

Curriculum Skills Progression Map – adapted due to Covid19

	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<u>Reception</u>	<p align="center"><u>Introduction to PE</u></p> <p>Physical – I can handle equipment effectively. Physical - I can move in a range of ways. Physical – I can safely negotiate space. Physical – I can show good control and coordination in small and large movements. Physical – I can talk about ways to keep healthy and safe. Physical – I know the importance of good health and physical exercise. Social – I am sensitive to others’ feelings. Social – I can play cooperatively, taking turns. Emotional – I am confident to try new activities. Emotional – I ask for help if needed. Thinking – I can talk about my own ideas and use them in response to a task. Thinking – I understand and follow rules.</p>	<p align="center"><u>Fundamentals</u></p> <p>Running – explore running and stopping. Explore changing direction safely. Balance – explore balancing while stationary and on the move. Jumping – Begin to explore take-off and landing safely. Hopping – explore hopping on both feet. Skipping – explore skipping as a traveling action.</p>	<p align="center"><u>Ball Skills</u></p> <p>Sending – explore sending an object with hands and feet. Explore catching using a variety of larger balls and beanbags. Tracking – explore stopping a ball with hands and feet. Dribbling – explore bouncing and catching</p>	<p align="center"><u>Dance</u></p> <p>Actions – explore how their body moves. Copy basic body actions and rhythms. Dynamics – explore actions in response to music and an idea. Space – explore pathways and space around them in relation to others. Performance – are given opportunities to perform in front of others.</p>	<p align="center"><u>Sports Day Practice</u></p>	<p align="center"><u>Games</u></p> <p>Drop and catch with two hands. Move a ball with feet. Throw and roll a variety of beanbags and larger balls to space. Kick larger balls to space. Stop a beanbag of large ball sent to them using their hands. Attempt to stop a large ball sent to them using their feet. Hit a ball with hands. Run and stop when instructed. Move around showing limited awareness of others. Make simple decisions in response to a situation.</p>
<u>Year 1</u>	<p align="center"><u>Ball Skills</u></p> <p>Sending – roll and throw with some accuracy towards a target. Catching – begin to catch with two hands. Catch after a bounce. Tracking – track a ball being sent directly. Dribbling – begin to dribble with hands and feet.</p> <p align="center"><u>Team Building</u></p> <p>Problem solving – suggest ideas in response to a task. Navigational skills – follow a simple diagram/map. Communication – communicate simple instruction and listen to others. Reflection – identify when they were successful and make basic observations about how to improve.</p>	<p align="center"><u>Fitness</u></p> <p>Agility – change direction whilst running. Balance – exploring balance in more challenging activities with some success. Coordination – explore moving different body parts together. Speed – explore running at different speeds. Strength – explore exercises using their own body weight. Stamina – explore moving for longer periods of time and identify how it makes them feel.</p>	<p align="center"><u>Invasion Games</u></p> <p>Sending and receiving – explore S&R with hands and feet to a partner. Dribbling – explore dribbling with hands and feet. Attacking – explore changing direction to move away from a partner. Defending – explore tracking and move to stay with a partner. Space – recognize good space when playing games.</p>	<p align="center"><u>Invasion Games</u></p> <p>Sending and receiving – explore S&R with hands and feet to a partner. Dribbling – explore dribbling with hands and feet. Attacking – explore changing direction to move away from a partner. Defending – explore tracking and move to stay with a partner. Space – recognize good space when playing games.</p>	<p align="center"><u>Athletics</u></p> <p>Running – explore running at different speeds. Explore running over obstacles. Jumping – develop balance whilst jumping and landing. Jumping – explore hopping, jumping, and leaping for distance. Throwing – explore throwing for distance and accuracy.</p> <p align="center"><u>Sports Day Practice</u></p>	<p align="center"><u>Striking and Fielding</u></p> <p>Striking – explore striking the ball with their hand and equipment. Fielding – develop tracking and retrieving a ball for their team. Throwing – explore technique when throwing underarm and overarm. Coordination – develop coordination and technique when catching.</p>
<u>Year 2</u>	<p align="center"><u>Team Building</u></p> <p>Problem solving – begin to plan with some success, apply strategies to overcome a challenge. Navigational skills – understand how to use, follow, and create a simple diagram/map. Communication – work cooperatively with a partner and a small group. Reflection – verbalize when they were successful and areas they could improve.</p> <p align="center"><u>Yoga</u></p>	<p align="center"><u>Target Games</u></p> <p>Throwing overarm – develop coordination and technique when throwing overarm at a target. Throwing underarm – develop coordination and technique when throwing underarm at a target. Striking – Develop striking a ball with their hand and equipment with consistency.</p>	<p align="center"><u>Invasion Games</u></p> <p>Sending and receiving – develop S&R with increased control. Dribbling – explore dribbling with hands and feet with increasing control on the move. Attacking – develop moving into space away from defenders.</p>	<p align="center"><u>Invasion Games</u></p> <p>Sending and receiving – develop S&R with increased control. Dribbling – explore dribbling with hands and feet with increasing control on the move. Attacking – develop moving into space away from defenders.</p>	<p align="center"><u>Athletics</u></p> <p>Running - Develop the sprinting action. Explore rhythm when running over obstacles. Jumping – Develop jumping, hopping, and skipping actions. Jumping – exploring safely jumping for distance and height. Throwing – develop overarm throwing for distance.</p> <p align="center"><u>Sports Day Practice</u></p>	<p align="center"><u>Striking and Fielding</u></p> <p>Striking – develop striking the ball with their hand and equipment with consistency. Fielding – understand that there are different roles within a fielding team. Throwing – develop coordination and technique when throwing over and underarm.</p>

	<p>Balance – remember, copy, and repeat sequences of linked poses.</p> <p>Flexibility – show increased awareness of extension in poses.</p> <p>Strength – demonstrate increased control in performing poses.</p> <p>Mindfulness – explore controlling their focus and sense of calm.</p>		<p>Defending – explore staying close to other players to try and stop them getting the ball.</p> <p>Space – explore moving with a ball towards a goal.</p>	<p>Defending – explore staying close to other players to try and stop them getting the ball.</p> <p>Space – explore moving with a ball towards a goal.</p>		<p>Catching – catch with two hands with some coordination and technique.</p> <p><u>Sending and Receiving</u></p>
<u>Year 3</u>	<p><u>Yoga</u></p> <p>Balance – demonstrate increased control when in poses and explore control in paired poses.</p> <p>Flexibility – explore poses and movement in relation to their breath.</p> <p>Strength – explore are balance with some control.</p> <p>Mindfulness – develop their ability to stay still and keep their focus.</p>	<p><u>Gymnastics</u></p> <p>Shapes – explore matching and contrasting shapes.</p> <p>Balancing – explore point and patch balances and transition smoothly into and out of them.</p> <p>Rolls – develop the straight, barrel, and forward roll.</p> <p>Jumps – develop stepping into shape jumps with control.</p> <p><u>Netball</u></p> <p>Sending and receiving – explore S&R abiding by the rules of the game.</p> <p>Dribbling – explore dribbling the ball abiding by the rules of the game under some pressure.</p> <p>Attacking – developing movement skills to lose a defender. Explore shooting actions in a range of actions.</p> <p>Defending – track opponents to limit their scoring opportunities.</p> <p>Space – develop moving with a ball towards goal with some control.</p>	<p><u>Gymnastics</u></p> <p>Shapes – explore matching and contrasting shapes.</p> <p>Balancing – explore point and patch balances and transition smoothly into and out of them.</p> <p>Rolls – develop the straight, barrel, and forward roll.</p> <p>Jumps – develop stepping into shape jumps with control.</p>	<p><u>Ball Skills</u></p> <p>Sending – send a ball with accuracy and increasing consistency to a target.</p> <p>Catching – catch a range of objects with increasing consistency.</p> <p>Tracking – track a ball not sent directly.</p> <p>Dribbling – dribble a ball with hands and feet with control.</p>	<p><u>Sports Day Practice</u></p> <p><u>Rounders</u></p> <p>Striking – begin to strike a bowled ball using different equipment.</p> <p>Fielding – explore bowling and fielding skills to include a two-handed pick up and long and short barriers.</p> <p>Throwing – Use overarm and underarm throwing in game situations.</p> <p>Catching – Catch with some consistency in game situations.</p>	<p><u>Athletics</u></p> <p>Running – develop the sprinting technique and apply it to relay events.</p> <p>Running – develop fluency and rhythm when running over obstacles.</p> <p>Jumping – develop technique in a range of approaches and take off positions.</p> <p>Jumping – develop jumping for height and safety for landing.</p> <p>Throwing – explore the technique for a pull throw.</p>
<u>Year 4</u>	<p><u>Yoga</u></p> <p>Balance – explore using their breath to maintain balance with a pose.</p> <p>Flexibility – demonstrate increased extension in their poses.</p> <p>Strength – demonstrate increased control and strength when in a pose.</p> <p>Mindfulness – can engage with mindfulness activities with increased focus.</p> <p><u>OAA</u></p>	<p><u>Netball</u></p> <p>Sending and receiving – develop passing to a teammate using a variety of techniques appropriate to the game.</p> <p>Dribbling – develop control whilst dribbling under pressure.</p> <p>Attacking – develop decision making around when to pass and when to shoot.</p>	<p><u>Hockey</u></p> <p>Sending & receiving – develop passing to a teammate using a variety of techniques appropriate to the game.</p> <p>Dribbling – develop control whilst dribbling under pressure.</p> <p>Attacking – develop decision making around when to pass and when to shoot.</p>	<p><u>Fitness</u></p> <p>Agility – show balance when changing direction at speed.</p> <p>Balance – show control whilst completing activities which challenge balance.</p> <p>Coordination – explore increased speed when coordinating their bodies.</p> <p>Speed – demonstrate improved sprinting technique.</p>	<p><u>Sports Day Practice</u></p> <p><u>Rounders</u></p> <p>Striking – develop batting technique consistent with the rules of the game.</p> <p>Fielding – Develop bowling with some consistency abiding by the rules of the game.</p> <p>Throwing – use overarm and underarm throwing with</p>	<p><u>Athletics</u></p> <p>Running – develop an understanding of speed in pace in relation to distance.</p> <p>Running – develop power and speed in the sprinting technique.</p> <p>Jumping – develop technique when jumping for distance.</p> <p>Jumping – explore fluency and technique in the vertical jump.</p>

	<p>Problem solving – plan independently and in small groups, implementing a strategy with increased success.</p> <p>Navigational skills – Identify key symbols on a map and use a key to help navigate around a grid.</p> <p>Communication – confidently communicate ideas and listen to others.</p> <p>Reflection – with increased accuracy. Critically reflect on when and why they were successful at solving challenges.</p>	<p>Defending – develop defending one on one and know when to win the ball.</p> <p>Space – move into space to help their team keep possession and score goals.</p>	<p>Defending – develop defending one on one and know when to win the ball.</p> <p>Space – move into space to help their team keep possession and score goals.</p>	<p>Strength – identify activities which help to strengthen different muscle groups.</p> <p>Stamina – demonstrate using their breath to maintain their work rate.</p> <p>Tag Rugby</p> <p>Sending & receiving – develop passing to a teammate using a variety of techniques appropriate to the game.</p> <p>Dribbling – develop control whilst dribbling under pressure.</p> <p>Attacking – develop decision making around when to pass and when to shoot.</p> <p>Defending – develop defending one on one and know when to win the ball.</p> <p>Space – move into space to help their team keep possession and score goals.</p>	<p>increased consistency in game situations.</p> <p>Catching – beginning to catch with one and two hands with some consistency in game situations.</p>	<p>Throwing – explore power and technique when throwing for distance in a pull throw.</p> <p><u>Swimming</u></p> <p>Explore technique for specific strokes to include head above the water breaststroke, backstroke, and front crawl.</p> <p>Breathing – demonstrate improved breathing technique in front crawl.</p> <p>Water Safety – are comfortable with some personal survival techniques to include survival strokes such as sculling and treading water.</p>
<u>Year 5</u>	<p><u>OAA</u></p> <p>Problem solving – explore tactical planning within a team to overcome increasingly challenging tasks.</p> <p>Navigational skills – develop navigational skills and map reading in increasingly challenging tasks including map orientation.</p> <p>Communication – explore a variety of communication methods with increasing success.</p> <p>Reflection – reflect on when they were successful at solving challenges and alter their methods in order to improve.</p>	<p><u>Netball</u></p> <p>Sending and receiving – develop control when S&R under pressure.</p> <p>Dribbling – select and apply a variety of dribbling techniques to game situations.</p> <p>Attacking – explore creating tactics with others and applying them to game situations.</p> <p>Defending – develop tracking and marking with a variety of techniques and increased success.</p> <p>Space – move to create space for themselves and others in their team.</p>	<p><u>Fitness</u></p> <p>Agility – demonstrate improved body posture and speed when changing direction.</p> <p>Balance – change their body position to maintain a controlled center of gravity.</p> <p>Coordination – demonstrate increased speed when coordinating their bodies.</p> <p>Speed – identify the best pace for a set distance or time.</p> <p>Strength – demonstrate increased technique in body weight exercises.</p> <p>Stamina – use their breath to increase their ability to move for sustained periods of time.</p>	<p><u>Hockey</u></p> <p>Sending & receiving – develop control when S&R under pressure.</p> <p>Dribbling – select and apply a variety of dribbling techniques to game situations.</p> <p>Attacking – explore creating tactics with others and applying them to game situations.</p> <p>Defending – develop tracking and marking with variety of techniques and increased success.</p> <p>Space – move to create space for themselves and others in their team.</p>	<p><u>Sports Day Practice</u></p> <p><u>Athletics</u></p> <p>Running – apply fluency and coordination when running for speed in relay changeovers.</p> <p>Running – effectively apply speeds appropriate for the event.</p> <p>Jumping – develop power, control and consistently in jumping for distance.</p> <p>Jumping – explore technique and rhythm in the triple jump.</p> <p>Develop technique and power in the javelin and shotput.</p>	<p><u>Swimming</u></p> <p>Strokes – demonstrate increased technique in a range of strokes, swimming over a distance of 25m.</p> <p>Breathing – explore underwater breaststroke breathing technique over a distance of 25m.</p> <p>Water safety – demonstrate a good understanding of water safety. Explore safety techniques to include the H.E.L.P and huddle positions.</p> <p><u>Cricket</u></p> <p>Striking – explore defensive and driving hitting techniques and directional batting.</p> <p>Fielding – develop over and underarm bowling technique.</p> <p>Select and apply long and short barriers appropriate to the situation.</p> <p>Throwing – demonstrate clear technique when using a variety of throws under pressure.</p>

						Catching – explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations.
<u>Year 6</u>	<p><u>OAA</u></p> <p>Problem solving – pool ideas within a group, selecting and applying the best method to solve a problem.</p> <p>Navigational skills – orientate a map efficiently to navigate around a course.</p> <p>Communication – inclusively communicate with others, share job roles and lead when necessary.</p> <p>Reflection – with increasing accuracy they reflect on when and how they were successful at solving challenges and alter their methods in order to improve.</p>	<p><u>Netball</u></p> <p>Sending & receiving – develop making quick decisions about when, how, and who to pass to.</p> <p>Attacking – explore creating attacking tactics with others in response to the game.</p> <p>Defending – explore creating and applying defending tactics with others in response to the game.</p> <p>Space – move to the correct space when transitioning from attack to defense.</p>	<p><u>Fitness</u></p> <p>Agility – change direction with fluent action and can transition smoothly between varying speeds.</p> <p>Balance – show fluency and control when travelling, landing, stopping, and changing direction.</p> <p>Coordination – can coordinate a range of body parts with a fluent action at a speed appropriate to the challenge.</p> <p>Speed – can adapt a running technique to meet the needs of the distance.</p> <p>Strength – can complete body weight exercises for increased repetitions with control and fluency.</p> <p>Stamina – use their breath to increase their ability to move for sustained periods of time.</p>	<p><u>Fitness</u></p> <p>Agility – change direction with fluent action and can transition smoothly between varying speeds.</p> <p>Balance – show fluency and control when travelling, landing, stopping, and changing direction.</p> <p>Coordination – can coordinate a range of body parts with a fluent action at a speed appropriate to the challenge.</p> <p>Speed – can adapt a running technique to meet the needs of the distance.</p> <p>Strength – can complete body weight exercises for increased repetitions with control and fluency.</p> <p>Stamina – use their breath to increase their ability to move for sustained periods of time</p>	<p><u>Sports Day Practice</u></p> <p><u>Cricket</u></p> <p>Striking – strike a bowled ball with increasing accuracy and consistency.</p> <p>Fielding – consistently select and apply the appropriate fielding action for the situation.</p> <p>Throwing – consistently make good decisions on who and when to pass to get batters out.</p> <p>Catching – consistently demonstrate good technique in catching skills under pressure.</p>	<p><u>Swimming</u></p> <p>Strokes – identify their personal best in a range of strokes. Successfully select and apply their fastest stroke over a distance of 25m.</p> <p>Breathing – demonstrate a smooth and consistent breathing technique in a range of strokes over 25m.</p> <p>Water safety – can select and apply the appropriate survival technique for the situation.</p> <p><u>Athletics</u></p> <p>Running – demonstrate a clear understanding of pace and use it to develop their own and others sprinting techniques.</p> <p>Running – hurdle with greater control and coordination.</p> <p>Jumping – develop take off position when jumping for height.</p> <p>Jumping -develop power, control, and technique when throwing discus or javelin.</p>