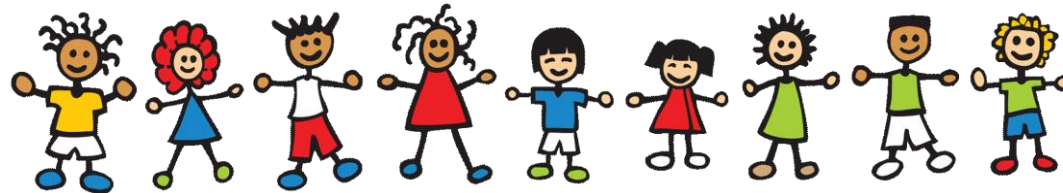


# St Paul's CE Primary School



# PE Progression Map





All that we do at St Paul's CE Primary School is firmly rooted in the biblical teachings of St Paul.

'Keep alert. Be firm in your faith. Stay brave and strong. Let all that you do be done in love.'  
1 Corinthians 16 13:14

It provides us with our school motto – 'Shine in the love of God' – it is reflected in our core values of:

Love,  
Friendship – Hope – Respect – Trust – Forgiveness.

This is what we base this policy and our curriculum on.



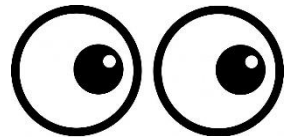
# St Paul's CE Primary School



# Our Curriculum

In everything we do, we

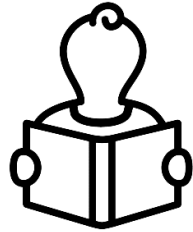
See it!



Say it!



Learn it!



Use it!

PE at St. Paul's CE Primary School - A progressive school curriculum to support the whole child in Physical Education

CONTENT

## I. RATIONALE

The Physical Education, School Sport and Physical Activity landscape is a complex environment. With many members of the school community and external organisations contributing to the development of children in this area, it is important for St. Paul's to have a systematic and progressive approach to the delivery of the subject.

With time being so precious it is essential that we are as efficient as possible with the allocated time we have. Good planning will support all staff delivering the subject.

Our starting point for this is to understand the difference between PE, School Sport and Physical Activity and whilst we aim to get children more active and less sedentary in all aspects of school life, this is to complement the delivery of PE and not to displace it.

We do face challenges in the delivery of PE whether it be enough space, facilities, weather, school plays etc. When designing this curriculum map, it is important that these factors are understood and not overlooked.

The following document has a focus on Physical Education and progression through the National Curriculum.

## 2. CURRICULUM MAP

To understand progression throughout school life, it is important that we know where we are progressing from and where we are going to. In PE we have traditionally split it into 8 different categories, Athletics, Dance, (fundamental) Games, Gymnastics, Invasion Games, Outdoor and Adventurous Activities, Net and Wall Games, Striking and Fielding Games. Through these categories we aim to support schools to develop the whole child. We look at three aspects of the child. The Association for PE (AfPE) looks at 3 aspects of development, described as 'Heads, Hands, Heart'.

- Head – Thinking
  - Decision making
  - Analytical – deep understanding
  - Confidence
  - Creativity
  
- Hands – Doing
  - Physical competence
  - Growth and development
  - Physical activity
  - Competition
  
- Heart – Behaviour
  - Being involved and engaged
  - Growing socially and emotionally
  - Building character and values
  - Leading a healthy active lifestyle

## 2.1 My Personal Best

To support the whole child approach, The Youth Sports Trust have developed a product called My Personal Best. This programme supports children to develop as a whole progressively and uses a life skills approach to teaching PE. It supports every child to flourish and to achieve their personal best in PE, in school and life.

At KS1 the focus is on giving pupils a strong foundation

At lower KS2 the scheme promotes core Strengths. Support pupils' personal growth.

At upper KS2 the pupils develop their performance Skills and enable pupils to act independently.

## 3. PROGRESSION STATEMENTS PER CATEGORY

Looking at each of the 8 threads we want to create a bank of statements which show a clear development year by year. These learning outcomes can be used to support the school community to understand to development of a child through PE. We consulted with 9 primary school subject leads to decide what statements would be fit for purpose for each stage of a child's progression in PE. Below are the suggested outcomes for each of the categories.

# Athletics

## National Curriculum Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

## National Curriculum Statement:

Key Stage 1	Key Stage 2				
Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.	Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.				
<b>Objectives:</b>					
Key Stage 1	Lower Key Stage 2		Upper Key Stage 2		
Develop fundamental movement skills, becoming increasingly competent and confident, and access a broad range of activities to extend their agility, balance and coordination;	Become increasingly competent and confident, and access a broad range of opportunities to extend their agility, Balance and coordination		Develop an understanding of how to improve in different physical activities and sports, and learn how to evaluate and recognise their own success		
Learning Outcomes:					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Be able to evaluate their performance using time;</p> <p>Know and understand quicker and slower ways of travelling;</p> <p>Develop fundamental movement skills. E.g. hopping, skipping...;</p> <p>Engage in competitive and cooperative physical activities in a range of increasingly challenging situations;</p>	<p>Be able to attempt a variety of throwing techniques in order to improve accuracy;</p> <p>Know and understand how the position of the body affects throwing performance;</p> <p>Develop fundamental movement skills, becoming increasingly competent and confident, and access a broad range of activities to extend their agility, balance and coordination;</p> <p>Engage in competitive and cooperative physical Activities in a</p>	<p>Run at fast, medium and slow speeds, changing speed and direction;</p> <p>Be able to run, jump and throw using a variety of techniques</p> <p>Know and understand how altering the movement of any parts of the body during performance affects end results</p> <p>Learn to use skills in different ways and link them to make actions</p>	<p>Link running and jumping activities with some fluency, control and consistency;</p> <p>Make up and repeat a short sequence of linked jumps;</p> <p>Take part in a relay activity, remembering when to run and what to do;</p> <p>Throw a variety of objects, changing their action for accuracy and distance;</p>	<p>Understand and demonstrate the difference between sprinting and running for sustained periods;</p> <p>Know and demonstrate a range of throwing techniques;</p> <p>Throw with some accuracy and power into a target area;</p> <p>Perform a range of jumps, showing consistent technique and sometimes using a short run-up;</p>	<p>Choose the best pace for a running event, so that they can sustain their running and improve on a personal target;</p> <p>Show control at take-off in jumping activities;</p> <p>Show accuracy and good technique when throwing for distance;</p> <p>Organise and manage an athletic event well;</p> <p>Understand how stamina and power help people to perform</p>

	<p>range of increasingly challenging situations;</p> <p>Be able to perform 1:2, 2:2, 2:1 and 1:1 jumps</p> <p>Know and understand how different jumping techniques affect distance travelled;</p>	<p>Develop an understanding of how to improve in different physical activities</p>	<p>Recognize when their heart rate, temperature and breathing rate have changed</p>	<p>Play different roles in small groups;</p> <p>Relate different types of activity to different heart rates and body temperatures, and use some of these activities when warming up;</p> <p>Compare and contrast performances using appropriate language</p>	<p>well in different athletic activities;</p> <p>Identify good athletic performance and explain why it is good, using agreed criteria</p>
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## Dance

### National Curriculum Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

### National Curriculum:

Key Stage 1	Key Stage 2
<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p>	<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p>

### Objectives:

Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
<p>Be able to link and perform a series of movements based on an imaginary character;</p> <p>Develop fundamental movement skills, becoming increasingly competent and confident, and access a broad range of opportunities to extend agility, balance and coordination;</p>	<p>Know and understand how to maximise personalities by making powerful face and body movement changes;</p> <p>Become increasingly competent and confident, and access a broad range of opportunities to extend agility, balance and coordination;</p> <p>Continue to apply and 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>Continue to apply and 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>Become more competent, confident and expert in techniques, and understand what makes a performance effective and how to apply these principles to their own and others work;</p>

### Learning Outcomes:

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Perform basic body actions;</p> <p>Use different parts of the body singly and in combination;</p>	<p>Perform body actions with control and coordination;</p> <p>Choose movements with different dynamic qualities to make a dance</p>	<p>Improvise freely, translating ideas from a stimulus into movement;</p> <p>Create dance phrases that communicate ideas;</p>	<p>Respond imaginatively to a range of stimuli related to character and narrative;</p> <p>Use simple motifs and movement patterns to structure dance phrases</p>	<p>Compose motifs and plan dances creatively and collaboratively in groups;</p> <p>Adapt and refine the way they use weight, space and rhythm in their</p>	<p>Work creatively and imaginatively on their own, with a partner and in a group to compose motifs and structure simple dances;</p>

<p>Show some sense of dynamic, expressive and rhythmic qualities in their own dance;</p> <p>Choose appropriate movements for different dance ideas;</p> <p>Remember and repeat short dance phrases and simple dances;</p> <p>Move with control;</p> <p>Vary the way they use space;</p> <p>Describe basic body actions and simple expressive and dynamic qualities of movement</p>	<p>phrase that expresses an idea, mood or feeling;</p> <p>Link actions;</p> <p>Remember and repeat dance phrases;</p> <p>Perform short dances, showing an understanding of expressive qualities;</p> <p>Describe how dancing affects their body;</p> <p>Know why it is important to be active;</p> <p>Suggest ways they could improve their work;</p> <p>Be able to link and perform a series of Movements based on imaginary characters</p>	<p>Share and create dance phrases with a partner and in a small group;</p> <p>Repeat, remember and perform these phrases in a dance;</p> <p>Use dynamic, rhythmic and expressive qualities clearly and with control;</p> <p>Understand the importance of warming up and cooling down;</p> <p>Recognise and talk about the movements used and the Expressive qualities of dance;</p> <p>Suggest improvements to their own and other people's dances</p>	<p>on their own, with a partner and in a group;</p> <p>Refine, repeat and remember dance phrases and dances;</p> <p>Per-form dances clearly and fluently;</p> <p>Show sensitivity to the dance idea and the accompaniment;</p> <p>Show a clear understanding of how to warm up and cool down safely;</p> <p>Describe, interpret and evaluate dance,</p> <p>Using appropriate language</p>	<p>dances to express themselves in the style of dance they use;</p> <p>Perform different styles of dance clearly and fluently;</p> <p>Organise their own warm-up and cool-down exercises;</p> <p>Show an understanding of safe exercising;</p> <p>Recognise and comment on dances, showing an understanding of style;</p> <p>Suggest ways to improve their own and other people's work</p>	<p>Perform to an accompaniment expressively and sensitively;</p> <p>Perform dances fluently and with control;</p> <p>Warm up and cool down independently;</p> <p>Understand how dance helps to keep them healthy;</p> <p>Use appropriate criteria to evaluate and refine their own and others' work;</p> <p>Talk about dance with understanding, using appropriate Language and terminology</p>
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## Fundamentals (Games)

### Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

### National Curriculum:

#### Key Stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

#### Key Stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

### Objectives:

#### Key Stage 1

Develop fundamental movement skills, becoming increasingly competent and confident;

Access a broad range of opportunities to extend their agility, balance and coordination, individually and with others;

Engage in competitive and cooperative physical activities in a range of increasingly challenging situations.

#### Lower Key Stage 2

#### Upper Key Stage 2

### Learning Outcomes:

#### Year 1

Use basic underarm, rolling and hitting skills;

Sometimes use overarm skills e.g. throwing a bean bag;

#### Year 2

Show awareness of opponents and team-mates when playing games;

Perform basic skills of rolling, striking and kicking with more confidence;

Apply these skills in a variety of simple games;

#### Year 3

#### Year 4

#### Year 5

#### Year 6

<p>Intercept, retrieve and stop a beanbag and a medium-sized ball with some consistency;</p> <p>Sometimes catch a beanbag and a medium-sized ball;</p> <p>Track balls and other equipment sent to them, moving in line with the ball to collect it;</p> <p>Throw, hit and kick a ball in a variety of ways, depending on The needs of the game;</p> <p>Choose different ways of hitting, throwing, striking or kicking the ball;</p> <p>Decide where to stand to make it difficult for their opponent and to understand the term defend;</p> <p>Describe what they and others are doing;</p> <p>Describe how their body feels during games</p>	<p>Be able to throw and catch a ball with a team member;</p> <p>Know and understand the term intercept;</p> <p>Make choices about appropriate targets, space and equipment;</p> <p>Use a variety of simple tactics;</p> <p>Describe how their bodies work and feel when playing games;</p> <p>Work well with a partner and in a small group to improve their skills;</p> <p>Be able to catch a moving ball</p> <p>Know and understand the term 'feed'</p> <p>Be aware of space and use it to support team-mates and cause problems for the opposition;</p>				
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## Gymnastics

### Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

### National Curriculum:

Key Stage 1	Key Stage 2
<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p>	<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p>

### Objectives:

Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
<p>Develop core movement, become increasingly competent and confident, and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.</p>	<p>Continue to implement and develop a broader range of skills, learning how to use them in different ways and link them to make actions and sequences of movement</p>	<p>Continue to implement and develop a broader range of skills, learning how to use them in different ways and link them to make actions and sequence of movements;</p> <p>Enjoy communicating and collaborating;</p>

### Learning Outcomes:

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Show basic control and coordination when travelling and when remaining still;</p>	<p>Plan and repeat simple sequences of actions; show contrasts in shape;</p>	<p>Use a greater number of their own ideas for movements in response to a task;</p>	<p>Perform actions, balances, body shapes and agilities with control;</p> <p>Plan, perform and repeat longer sequences that include changes of</p>	<p>Create, practise and refine longer, more complex sequences for a performance, including changes in level, direction and speed;</p>	<p>Make up longer, more complex sequences, including changes of direction, level and speed;</p>

<p>Choose and link 'like' actions;</p> <p>Remember and repeat these actions accurately and consistently;</p> <p>Find and use space safely, with an awareness of others;</p> <p>Identify and copy the basic actions of gymnasts;</p> <p>Use words such as rolling, travelling, balancing, climbing;</p> <p>Make their body tense, relaxed, stretched and curled;</p> <p>Describe what they do in their movement phrases</p>	<p>Perform a sequence that shows clear change of speed;</p> <p>Perform the basic gymnastic actions with coordination, control and variety;</p> <p>Recognise and describe how they feel after exercise;</p> <p>Describe what their bodies feel like during gymnastic activity;</p> <p>Describe what they and others have done;</p> <p>Say why they think gymnastic actions are being performed well</p> <p>Be able to perform a sequence that flows;</p>	<p>Choose and plan sequences of contrasting actions;</p> <p>Adapt sequences to suit different types of apparatus and their partner's ability;</p> <p>Explain how strength and suppleness affect performance;</p> <p>Compare and contrast gymnastic sequences, commenting on Similarities and differences;</p> <p>With help, recognise how performances could be improved;</p> <p>Be able to perform a sequence in time with a partner;</p> <p>Know and understand to teach a sequence to a partner;</p> <p>Suggest warm-up activities;</p>	<p>speed and level, clear shapes and quality of movement;</p> <p>Adapt their own movements to include a partner in a sequence;</p> <p>Understand that strength and suppleness can be improved;</p> <p>Recognise criteria that lead to improvement, <i>e.g. changing a level</i>; watch, describe and suggest possible improvements to others' performances;</p> <p>Suggest improvements to their own performance</p> <p>Be able to perform a sequence following a pathway, in time with a partner;</p> <p>Know and understand how to sequence movements that move people together and apart</p> <p>lead a partner through short warm-up routines;</p>	<p>Choose actions, body shapes and balances from a wider range of themes and ideas;</p> <p>Adapt their performance to the demands of a task, using their knowledge of composition;</p> <p>Use basic set criteria to make simple judgements about performances and Suggest ways they could be improved</p> <p>Be able to link and perform multiple sequential elements <i>e.g.</i> up to 8</p> <p>understand the need for warming up and working on body strength, tone and flexibility;</p> <p>Lead small groups in warm-up activities;</p>	<p>Develop their own solutions to a task by choosing and applying a range of compositional principles;</p> <p>Combine and perform gymnastic actions, shapes and balances;</p> <p>Show clarity, fluency, accuracy and consistency in their movements;</p> <p>Say, in simple terms, why activity is good for their health, fitness and wellbeing;</p> <p>Show an awareness of factors influencing the quality of a performance and suggest aspects that need improving</p> <p>Be able to link at 3 different levels;</p> <p>Know and understand how to perform at different levels;</p> <p>Be able to link and perform multiple sequential elements <i>e.g.</i> up to 10</p> <p>Be able to adapt an individual sequence to become a group sequence;</p> <p>Understand the importance of warming up and cooling down;</p>
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## Invasion Games

### Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

### National Curriculum:

#### Key Stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

#### Key Stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

### Objectives:

#### Key Stage 1

#### Lower Key Stage 2

#### Upper Key Stage 2

Continue to develop fundamental movement skills and become increasingly confident and competent;

Apply a broader range of skills, learning how to use them in different ways

Be able to engage in competitive and cooperative physical activities in a range of increasingly challenging situations, and enjoy communicating, collaborating and competing with each other;

Apply and develop a broader range of skills, using them in different ways and linking them to make actions and sequences of movement;

Develop an understanding of how to improve in different physical activities and sports, and learn how to evaluate and recognise their own success;

Further develop and understand resilience and fairness in sports;

### Learning Outcomes:

#### Year 1

#### Year 2

#### Year 3

#### Year 4

#### Year 5

#### Year 6

Throw and catch with control to keep possession and score 'goals';

Pass and dribble with control without opponent;

Play games with some fluency and accuracy, using a range of throwing and catching techniques;

Pass and dribble with control under pressure;

Pass, dribble and shoot with control in games;

Identify and use tactics to help their team keep the ball and take it towards the opposition's goal;

Use different techniques for passing, controlling, dribbling and shooting the ball in games;

Apply basic principles of team play to keep possession of the ball; use marking, tackling and/or

		<p>Be able to bounce the ball in the direction of a target;</p> <p>Know and use rules fairly to keep games going;</p> <p>Say when a player has moved to help others;</p> <p>Apply this knowledge to their own play</p> <p>Suggest warm-up activities;</p>	<p>Find ways of attacking successfully when using other skills;</p> <p>Use a variety of simple tactics for attacking well, keeping possession of the ball as a team, and getting into positions to score;</p> <p>Know the rules of the games;</p> <p>Understand that they need to defend as well as attack;</p> <p>Understand how strength, stamina and speed can be improved by playing invasion games;</p> <p>Watch and describe others' performances, as well as their own, and suggest practices that will help them and others to play better</p> <p>Be able to move to the correct position in order to attempt to score;</p> <p>Lead a partner through short warm-up routines;</p>	<p>Identify tactics that present opportunities to score goals</p> <p>Mark opponents and help each other in defence;</p> <p>Pick out things that could be improved in Performances and suggest ideas and practices to make them better</p> <p>To develop their own game and to be able to agree and teach the rules of it;</p> <p>Know how to make games safe;</p> <p>Be able to attempt to intercept</p> <p>Be able to participate in small sided game e.g. 5 a-side</p> <p>Understand the need for warming up and working on body strength, tone and flexibility;</p> <p>Lead small groups in warm-up activities;</p>	<p>interception to improve their defence;</p> <p>Play effectively as part of a team;</p> <p>Know what position they are playing in and how to contribute when attacking and defending;</p> <p>Recognise their own and others' strengths and weaknesses in games;</p> <p>Suggest ideas that will improve performance</p> <p>Be able to describe an attacking position and a defending position within a game situation;</p> <p>Know and understand positions that help attacking and defending positions within a game;</p> <p>Understand the importance of warming up and cooling down;</p>
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## Net and Wall Games

### Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

### National Curriculum:

Key Stage 1	Key Stage 2
Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.	Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Objectives:		
Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
<p>Develop fundamental movement skills, becoming increasingly competent and confident;</p> <p>Access a broad range of opportunities to extend their agility, balance and coordination, individually and with others;</p> <p>Engage in competitive and cooperative physical activities in a range of increasingly challenging situations.</p>	<p>Know and understand how to position themselves to make defending an area easier;</p> <p>Continue to develop fundamental movement skills and become increasingly confident and competent;</p> <p>Apply and develop a broader range of skills, learning how to use them in different ways</p> <p>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>Continue to apply and develop a broader range of skills, learning how to use them in different ways</p> <p>Enjoy communicating, collaborating and competing with each other;</p> <p>Develop an understanding of how to improve in different physical activities and sports, and learn how to evaluate and recognise their own success;</p>

Learning Outcomes:					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Able to send an object with increased confidence using hand or bat;</p> <p>Moves towards a moving ball to return with hand or bat;</p> <p>Scores points against opposition over a line/net;</p>	<p>Demonstrates basic sending skills in isolation and small games;</p> <p>Tracks the path of ball over a line/net and move towards it;</p> <p>Hits a ball using both hand and racquet with some consistency;</p> <p>Returns a ball coming towards them using hand or racquet;</p>	<p>Attempts to serve to begin a game. E.g. underarm;</p> <p>Plays a continuous game using: throwing and catching or some simple hitting;</p> <p>Keeps count/score of a game;</p> <p>Can play within boundaries;</p>	<p>Explores shots on both sides of the body and attempt with confidence; introduction of forehand and backhand</p> <p>Uses a small range of racquet/hand skills;</p> <p>Works with a partner / small groups to return a served ball;</p>	<p>Plays a range of basic shots on both sides of the body, move feet to hit ball;</p> <p>Plays modified games sending and returning a ball;</p> <p>Plays with others with some flow to the game, keeping track of their own scores;</p>	<p>Uses forehand, backhand and overhead shots with more confidence in games;</p> <p>Makes appropriate choices in games about the best shot to use;</p> <p>Starts games with the appropriate serve;</p> <p>Begins to use full scoring systems;</p>

<p>Selects and applies skills to win points;</p> <p>Chases, stops and controls balls and other objects such as beanbags and hoops;</p> <p>Identifies space to send a ball; Be able to send an object in isolation;</p> <p>Moves towards a moving ball to return it with hand or bat;</p> <p>Be able to demonstrate basic sending skills in isolation;</p>	<p>Plays in a modified game send and returning the ball over a line/barrier;</p> <p>Decides on and play with dominant hand;</p> <p>Be able to send a ball in small games with increased confidence;</p> <p>Tracks the path of a ball over a line/net and moves towards it;</p> <p>Be able to demonstrate sending skills in isolation and basic games;</p>	<p>Uses a small range of basic racquet skills;</p> <p>Moves towards a ball to return over a line/net;</p> <p>Plays over a net;</p> <p>Suggest warm-up activities;</p>	<p>Plays competitively with others and against others in modified games;</p> <p>Uses basic defensive tactics to defend the court i.e. moving to different positions on the court;</p> <p>Chooses ways to send the ball to make it difficult for opponent to return;</p> <p>Suggests and lead warm ups that prepare the body appropriately for net/wall activities;</p> <p>Enjoy communicating, collaborating and competing with each other;</p> <p>Lead a partner through short warm-up routines;</p>	<p>Recognises where they should stand on the court when playing on their own and with others;</p> <p>Applies some control when returning the ball including foot placement, shot selection and aim;</p> <p>Be able to describe their scoring system;</p> <p>Understand the need for warming up and working on body strength, tone and flexibility;</p> <p>Lead small groups in warm-up activities;</p>	<p>Develops doubles play (team play for volleyball);</p> <p>Applies tactics in games effectively;</p> <p>Understand the importance of warming up and cooling down;</p>
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## Outdoor and Adventurous Games

### Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

### National Curriculum:

Key Stage 1	Key Stage 2
Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.	Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

### Objectives:

Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
	<p>Enjoy communicating, collaborating and competing in physical activities in a range of increasingly challenging situations;</p> <p>Start to develop an understanding of how to improve in different activities, and learn how to evaluate and recognise their own success;</p> <p>Become increasingly competent in a range of skills, and access a broad range of activities;</p> <p>Apply and develop these skills, learning to use them in different ways</p>	<p>Continue to apply and develop a broader range of skills, learning how to use them in different ways;</p> <p>Enjoy communicating, collaborating and competing with each other.</p> <p>Develop an understanding of how to improve in different physical activities and sports, and learn how to evaluate and recognise their own success;</p>

### Learning Outcomes:

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
			<p>Identify where they are by using simple plans and diagrams of familiar environments;</p> <p>Use simple plans and diagrams to help them follow a short trail and go from one place to another;</p>	<p>Use maps and diagrams to orientate themselves and to travel around a simple course;</p> <p>Start to plan sensible responses to physical challenges or problems, talking and working with others in their group;</p>	<p>Choose and perform skills and strategies effectively;</p> <p>Find solutions to problems and challenges;</p>

			<p>Respond to a challenge or problem they are set;</p> <p>Begin to work and behave safely;</p> <p>Work increasingly cooperatively with others, discussing how to follow trails and solve problems;</p> <p>Recognise that different tasks make their body work in different ways;</p> <p>Comment on how they went about tackling tasks</p> <p>Be able to devise different methods of communication;</p> <p>Comment on how they went about tackling tasks</p>	<p>Recognise some of the physical demands that activities make on them;</p> <p>Identify parts of the work that were successful;</p> <p>Respond to feedback on how to go about their work differently</p> <p>Respond to feedback on how to go about their work differently</p> <p>Work on some tasks independently</p> <p>Complete activities with increasing confidence</p>	<p>Respond when the task or environment changes and the challenge increases;</p> <p>Plan, implement and refine the strategies they use;</p> <p>Adapt the strategies as necessary;</p> <p>Work increasingly well in a group or in a team where roles and responsibilities are understood;</p> <p>Prepare physically and organisationally for challenges they are set, taking into account the group's safety;</p> <p>Identify what they do well, as individuals and as a group;</p> <p>Suggest ways to improve individuals and as a group</p> <p>Work independently</p> <p>Complete activities with confidence and competence</p>
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## Striking and Fielding Games

### Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

### National Curriculum:

Key Stage 1	Key Stage 2
Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.	Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

### Objectives:

Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
	<p>Apply and develop a broader range of skills, learning how to use them in different ways;</p> <p>Be able to engage in competitive and cooperative physical activities in a range of increasingly challenging situations, and enjoying communicating and collaborating and competing with each other;</p> <p>Start to develop and understand how to improve, and learn to evaluate and recognise their own success;</p>	<p>Continue to develop fundamental movement skills and become increasingly competent and confident;</p> <p>To know and understand the tactics in a range of striking and fielding games. E.g. in cricket multiple fielders attempt to stop the batter's play;</p> <p>Apply and develop a broader range of skills, learning how to use them in different ways;</p> <p>Be able to engage in competitive and cooperative activities in a range of increasingly challenging situations, and enjoying communicating, collaborating and competing with each other;</p>

### Learning Outcomes:

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
		Use a range of skills, e.g. throwing, striking, intercepting and stopping a ball, with some control and accuracy;	Use a range of skills, e.g. throwing, striking, intercepting and stopping a ball, with good control and accuracy;	Strike a bowled ball with some accuracy; use a range of fielding skills, e.g. catching, throwing,	Strike a bowled ball with precision ball; use a range of fielding skills, e.g. catching, throwing,

		<p>Continue to develop fundamental movement skills and become increasingly competent and confident;</p> <p>To understand the need for tactics;</p> <p>To be able to pass and catch within pairs;</p> <p>Know and understand rules of the game;</p> <p>Set up small games;</p> <p>Explain what they need to do to get ready to play games;</p> <p>Suggest what needs practising;</p> <p>Know and understand how hitting the ball further increases the chances of running further distances;</p> <p>Suggest warm-up activities;</p>	<p>Choose and vary skills and tactics to suit the situation in a game;</p> <p>Carry out tactics successfully;</p> <p>To be able to pass and catch within a small team;</p> <p>Know rules and use them fairly to keep games going;</p> <p>Carry out warm ups with care and an awareness of what is happening to their bodies;</p> <p>Describe what they and others do that is successful;</p> <p>Be able to bat and run to distance bases;</p> <p>Lead a partner through short warm-up routines;</p>	<p><i>bowling, intercepting</i>, with growing control and consistency;</p> <p>Work collaboratively in pairs, group activities and small-sided games;</p> <p>Use and apply the basic rules consistently and fairly;</p> <p>Recognise the activities and exercises that need including in a warm up;</p> <p>Identify their own strengths and suggest practices to help them improve;</p> <p>Know and understand how to score points;</p> <p>Start to develop an understanding of how to improve, and learn to evaluate and recognise their own success;</p> <p>Be able to score points by hitting a ball and running safely to the target;</p> <p>Know that it is advantageous to attempt to strike a batter 'out';</p>	<p><i>bowling, intercepting</i>, with growing control and consistency;</p> <p>Continue to work collaboratively in pairs, group activities and small-sided games;</p> <p>Continue to use and apply the basic rules consistently and fairly;</p> <p>Understand and implement a range of tactics in games with success;</p> <p>Deliver a specific warm up to a small group of peers;</p> <p>Identify their own and others strengths and suggest practices to help them improve;</p> <p>Understand the importance of warming up and cooling down;</p>
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				<p>Understand the need for warming up and working on body strength, tone and flexibility;</p> <p>Lead small groups in warm-up activities;</p>	
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# Vocabulary

	Y1	Y2	Y3	Y4	Y5	Y6
<b>Games</b>	Avoiding; Tracking a ball; Rolling; Striking; Overarm throwing; Bouncing;  Catching; Free space; Own space; Opposite team	Rebound; Tracking; Following the movement of a ball; Aiming; Speed; Direction; Passing;  Controlling; Shooting; Scoring;				
<b>Dance</b>	Travel; Stillness; Gallop; Skip; Jump; Hop; Bounce; Spring; Turn; Spin; Freeze; Statue; Direction; Forwards; Backwards; Sideways; Space; Near; Far; In and out; On the spot; Beginning; Middle; End; Mood; Feelings; Jolly; Stormy; Fast; Strong; Gentle	Stimulus; High; Medium; Low; Direction; Pathways; Curved; Zigzag; Happy; Angry; Calm; Excited; Sad; Lonely; Tired; Hot; Sweaty; Heart rate; Warm up; Cool down	Dynamics; Space; Relationships; Square; Circle; Line; Partner; Copy; Follow; Lead; Unison; Canon; Repeat; Structure; Motif; Improvisation; Explore	Character; Narrative; Costume; Props; Describe; Analyse; Interpret; Evaluate; Communication; Gesture; Unison;  Canon; Repetition; Action; Reaction;  Question and answer; Myth; Legend; Mobilise joints; Diet	Dance style; Technique; Formation; Pattern; Gesture; Rhythm; Haka; Motif; Variation	Style; High energy; Fast footwork; Contact work; Lean; Push; Pull; Lift; Unison; Canon; Lindy Hop; Scarecrow; Frog; Stamina
<b>Gymnastics</b>	Jump; Land; Rock; Roll; Grip; Hang; Push; Pull; Bounce; Hop; Skip; Step; Spring; Crawl; Slide; Speed; Stop; Still; Slowly; Shape; Tall; Long; Wide; Narrow; Up; Down; Forwards; Level; High; Low; Zigzag; Straight; Feet; Hands; Toes; Heels;  Knees; Head; Elbows; Bottom; Back; Tummies; Along; Around; Across; On; Off; Over; Under; Through; Tension; Extension; Relaxation	Hang; Swing; Sequence; Copy; Upside-down; Take off; Smooth; Quarter-turn; Fast; Shape; Twisted; Curled; Wide; Narrow; Medium; Backwards; Sideways; Zigzag; Angular; Legs; Arms; Hips; Fingers; Shoulders; Tummy; Sides; Under; Through; Towards; In front; Behind; Over	Inverted; Contrasting;  Flow; Combinations; Half-turn; Sustained; Explosive;	Rotation; 90°; 180°; 270°; Spinning; Axis; Strength; Suppleness; Stamina; Combine; Approaching; Leaving; Height; Inversion; Against; Towards; Away; Across; Balance	Asymmetry; Symmetry; Display; Matching;  Flight; Feet apart; Feet together; Crouch; Inclined	Counterbalance; Counter-tension; Tension; Obstacle; Straddle over; Aesthetic; Judgement
<b>Athletics</b>				Run; Catch; Hop; Skip; Step; Sideways; Forwards; Backwards; Throw; High; Low; Far; Near; Straight; Aim; Drop; Bounce; Fast; Medium; Slow; Safely	Sprint; Jog; Pace; Steady; Fast; Medium; Slow; Sling; Push; Pull; Power; Stamina; Speed; Safety; Relay; Time; Measure; Record;	Race; Run-up; Position of feet on last stride; Pacing; Stamina; Strength; Speed; Power; Suppleness; Safety; Rules; Relay take-over area; Time; Measure; Record; Set targets



OAA				Listen; Explore, Plan and do; Maps; Diagrams; Pictures; Symbols; Follow a trail; Seek and find; Challenges; problem solving; Plan, do and talk	Maps; Diagrams; Symbols; Scale;  Orienteering; Controls; Challenges; Problem solving; Plan alone; Plan in pairs; Groups; Try; Review	Maps; Diagrams; Orienteering; Planning a journey; Challenges; Problem solving; Plan; Strategies; Try review try again; Improve; Talk about; Agree good ways of working; Team work; Collaborate; Roles and responsibilities
Invasion games			Keeping possession; Keeping the ball; Scoring goals; Keeping the score; Making space; Pass; Send and receive; Dribble; Travel with the ball; Back up; Support partners	Keep; Keep control; Make and use space; Support; Pass; Points; Goals; Rules; Tactics	Passing; Dribbling; Shooting; Shielding the ball; Width; Depth; Support; Marking; Covering	Possession; Repossession; Attackers; Defenders; Marking; Covering; Supporting; Team play; Team positions
Striking and Fielding			Batting; Fielding; Bowler; Wicket; Tee; Base; Boundary; Innings; Rounder; Backstop; Score		Stance; Crease; Batting point; Non-striker; Leg-side; Offside; Home base; Pitch; Over; Innings	
Net / Wall games			Court; Target; Net; Striking; Hitting; Defending; Making it difficult for the opponent; Tactics; Scoring points		Forehand; Backhand; Volley; Overhead; Rally; Singles; Doubles; Width; Depth; Changing direction; Changing speed; Short tennis; Badminton; Defending court; Covering court; Partner	