

Physical Education Planning and Progression of Skills



Year 1

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<i>What's going on?</i>	<i>Dinosaurs</i>	<i>Animals around the World</i>	<i>Can you Dig it?</i>	<i>Art Attack</i>	<i>On Holiday with Barnaby Bear</i>
	Football	Dance	Multi-skills	Gymnastics	Striking and Fielding – Team Games	Athletics
PE	<p>Previous learning: The pupils have had access to balls in the EY garden and in the playground. Some of the children have taken part in Football club after school. Every child has been taught how to show respect and play fair in team games, across the whole of the curriculum.</p> <p>What we will learn:</p> <ul style="list-style-type: none"> • Pupils will develop the ability to strike and stop the ball • Pupils will run, jog and sprint with speed, control and co-ordination • Pupils will be taught to participate in team games, displaying respect and fair play • Pupils will know the importance of keeping the ball close and under control in football • Pupils will be encouraged to reflect on the effect exercise has on their bodies 	<p>Previous learning: The pupils used '5 a day' every morning when they were in early years to help develop and understand the beat and rhythm. The pupils now have the opportunity to dance to the rhythm in their 'Charanga' music lessons.</p> <p>What we will learn:</p> <ul style="list-style-type: none"> • Pupils learn to repeat some simple sequences of movements • Pupils respond to commands (freeze) • Pupils exercise accurate changes of direction, level and speed whilst moving around • Pupils will create their own movements • Pupils develop co-ordination 	<p>Previous learning: The pupils took part in a multi-skills event last year and have continued to build on these skills through their PE lessons this academic year.</p> <p>What we will learn:</p> <ul style="list-style-type: none"> • Pupils will master basic movements including running, jumping, throwing and catching • Pupils will practise balancing with control • Pupils develop agility • Pupils develop co-ordination • Pupils will be taught to participate in team games, displaying respect and fair play • Pupils will throw and catch with some accuracy • Pupils will develop ability to strike the ball 	<p>Previous learning: The pupils have had the opportunity in early years to use stilts to help them practise balancing.</p> <p>What we will learn:</p> <ul style="list-style-type: none"> • Pupils will practise balancing with control • Pupils will be shown how to link movements • Pupils will have the opportunity to use equipment, and be shown how to do so safely • Pupils will develop knowledge of gymnastic balances and the names for them 	<p>Previous learning: The pupils have been learning to work together fairly in sports over the last few months. They will use the skills they have developed to participate in a variety of team games which will exercise their new physical skills.</p> <p>What we will learn:</p> <ul style="list-style-type: none"> • Pupils will throw and catch with some accuracy in isolation • Pupils will develop agility • Pupils will develop co-ordination • Pupils will develop ability to strike the ball • Pupils will be taught to participate in team games, playing fair whilst working well with others • Pupils will understand how to work together as a team 	<p>Previous learning: The pupils have developed some good co-ordination skills in their previous PE lessons which will support them in completing athletic challenges with more confidence.</p> <p>What we will learn:</p> <ul style="list-style-type: none"> • Pupils will understand how they can use their body to maximise their performance • Pupils will develop the ability to move at different pace • Pupils will develop the ability to jump from standing • Perform a variety of throws with basic control • Pupils will master running • Pupils will master jumping • Pupils will develop balance • Pupils will develop agility • Pupils will develop co-ordination • Pupils will participate in team games



Year 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Discovering London		All Creatures Great and Small		Exciting Explorers	
	Invictus Games	Health	Gymnastics	Dance	Athletics / Striking and fielding	
PE	<p>Previous learning:</p> <p>The pupils have used the fundamentals of movement to achieve success in competitive games. They developed by showing fair play and respect for others. They have had opportunities to pass ball and keep control over it through working together as a team.</p> <p>What we will learn:</p> <ul style="list-style-type: none"> Use fundamentals of movement to achieve success in competitive environment, individually and as a team With guidance participate displaying respect, fair play and working well with others in team games Demonstrate some changes of direction, speed and level during competitive environments Develop their ability to solve problems 	<p>Previous Learning:</p> <p>The pupils can describe the effect exercise has on the body.</p> <p>What we will learn:</p> <ul style="list-style-type: none"> Describe the effect exercise has on the body Explain the importance of exercise and a healthy lifestyle. Show an awareness of how the body changes/functions during exercise Develop ability to exercise at different intensities Develop knowledge of the names & functions of muscles 	<p>Previous learning:</p> <p>The pupils have demonstrated some changes of direction, level and speed and copy basic movements with some control. Have experienced developing movements such as jog, sprint, hop, weight on hands, balance and coordination.</p> <p>What we will learn:</p> <ul style="list-style-type: none"> Demonstrate some changes of direction, speed and level during performances Copy basic movements with control Becoming more competent in the fundamentals of movement (jog, sprint, hop, weight on hands, balance and coordination) Move at a variety of levels Develop ability to hold a balance Perform and repeat sequences of movements Develop the ability to travel with a range of movements Link two actions to perform a sequence showing control and co-ordination Can use equipmentsafely 	<p>Previous learning:</p> <p>Pupils can repeat some simple sequences of movement and respond in correct manner to commands (Inside, Outside, Freeze etc). They can demonstrate changes of direction, level and speed</p> <p>What we will learn:</p> <ul style="list-style-type: none"> Repeat and perform simple sequences of movements relating to a stimulus Respond in the correct manner to commands (Inside, Outside, Freeze etc) Demonstrate changes of direction, level and speed Link two or more actions to perform a sequence showing control and co-ordination 	<p>Athletics</p> <p>Previous learning:</p> <p>Pupils have developed their knowledge of how they can use their body to maximise performance. They have developed abilities to run at different speeds, jump from standing and perform a variety of throws with basic control</p> <p>What we will learn:</p> <ul style="list-style-type: none"> Develop knowledge of how they can use their body to maximise performance Develop ability to hurdle, sprint, jump and throw effectively <p>Striking and fielding Previous learning:</p> <p>Pupils can throw and catch with some accuracy in isolation and varied environments. They have begun to develop agility and coordination. They would have experienced toll/move the ball with accuracy as well as striking a ball.</p> <p>What we will learn:</p> <ul style="list-style-type: none"> Throw and catch displaying competency, in isolation and in game situations Develop agility Develop coordination Develop ability to roll/move the ball with increasing accuracy Develop ability to catch/stop the ball with increasing accuracy Develop ability to strike the ball with some consistency Develop ability to analyse performance 	



Year 3

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PE	Discovering Dinosaurs		Opposites Attract		Bella Italia	
	Dance	OAA	Gymnastics	Cricket	Football	Athletics
	<p>Previous Learning: Pupils have learnt to repeat a variety of basic moves to form a sequence. They will have demonstrated changing direction, level and speed.</p> <p>What we will learn: Plan, perform and repeat sequences of movements in a group Respond in the correct manner to a range of commands Moves in a fluent and expressive manner in different directions & levels and at different speeds. Repeat some sequences of at least three different movements Repeat sequences of movements relating to different stimuli Explain, summarise and demonstrate an</p>	<p>Previous Learning: Pupils have experienced using maps during geography lessons and problem-solving activities. They have learnt about fair play and respect during previous team sports.</p> <p>What we will learn: Develop map and compass skills (including using a key and identifying current locations) Perform and repeat sequences of movements in a group Display an understanding of fair play, respect and working well with other Pupils will have the opportunity to attend a residential trip that provides adventurous sports such as canoeing, climbing and raft building.</p>	<p>Previous Learning: Pupils have had the opportunity to copy basic moves and form a sequence of movement. They would have developed their balancing skills.</p> <p>What we will learn: Demonstrate changes of direction, speed and level during performances Copy and explore basic movements with control Is competent in the fundamentals of movement (jog, sprint, hop, weight on hands, balance and coordination) Moves at different levels in a fluent and expressive manner Further develop and be exposed to a range of gymnastics balances Plan, perform and repeat sequences of movements in a group Develop the ability to travel in a variety of ways Develop the knowledge of Mirror/Match and Canon & Unison movements Can use and help pack away equipment safely</p>	<p>Previous Learning: With guidance they have participated displaying respect, fair play and working well with others They have been able to demonstrate some changes of direction, speed and level during competitive environments Pupils have been able to develop their ability to solve problems They have had the opportunity to develop their ability to engage in new activities fairly</p> <p>What we will learn: Pupils will use fundamentals of movement to achieve success in competitive environment, individually and as a team during games of Cricket With guidance, they will participate and show they can work well with others Pupils will develop their ability to run with and catch the ball. They will develop their ability to match a change of speed, with change of direction during the game of Cricket Pupils will have developed their ability to pass effectively between team members</p>	<p>Previous Learning: Pupils have had the chance to develop agility and coordination Pupils have developed ability to roll/move the ball with increasing accuracy They would have demonstrated their ability to catch/stop the ball with increasing accuracy and their ability to strike the ball with some consistency Develop ability to analyse performance</p> <p>What we will learn: Pupils will have the chance to demonstrate changes of direction and speed during lessons They will be able to develop their ability to run/dribble with the ball Pupils will be taught how to develop their ability to match a change of speed, with change of direction They will be given opportunities to develop ability to pass effectively whilst teaching the key skills</p>	<p>Previous Learning: Pupils would have developed throwing and jumping skills.</p> <p>What we will learn: Develop knowledge of how they can use their body to maximise performance Develop pupils' ability to sprint, jump, throw (varying techniques including chest push) and hurdle effectively Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>



activity they have
participated in

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Year 4

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<i>The Americas</i>		<i>Invaders and Settlers</i>		<i>George's Marvellous Medicine</i>	<i>The Awesome Egyptians</i>
	<i>Rounders</i>	<i>Gymnastics</i>	<i>Hockey</i>	<i>Athletics</i>	<i>Multi-Skills</i>	<i>Bootcamp fitness</i>
PE	<p>Previous learning</p> <p>Pupils have adapted techniques to ensure success in a variety of activities (distance, accuracy, control). They have developed their ability to analyse performance.</p> <p>What we will learn:</p> <p>Pupils will learn the rules of rounders and will practice skills through games. Pupils will also throw and catch displaying competency, in isolation and in varied environments, develop agility, develop co-ordination and ability to field & strike effectively, select and utilise appropriate tactics and techniques to cause problems for opponents</p> <p>Pupils will have the opportunity to attend a residential trip that provides adventurous sports such as canoeing, climbing and raft building.</p>	<p>Previous learning:</p> <p>Pupils have demonstrated changes of direction, speed and level during performances. This has helped them to copy and explore basic movements with control. They have further developed fundamentals of movement (jog, sprint, hop, weight on hands, balance and coordination). Pupils have further developed their knowledge and understanding of gymnastics balances. They can Mirror/Match and Canon & Unison movements and use this to widen their movement when travelling. Can use and help pack away equipment safely.</p> <p>What we will learn:</p> <p>Utilise changes of direction, speed and level during performances to succeed</p>	<p>Previous learning:</p> <p>Pupils can use fundamentals of movement to achieve success in competitive environment, individually and as a team. With guidance, they are able participate displaying respect, fair play and working well with others. They have been able to demonstrate changes of direction, speed and level in competitive environments. Pupils have developed their ability to run with the ball, to match a change of speed, with change of direction and ability to pass effectively across different sports (including rugby).</p> <p>What we will learn:</p> <p>Use fundamentals of movement to achieve success in competitive environment, individually and as a team With guidance participate displaying respect, fair play and working well with others Utilise changes of direction, speed and level during competition to succeed Select and utilise appropriate tactics and techniques to cause problems for opponents Develop control when dribbling and passing in a game situation Develop ability to pass with</p>	<p>Previous learning</p> <p>They have developed knowledge of how they can use their body to maximise performance. Pupils have developed their ability to sprint, jump, throw (varying techniques including chest push) and hurdle effectively.</p> <p>What we will learn:</p> <p>Develop knowledge of how they can use their body to maximise performance Develop pupils' ability to sprint (over a range of distances), jump (triple jump), throw (varying techniques including javelin) and hurdle effectively Change running styles according to distance, with the intention of beating a personal best Demonstrate</p>	<p>Previous learning</p> <p>Pupils would have displayed competency, in isolation and in game situations. They would have developed agility, coordination, their ability to roll/move the ball with increasing accuracy, their ability to catch/stop the ball with increasing accuracy their ability to strike the ball with some consistency and ability to analyse performance.</p> <p>What we will learn:</p> <p>Throw and catch displaying competency, in isolation and in varied environments Develop agility Develop children's co-ordination & ability to field & strike effectively Adapt techniques to ensure success in a variety of activities (distance, accuracy, control) Select and utilise appropriate tactics and techniques to cause problems for opponents</p>	<p>Previous learning:</p> <p>Pupils are able to repeat sequences of movements and respond in the correct manner to a range of commands They are able to move in different directions & levels and at different speeds. Pupils will be able to repeat some sequences of at least three different movements</p> <p>What we will learn:</p> <p>Pupils will take part in imaginative dance sequences with clear stimuli Respond in the correct manner to a string of commands Pupils will also perform precisely and repeat more complex sequences of movements This will develop children's co-ordination and they will be able to demonstrate changes of direction, speed & level.</p>



	more accuracy Develop ability to apply skills in competitive environments	changes of direction, speed & level in competitive environments or during performance		
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Year 5

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<i>To infinity and beyond...</i>		<i>The Maya Civilisation</i>	<i>The Terrible Tudors</i>	<i>Mother Nature: Out of Control?</i>	<i>On the move!</i>
	<i>Dance</i>	<i>OAA</i>	<i>Football/swimming Rotational basis</i>		<i>Athletics</i>	<i>Tennis</i>
PE	<p>Previous learning:</p> <p>The pupils were taught to use their bodies in a range of ways and come up with routines; they will have developed their partner work, fluency of movement and work safely with equipment.</p> <p>What we will learn:</p> <p>Compose creative and imaginative dance sequences with clear stimuli Respond in the correct manner to a string of commands Perform expressively and precisely Repeat and perform more complex sequences of movements Use and develop knowledge of the body and exercise to improve various fitness components Copy, explore and create movements with control and coordination Pupils will be able to hold a balance showing balance and extension Create well executed sequences containing a variety of gymnastic components Can use and set up equipment safely</p>	<p>Previous learning:</p> <p>In Year 3 the pupils started to use maps, compasses and direction knowledge in their OAA lessons. In Year 4 they have built on their teamwork skills across a range of activities.</p> <p>What we will learn:</p> <p>Develop map and compass skills (including using a key and identifying current locations) to direct and move others Perform and repeat sequences of movements in a group Display an understanding of fair play, working well with others and leading a small sized group</p>	<p>Football Previous Learning:</p> <p>The pupils have worked well as a team (and competitively) in their previous Handball sessions. They would have covered Football in KS1, and some children would have competed in inter-school tournaments.</p> <p>What we will learn:</p> <p>Use fundamentals of movement to achieve success in competitive environment, individually and as a team With guidance participate displaying respect, fair play and working well with others Field, defend and attack tactically by anticipating the direction of play Utilise new skills in competitive situations, as an individual or part of a team Pass and strike accurately Change direction at speed, pupils will be able to pass effectively in varied environments Use knowledge of technique to suggest ways for peers to improve Display an understanding of fair play, working well with others and leading a medium sized group Explain, summarise, self-assess and instruct others in an activity they have participated in</p> <p>Swimming</p> <p>Previous Learning:</p> <p>Pupils have attended swimming lessons in Years 3 and 4.</p> <p>What we will learn:</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] Perform safe</p>	<p>Athletics</p> <p>Previous Learning:</p> <p>Pupils have participated in Athletics sessions each previous year, as well as competed in Sports Day activities annually. They will have developed their competitiveness, agility and accuracy skills in previous lessons (Handball & Football).</p> <p>What we will learn:</p> <p>Develop knowledge of how they can use their body to maximise performance Develop pupils' ability to sprint (over a range of distances), jump (triple jump), throw (varying techniques including javelin and shot putt) and hurdle effectively Utilise new skills in competitive situations, as an individual or part of a team Utilise knowledge of technique to perform at an optimum level in different types of throw, jump and run Catch and throw consistently in a conditioned game scenario Develop agility Display an understanding of fair play, working well with others and supporting a medium sized group Develop ability to</p>	<p>Previous learning:</p> <p>Pupils have used fundamentals of movement to achieve success in competitive environment, individually and as a team With guidance they have participated displaying respect, fair play and working well with others Pupils are able to utilise changes of direction, speed and level during competition to succeed Select and utilise appropriate tactics and techniques to cause problems for opponents They can develop control when dribbling and passing in a game situation and have developed their ability to pass with more accuracy They have been able to develop their ability to apply skills in competitive environments</p> <p>What we will learn:</p> <p>Field, defend and attack tactically by anticipating the direction of play. Pupils will have the opportunity to utilise new skills in competitive situations, as an individual or part of a team They will pass accurately to each other with tennis racket and ball Pupils will be able to pass effectively in varied environments. They will use knowledge of technique to suggest ways for peers to improve Pupils will be able to display an understanding of fair play, working</p>	



self- rescue in different water-based situations

analyse performance

well with others and leading a medium sized group



Year 6

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	The World at War		Ancient Greece	We are Scientists	Brilliant Business	Showtime
	Striking and Field Games - Cricket	Multi skills	Outdoor and Adventurous	Athletics	Gymnastics / Swimming	
PE	<p>Previous learning: Pupils can catch and throw to a target consistently in isolation. They have learnt and developed their skills on how to catch and throw consistently in a conditioned game scenario. They have developed agility, their co-ordination & ability to field & strike effectively in competitive situations.</p> <p>What we will learn: Pupils will focus on catching skills by receiving balls from different heights and angles. Pupils focus on how to effectively catch the ball Pupils will learn about what makes a successful fielder and play small games to practise throwing over long distances. Pupils will gain an understanding of how to hold different bats accurately, then focussing on a cricket bat. Pupils will practise the hold and striking the ball; applying this to small games Pupils will apply the skills learned to play a game of cricket</p>	<p>Previous learning: Pupils can catch and throw to a target consistently in isolation Catch and throw consistently in a conditioned game scenario They have been able to develop agility and their co-ordination & ability to field & strike effectively in competitive situations They are able to display an understanding of fair play, working well with others and supporting a medium sized group (Field, defend and attack tactically by anticipating the direction of play) They have used their knowledge to develop their ability to analyse performance</p> <p>What we will learn: Pupils will learn how to catch and throw consistently – with accuracy- in a conditioned game scenario They will develop agility and their co-ordination & ability to field effectively in competitive situations</p>	<p>Previous learning: Pupils have developed map and compass skills (including using a key and identifying current locations) to direct and move others. They can repeat sequences of movements in a group and display an understanding of fair play, working well with others and leading a small sized group</p> <p>What we will learn: Pupils will focus on working well with others through playing blind folded games and mini team games Pupils will be given equipment, a start and finish line and a time limit to get themselves and equipment from one side to the other, using all constraints given Pupils will use maps and compasses to navigate around areas of the school, focussing on using a key and identifying current locations. Pupils will set up an obstacle course and use a map to navigate other blindfolded pupils/groups</p>	<p>Previous learning: The pupils have developed knowledge of how they can use their body to maximise performance. They can utilise new skills in competitive situations, as an individual or part of a team. Using their knowledge of technique, they can perform at an optimum level in different types of throw, jump and run.</p> <p>What we will learn: Pupils will gain an understanding of how they can use their body to maximise performance Pupils will understand how to run competitively over different distances. Pupils will compare skills needed for short and long distances. Pupils will refine their throwing technique with shot put and javelin, continuously evaluating and improving their technique. Pupils will refine their jumping technique with triple jump, continuously evaluating and improving their technique. Pupils will use their understanding of effectively jumping and apply this to hurdles. Pupils will use skills acquired to compete competitively in events in a circuit system.</p>	<p>Previous learning: Pupil use and develop knowledge of the body and exercise to improve various fitness components. They can copy, explore and create movements with control and coordination and able to hold a balance showing balance and extension. Pupils can create well executed sequences containing a variety of gymnastic components and can compose creative and imaginative sequences with clear stimuli, performing precisely.</p> <p>What we will learn:</p> <ul style="list-style-type: none"> Gain an understanding of how to set up and use the equipment safely Explore how to do a pencil jump, cartwheels and handstands with control and precision Pupils will practise balances and holding them for a given amount of time, focusing on balance and extension Create routines using the gymnastic components already practised In groups, evaluate how well executed the routines are <p>Swimming Lessons as missed last year due to COVID For pupils who need support with their swimming skills to be able to reach their end of KS2 expectations. Previous Learning: Some pupils have attended swimming lessons in Years 3, 4 and 5. (Varied based on COVID and lockdown) What we will learn: Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] Perform safe self-rescue in different water- based situations.</p>	

		<p>They will display an understanding of fair play, working well with others and leading a medium sized group</p> <p>Pupils will develop their ability to hold & use different bats effectively</p> <p>They will follow –and give– direct instructions in participation</p>	<p>around it.</p>		
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