

| Year 1                   |  |  |   |
|--------------------------|--|--|---|
| Concept                  | Autumn   | Spring   | Summer  |
| Master Physical Movement | Movement <ul style="list-style-type: none"> <li>- create simple movement patterns.</li> <li>- moving through space.</li> <li>- applying different speeds of movement.</li> <li>- create a movement pathway</li> </ul>  | Dance <ul style="list-style-type: none"> <li>- to improvise and create movements to the beat</li> <li>- to practise turns, jumps and glides</li> </ul>   | Competitive games <ul style="list-style-type: none"> <li>- to begin to understand attacking and defending skills.</li> <li>- be aware of the space</li> </ul> |
|                          | Gymnastics <ul style="list-style-type: none"> <li>- to master balancing skills.</li> <li>- to master co-ordination in order to carry out movements.</li> </ul>   | Games <ul style="list-style-type: none"> <li>- to travel with a ball</li> <li>- to roll a ball</li> <li>- to throw a ball</li> <li>- to bounce a ball</li> </ul>                                   | Circuit training to master basic movement skills including running and jumping.   |
| Teamwork                 |  | Dance <ul style="list-style-type: none"> <li>- to work in partners/ small groups to</li> </ul>   | Competitive games <ul style="list-style-type: none"> <li>- to participate in team games.</li> <li>- to include team members by passing the</li> </ul>         |
|                          |  | Games <ul style="list-style-type: none"> <li>- to work with a partner to develop ball skills.</li> </ul>   |   |
| Personal Best            | Gymnastics <ul style="list-style-type: none"> <li>- to create a range of different jumps and master them to show improvement.</li> </ul>   | Games <ul style="list-style-type: none"> <li>- to set a personal target to achieve.</li> </ul>   | Competitive games <ul style="list-style-type: none"> <li>- to set a target within a game to achieve.</li> </ul>   |
| Perform                  | Movement- <ul style="list-style-type: none"> <li>- to perform a movement pathway travelling through space to an audience.</li> </ul> Gymnastics <ul style="list-style-type: none"> <li>- to perform a sequence of movement that includes balance and co-ordination.</li> </ul> | Dance <ul style="list-style-type: none"> <li>- to perform movements in cannon.</li> <li>- to perform movements in unison.</li> <li>- To perform a sequence of turns and jumps to music.</li> </ul> |   |

| Year 2                          |   |  |   |
|---------------------------------|---|--|---|
| Concept                         | Autumn  | Spring   | Summer  |
| <b>Master Physical Movement</b> | <p>Football skills</p> <ul style="list-style-type: none"> <li>- to begin to dribble with a ball</li> <li>- to begin to pass the ball with control whilst kicking it</li> </ul> <p>Dance</p> <ul style="list-style-type: none"> <li>- to include different speeds of movement</li> <li>- to learn a sequence of movement</li> <li>- to listen to the rhythm and move to the beat.</li> </ul> | <p>Gymnastics</p> <ul style="list-style-type: none"> <li>- to master balance and co-ordination skills</li> <li>- to balance on one leg</li> <li>- to incorporate different levels of movement</li> <li>- to balance using different body parts.</li> </ul> <p>Games</p> <ul style="list-style-type: none"> <li>- develop skills of throwing and catching</li> <li>- develop skills of dribbling</li> <li>- do learn new ball skills including, bouncing, shooting and passing</li> </ul> | <p>Competitive games</p> <ul style="list-style-type: none"> <li>- to develop attacking and defending skills</li> <li>- to continue to practise intercepting the ball</li> </ul> <p>Circuit training</p> <ul style="list-style-type: none"> <li>- to master movement skills</li> <li>- to improve running, jumping and moving within a set time</li> </ul> |
| <b>Teamwork</b>                 | <p>Football skills</p> <ul style="list-style-type: none"> <li>- to work as part of a team to master kicking and dribbling with a ball</li> </ul> <p>Dance</p> <ul style="list-style-type: none"> <li>- to wok together to create some movement patterns</li> </ul>  | <p>Games</p> <ul style="list-style-type: none"> <li>- to work in a team of 4</li> <li>- working together to win a competitive game</li> <li>- passing to players on team</li> </ul>  | <p>Competitive games</p> <ul style="list-style-type: none"> <li>- throwing and catching within a team</li> <li>- to look out for players within the team and make a pass</li> </ul>   |
| <b>Personal Best</b>            |   | <p>Gymnastics</p> <ul style="list-style-type: none"> <li>- to work on improving balance and co-ordination skills</li> </ul>  | <p>Competitive games</p> <ul style="list-style-type: none"> <li>- to continue to improve throwing and catching to achieve a personal best</li> </ul> <p>Circuit training</p> <ul style="list-style-type: none"> <li>- to master movement skills within a reasonable time.</li> <li>- to set a target and achieve it</li> </ul>                            |
| <b>Perform</b>                  | <p>Dance</p> <ul style="list-style-type: none"> <li>- to perform a routine incorporating simple movement patterns</li> <li>- to rehearse movements ready to perform</li> </ul>  | <p>Gymnastics</p> <ul style="list-style-type: none"> <li>- to perform a sequence of jumps</li> <li>- to perform different balances</li> </ul>  |   |

| Year 3                          |  |  |  |
|---------------------------------|--|--|--|
| Concept                         | Autumn   | Spring   | Summer   |
| <b>Master Physical Movement</b> | <p>Football</p> <ul style="list-style-type: none"> <li>- to further football skills with technique and control</li> <li>- to be able to dribble</li> <li>- to be able to pass the ball</li> <li>- to begin to understand attacking and defending skills within a football match</li> <li>- to include speed when using the ball</li> </ul> <p>Dance</p> <ul style="list-style-type: none"> <li>- incorporate different levels of movement</li> <li>- learn a sequence of movement applying it to music</li> <li>- to be able to control movement</li> <li>- to be able to link movements together to create a sequence</li> <li>- to use different speeds of movement</li> </ul> | <p>Gymnastics</p> <ul style="list-style-type: none"> <li>- to master balance and co-ordination skills on equipment</li> <li>- to balance on one leg for a longer period of time</li> <li>- to incorporate different levels of movement</li> <li>- to balance using different body parts</li> <li>- to develop strength.</li> </ul> <p>Basketball</p> <ul style="list-style-type: none"> <li>- to participate in a basketball game applying attacking and defending principles</li> <li>- to understand the rules of a basketball game</li> <li>- to dribble with the ball</li> <li>- to pass the ball</li> <li>- to shoot</li> </ul> | <p>Athletics</p> <ul style="list-style-type: none"> <li>- to develop strength and technique</li> <li>- to be able to throw accurately</li> <li>- to begin to master different jumps</li> <li>- to develop speed within races</li> <li>- to work on pace for long distance</li> </ul> <p>Circuit training</p> <ul style="list-style-type: none"> <li>- to participate in activity challenges progressing with:</li> <li>- strength</li> <li>- technique</li> <li>- jumping</li> <li>- running</li> <li>- stamina</li> <li>- being able to record progress.</li> </ul> |
| <b>Teamwork</b>                 | <p>Football</p> <ul style="list-style-type: none"> <li>- to be able to play as part of a team within a football game</li> </ul> <p>Dance</p> <ul style="list-style-type: none"> <li>- to work alongside class mates to create a sequence of movement</li> </ul>  | <p>Basketball</p> <ul style="list-style-type: none"> <li>- to be able to work as part of a team, passing the ball and allowing others to shoot in order to score a point.</li> <li>- understanding how being part of a team can benefit the results of a game if working together</li> </ul>   | <p>Athletics</p> <ul style="list-style-type: none"> <li>- to work as a team during a relay race</li> </ul>   |
| <b>Personal Best</b>            |  |  | <p>Athletics</p> <ul style="list-style-type: none"> <li>- to be timed during a race, work on improving this over a</li> </ul>  |

PE Progress Map

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|                |   |   | <p>duration of weeks trying to improve a personal best.</p> <p>Circuit training</p> <ul style="list-style-type: none"> <li>- to take part in activity challenges to achieve a personal best</li> </ul> |
| <b>Perform</b> | <p>Dance</p> <ul style="list-style-type: none"> <li>- to perform a themed dance (the rainforest) using different movement patterns</li> </ul> | <p>Gymnastics</p> <ul style="list-style-type: none"> <li>- to perform a sequence of balance and jumps showing strength and technique, on and off the equipment</li> </ul> |  |

| Year 4                          |  |   |  |
|---------------------------------|--|---|--|
| Concept                         | Autumn   | Spring  | Summer   |
| <b>Master Physical Movement</b> | <p>Athletics</p> <ul style="list-style-type: none"> <li>- to develop strength and technique</li> <li>- to be able to throw accurately</li> <li>- to master different jumps</li> <li>- to run with speed</li> <li>- to develop pace for long distance running</li> </ul> <p>Gymnastics</p> <ul style="list-style-type: none"> <li>- to master balance and co-ordination skills on equipment</li> <li>- to incorporate different levels of movement</li> <li>- to balance using different body parts</li> <li>- to develop strength</li> <li>- to begin to learn turning and twist whilst moving through space</li> <li>- can demonstrate rolls</li> </ul> | <p>Dance</p> <ul style="list-style-type: none"> <li>- incorporate different levels of movement</li> <li>- different styles of movement</li> <li>- learn a sequence of movement applying it to music</li> <li>- to be able to control movement</li> <li>- to be able to link movements together to create a sequence</li> <li>- to use different speeds of movement</li> <li>- to focus on different music artists and their style of dance through the decades</li> </ul> <p>Tennis</p> <ul style="list-style-type: none"> <li>- to participate in a tennis tournament applying basic principles to the game</li> <li>- grip</li> </ul> | <p>Games</p> <ul style="list-style-type: none"> <li>- develop movement and skill set in order to apply tactics to win a game.</li> <li>- intercepting the ball from an opponent.</li> <li>- using attacking skills within a game of dodgeball.</li> <li>- focus</li> <li>- direction</li> <li>- speed</li> <li>- agility</li> </ul> <p>Rounders</p> <ul style="list-style-type: none"> <li>- understanding the rules of rounders and applying it to a game</li> <li>- swing a bat correctly.</li> <li>- to be able to retrieve the ball</li> </ul> |

PE Progress Map

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|                      |   | <ul style="list-style-type: none"> <li>- swing</li> <li>- position</li> <li>- forehand</li> <li>- backhand</li> </ul>   | <ul style="list-style-type: none"> <li>- begin to put skill set into play</li> </ul>  |
| <b>Teamwork</b>      | <p>Athletics</p> <ul style="list-style-type: none"> <li>- to continue to work as a team within a relay race developing speed and accuracy when passing the baton</li> </ul>   | <p>Dance</p> <ul style="list-style-type: none"> <li>- to work in partners and small groups to master different movement skills</li> </ul> <p>Tennis</p> <ul style="list-style-type: none"> <li>- passing the ball from one another allowing the ball to bounce</li> </ul> | <p>Games</p> <ul style="list-style-type: none"> <li>- throwing and catching within a team</li> </ul> <p>Rounders</p> <ul style="list-style-type: none"> <li>- to work as a team in order to gain a win within a game of rounders</li> </ul> |
| <b>Personal Best</b> | <p>Athletics</p> <ul style="list-style-type: none"> <li>- to set goals and achieve personal bests in all areas of athletics</li> </ul> <p>Gymnastics</p> <ul style="list-style-type: none"> <li>- to master a movement and develop it further to achieve a personal best</li> </ul> |   |   |
| <b>Perform</b>       | <p>Gymnastics</p> <ul style="list-style-type: none"> <li>- to piece together a sequence of jumps, rolls and balances whilst travelling through space incorporating pieces of equipment to an audience</li> </ul>  | <p>Dance</p> <ul style="list-style-type: none"> <li>- to perform 'dancing through the decades' to an audience</li> </ul>  |   |

| Year 5                          |   |  |   |
|---------------------------------|---|--|---|
| Concept                         | Autumn  | Spring   | Summer  |
| <b>Master Physical Movement</b> | <p>Games</p> <ul style="list-style-type: none"> <li>- to use knowledge and skill set to win a game</li> <li>- accuracy of throwing and catching</li> <li>- intercepting the ball</li> <li>- attacking skills to strike</li> </ul> | <p>Swimming</p> <p>Dance</p> <ul style="list-style-type: none"> <li>- to adapt to a specific dance style</li> <li>- Create a sequence of movement</li> <li>- to explore isolating different body parts. (popping)</li> </ul> | <p>Athletics</p> <ul style="list-style-type: none"> <li>- to develop strength and technique further</li> <li>- to be able to throw accurately in the correct direction</li> </ul> |

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|                      | <ul style="list-style-type: none"> <li>- skill, speed, control</li> </ul> <p>Basketball</p> <ul style="list-style-type: none"> <li>- to participate in a basketball game applying attacking and defending principles</li> <li>- to put the rules of a basketball into play</li> <li>- to dribble with the ball dodging opponents</li> <li>- to pass the ball with speed using different passes. (bounce pass, chest pass)</li> <li>- to shoot with accuracy</li> </ul> | <ul style="list-style-type: none"> <li>- to move to the beat</li> <li>- to explore speeds, levels, balance and traveling</li> <li>-</li> </ul> <p>Gymnastics</p> <ul style="list-style-type: none"> <li>- mastering balance and co-ordination skills on different equipment</li> <li>- to incorporate different levels of movement</li> <li>- to balance using different body parts</li> <li>- to develop strength</li> <li>- to begin to learn turning and twist whilst moving through space</li> <li>- can demonstrate rolls</li> <li>- to master more complex moves- head stand, cartwheel, hand stand</li> </ul> | <ul style="list-style-type: none"> <li>- to master different jumps</li> <li>- to run with speed</li> <li>- to develop pace for long distance running</li> </ul> <p>Rounders</p> <ul style="list-style-type: none"> <li>- apply the rules of rounders to a game</li> <li>- swing a bat correctly with accuracy</li> <li>- to be able to retrieve the ball with speed</li> <li>- begin to put skill set into play</li> </ul> |
| <b>Teamwork</b>      | <p>Games</p> <ul style="list-style-type: none"> <li>- to work as part of a team to create a game plan and use tactics as part of the game</li> </ul> <p>Basketball</p> <ul style="list-style-type: none"> <li>- to work as a team applying all skill set to the game</li> <li>- making passes to team members</li> <li>- shooting when in position</li> </ul>  | <p>Dance</p> <ul style="list-style-type: none"> <li>- to work as part of a team to all move in unison and cannon together</li> </ul>   | <p>Athletics</p> <p>mastering passing of the baton to team-mates with speed and accuracy</p> <p>Rounders</p> <ul style="list-style-type: none"> <li>- passing the ball to team members</li> <li>- applying tactics to the game</li> </ul>  |
| <b>Personal Best</b> |  | <p>Swimming</p> <p>Gymnastics</p> <ul style="list-style-type: none"> <li>- to master a turns, twists, jumps and develop it further.</li> <li>- to continue to push ability further.</li> </ul>   | <p>Athletics</p> <ul style="list-style-type: none"> <li>- understanding what a personal best is and how to set a goal that is realistic and achievable</li> <li>- predicting a personal best</li> </ul>  |
| <b>Perform</b>       |  | <p>Swimming</p>  |  |

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|  |  | <p>Dance</p> <ul style="list-style-type: none"> <li>- to perform a synchronized piece to an audience.</li> </ul> |  |
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| Year 6                          |   |   |  |
|---------------------------------|---|---|--|
| Concept                         | Autumn  | Spring  | Summer   |
| <b>Master Physical Movement</b> | <p>Rounders</p> <ul style="list-style-type: none"> <li>- apply the rules of rounders to a tournament</li> <li>- swing a bat correctly with accuracy and coordination.</li> <li>- to be able to retrieve the ball with speed</li> <li>- begin to put skill set into play</li> <li>- to throw the ball with speed</li> </ul> <p>Swimming</p> <p>Dance</p> <ul style="list-style-type: none"> <li>- to adapt to a specific dance style</li> <li>- create a sequence of movement</li> <li>- to be able to move in cannon</li> <li>- to be able to move synchronized within a small group</li> <li>- to explore how the body can move in different way.</li> <li>- to move to the beat.</li> </ul> | <p>Basketball</p> <ul style="list-style-type: none"> <li>- to participate in a basketball game applying attacking and defending principles against the opposing team</li> <li>- to put the rules of a basketball into play</li> <li>- to dribble with the ball dodging opponents with speed</li> <li>- to pass the ball with speed using different passes (bounce pass, chest pass)</li> <li>- to shoot with accuracy</li> </ul> <p>Gymnastics</p> <ul style="list-style-type: none"> <li>- mastering balance and co-ordination skills on different equipment at different levels</li> <li>- to incorporate different levels of movement whilst traveling through space.</li> <li>- to balance using different body parts</li> <li>- to develop strength</li> <li>- mastering turning and twisting whilst moving through space</li> </ul> | <p>Athletics</p> <ul style="list-style-type: none"> <li>- mastering athletics skills.</li> <li>- throwing with accuracy</li> <li>- jumping with height and length</li> <li>- running with speed and technique</li> <li>- pacing over long distance</li> <li>- understanding the recovery of the body after exercise</li> </ul> <p>Team sports</p> <ul style="list-style-type: none"> <li>- to compete in a competitive manner showing good sportsmanship</li> <li>- to be able to throw and catch whilst moving with speed</li> <li>- mastering intercepting the ball during a game against the opposing team</li> <li>- mastering attacking and defending skills and putting</li> </ul> |

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|                      | <ul style="list-style-type: none"> <li>- to explore speeds, levels, balance, twisting, turning and traveling</li> <li>-</li> </ul>   | <ul style="list-style-type: none"> <li>- can master multiple rolls</li> <li>- to master more complex moves. Head stand, cartwheel, hand stand and include in sequence of movement</li> </ul>  | <p>them into practise within a game situation</p> <ul style="list-style-type: none"> <li>- creating tactics to win the game</li> </ul>   |
| <b>Teamwork</b>      | <p>Rounders</p> <ul style="list-style-type: none"> <li>- to be able to throw the ball with speed to team members from a distance</li> <li>- to be able to move with speed passing the ball amongst team players</li> </ul> | <p>Basketball</p> <ul style="list-style-type: none"> <li>- to work as a team applying all skill set to the game</li> <li>- making passes to team members with speed and accuracy</li> <li>- shooting when in position.</li> <li>- ensuring all team members are a part of the game</li> </ul> | <p>Athletics</p> <ul style="list-style-type: none"> <li>- working as a team to achieve a personal best within a relay race, passing the baton with speed and accuracy without dropping.</li> <li>- making transition quick within the team</li> </ul>  |
| <b>Personal Best</b> |  |   | <p>Athletics</p> <ul style="list-style-type: none"> <li>- understand a personal best.</li> <li>- setting achievable goals</li> <li>- continue to progress with personal bests</li> </ul> <p>Team sports</p> <ul style="list-style-type: none"> <li>- recapping previous learning and striving to achieve a personal best within a weaker area</li> </ul> |
| <b>Perform</b>       | <p>Dance</p> <ul style="list-style-type: none"> <li>- to perform a synchronized piece to an audience as part of a small group</li> </ul>   | <p>Gymnastics</p> <ul style="list-style-type: none"> <li>- to perform a sequence of movement including jumps, twists, turns, rolls and balance</li> <li>- to perform in unison as part of a small group</li> </ul>  |  |