



## PE Progression Map 2021-2022



Year 1 -					Year 2				
Basic movement	Developing balance	Agility and coordination	Team games	Movement patterns	Basic movement	Developing balance	Agility and coordination	Team games	Movement patterns
<ul style="list-style-type: none"> <li><b>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</b></li> </ul> <p>Move in a variety of ways in and out cones and obstacles. For example: Jump with both feet leaving the ground, hop, stop on command, sprint, run, skip without a rope, jump for height, complete a single balance and balance on one foot.</p> <p>Be able to balance on a piece of apparatus. Complete tasks such as: side roll, climbing onto apparatus, walking in a straight line.</p> <p>Be able to throw and catch a large ball – over arm and under arm, roll a ball to an end target, kick a ball with increasing accuracy to an end target, dribble a ball and balance a ball on a racket.</p> <ul style="list-style-type: none"> <li><b>Participate in team games, developing simple tactics for attacking and defending.</b></li> </ul> <p>Be able to participate in a game with an opposing side</p> <p>Be able to control a ball within a game setting and use hands to control a ball with increasing accuracy</p> <p>Be able to play a game following a set of rules</p> <ul style="list-style-type: none"> <li><b>Perform dances using simple movement patterns.</b></li> </ul> <p>Dance to link in with learning theme and copy a dance pattern moving to a beat. Link 2 dance movements together.</p> <p><i>Suggested activities: Gymnastics, Games and Athletics</i></p>					<ul style="list-style-type: none"> <li><b>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</b></li> </ul> <p>Move in a variety of ways; in and out cones and obstacles, jump with both feet leaving the group, hopping, stop on command, sprint, run, skip with/without a rope, jump for height and distance and gallop/side gallop.</p> <p>Develop balancing and co-ordination skills; balancing on one foot, on a piece of apparatus such as a bench, throw a bean bag into a given target.</p> <p>Ball skills: throw and catch a medium sized ball accurately, kick a ball, balance a ball on a bat, dribble a ball in and out of a set of obstacle, hit a ball with some accuracy using a racket or bat. Use both hands and feet in order to control a ball.</p> <ul style="list-style-type: none"> <li><b>Participate in team games, developing simple tactics for attacking and defending.</b></li> </ul> <p>Be able to participate in a game with an opposing side; use a set of rules, play as part of a team, co-operate with team mates, score as a team and control a ball within a game setting.</p> <ul style="list-style-type: none"> <li><b>Perform dances using simple movement patterns.</b></li> </ul> <p>Perform dances using simple movement patterns by using dance to link in with learning theme, copy a dance pattern, move to a beat and link a short series of dance sequences together.</p> <p><i>Suggested activities: Gymnastics, Games and Athletics</i></p>				

**Bold= NC objectives, Not bold= suggested activities**



## PE Progression Map 2021-2022

Year 3				Year 4			
Swimming	Control and Balance	Competitive games	Movement patterns	Swimming	Control and Balance	Competitive games	Movement patterns
<ul style="list-style-type: none"> <li>● <b>Swimming: Use a range of strokes effectively.</b> Put face in water and blow bubbles, fully submerge under water, be able to swim 20metres across the pool without support and swim 10 metres front crawl and back stroke.               <ul style="list-style-type: none"> <li>● <b>Use running, jumping, throwing and catching in isolation and in combination.</b> Show that they can bounce a ball on the spot with consistency.</li> <li>● <b>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</b> Participate in team games where they can develop simple tactics for attacking and defending. Succeed and excel (in competitive sport) and other physically demanding indoor and outdoor activities.                   <ul style="list-style-type: none"> <li>● <b>Develop flexibility, strength, technique, control and balance.</b> Perform a basic log, egg, shoulder and forward roll.</li> <li>● <b>Perform dances using a range of movement patterns.</b> Performing: Create and perform a short gymnastic or dance sequence linking basic actions with a clear beginning, middle and end. Choose and link actions to create an expressive dance phase which shows some sensitivity to accompaniment. Compare performances to previous ones and demonstrate improvement to achieve their personal best.</li> </ul> </li> </ul> </li> </ul> <p><i>Suggested activities: Basketball/Netball, Badminton, Dance, Gymnastics, Rounders, Cricket, Football, Hockey, Athletics and minimum 2 weeks swimming.</i></p>				<ul style="list-style-type: none"> <li>● <b>Swimming: Use a range of strokes effectively.</b> Put face in water and blow bubbles, fully submerge under water, be able to swim 20metres across the pool without support and swim 10 metres front crawl and back stroke.               <ul style="list-style-type: none"> <li>● <b>Use running, jumping, throwing and catching in isolation and in combination.</b> Show that they can bounce a ball on the spot with consistency Participate in team games where they can develop simple tactics for attacking and defending. Succeed and excel (in competitive sport) and other physically demanding indoor and outdoor activities.                   <ul style="list-style-type: none"> <li>● <b>Develop flexibility, strength, technique, control and balance.</b> Perform a basic log, egg, shoulder and forward roll. Responds imaginatively and with control and coordination. Uses different body parts to balance and roll. Can vary dynamics, speed, direction and level of their movements.</li> <li>● <b>Perform dances using a range of movement patterns.</b> Performing: Create and perform a short gymnastic or dance sequence linking basic actions with a clear beginning, middle and end. Choose and link actions to create an expressive dance phase which shows some sensitivity to accompaniment.</li> <li>● <b>Compare performances to previous ones and demonstrate improvement to achieve their personal best.</b> Plan and perform a movement sequence showing contrasts in speed/level and direction. Apply basic compositional ideas to create dance phrases with a partner and in a small group.</li> </ul> </li> </ul> </li> </ul> <p><i>Suggested Activities: Basketball, Football, Dance, Athletics, Rounders, Cricket, Gymnastics and minimum 2 weeks swimming.</i></p>			

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## PE Progression Map 2021-2022

<b>Year 5</b>				<b>Year 6</b>			
Swimming	Control and Balance	Competitive games	Movement patterns	Swimming	Control and Balance	Competitive games	Movement patterns
<ul style="list-style-type: none"> <li>● <b>Swimming: Use a range of strokes effectively.</b> Put face in water and blow bubbles, fully submerge under water, be able to swim 20 metres across the pool without support and swim 10metres front crawl and back stroke.</li> <li>● <b>Perform safe self-rescue in different water-based situations.</b></li> <li>● <b>Use running, jumping, throwing and catching in isolation and in combination.</b></li> </ul> <p>Co-ordination: Show that they can bounce a ball on the spot with consistency.</p> <ul style="list-style-type: none"> <li>● <b>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</b></li> </ul> <p>Games: Participate in team games where they can develop simple tactics for attacking and defending. Succeed and excel (in competitive sport) and other physically demanding indoor and outdoor activities.</p> <ul style="list-style-type: none"> <li>● <b>Take part in outdoor and adventurous activity challenges both individually and within a team.</b></li> <li>● <b>Develop flexibility, strength, technique, control and balance.</b></li> </ul> <p>Perform a basic log, egg, shoulder, forward roll, shoulder roll, curled roll and progress to backward roll. Respond imaginatively and with control and coordination. Uses different body parts to balance and roll. Can vary dynamics, speed, direction and level of their movements. Improvise freely, individually and with a partner, can translate ideas from a stimulus into movement.</p> <ul style="list-style-type: none"> <li>● <b>Perform dances using a range of movement patterns.</b></li> </ul> <p>Performing: Create and perform a short gymnastic or dance sequence linking basic actions with a clear beginning, middle and end. Choose and link actions to create an expressive dance phase which shows some sensitivity to accompaniment. Plan and perform a movement sequence</p>				<ul style="list-style-type: none"> <li>● <b>Swim competently, confidently and proficiently over a distance of at least 25 metres.</b></li> <li>● <b>Swimming: Use a range of strokes effectively.</b></li> </ul> <p>Put face in water and blow bubbles, fully submerge under water, be able to swim 25 metres across the pool without support and swim 10metres front crawl and back stroke.</p> <ul style="list-style-type: none"> <li>● <b>Perform safe self-rescue in different water-based situations.</b></li> <li>● <b>Use running, jumping, throwing and catching in isolation and in combination.</b></li> </ul> <p>Co-ordination: Can travel whilst bouncing a ball, showing control, improvise freely, individually and with a partner, can translate ideas from a stimulus into movement. Using either hand can dribble showing changes of speed and direction.</p> <ul style="list-style-type: none"> <li>● <b>Develop flexibility, strength, technique, control and balance.</b></li> </ul> <p>Perform a range of rolls consistently including a backward roll. Responds imaginatively to a variety of stimuli, demonstrating a wide range of actions with precision, control and fluency. Can incorporate different dynamics and develop new actions with a partner and in a group.</p> <ul style="list-style-type: none"> <li>● <b>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</b></li> </ul> <p>Succeed and excel (in competitive sport) and other physically demanding indoor and outdoor activities. Participate in team games where they can develop simple tactics for attacking and defending. Develop an understanding of how to improve in different physical activities and sports.</p> <ul style="list-style-type: none"> <li>● <b>Perform dances using a range of movement patterns.</b></li> </ul> <p>Performing: Develop a longer and more varied movement sequence demonstrating smooth transitions between actions. Compare, develop and adapt movement motifs to create longer dances. From observations of</p>			

**Bold= NC objectives, Not bold= suggested activities**



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<p>showing contrasts in speed/level and direction. Apply basic compositional ideas to create dance phrases with a partner and in a small group. Develop a longer and more varied movement sequence demonstrating smooth transitions between actions.</p> <ul style="list-style-type: none"><li>• <b>Compare performances to previous ones and demonstrate improvement to achieve their personal best.</b></li></ul> <p><i>Suggested Activities: Basketball, Football, Dance, Athletics, Rounders, Cricket, Gymnastics, Tag Rugby, Hockey and minimum 2 weeks swimming.</i></p>	<p>others, describe constructively how to refine, improve and modify performance.</p> <ul style="list-style-type: none"><li>• <b>Compare performances to previous ones and demonstrate improvement to achieve their personal best.</b></li></ul> <p>Refine own performance in response to others and self-analysis.</p> <p><i>Suggested Activities: Basketball, Football, Dance, Athletics, Rounders, Cricket, Gymnastics, Tag Rugby, Hockey</i></p>
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