

PE Progression

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Unit 1 Physical Testing	• Take part in the 5-motor skills tests in order to achieve a baseline physical test: Adapted Flamingo Balance, Plate Tapping, Sit and Reach, Standing Broad Jump and Shuttle Run.		• Take part in the 6-motor skills tests in order to achieve a baseline physical test: Adapted Flamingo Balance, Plate Tapping, Sit and Reach, Standing Broad Jump, Shuttle Run and Maximal Aerobic Speed Test.			
Unit 2 Netball	<ul style="list-style-type: none"> Present a 'W' catching net with both hands at chest level to catch a pass; the tips of the thumbs are touching and the fingers are spread wide Demonstrates a bounce and overhead pass Once the ball is received, learns one foot is 'stuck in the mud' whilst the other can twist, swivel and pivot the body in a circular motion 	<ul style="list-style-type: none"> Develops skills of bounce and overhead passes over varied distances Looks around the playing area for a 'W' catching net and knows this indicates a pass can be made Develops spatial awareness 	<ul style="list-style-type: none"> Demonstrates a chest and shoulder pass Learns whilst pivoting, the landing foot and the other foot is used to twist, swivel and pivot the body. If both feet land at the same time, the decision could be either Understands and can practise the shooting set up; place the ball in the fingertips and hold either above the head or over the shoulder, bend both knees, explode upwards and release towards the target 	<ul style="list-style-type: none"> Consistently demonstrate a variety of different passes and selects the most effective type of pass Explores shooting from lots of different angles and distances within the scoring 'D' with pressure from defenders Blocks a pass, pounces on a loose ball and catches a missed shot 	<ul style="list-style-type: none"> Knows the roles and responsibilities of the Netball playing positions and sections of the court and applies these to matches Receives a pass inside the 'D' and transitions the body quickly into the shooting set up before taking the shot. Works towards quicker decision making whilst in possession of the ball 	<ul style="list-style-type: none"> Receives, pivots and releases the ball within 4 seconds taking into consideration teammates, opposition, space and their position on the court. Movement without the ball is quick and dynamic
Unit 3 Football	<ul style="list-style-type: none"> Travels slowly with the ball at their feet, taking lots of small touches. Stops the ball with a body part and changes direction. Kicks the football in the direction of a target 	<ul style="list-style-type: none"> Keeps the football close to their feet and 'under control' using the insides and soles of both feet in unopposed practices Develops spacial awareness; encouraged to lift the eyes after 2-3 touches and look out for open spaces to travel towards Passes the ball 'back and forth' to a partner and stops the ball using the sole or inside of the foot Participates in small 2v2, 3v3 or 4v4 matches 	<ul style="list-style-type: none"> Uses different techniques to get past and protect the ball from a defender Keeps eyes up to make decisions, change direction and take bigger touches to alter speeds. Travels towards a target or goal and shoots towards it without pausing the movement of the body or ball 	<ul style="list-style-type: none"> Strikes the ball with the laces of their feet when passing and shooting. Finds spaces in the playing area so their feet can be seen and a pass can be received To score a goal they aim their shots towards one of the corners and performs this skill with a goalkeeper in position 	<ul style="list-style-type: none"> Demonstrates quick and precise changes of direction using different techniques in opposed situations to avoid defenders and protect the ball When receiving a pass, can take the first touch in a different direction to that of the passing path using the inside, outside or sole of the foot Participates in 6v6 or 7v7 matches showing understanding of defence and attack 	<ul style="list-style-type: none"> Makes quick and effective decisions on when to dribble, pass or shoot whilst in possession of the ball Varies the type of shot towards goal to try and score; shooting from different distances, with different parts of the foot and use close control and skill to encourage the goalkeeper to alter their position
Unit 4 Hockey	<ul style="list-style-type: none"> Holds the stick with a basic two hand grip Practices the 'Sweep the floor' and 'Slide the ball' when passing and shooting Receives a pass by stopping the ball with the head of the Hockey stick 	<ul style="list-style-type: none"> Increases the speed of travel with the hockey ball and develops the consistent skill of small 'tap' touches Raises their eyes after 2-3 touches when dribbling to 'scan' the playing area to support decision making Understands the stick must stay below the hip during the backswing and follow through when passing and shooting 	<ul style="list-style-type: none"> Passes and receives independently Works co-operatively with a partner and a small team Plays small sided games within the rules and boundaries of the game 	<ul style="list-style-type: none"> Uses the inner side of the hockey stick only Whilst travelling at various speeds with the hockey ball under control, transitions quickly into passing or shooting the ball Identifies and moves into new spaces when out of possession to create multiple passing paths 	<ul style="list-style-type: none"> Travels with a lower body stance to enhance power, control and accuracy in all areas of the game Selects passes, manipulates weight distribution and directions to pass and receive the ball Anticipates movement, identifies spaces and chances 	<ul style="list-style-type: none"> Demonstrates how to protect the ball whilst under pressure from defenders by regularly manipulating the stick, ball and body Develops 'game craft' and decision making in dribbling, passing, shooting and defending situations
Unit 5 Gymnastics	<ul style="list-style-type: none"> Performs a pencil, star and tuck shape and holds for 3 seconds Performs a forward roll either with support or independently Walks forwards across the top of a low bench or balance beam, placing one foot in front of the other whilst using different aids to support balance 	<ul style="list-style-type: none"> Converts a pencil, star and tuck shape into a jump and practices sticking the landing for 3 seconds Walks across the top of a low bench or beam: forwards, sideways or backwards Runs towards a springboard, jumps and springs up onto the top third of the vault only; walks across the 	<ul style="list-style-type: none"> Demonstrates straddle and pike shapes and jumps In the rock position rocks 'back and forth' without rolling onto their side or losing balance Creates and performs a variety of 3-5 step routines containing jumping, balancing, rocking and rolling 	<ul style="list-style-type: none"> Uses the rock as a starting position to progress into a variety of different moves such as a two-footed stand, shoulder stand or a backwards roll Uses their core to roll the body from one side to the other in a dish and arch position Runs towards and jumps with two feet onto a springboard and lands 	<ul style="list-style-type: none"> Performs more complex floor exercises such as round-offs, cartwheels and handstands with support or independently Performs a bridge or a backbend, a press up with or without the support Creates, memorises and performs a variety of 4 – 8 step routines 	<ul style="list-style-type: none"> Performs half turn and full turn jumps, sticking the balance for 3 seconds Performs exercises when travelling on beams of various heights including full turn rotations, mini jumps and balances Runs towards and jumps with two feet onto a springboard and

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		vault and jumps off using a pencil, star or tuck jump		with 2 hands and 2 knees onto the vault <ul style="list-style-type: none"> Travels across the vault and jumps from height, landing on two feet and sticking the landing for 3 seconds 	containing floor exercises and body management	lands with 2 hands and 2 knees, 2 hands and 2 feet or just 2 feet onto the top of the vault
Unit 6 Tag Rugby	<ul style="list-style-type: none"> Learns to hold the Rugby ball by keeping 10 points of contact on the ball (10 fingers) Runs forward whilst holding the ball Throws the ball towards an intended target 	<ul style="list-style-type: none"> Presents a 'W' shape to show they are ready to receive a pass Runs past opposing players using evasive skills such as a change of speed and direction Places the ball inside the try line and dead ball line to score tries 	<ul style="list-style-type: none"> Develops the technique to pass the ball in a 'Tick-Tock' motion from one side of the body to the other Passes the ball, watches and moves the 'W' catching net in relation to where the Rugby ball is travelling Performs a 'side-step' to get past an opponent 	<ul style="list-style-type: none"> Practices the 'J' shaped pass for increased accuracy and longer passes Uses the attacking line to support behind the player in possession of the ball in an arrow formation Makes more accurate attempts to pass sideways or backwards 	<ul style="list-style-type: none"> Demonstrates confident and effective handling skills Learns to 'spin' the body whilst in possession of the ball to evade defenders Reacts to a 'Knock On' and sets up quickly to defend 	<ul style="list-style-type: none"> Maintains eye contact on the ball at all times and moves the body in order to receive a catch Controls the body's speed to slow down slightly to lull the defender When defending, works as a team to move together as a compact flat line or net
Unit 7 Dance	TBC	TBC	TBC	TBC	TBC	TBC
Unit 8 Basketball	<ul style="list-style-type: none"> Bounces the ball continuously with both hands whilst static and bounces the ball with one hand whilst moving Demonstrates a bounce and overhead pass Catches the ball from a short-range pass by presenting a 'W' catching net with both hands at chest level 	<ul style="list-style-type: none"> Travels whilst dribbling the ball with one hand Transfers from bouncing with the palm of the hand to using the fingertips for better handling control Uses bounce passes across short distances and overhead passes across longer distances 	<ul style="list-style-type: none"> Performs a chest pass and shoulder pass Pivots after receiving the ball Shoots using 'BEEF' in unopposed practices; Balance the ball on the fingertips, Elbow in an 'L' shape, Eyes on the basket, bend knees and release, Follow through with the shooting arm Dribbles, passes or shoots when receiving the ball 	<ul style="list-style-type: none"> Evades defenders whilst dribbling the ball on the move and under control by changing speed, direction and identifying pockets of space Understands and limits the use of a double dribble Explores shooting using 'BEEF' from varied distances and angles in small sided matches 	<ul style="list-style-type: none"> Dribbling is more meticulous and decisive; knees are bent for a lower sense of gravity and quicker movements around the playing area Demonstrate a variety of passes whilst playing and is able and selects the most effective type of pass for a short, medium or long-distance pass In games, moves into new pockets of space to offer the player with the ball multiple passing options 	<ul style="list-style-type: none"> When dribbling, keeps their head raised and eyes scanning the playing area to support decision making Reacts and competes to a rebound following a missed shot; gets close to the basket, tracks the ball and explodes up from the knees to grab the ball with both hands Uses body strength to overcome pressure from the opposition, within the rules of the game 'Shields' the ball from opponents using the body whilst simultaneously bouncing the ball and looking for options
Unit 9 Physical Testing (2)	<ul style="list-style-type: none"> To take part in the 5-motor skills tests in order to assess development from baseline scores in September: Adapted Flamingo Balance, Plate Tapping, Sit and Reach, Standing Broad Jump and Shuttle Run. 			<ul style="list-style-type: none"> To take part in the 6-motor skills tests in order to assess development from baseline scores in September: Adapted Flamingo Balance, Plate Tapping, Sit and Reach, Standing Broad Jump, Shuttle Run and Maximal Aerobic Speed Test. 		
Unit 10 Athletics	<ul style="list-style-type: none"> Pumps arms and legs to generate running speed over a 50m distance Performs a long jump over a short distance from a two footed standing start Develops the 'T shape' throwing position; standing side on, with both arms stretched out wide when throwing a discus, vortex or bean bag towards an area of the field 	<ul style="list-style-type: none"> 'Stays in lane' by running in a straight line over a 50m distance and can maintain a consistent speed throughout Whilst in the two footed standing start, bends knees and swings arms to generate extra jumping power and lands with two feet and balance Co-ordinates different limbs of the body to run, jump and throw 	<ul style="list-style-type: none"> Begins running races in a crouched position on the start line and accelerates away over a 100m distance Progresses the two footed standing start into a run up of 6 – 8 strides before planting one foot onto the ground and exploding the body forward to long jump for height and/or distance From a standing start, hops onto the dominant foot, skips onto non-dominant foot and then drives the body forward into a triple jump, landing and balancing on two feet Generates power in the body from a standing start by leaning towards 	<ul style="list-style-type: none"> Increases running distances to 100m, 200m and 400m. Learns to stay low for the first 10m showing a 'sockets to pockets' accelerating arm action, raise the body to an upright position at 20m, transferring accelerating into running and by 30m, running at a comfortable consistent speed Holds the javelin in the caveman grip, runs 8-10 strides to build speed and efficiently transitions the body side on and releases towards the intended area 	<ul style="list-style-type: none"> Runs towards multiple hurdles positioned in their lane and successfully jumps 'up and over' After a hurdle jump, lands one foot after the other and quickly transitions into a comfortable and consistent speed until approaching the next hurdle 	<ul style="list-style-type: none"> Understands and demonstrates reducing or increasing running speeds at different stages during longer distance 400m running Activates knowledge of functional breathing techniques whilst in motion to aid running performance Performs a High Jump across various heights; from a standing start or a run up Lands onto the crash mat with the lower back and buttocks first, fingers together and palms facing downwards

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			the back foot, bending knees, rotating the hips and exploding forward to throw a javelin, discus or shotput further distance			
Unit 11 Tennis	<ul style="list-style-type: none"> Independently 'palm taps' the ball into the air with the dominant hand, watches the ball bounce and catches with two hands With a partner, rallies hand to hand 'up and over' a net between varied distances Practices the skill of 'hand to racket' rallying with a partner and makes contact with the ball in a forehand shot 	<ul style="list-style-type: none"> Explores different ways of manipulating the ball with right and left hands to throw and catch with varied bounces Develops hand, eye, racket co-ordination through a variety of different individual skilled games Forehand swings the racket from 'low to high' with little backswing and follow the strings towards the intended target on contact 	<ul style="list-style-type: none"> Plays in short 'hand to racket' challenges (aiming for different targets and 'back and forth' rallies) Hits an underarm served ball in the direction of various targets on the other side of the court Gently tosses the ball up to or above eye level and uses a short overarm action to 'swing and hit' the ball over the net 	<ul style="list-style-type: none"> Regularly makes ball contact with a forehand shot and points the racket strings towards the intended target Learns the 'ready position' and returns to this position Serves the ball diagonally, aiming to land the ball inside the service box Participates in a Score and compete 'hand to racket' or 'racket to racket' with a partner 	<ul style="list-style-type: none"> Consistently makes contact with the ball once it begins to fall after the bounce Can alter the body position to make a forehand or backhand shot Overarm serves the ball to a partner to begin a score and compete 'racket to racket' match 	<ul style="list-style-type: none"> Consistently starts and recovers to an energetic 'ready position' Identifies weaknesses in their partner's game and develops tactics to utilise these in their favour Understands how a score and compete rally could end and has the knowledge to call the ball 'out' accurately whilst 'in play'
Unit 12 Cricket	<ul style="list-style-type: none"> Practises the 3-step batting process 'Set, Step, Strike' when batting a static ball off a batting tee for a straight drive shot Underarm and overarm throws the ball towards short target Crosses over right and left little fingers and spreads the rest of the fingers to create a 'catching net' to support successful catching outcomes 	<ul style="list-style-type: none"> Experiences more success with the 'Set, Step, Strike' process by regularly hitting from a batting tee for a straight drive shot Stands in a side on 'T' position and overarm bowls the ball towards a target, using the non-dominant hand as an accuracy aid Uses the one-handed pick up to scoop the ball into the hand and transition into an underarm or overarm throw towards an intended target 	<ul style="list-style-type: none"> Explores the 'on' and 'off' drive shots and how to adjust the 'step' in order to hit varied shots Displays a 'ready to move quickly' position once the ball is hit as they begin to run and score Performs an overarm bowl with increased accuracy, speed and power whilst keeping the bowling arm straight Learns the two-handed pick up and activates the one or two-handed pick-up skill with a moving ball 	<ul style="list-style-type: none"> Presents a 'full face' of the bat to promote clean contact when batting the ball Explores batting a 'drop feed' moving ball Consistently demonstrates a straight arm whilst bowling Reacts and picks-up a moving ball, decides the quickest route to stop the batter scoring runs, throws towards a wicket, runs towards a wicket or throws back to the bowler or wicketkeeper 	<ul style="list-style-type: none"> Demonstrates taking a step forward and 'playing on the front foot' to hit a moving ball Identifies space and selects the best type of shot to obtain the most runs Implements a 5 – 7 step run up before transitioning into the bowling technique Works co-operatively within a team to bat, bowl and field in a Kwik Cricket game 	<ul style="list-style-type: none"> Bats either an underarm or overarm bowl and steps forward and attacks or steps back and defends depending on the flight of the ball Demonstrates second barriers when collecting the ball to enhance the success of getting the batters out Anticipates the next events and reacts to select the appropriate choice of throw and aims accurately towards the intended target
Unit 13 Swimming	N/A	N/A	N/A	<p>Shallow End</p> <ul style="list-style-type: none"> Floats on their front and back between 5 – 10 seconds Kicks on their front and back for 5 – 10 metres Rotates from the front to the back <p>Deep End</p> <ul style="list-style-type: none"> Confidently performs the front crawl and backstroke for at least 25 metres Swims using breaststroke for at least 25 metres Pushes and glides on the front and back Can shout and signal Treads water 	N/A	N/A