

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

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

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

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

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

PE Progress Map

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

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

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

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

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