

PE Overview and Progression Grid



Communicators	Explorers	Readers	Believers
<p>Children will explore how to give instructions to others so they will then understand how to perform an activity successfully. They will also be given the opportunity to communicate their self-assessment of an activity they have taken part in.</p>	<p>Children will and take part in different types of physical activity and explore their strengths and how they could improve.</p>	<p>We encourage children to read new vocabulary relating to instructions and rules. They learn words from different PE genre - dance, games and gymnastics at KS1. Dance, games and gymnastics plus swimming, water safety and athletics in KS2.</p>	<p>All children are able to perform activities to their best ability and have a belief they can improve with practice and participation. They learn through different means, and all have the opportunity to take part in Sports / Activities they haven't had chance to previously e.g Archery, football, rounders cricket and netball.</p>

NB: Throughout the school journey, children get the opportunity to attend Forest School on a regular basis. Through a planned Forest School Curriculum this develops their team work as well as challenging them individually to learn. As well as this, in either Y5 or Y6 children are provided with a residential visit that is based on Adventurous Activity challenges (e.g. climbing, caving) and Team Building skills.

EYFS	Topics to be covered over the year: Walking, Feet, Hands, Moves, Jumping, Gym: High, Low, Over and Under, Games for Understanding, Forest School, House of Dance			
Vocabulary	Dribbling, height, high, hopping, rhythm, speed, aim, beat, bounce, catch, rules. tagging, control, distance, landing, marching, space, skip			
Throughout Reception children will be exposed to PE Knowledge and skills		By the end of Reception children will be able to:		
<p>In EYFS children follow the Compete PE scheme:</p> <p>Walking – Explore walking in different pathways, explore marching and use marching in a game</p> <p>Jumping – Explore/develop jumping and hopping, apply jumping into a game, understand jumping for distance and jumping for height</p> <p>Ball skills – pushing, rolling, bouncing, bouncing into a space, combine pushing and rolling, develop moving a ball with our feet, understand dribbling and dribbling against an opponent, begin to catch</p> <p>Gym – Explore moving and making shapes using different body parts and explore moving in different directions, explore big and small ways of moving and making shapes, explore working with a partner</p> <p>Dance – Moving in sequence, Responding in movement to words and music, moving with contrasting tempos, creating their own movements, exploring opposites, moving with control and adding movements together</p> <p>Bats and Balls – Explore pushing/hitting a balloon with control Explore hitting a balloon with power into space, Explore hitting/pushing (sending) a balloon with accuracy, Explore balancing an object on a racket/bat</p> <p>Games – Taking turns/keeping the score, Understanding and playing by the rules, Avoiding a defender, Preventing an attacker from scoring</p> <p>Through continuous provision they will also access a range of physical activity including, climbing, lifting, rolling</p> <p>The outdoor area will include resources to support physical development eg wheelbarrows and trikes</p>		<p>Roll balls of varying size towards a target</p> <p>Throw using one hand and a larger ball with two hands</p> <p>Be able to play safely with other children</p> <p>Be able to play small games supported with an adult</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others;</p> <p>Demonstrate strength, balance and coordination when playing;</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing</p>		

FOCUS FIVE	I can jump with two feet and land safely	I can hop over a short distance on either leg	I can follow a narrow line when walking	I can throw a large ball e.g. netball for someone to catch	I can keep a safe distance from others when I am moving
-------------------	--	---	---	--	---

Year 1	Topics to be covered over the year: Walking, Feet, Hands, Moves, Jumping, Gym: Wide Narrow Big Small, Games for Understanding, Forest School, House of Dance				
--------	---	--	--	--	--

Vocabulary		Accuracy, attacker, balance, defender, fair, rules, batter. Choreography, distance, opponent, communication, cooperate, dodge, passing			
Attack vs Defence	Ball Skills	Locomotive	Gym	Dance	Other inc Health and Well Being
Understanding and applying the principles of attack/defence	Introduce sending (bouncing) with control, aiming, power and speed	Explore running and apply running into a game	Exploring the difference between wide, narrow and curled	Introduce partner work	Introduce, explore and consolidate agility
Develop pushing (dribbling) a ball with a racket: Introducing control	Introduce/develop stopping, combining sending skills	Explore running at different speeds and be now how to accelerate. Use running within a team game	Introduction to big/ small body parts	Developing our movements, adding movements together	Introduce, explore and consolidate balance (on apparatus)
Explore hitting and develop pushing a ball (with a racket) towards a target with accuracy and power	Combine sending and receiving skills	Develop jumping skills and know how jumping affects our bodies	Linking two movements together	Creating a sequence of movements that represent something else	Introduce and explore coordination: Dribbling and kicking
Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent	Develop and apply moving the ball using the feet and apply dribbling into games	Explore skipping and apply skipping and jumping into a game	Transitioning between wide, narrow and curled movements and using big and small body parts	Performing movements in sequence	Introduce and explore coordination: Bouncing, rolling and throwing
Striking the ball (with a bat) into space with intent	Explore kicking (passing) and apply kicking (passing) to score a point			Relationships and performance	
	Introduce throwing with accuracy and apply within a team				
	Introduce and apply sending and stopping balls to win a game				

FOCUS FIVE	To throw and catch a bean bag with a partner 2m apart	Be able to jump from a small height	I can skip (without a rope)	I can kick a ball accurately to a partner over a small distance	I can strike a ball thrown accurately at my racket
-------------------	---	-------------------------------------	-----------------------------	---	--

Year 2	Topics to be covered over the year: Dodging, Feet, Hands, Moves, Jumping, Gym: Linking and Pathways, Games for Understanding, Forest School, House of Dance				
--------	--	--	--	--	--

Vocabulary		Strategy, acceleration, agility, chest pass, fielder, linking, possession, tactics, tempo, transition			
Attack vs Defence	Ball Skills	Locomotive	Gym	Dance	Other inc Health and Well Being
Attacking/defending as a team	Combine dribbling, passing and receiving, keeping possession	Explore, develop and apply dodging and apply within teams	Developing linking and linking on apparatus	Responding to stimuli that demonstrate sequences, relationships and performance	Consolidate agility
Understanding the transition between defence and attack	Develop and combine dribbling/passing and receiving to score a point with a team	Explore attacking and defending and Apply dodging in teams	Jump, roll, balance sequences/on apparatus	Developing whole group movement	Consolidate balancing and balancing on apparatus
Create and apply attacking/defensive tactics	Apply dribbling, passing and receiving as a team to score a point	Consolidate jumping and apply jumping into a game	Creation of a pathway of sequences and completion of sequences and performance	Linking movements together	Develop coordination: Dribbling and kicking
	Consolidate pupils application and understanding of underarm throwing	Linking jumping and develop jumping combinations	Explore/develop zigzag pathways and curved pathways/on apparatus	Creating a motif with characterisation, expression and emotion	
	Applying the underarm and overarm throw to win a game			Creating contrasting movement sequences e.g. Extending our motifs with different dynamics (fast and slow)	
	Applying the underarm throw to beat an opponent			Improvisation and physical descriptions	
				Applying choreography in our motifs and extending our motifs	

FOCUS FIVE	I can throw overarm and underarm to my partner	I can accurately catch a tennis ball thrown accurately at me	I can maintain balance across a narrow piece of apparatus	I can dribble a ball over a short distance	I can perform a forward roll
-------------------	--	--	---	--	------------------------------

Year 3	Topics to be covered over the year: Netball, Dodgeball, Hockey, Tag Rugby, Cricket, Rounders, Athletics, Gym: Symmetry and Asymmetry, House of Dance, Swimming					
--------	---	--	--	--	--	--

Vocabulary		Rounder, asymmetrical, backhand, ball carrier, baseline, block, shoot, tackling, bounce pass, end (cricket), expression, flow, forehand, marking, rally, symmetrical				
Dance	Gym	Striking and Fielding	Games	Athletics	Swimming	Health and Well Being
Developing character, theme and story into a dance	Introduction to symmetry	Understand the concept of batting and fielding	Introduce passing and receiving and creating space	Explore running for speed and acceleration	Swim 10m unaided in shallow water using one basic method	Exploring and applying relaxation techniques and using them effectively
Develop and extend sequences with a partner in character that show relationships	Introduction to asymmetry	Introduce to rounders	Develop/combine passing and moving and passing and shooting	Introduce /develop relay: Running for speed in a team	Kick legs from the hip and identify when this needs improvements.	Performing balanced meditative poses
Developing characterisation	Application of learning of asymmetry / symmetry onto apparatus	Introduce catching	Introduce tagging	Throwing: Accuracy vs distance	Put face in water and blow bubbles	Using props to help us balance in our meditative poses
	Form and complete a sequence of movements	Introduce and apply overarm and underarm throwing	Introduce throwing with accuracy and catching	Introduce standing long Jump	Enter and exit water safely and remain safe around water.	
		Introduce and apply stopping the ball	Combine passing/moving to create attacking opportunities		Explain what dangers to identify around water	
		Striking a ball with intent	Develop moving, changing direction at speed			
			Introduce scoring and the concept of shooting			

FOCUS FIVE	I can speed up my running when necessary	I can hit a ball so that my partner can catch it	I can pass a ball (kicking) accurately to my partner	I can throw and catch a netball over a 3m distance	I can find a space in a game situation
-------------------	--	--	--	--	--

Year 4	Topics to be covered over the year: Football, Handball, Tag Rugby, Netball, Tennis, Cricket, Rounders, Athletics, Gym: Bridges, Swimming, House of Dance					
--------	---	--	--	--	--	--

Vocabulary	Bridge, change over, drag back, 'free', off side, pivot, try, barrier, ducking, footwork, forward pass, intercepting, out (tennis / cricket), transitionwi					
------------	--	--	--	--	--	--

Dance	Gym	Striking and Fielding	Games	Athletics	Swimming	Health and Well Being
Responding to stimuli working together	Introduction to bridges	Developing the forehand, introduce backhand and apply both in a game situation	Refine dribbling and turning (football)	Develop running at speed	Swim between 10m and 20m unaided in shallow water, using one basic method to achieve the distance.	Creating movements to help express ourselves and our emotions.
Developing and extending sequences with a partner in character that show relationships and interlinking dance moves	Application of bridge learning onto apparatus	Creating space to win a point using a race and applying the forehand and backhand creating space to win a point	Develop and then combine passing and moving to create an attack and score / shoot	Exploring our stride pattern	Use floats to swim longer distances with a more controlled leg kick.	Using mime to manage positive and negative emotions
Creating sequences in small groups that show character emotion	Develop and form sequences including completion with bridges	Develop fielding bowling with a backstop	Develop footwork (netball)	Exploring running at pace	Join in all swimming activities confidently	Using meditative poses to help control and manage our emotions
Exploring two contrasting Relationships and interlinking dance moves		Introduce batting; how and then develop batting; where and why	Develop passing and dribbling creating space and shooting where possible	Understand and apply tactics when running for distance	Put face under the water and blow bubbles (begin to do this whilst swimming).	
Sequences, relationships, choreography and performance		Introduce and apply basic fielding tactics	Develop defending in game situations	Javelin	Explore how to move in and under water.	
Creating movements that interconnect		Introduce bowling underarm	Refine passing and receiving	Standing Triple Jump	Recognise how swimming affects breathing.	
		Develop stopping, retrieving and returning the ball	Apply learning to 3v3 mini games		Identify and describe differences between different leg and arm actions.	
		Striking the ball at different angles and speeds	Refine passing and receiving		Understand water can be dangerous and repeat what to do when in difficulty.	

FOCUS FIVE	I can speed up my running when necessary	I can hit a ball so that my partner can catch it	I can pass a ball (kicking) accurately to my partner	I can throw and catch a netball over a 3m distance	I can find a space in a game situation
-------------------	--	--	--	--	--

Year 5	Topics to be covered over the year: Football, Dodgeball, Hockey, Netball, Tennis, Cricket, Rounders, Athletics, Gym: Counter Balances, Swimming, House of Dance					
---------------	--	--	--	--	--	--

Vocabulary	Wicket keeper, referee, six, volley, adapt, advantage, backstop, bye, canon, cardio vascular, formation, interconnecting, man to man marking, serve, block, centre line, counterbalance, flow, leg bye, no ball, goal side, matching, mirroring					
-------------------	---	--	--	--	--	--

Dance	Gym	Striking and Fielding	Games	Athletics	Swimming	Health and Well Being
Extending sequences with a partner using compositional principles	Introduction to Counter Balance	Refine batting, and bowling tactics and refine stopping, catching and throwing	Consolidate dribbling and passing to maintain possession to create space and scoring opportunities	Finishing a race	Swim between 10m and 20m unaided in shallow water, using one stroke.	Explore and understand cardio fitness
Create movements that represent different characters	Application of Counter Balance learning onto apparatus	Introduce umpiring and scoring	Refine passing/dribbling and receiving and shooting	Evaluating our performance	Begin to swim 10m-15m unaided using a second stroke.	Explore and understand flexibility fitness
Using a variety of concepts/relationships to change and develop our movements	Sequence formation	Understand what happens if the batter misses the ball	Consolidate catching, develop shooting skills and develop footwork	Sprinting: My personal best	Put face in water and breath correctly when swimming in one identifiable stroke.	Explore and understand strength fitness
Extending our performance incorporating props and apparatus	Counter Tension	Combine bowling, catching and throwing and fielding creating and applying tactics	Refine dribbling/passing to create attacking opportunities as well as shooting	Relay changeovers	Begin to explain how to keep safe whilst in water and what dangers should be identified	
Creating movement using improvisation where movement is reactive	Sequence completion	Introduce/develop the volley	Introduce blocking and develop defending by blocking and tackling	Shot Put	Use a float to aid their swimming and confidence in deeper water.	
		Controlling the game from the serve	Introduce officiating	Introducing the Hurdles	Use a float to develop leg and arm techniques.	
		Doubles, understanding and applying tactics to win a point	Understand where we throw and why we need to throw with accuracy and power			
		Develop and refine fielding tactics considering what player where and applying tactics in mini games	Refine attacking skills and defensive skills including transition from defence to attack and start to consider tactics in relation to attack and defence			

FOCUS FIVE	I can dribble around a defender	I can perform a short rally with my partner	I can prevent a ball from reaching an opponent	I can give three ways to warm myself up before sports activity	I know three tactics that may be helpful in a game situation
-------------------	---------------------------------	---	--	--	--

Year 6	Topics to be covered over the year: Netball, Basketball, Hockey, Tag Rugby, Tennis, Rounders, Athletics, Gym: Matching and Mirroring, House of Dance, Swimming					
---------------	---	--	--	--	--	--

Vocabulary		Circuit training, counter attack, false start, fitness, flexibility, improvisation, offside (tag rugby), personal best, shadowing, umpire, high press, knock on, outfielder, rebound, shoulder pass, unison, zonal marking				
Dance	Gym	Striking and Fielding	Games	Athletics	Swimming	Health and Well Being
Extend choreography through controlled movements, character emotion and expression	Introduction to matching/mirroring	Introduction to full rounders	Consolidate keeping possession	Running for speed competition	Swim 25m unaided in water using one basic method to achieve this distance.	Develop a secure understanding of cardio fitness
Performing with technical control and rhythm in a group	Application of matching/mirroring learning onto apparatus	Consolidate fielding tactics	Developing officiating	Running for distance competition	Use two different strokes swimming on both front and back.	Develop a secure understanding of flexibility fitness
Experiencing dance from a different culture	Sequence development	Refine our understanding of what happens if the batter misses or hits the ball backwards	Consolidate passing and moving	Throwing competition	Control breathing.	Develop a secure understanding of strength fitness
Chorographical elements including still imagery		Make batting considerations	Consolidate attacking and defending in mini games	Jumping competition	Swim confidently and fluently both on the surface and under the water.	
Creating rhythmic patterns using the body		Game application of skills e.g. mixed ability doubles, round robin games	Consolidate defending		Explain how to remain safe in water and what do if you or someone nearby gets into difficulty.	
			Create, understand and apply attacking/defending tactics in game situations			

FOCUS FIVE	I can follow a choreographed routine	I can strike a ball into a space to enable me to win a point	I can run with power and speed	I can find space in a game to give my team an attacking advantage	I can swim 25m
-------------------	--------------------------------------	--	--------------------------------	---	----------------