



## PE Progression Document

### National Curriculum Aims

The national curriculum for physical education aims to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives

### Physical Education

<b>Intent</b>	All children are given the opportunities to develop their interests through a planned PE programme which aims to develop knowledge, understanding, skills and above all, positive attitudes towards sport and physical activity. Individual talents and sporting attitudes will be encouraged, together with those social and personal qualities inherent in both team and individual activities. These include the acceptance of responsibility, loyalty and cooperation, determination, and the enjoyment of success as well as simply taking part.
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PE Skills	Pillars of Progression
<b>Physical Competency</b>	Choose, combine and perform skills more fluently, consistently and with greater accuracy and quality. To develop fundamental movement skills, become increasingly competent and confident and apply and develop a broader range of skills. To look for opportunities to extend their agility, balance and coordination, individually and with others. Learning how to use these movements in different ways and to link them to make actions and sequences of movement
<b>Cognitive, Strategies, Tactics, Rules</b>	Make decisions and predictions to solve complex problems that can help improve their own or others performance. To understand their role within the team
<b>Healthy Participation</b>	Living a healthy lifestyle, mental wellbeing, how the body works, muscles, bones, organs and diets.
<b>Social</b>	Development and commitment of children's attitudes in the following skills: self-belief, team work, honesty, respect, fair play, passion, determination, fairness, encouragement and resilience




## PE Knowledge Sequencing Document

Year Group	Term					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Lesson 1 Locomotion	Lesson 1 Games (Attack v Defence)	Lesson 1 Ball Skills (Hands)	Lesson 1 Ball Skills (Feet)	Lesson 1 Ball Skills (Rackets & Balloons)	Lesson 1 Dance
Reception	Lesson 1 Locomotion	Lesson 1 Games (Attack v Defence)	Lesson 1 Ball Skills (Hands)	Lesson 1 Ball Skills (Feet)	Lesson 1 Ball Skills (Rackets & Balls)	Lesson 1 Athletics
	Lesson 2 Gymnastics (Moving)	Lesson 2 Dance (Nursery Rhymes)	Lesson 2 Gymnastics (High, Low, Over, Under)	Lesson 2 Dance	Lesson 2 Learning Through Play	Lesson 2 Health & Wellbeing
Y1	Lesson 1 Health & Well Being (ABCs)	Lesson 1 Games (Attack v Defence)	Lesson 1 Ball Skills (Hands)	Lesson 1 Ball Skills (Feet)	Lesson 1 Athletics	Lesson 1 Ball Skills (Rackets & Bats)
	Lesson 2 Gymnastics (Wide, Narrow, Curled)	Lesson 2 Dance	Lesson 2 Gymnastics (Body Parts)	Lesson 2 Dance	Lesson 2 Team Building	Lesson 2 Learning Through Play
Y2	Lesson 1 Health & Well Being (ABCs)	Lesson 1 Games (Attack v Defence)	Lesson 1 Ball Skills (Hands)	Lesson 1 Ball Skills (Feet)	Lesson 1 Athletics	Lesson 1 Ball Skills (Rackets & Bats)
	Lesson 2 Gymnastics (Pathways)	Lesson 2 Dance	Lesson 2 Gymnastics (Linking)	Lesson 2 Dance	Lesson 2 Team Building	Lesson 2 Learning Through Play
Y3	Lesson 1 Invasion Games (Tag Rugby)	Lesson 1 Invasion Games (Basketball)	Lesson 1 Net/Wall Tennis	Lesson 1 Striking Games Golf	Lesson 1 Athletics	Lesson 1 Striking & Fielding (Cricket)
	Lesson 2 Gymnastics (Symmetry & Asymmetry))	Lesson 2 Dance	Lesson 2 Gymnastics (Canon & Unison)	Lesson 2 Dance	Lesson 2 OAA	Lesson 2 Dodgeball
Y4	Lesson 1 Invasion Games (Tag Rugby)	Lesson 1 Invasion Games (Basketball)	Lesson 1 Net/Wall Tennis	Lesson 1 Striking Games Golf	Lesson 1 Athletics	Lesson 1 Striking & Fielding (Cricket)
	Lesson 2 Gymnastics (Levels & Directions)	Lesson 2 Dance	Lesson 2 Swimming	Lesson 2 Swimming	Lesson 2 Gymnastics (Bridges)	Lesson 2 Dance
Y5	Lesson 1 Invasion Games (Tag Rugby)	Lesson 1 Invasion Games (Netball)	Lesson 1 Net/Wall (Tennis)	Lesson 1 Striking Games (Golf)	Lesson 1 Athletics	Lesson 1 Striking & Fielding (Rounders)
	Lesson 2 Gymnastics (Counter Balance & Counter Tension)	Lesson 2 Dance	Lesson 2 Gymnastics (Flight)	Lesson 2 Dance	Lesson 2 OAA	Lesson 2 Striking & Fielding (Rounders)
Y6	Lesson 1 Invasion Games (Tag Rugby)	Lesson 1 Invasion Games (Netball)	Lesson 1 Net/Wall (Tennis)	Lesson 1 Striking Games (Golf)	Lesson 1 Athletics	Lesson 1 Striking & Fielding (Rounders)
	Lesson 2 Gymnastics (Matching & Mirroring)	Lesson 2 Dance	Lesson 2 Gymnastics (Group Dynamics)	Lesson 2 Dance	Lesson 2 OAA	Lesson 2 Dodgeball




## PE Knowledge Sequencing Document

EYFS	Pillars of Progression		
Locomotion	Physical Competency	Cognitive, Strategies, Tactics, Rules	Healthy Participation
<p><b>NC Content</b></p> <p>PE:</p> <ul style="list-style-type: none"> <li>Revise and refine the fundamental movement skills they have already acquired such as: Walking, Jumping, Running, Hopping, Skipping</li> <li>Progress towards a more fluent style of moving, with developing control and grace</li> <li>Develop overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions.</li> </ul>	<ul style="list-style-type: none"> <li>Pupils will develop their ability to jump and land safely. Pupils will adjust their speed and change direction as they jump.</li> <li>Pupils will develop their ability to move in different ways, into space, change direction and keep away from the defenders.</li> </ul>	<ul style="list-style-type: none"> <li>Pupils will explore their curiosity as they try jumping in a variety of different ways.</li> <li>Pupils will develop an understanding of why we move into space as they explore moving and walking.</li> </ul>	<ul style="list-style-type: none"> <li>Pupils will show courage as they apply developing confidence while exploring their jumping skills.</li> <li>Pupils will develop their own self-belief as they move and travel with confidence.</li> </ul>
<p><b>About this Unit</b></p> <p>The unit of work will explore jumping and different ways of moving, using different body parts in different directions, at different levels and at different speeds. We will learn how and why we do this and apply basic techniques. We will also explore how to apply these skills into games.</p>	<p><b>Learning objectives</b></p> <ul style="list-style-type: none"> <li>Explore jumping and moving in different directions, at different speeds and different levels.</li> <li>Explore how and why we jump and move using our head, arms and feet, applying the basic techniques.</li> <li>Explore moving in different pathways, explore relationships with others and develop their jumping technique and apply it into a game.</li> <li>Explore jumping for distance and sustained moving following a route and instructions.</li> <li>Explore jumping for height.</li> <li>Explore hopping in a variety of ways; in different directions, at different speeds and different levels.</li> </ul>	<p><b>Social</b></p>  <p>Honesty, Self-belief, Respect, Teamwork Determination, Passion</p> <ul style="list-style-type: none"> <li>Pupils will develop life skills such as fairness and empathy as they play by the rules and encourage other pupils.</li> <li>Pupils will develop life skills such as empathy and fairness as they listen, play by the rules and encourage others.</li> </ul>	<p><b>Vocabulary</b></p> <p>Jumping, Distance, Height, Space, Hopping, Speed, Landing, Defender, change of direction, Tag, Walk, Jog, Run, Attack</p>
<p><b>Prior Learning</b></p> <p>N/A</p>			




## PE Knowledge Sequencing Document

Year 2	Pillars of Progression		
Attack v Defence	Physical Competency	Cognitive, Strategies, Tactics, Rules	Healthy Participation
<p><b>NC Content</b></p> <p>PE:</p> <ul style="list-style-type: none"> <li>Participate in team games, developing simple tactics for attacking and defending.</li> </ul>	<ul style="list-style-type: none"> <li>Pupils will move between attack and defence as the game changes. Pupils will be able to move in to space when attacking and tag the opposition when defending.</li> </ul>	<ul style="list-style-type: none"> <li>Pupils will understand the consequences of breaking the rules and not applying tactics successfully. Pupils will understand the difference between attack and defence</li> </ul>	<ul style="list-style-type: none"> <li>Pupils will apply a competent understanding of honesty as they play by the rules and keep the score. Pupils will develop understanding of self-discipline.</li> </ul>
<p><b>About this Unit</b></p> <p>The unit of work will challenge pupils to create simple defending and attacking tactics, while continuing to develop an understanding of the transition from defence to attack. Pupils will apply these tactics as a team into games.</p>	<p><b>Learning objectives</b></p> <ul style="list-style-type: none"> <li>Create and understand simple attacking principles, applying them as a team into a game.</li> <li>Create and understand simple defending principles, applying them as a team into a game.</li> <li>Understand the transition from defence into attack.</li> <li>Refine understanding of what 'attacking' means and when, where and why we attack as a team during a game.</li> <li>Refine understanding of what 'defending' means and when, where and why we defend as a team during a game.</li> <li>Apply knowledge and understanding of attacking and defending, into mini games.</li> </ul>	<p><b>Social</b></p>  <p>Honesty, Self-belief, Respect, Teamwork Determination, Passion</p> <ul style="list-style-type: none"> <li>Pupils will develop strong collaboration skills by working with their own team effectively and playing fairly against the opposition</li> </ul>	<p><b>Vocabulary</b></p> <p>Attack, Defend, Tactics, Space, Transition, Team Speed, Landing, Defender, change of direction, Tag, Walk, Jog, Run, Attack</p>
<p><b>Prior Learning</b></p> <p>Year 1 Attack v Defence</p>			



## PE Knowledge Sequencing Document

Year 6	Pillars of Progression		
Invasion Games (Netball)	Physical Competency	Cognitive, Strategies, Tactics, Rules	Healthy Participation
<p><b>NC Content</b></p> <p>PE:</p> <ul style="list-style-type: none"> <li>Participate in team games, developing simple tactics for attacking and defending.</li> </ul>	<ul style="list-style-type: none"> <li>Pupils will apply a refined understanding of attacking skills and defensive skills, that will be executed accurately and consistently</li> </ul>	<ul style="list-style-type: none"> <li>Pupils will demonstrate resourcefulness and problem solving skills by creating, applying and then adapting a range of attacking and defending tactics.</li> </ul>	<ul style="list-style-type: none"> <li>Pupils will constantly apply life skills such as integrity and self-discipline by playing by the rules and leading others by example.</li> </ul>
<p><b>About this Unit</b></p> <p>Pupils will consolidate their understanding of the principles of attack and defence. They will consistently apply a range of effective passes, to keep possession and score. Pupils will in turn apply pressure when defending to regain possession quickly.</p>	<p><b>Learning objectives</b></p> <ul style="list-style-type: none"> <li>Consolidate the ability to use passing and moving skills to keep possession and score.</li> <li>Consolidate understanding of the rules of the game and how they can apply this knowledge in a game.</li> <li>Ensure that we fully understand that we are defending as soon as we lose possession of the ball.</li> <li>Consolidate understanding of attacking and defending tactics.</li> <li>To demonstrate different passing styles and recognise when and where to use them to be effective.</li> <li>Apply all prior learning into a Competition.</li> </ul>	<p><b>Social</b></p>  <p>Honesty, Self-belief, Respect, Teamwork Determination, Passion</p> <ul style="list-style-type: none"> <li>Pupils will effectively apply their tactics, demonstrating a clear understanding of the role each team member will perform and will ensure the team feels motivated.</li> </ul>	<p><b>Vocabulary</b></p> <p>Attack, Defend, Tactics, Space, Transition, Team, Possession, Bounce Pass, Chest Pass, Marking, Pivot, Shoulder Pass, Netball Positions (GK, GD, C, GS, GA)</p>
<p><b>Prior Learning</b></p> <p>Year 5 Invasion Games Netball</p>			