

PE Curriculum and Progression

		KS1		KS2			
Key Skills	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Movement, Gym, Dance	<p>Early learning goal – moving and handling Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.</p> <p>Early learning goal – health and self-care Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.</p>	<p>Compare and contrast body actions to repeat and experiment with</p> <p>Create movements to make short sequences (2/3 movements)</p> <p>Practise simple movements (jump, roll, travel, climb)</p>	<p>Plan a sequence of movements involving jumps, balances, rolls and travels (3/4 movements)</p> <p>Prove that they can balance on different points of their body</p>	<p>Sequence dance movements with a partner or small group (4/5 movements)</p> <p>Create and perform a sequence which includes different levels, speeds and directions (4/5 actions)</p>	<p>Experiment with various actions individually, partnered or in small groups</p> <p>Perform a range of actions with consistency, fluency and clarity of movement</p> <p>Combine actions to make sequences, changing speed, level, direction and shape</p>	<p>Perform specific skills and movement patterns accurately</p> <p>Apply clear levels, speeds and directions and perform actions consistently</p>	<p>Perform a dance idea on their own, partner and group (8+ movements)</p> <p>Compose sequences and perform them with fluency and clarity of movement (8+ actions)</p>
	<p>Key questions</p>	<p>What actions do you do in your sequence? What do you think is good about your sequence? What is not so good? What do you need to practise?</p>	<p>What actions are included in your sequence? Do you perform it smoothly and with control? What one thing do you think you could improve about your sequence? How would you go about improving this?</p>	<p>Can you describe the differences between your sequence and someone else's in the class? What is most effective about your friend's performance? Why? What is most effective about your friend's performance? Why?</p>	<p>Did you mirror or match your actions? Can you describe what you did? What theme did you and your partner use? How does your sequence use changes of direction, speed, levels and use of space?</p>	<p>How does your sequence use changes of direction, speed, levels and use of space?</p>	<p>Can you describe your sequence? What actions did you choose to include and why? What compositional principles did you use? Why?</p>

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Ball skills, team games.		<p>Perform basic actions – roll a ball, throw it underarm, kick it and strike it, making connection</p> <p>Aim and hit an object towards a target</p>	<p>Can apply a range of throwing, rolling, striking, kicking and gathering skills</p> <p>Apply knowledge to score and keep rules of a game</p>	<p>Pass, receive and dribble to keep control and possession</p> <p>Make progress towards a goal and know how to exploit space</p> <p>Hit the ball into space, at speeds or different heights</p>	<p>Apply a range of tactics to keep possession of the ball and to move towards a target</p> <p>Apply a range of techniques when passing and play with greater speed & flow</p> <p>Compare and contrast batting or throwing skills to make game harder for opponents</p>	<p>Define the difference between attacking and defending skills</p> <p>Identify ways to get ball to opponents goal and mark/defend their own</p> <p>Hit the ball with purpose, varying the speed, height and direction</p>	<p>Perform skills with control and greater speed, adapting them to the situation</p> <p>Apply attacking and defending skills appropriately and choose formations to suit the game</p> <p>Analyse how to compete with the opposition individually, as a pair or as a team, when they are batting, bowling and fielding Explain cause and effect of actions.</p>

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Key questions		<p>Can you describe how you threw the beanbag?</p> <p>Can you describe how you threw the beanbags?</p> <p>Can you describe what you did to stop your opponent's beanbags landing in the hoops.</p>	<p>Can you describe how you moved to catch the ball?</p> <p>How did you throw the ball? Why did you choose this technique?</p> <p>What type of throws did you use in your game?</p>	<p>Why did you choose to play with a particular type of ball?</p> <p>What did you do to try to intercept the ball?</p> <p>What techniques did you use to throw the ball?</p> <p>What did you do best? What did you find the most difficult?</p>	<p>What tactics did you use to outwit your opponents?</p> <p>Do you think you could have used other tactics to improve your performance?</p> <p>When batting, did you choose to hit the ball hard or place it into a space? Why?</p> <p>What fielding techniques did you use?</p>	<p>What rules did you use to make the game work? What tactics did you use to try to stop your opponent scoring?</p>	<p>What tactics did you use to try to stop your opponent scoring?</p> <p>Why did you choose these and how did they help?</p> <p>What positions and formations did you use in the game?</p> <p>How did these help you to be successful?</p> <p>What shape court did you choose? Why?</p> <p>How does the shape of the court affect your shots?</p>
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Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully.

Children understand the need for fairness and respect.

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Recommended Activities

Year 1		Year 2		Year 3		Year 4		Year 5		Year 6	
Provider	CT	Provider	CT	Provider	CT	Provider	CT	Provider	CT	Provider	CT
Multi Skills Team building Athletics	Yoga Gymnastics Athletics	Multi Skills Benchball Rounders Athletics	Gymnastics Dance Athletics	Rugby Dance Gym Athletics	Swimming OAA-Team building cards 1-9 Gymnastics Dance	Rugby Football Basketball	Swimming OAA- Orienteering cards 1-9 Gymnastics Dance	Netball Hockey Rounders	OAA Team building cards 9-18 Gymnastics Dance	Netball Hockey Cricket	OAA- Orienteering cards 9-18 Gymnastics Dance Athletics