



Whole School: PE Planning & Progression

	Autumn	Spring	Summer
Year R	<p><b>Ball and Racket Skills</b> Develop fundamental movement skills - master basic movements including running, jumping, throwing and catching.</p> <p>Engage in competitive and cooperative activities. Catch a large ball. Play cooperatively, taking turns with others. Take account of one another's ideas about how to organise their activity.</p> <p>Develop both independent skills and working with others - apply these to team games when developing simple tactics for defending and attacking.</p> <p><b>Winter Athletics</b> Show good control and coordination in large and small movements - walking, running, jumping, skipping, sliding and hopping. Develop fundamental throwing skills with bean bags, targets used such as hoops etc</p>	<p><b>Gymnastics</b> Move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling Develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others.</p> <p>Experiment with different ways of moving such as jumping off an object and land appropriately. Travel with confidence and skill around, under, over and through balancing and climbing equipment.</p> <p><b>Dance</b> Show good control and coordination in large and small movements. Move confidently in a range of ways, safely negotiating space.</p> <p>Engage in cooperative activities. Perform dances using simple movement patterns</p>	<p><b>Racket Skills</b> Develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p><b>Athletics</b> Run skilfully and negotiate space successfully, Adjust speed or direction to avoid obstacles. Introduce running activities using the track. Experiment with different ways of moving such as jumping along a mat and standing high jump.</p> <p>Enjoy communicating, collaborating and competing with each other.</p>

<p><b>Year</b> <b>1/2</b></p>	<p style="text-align: center;"><b>Ball and Racket Skills</b></p> <p style="text-align: center;"><b>Football</b></p> <p>Develop fundamental movement skills - master basic movements including running, jumping, throwing and catching: Learn skills for playing striking and fielding games. Position the body to strike a ball. Develop catching skills. Throw a ball for distance. Use fielding skills to play a game.</p> <p>Kick and move with a ball Develop catching and dribbling skills.</p> <p>Develop both independent skills and working with others - apply these to team games when developing simple tactics for defending and attacking Engage in competitive and cooperative activities.</p> <p style="text-align: center;"><b>Tag Rugby</b></p> <p>Catch a variety of objects. Vary types of throw. Access a broad range of opportunities to develop their agility, balance and coordination. Use hand-eye coordination to control a ball. Understand and be able to use tags correctly</p>	<p style="text-align: center;"><b>Gymnastics</b></p> <p>Access a broad range of opportunities to develop their agility, balance and coordination. To explore movement actions with control and link them together with flow: Explore ways of travelling around on large and small/low apparatus. Choose and use a variety of gymnastic actions to make a sequence. Evaluate their own and others performance</p> <p style="text-align: center;"><b>Multi Skills</b></p> <p>Develop both independent skills and working with others - apply these to team games when developing simple tactics for defending and attacking. Play a game fairly and in a sporting manner.</p>	<p style="text-align: center;"><b>Racket Skills</b></p> <p>Position the body to strike and return a ball. Practise bouncing a ball with a racket Practise balancing a ball with a racket Develop accurate shots using a racket</p> <p style="text-align: center;"><b>Athletics</b></p> <p>Develop fundamental movement skills - master basic movements including running, jumping, throwing.</p> <p>To use varying speeds when running Explore different methods of throwing. Practise short/longer distance running Learn the best jumping techniques for distance Practice skills for relay and baton use.</p> <p>Engage in competitive and cooperative activities. Develop both independent skills and working with others - apply these to relays.</p> <p style="text-align: center;"><b>Elementary Cricket</b></p> <p>Develop skills for playing striking and fielding games. Position the body to strike a ball. Develop catching skills. Throw a ball for distance. Use fielding skills to play a simple/inclusive game.</p>
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<p><b>Year</b> <b>3/4</b></p>	<p style="text-align: center;"><b>Basketball/Netball</b></p> <p>Develop ways to improve in different physical activities and sports Use running, jumping, throwing and catching in isolation and in combination Play competitive games and apply basic principles for attacking and defending: Perform a range of actions, maintaining control of the ball and a range of catching and gathering skills with control To use accurate passing and dribbling in a game. Develop and investigate different ways of throwing and to know when it is appropriate to use them</p> <p>Communicate, collaborate and compete with each other. Evaluate and recognise their own and others success. Compare their performance with previous ones and demonstrate improvement to achieve their personal best</p>	<p style="text-align: center;"><b>Gym</b></p> <p>Develop a broad range of skills learning how to use them in different ways and link them to make actions and sequences of movement:</p> <p>Develop flexibility, strength, technique, control and balance. Explore jumping techniques and link them with other gymnastic actions. Select and adapt gymnastics actions to meet the task. Work with a partner or a small group to create a sequence that develops jumping skills. Evaluate and recognise their own and others success.</p> <p style="text-align: center;"><b>Hockey</b></p> <p>Play competitive games and apply basic principles for attacking and defending</p> <p>Develop ways to improve in different physical activities and sports. Evaluate and recognise their own success. Compare their performance with previous ones and demonstrate improvement to achieve their personal best</p>	<p style="text-align: center;"><b>Tennis</b></p> <p>Accurately serve underarm moving to overarm as appropriate Build a rally, focusing on accuracy of strokes. Play a variety of shots in a game situation and to explore when different shots should be played as appropriate</p> <p style="text-align: center;"><b>Athletics</b></p> <p>Use running and jumping, in isolation and in combination: Select and maintain a running pace for different distances. Understand the relay and passing the baton. Reinforce jumping techniques and understand which technique is most effective when jumping for distance. To practise throwing with power and accuracy. To throw safely and with understanding.</p> <p>Communicate, collaborate and compete with each other. Evaluate and recognise their own and others success. Compare their performance with previous ones and demonstrate improvement to achieve their personal best</p>
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	<p style="text-align: center;"><b>Swimming (every second year)</b></p> <p style="text-align: center;">Develop basic pool safety skills and confidence in water:  Travel in vertical or horizontal position and introduce floats.  Push and glide with any kick action on front and back with or without support aids.  Enter and exit, travel further, float and submerge.  Develop balance, link activities and travel further on whole stroke.  Show breath control.  Tread water.</p> <p style="text-align: center;">Swim competently, confidently and proficiently over a distance of at least 25 metres  Use a range of strokes effectively including front crawl, backstroke and breaststroke  Perform safe self-rescue in different water-based situations.</p>		
<p><b>Year</b> <b>5/6</b></p>	<p style="text-align: center;"><b>Football</b></p> <p>Develop a broad range of skills learning how to use them in different ways and link them to make actions and sequences of movement.</p> <p>Play competitive games and apply basic principles for attacking and defending  Compare their performance with previous ones and demonstrate improvement to achieve their personal best</p>	<p style="text-align: center;"><b>Gym</b></p> <p>Develop a broad range of skills learning how to use them in different ways and link them to make actions and sequences of movement.  To identify and practise symmetrical and asymmetrical body shapes.  Construct sequences using balancing and linking movements.  Use counterbalances and incorporate them into a sequence of movements.  Perform and evaluate own and others' sequences.  Communicate and collaborate with each other.  Evaluate and recognise their and others own and others success.</p>	<p style="text-align: center;"><b>Tennis</b></p> <p>Identify and apply techniques for hitting a tennis ball:  Develop the techniques for ground strokes and volleys. Develop a backhand technique and use it in a game. Practise techniques for all strokes.  Play a tennis game using an overhead serve and the correct selections of shots.</p> <p style="text-align: center;"><b>Athletics</b></p> <p>Use correct technique to run at speed and explore different footwork patterns.  Develop the ability to run for distance. Identify and apply techniques of relay running.  Throw with accuracy and power.  Understand which technique is most effective when jumping for distance.  Demonstrate good techniques in a competitive situation.</p>

### **Basketball/Netball**

Demonstrate basic passing and receiving skills using a netball/basketball  
Develop an understanding and knowledge of the basic footwork rule of netball/basketball  
Use good hand/eye co-ordination to pass and receive a ball successfully.  
Develop skills in the range of passes - chest pass, overhead pass, bounce pass and to understand which pass to use depending on the distance the ball needs to travel.  
Understand the importance of 'getting free' in order to receive a pass.  
Understand how to make space by moving away and coming back and by dodging.  
Be able to demonstrate a range of defending skills and understand how to mark an opponent.  
Understand how to intercept a pass.  
Learn how to shoot.

### **Tag Rugby**

Understand the basic rules of tag rugby.  
Work as a team, using ball-handling skills.  
Pass and carry a ball using balance and coordination. Use skills learned to play a game of tag rugby.

### **Hockey**

Demonstrate basic passing and receiving skills using a hockey ball  
Understand the importance of 'getting free' in order to receive a pass.  
Understand how to make space by moving away and coming back and by dodging.  
Be able to demonstrate a range of defending skills and understand how to mark an opponent.  
Understand how to intercept a pass.  
Learn how to shoot.

### **Cross Country**

Use correct technique to run at speed and explore different footwork patterns.  
Develop the ability to run for distance.  
Identify and apply techniques of relay running.

### **Cricket**

Develop skills in batting and fielding:  
Choose fielding techniques.  
Run between the wickets.  
Develop a safe and effective overarm throw.  
Develop basic bowling technique?  
Learn batting control.

### **Rounders**

Throw and catch under pressure and throwing for distance  
Use fielding skills to stop the ball effectively.  
Learn batting control.  
Learn the role of backstop.  
Learn basic rules

Develop ways to improve in different physical activities and sports  
Evaluate and recognise their own and others success.  
Compare their performance with previous ones and demonstrate improvement to achieve their personal best.