our understanding of what happens if the batter misses or hits the ball backwards ● Batting considerations
	Target		<p>Tri-Golf</p> <ul style="list-style-type: none"> ● Introduce putting ball to a zone ● Introduce chipping ball to zone ● Introduce striking the ball at different speeds ● Develop the golf putt to a target ● Develop the golf chip to a target ● Explore using both shots as part of a circuit 		

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Gymnastics	Symmetry & Asymmetry <ul style="list-style-type: none"> ● Introduction to symmetry ● Introduction to asymmetry ● Application of learning onto apparatus ● Sequence formation ● Sequence completion 	Bridges <ul style="list-style-type: none"> ● Introduction to bridges ● Application of bridge learning onto apparatus ● Develop sequences with bridges ● Sequence formation ● Sequence completion 	Counter Balance & Counter Tension <ul style="list-style-type: none"> ● Introduction to counter balance ● Application of counter balance learning onto apparatus ● Sequence formation ● Counter Tension ● Sequence completion 	Matching & Mirroring <ul style="list-style-type: none"> ● Introduction to matching/mirroring ● Application of matching/mirroring learning onto apparatus ● Sequence development

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Dance	Weather <ul style="list-style-type: none"> ● Respond to stimuli, extreme weather ● Develop thematic dance into a motif ● Extend dance to create sequences with a partner ● Develop sequences with a partner Wild Animals <ul style="list-style-type: none"> ● Respond to stimuli ● Develop character dance into a motif ● Develop sequences with a partner in character that show relationships ● Extend sequences with a partner in character 	Cats <ul style="list-style-type: none"> ● Respond to stimuli working together ● Extend sequences with a partner in character ● Explore two contrasting relationships and interlinking dance moves Space <ul style="list-style-type: none"> ● Extend sequences with a partner in character ● Develop sequences with a partner in character that show relationships and interlinking dance moves ● Sequences, relationships, choreography and performance 	The Circus <ul style="list-style-type: none"> ● Develop character movements linked to 19th Century prejudices ● Create movements to represent different characters and performers in a 19th Century circus ● Extend our performance incorporating props and apparatus linked to the variety of performers 	Titanic <ul style="list-style-type: none"> ● Create rhythmic patterns using our body ● Extend our choreography through controlled movements, character emotion and expression ● Explore the relationships between characters applying character emotion and expression ● Performance and reflection

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Outdoor Adventurous Activities	Communication & Tactics <ul style="list-style-type: none"> ● Create and apply simple tactics ● Develop leadership ● Develop communication as a team / collaborate effectively as a team ● Create defending and attacking tactics as a team 	Problem Solving <ul style="list-style-type: none"> ● Benches and mats challenge ● Round the clock card challenge ● The pen challenge ● The river rope challenge ● Caving challenges ● Simple map work around the school grounds 	Orienteering <ul style="list-style-type: none"> ● Develop picture trails around the school grounds ● Develop map work around the school grounds ● Face orienteering ● Cone orienteering 	Orienteering <ul style="list-style-type: none"> ● Extend picture trails around the school grounds ● Extend map work around the school grounds ● Point and return ● Point to point ● Timed course ● Orienteering competition

	Year 3	Year 4	Year 5	Year 6
Athletics	Athletics <ul style="list-style-type: none"> ● Explore running for speed ● Explore acceleration ● Introduce /develop relay: running for speed in a team ● Throwing: accuracy vs distance ● Standing long jump 	Athletics <ul style="list-style-type: none"> ● Develop running at speed ● Explore our stride pattern ● Explore running at pace ● Understand and apply tactics when running for distance ● Javelin ● Standing triple jump 	Athletics <ul style="list-style-type: none"> ● Finish a race ● Evaluate our performance ● Sprinting: My personal best ● Relay changeovers ● Shot Put 	Athletics <ul style="list-style-type: none"> ● Running for speed competition ● Running for distance competition ● Throwing competition ● Jumping competition

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Health Related Exercise				Health Related Exercise <ul style="list-style-type: none"> ● Cardio Fitness 1 ● Flexibility ● Strength ● Cardio Fitness 2

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Swimming	Enter water safely and confidently Float on front for 10 seconds Float on back for 10 seconds Perform a sequence of changing shapes whilst floating on the surface Push and glide from the wall Kick 10 metres backstroke with equipment Kick 10 metres front crawl with equipment Demonstrate a surface dive Confidently swim on back for 25 metres without aids Confidently swim on front for 25 metres without aids Tread water for 30 seconds Jump confidently into water greater than full reach height Demonstrate good front crawl Demonstrate good backstroke Demonstrate good breaststroke Demonstrate a good dolphin action Plunge dive safely into water of at least full reach height Straddle jump into water Demonstrate head first sculling for 10 metres Demonstrate feet first sculling for 10 metres Personal survival skills Open water hazards and dangers (as a result of our location, this is taught through our PSHE curriculum)			