

	Year 1	Year 2	Year 3	Year 4	Year 5	
GAMES	Introduce sending (bouncing) with control • Introduce aiming with accuracy • Introduce power and speed when sending a ball • Introduce/develop stopping, combining sending skills • Combine sending and receiving skills Explore throwing overarm • Explore throwing underarm • Explore rolling • Explore stopping a ball • Explore catching Develop moving the ball using the feet • Apply dribbling into games • Consolidate dribbling • Explore kicking (passing) • Apply kicking (passing) to score a point Understanding the principles of attack/defence • Applying attacking/Defending principles into a game • Consolidate attacking/defending Develop pushing (dribbling) a ball with a racket: Introducing control • Explore hitting and develop pushing a ball (with a racket) towards a target	Develop dribbling/ passing and receiving • Combine dribbling, passing and receiving, keeping possession • Develop dribbling/ passing and receiving to score a point • Combine dribbling, passing and receiving to score a point Introduce throwing with accuracy • Apply throwing with accuracy in a team • Introduce stopping a ball • Develop sending (rolling) skills to score a point • Consolidate sending and stopping to win a game Develop dribbling/ passing/receiving, keeping possession • Combine dribbling, passing and receiving, keeping possession/to score a point • Apply dribbling, passing and receiving as a team to score a point Attacking/defending as a team • Understanding the Transition between defence and attack • Create and apply attacking/ defensive tactics Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent	Introduce dribbling Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling Introduce shooting Understand the concept of batting and fielding Introduce throwing overarm Introduce throwing underarm Introduce catching Striking with intent Introduction tennis, outwitting an opponent • Creating space to win a point • Consolidate how to win a game introduce rackets • Introduce the forehand	Refine dribbling Refine passing and receiving Refine passing and dribbling creating space Refine passing and dribbling creating shooting opportunities Introduce marking Introduce jumping and marking Develop throwing with accuracy and power over an increased distance Develop catching Consolidate dodging, jumping and ducking Refine dribbling and passing Combine passing and dribbling to create shooting opportunities Develop passing and dribbling creating space for attacking opportunities Introduce defending: blocking and tackling Develop an understanding of batting and fielding • Introduce bowling underarm • Develop stopping and returning the ball	Refine passing and receiving Apply passing, footwork and shooting into mini games, introduce officiating Introduce defending Explore the function of other passing styles Develop defending: blocking and tackling Refine dribbling/ passing to create attacking opportunities Refine attacking skills, passing, dribbling and shooting Refine defending skills, developing transition from defence to attack Refine batting, batting and bowling tactics • Refine fielding stopping, catching and throwing • Combine bowling and fielding creating and applying tactics • Introduce umpiring and scoring Develop fielding tactics maximising players • Understand what happens if the batter misses the ball • Refine fielding tactics, what players where? • Applying tactics in	Consolidate keeping possession, develop officiating Consolidate defending Create, understand and apply attacking/ defending tactics in game situations Consolidate batting, fielding and bowling • Create, understand and apply attacking and defensive tactics in game Game application • Game application, mixed ability doubles, round robin games

PE Skills Progression

	Explore hitting a ball (with a racket) with accuracy and power	- Introduce hitting (sending/striking) a ball into a space: Where and why? - Striking the ball (with a bat) into space with intent		- Develop retrieving and returning the ball - Striking the ball at different angles and speeds Developing the forehand - Creating space to win a point using a racket - Introduce the backhand - Applying the forehand and backhand in game situations - Applying the forehand and backhand creating space to win a point	mini games Introduce/develop the volley - Controlling the game from the serve - Doubles, understanding and applying tactics to win a point	
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Dance	Exploring expression - Developing our movements, adding movements together - Responding to a rhythm: Introducing partner work - Creating an animal sequence motifs - Exploring relationships within our motifs	Performing movements in sequence - Creating movements that represent superpowers - Creating movements that represent a superhero rescuing/saving, someone/something - Exploring character Movements	Responding to stimuli, extreme weather - Developing thematic dance into a motif - Extending dance to create sequences with a partner - Developing sequences with a partner	Responding to stimuli working together - Extending sequences with a partner in character - Exploring two contrasting Relationships and interlinking dance moves	Develop character movements linked to prejudices - Create movements that represent different characters and performers in a circus - Extending our performance incorporating props and apparatus linked to the variety of performers	Performing with technical control and rhythm in a group - Creating rhythmic patterns using the body - Experiencing dance from a different culture - Chorographical elements including still imagery
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics	Introduction to wide, narrow and curled - Exploring the difference Between wide, narrow and curled - Transitioning between wide, narrow and curled movements - Linking two movements together	Developing linking - Linking on apparatus - Jump, roll, balance sequences/on apparatus - Creation of sequences - Completion of sequences and performance	Introduction to symmetry - Introduction to asymmetry - Application of learning onto apparatus - Sequence formation - Sequence completion	Introduction to bridges - Application of bridge learning onto apparatus - Develop sequences with bridges - Sequence formation - Sequence completion	Introduction to Counter Balance - Application of Counter Balance learning onto apparatus - Sequence formation - Counter Tension - Sequence completion	Introduction to matching/ mirroring - Application of matching/ mirroring learning onto apparatus - Sequence development
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6

PE Skills Progression

Athletics	Explore running • Apply running into a game • Explore running at different speeds • Running for speed: Acceleration • Explore running in a team • Consolidate running, apply running into a game Recap jumping • Develop jumping • Explore how jumping affects our bodies • Explore skipping • Apply skipping and jumping into a game	Explore dodging • Develop dodging • Apply dodging: Explore attacking to beat an opponent • Apply dodging in teams Consolidate jumping • Apply jumping into a game • Linking jumping • Explore jumping combinations • Develop jumping combinations	Explore running for speed • Explore acceleration • Introduce /develop relay: Running for speed in a team • Throwing: Accuracy vs distance • Standing Long Jump	Develop running at speed • Exploring our stride pattern • Exploring running at pace • Understand and apply tactics when running for distance • Javelin • Standing Triple Jump	Finishing a race • Evaluating our performance • Sprinting: My personal best • Relay changeovers • Shot Put • Introducing the Hurdles	Running for speed competition • Running for distance competition • Throwing competition • Jumping competition
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Outdoor Adventure Activities			Face orienteering • Cone orienteering • Point and return • Point to point • Timed course • Orienteering competition Creating and applying simple tactics • Developing leadership • Develop communication as a team • Create defending and attacking tactics as a team	Face orienteering • Cone orienteering • Point and return • Point to point • Timed course • Orienteering competition Benches and mats challenge • Round the clock card challenge • The pen challenge • The river rope challenge • Caving challenges		
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6

PE Skills Progression

Health and Wellbeing, HRE			Exploring relaxation techniques • Applying relaxation techniques and using them effectively • Performing balanced meditative poses • Using props to help us balance in our meditative poses		Explore and understand cardio fitness • Explore and understand flexibility fitness • Explore and understand strength fitness	Develop a secure understanding of cardio fitness • Develop a secure understanding of flexibility fitness • Develop a secure understanding of strength fitness
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Swimming

All schools must provide swimming instruction in either KS1 or KS2 .

In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively (e.g. front crawl, backstroke and breaststroke)
- perform safe self-rescue in different water-based situations