

PE Curriculum Progression Overview

Rationale	<ul style="list-style-type: none"> For all children to gain the fundamental movement skills, knowledge and understanding to be physically literate & to lead healthy, active lives. For all children to have fun & have opportunities to engage in a broad variety of physical activities so that they have both the confidence & skills to try new sports, join clubs and be active outside of school for their leisure and to help with their mental health & wellbeing.
Approach	<ul style="list-style-type: none"> To offer our children an inspirational curriculum in which they can learn the fundamental movement skills from nursery through to year 6. This is to enable children to be able to take part in a variety of sports in Primary school and beyond. To have the physical, tactical and social skills to be able to play a variety of sports by learning through playing modified games, gradually building in complexity for transition to secondary school & beyond. We adopt a 'Teaching games for Understanding' approach so that children learn the tactics, strategies, and rules for different sports. Children will play a variety of modified games to allow this understanding to develop whilst also having time to practice their ball skills & techniques for running, throwing & catching using a variety of balls & sport specific equipment. We ensure that social and emotional skills are at the heart of all our lesson so that children show excellent learner behaviours and our CARE values in PE lessons.

Nursery						
Theme	Movement & Using Space	Ball and Object Skills	Attacking and Defending (invasion)	Net Games	Striking and fielding skills	Athletics
Content	Moving around a space safely and being aware of others.	Using hands to control a ball.	Beginning to play tag games in which different roles are allocated	Sending a ball using hands and an external object to a partner.	Striking skills, throwing and catching	Running, jumping, throwing
Key Outcomes	Exploring movement in different ways by using songs, themes and small equipment.	Exploring control and speed of sending a ball to a partner. Using 2 hands to catch a large ball and/or a floating object such as a bib.	The ability to work against a classmate with either an attacking or defensive mind-set as set out by the parameters of the game – especially tag.	Explore control and speed of sending a ball to a partner. Begin to move towards objects that are in your area.	Strike a stationary object and move towards / gather an object that has been struck.	To participate in a multitude of athletic activities that culminates in a showcase of their learned skills of the year; teamwork, running, jumping, throwing.
Skills	Following simple instructions, taking turns, running, skipping, jumping, rolling, jogging, and walking.	Catching, sending a ball, tracking an object with their eyes.	Mirroring – following the movements of an attacker, chasing someone with speed, running into space, sportsmanship as competition heightens.	Catching an object, sending an object, working with and against a partner.	Teamwork, hand-eye coordination, retrieval.	Taking turns, body control, sprinting, jumping, and throwing for distance.
Vocab	Freeze, safety, bubble space, rolling, jumping, hopping, running, jogging, walking.	bounce, catch, control underarm throw, speed, aim	Running, dodging, chasing, mirroring, happy hands, great talking.	bounce, catch, control underarm throw, speed, aim, hit	under/over arm throw, batting, catching hands,	two foot jumping, high five, speed control

Reception						
Theme	Movement & Using Space	Ball and Object Skills	Attacking and Defending (invasion)	Net Games	Striking and fielding skills	Athletics
Content	Moving around a space safely with increased speed and strategy.	Using hands and feet to control a ball	Tag games with differing roles and responsibilities.	Sending a ball using hands and an external object to a partner.	Striking, sending and catching	Teamwork, running, jumping and throwing.
Key Outcomes	Continuing to explore movement with our bodies, using different gross motor skills at differing speeds to get from point A to point B.	Exploring how to control a ball with different parts of our body, Learning how to send a ball in different ways with and without accuracy. Using two hands to catch a range of different balls / objects.	The ability to work against multiples classmates with either an attacking or defensive mind-set as you start to work with other classmates of the same goal.	Continue to control and speed of sending a ball to a partner and or area. Show further proficiency in moving to an object and catching it.	Strike a stationary object and begin to strike a rolling object. Run towards an object that has been struck. Send an object with accuracy.	To participate in a multitude of athletic activities that culminates in a showcase of their learned skills of the year; communication, teamwork, running, jumping, throwing.
Skills	Following 2 step, instructions, running at different speeds, running to and away from classmates. Getting their bodies up, over, around and under different equipment.	Catching various balls, sending an object with control, partner work and communication.	catching, rolling, throwing an object, working with others	Catching multiple types of objects. Sending an object to a teammate and also an attacking area.	Hand-eye coordination, strike with developing speed and power, running, underarm and/or overarm throwing.	Taking turns, control their body, sprinting, jumping for distance, throwing for accuracy and distance.
Vocab	Freeze, safety, bubble space, rolling, jumping, hopping, running, jogging, walking, balancing.	bounce, catch, control underarm throw, speed, aim	balance, underarm throw, rolling, accuracy run, skip, jump, hop	bounce, catch, control underarm throw, speed, aim, hit	under/over arm throw, batting, catching, reactions.	two foot jumping, one foot jumping high five, speed control

Year 1						
Theme	Movement & Manipulating objects	Ball and Object skills	Attacking and Defending (invasion)	Net Games	Striking and fielding skills	Athletics
Content	Throwing and catching	Football related activities	Movement and using space	Sending a ball using hands and an external object to a partner.	Striking skills, throwing and catching	Running, Jumping, Throwing
Key Outcomes	Exploring moving in different ways Individual throw and catch, throw and catch with different partners, take turns during activities	Explore dribbling, passing and receiving a ball using different parts of feet. Recognise and cope with competitive activities	Finding and moving into space. Play in role of attacker and defender. Play simple games with a partner. Learn to play fairly and follow simple rules. Congratulate others	Explore control and speed of sending a ball to a partner. Track and receive a moving ball. Send a stationary object.	Explore striking and hitting objects with hands and bats. Track and retrieve a rolling ball. Throwing and catch a variety of objects as an individual and with a partner. Distinguish between batters and fielders	Exploring running at different speeds, and jumping in different ways. Begin to link running and jumping movements together. Explore throwing a variety of objects in different ways.
Skills	running, skipping, side stepping jumping, hopping, under arm throwing, over arm throwing, chest push, two handed catching	Controlling ball using feet, passing ball towards target,	running, skipping, side stepping jumping, hopping, under arm throwing, over arm throwing, chest push, two handed catching	catching a ball, sending an object, partner work	Under arm and over arm throwing, tracking balls, striking objects using hands and bats	sprinting, speeds of running, two footed jumping, hopping, skipping, side stepping, over arm throw, under arm throw
Vocab	avoiding, tracking, rolling, bouncing, space, opposite, team, small catching hands, big catching hands, overarm, underarm	dribble, control, space, little kicks, big kicks, shoot, aim, control, tackle, pass	attacker, defender, scorer, stopper, space, score, passing, chasing, dodging, direction, speed, looking, quick, shooting,	bounce, catch, control underarm throw, speed, aim, hit	batter, fielder, bowler, under arm, over arm, catching hands, space	sprint, run, speeds of running, one footed jumping, two footed jumping

Year 2						
Theme	Movement & Manipulating objects	Ball and Object skills	Attacking and Defending (invasion)	Net Games	Striking and fielding skills	Athletics
Content	Throwing and catching	Football related activities	Fundamental movement skills, moving in space	Sending a ball using an external object to a partner.	Striking skills, throwing and catching	Running, Jumping, Throwing
Key Outcomes	Individual throw and catch, throw and catch with partner and in competition, take turns during activities, move in different ways	Continue to explore and develop dribbling, passing, aiming, receiving a ball using the hands and different parts of feet. Begin to work with others during competitive activities.	Run, chase and dodge using space, playing in role of attacker and defender, send and receive objects with a partner and in a small game. Demonstrate understanding of simple tactics. Congratulate and praise opposition.	Continue to develop control and speed of sending a ball to a partner. Track and receive a moving ball. Hit a moving object. Use correct grip and technique to present full face of external object to send moving object.	Explore striking and hitting objects with different bats and implements. Track and retrieve a rolling and bouncing ball. Throwing and catch a variety of objects as an individual and with a partner, using different throwing styles. Distinguish between batters, fielders and bowler	Explore running, jumping and throwing activities, take part in simple challenges. Experiment with different ways of travelling, throwing and jumping. Increase awareness of speed and distance
Skills	under arm throwing, over arm throwing, chest push, two handed catching, move in different ways	controlling and navigating space with ball, passing to another player and aiming at a target	identifying and navigating space, changing direction quickly, closing down space,	catching a ball, sending an object with control, partner work	under arm throwing/bowling, over arm throwing, tracking and retrieving balls,	Running for speed, jumping for distance, throwing for accuracy and distance, understanding what personal best means
Vocab	running, side stepping, skipping, hopping, jumping, aiming, direction, passing, controlling, small catching hands, big catching hands, overarm, underarm		attacker, defender, scorer, stopper, space, score, passing, chasing, dodging, direction, speed, looking, quick, shooting, space	bounce, catch, control underarm throw, speed, aim, hit	batter, fielder, bowler, under arm, over arm, catching hands, space	sprint, overarm, under arm, hop, jump,

Year 3					
Theme	OOA - Team Building (Autumn 1)	Invasion Games (Autumn 2 & Spring 1)	Net & Wall Games (Spring 2)	Striking and Fielding Games (Summer 1)	Athletics (Summer 2)

Content	Team building games and orienteering activities	Fundamental Movement skills: movement, sending & receiving, attacking & defending, decision making	Sending and receiving in using different techniques, send to partner or to space, cooperative and competitive games/rallies	Striking and Fielding Activities, Cricket, Rounders	Running, Jumping, Throwing
Key Outcomes	Team work- 'Together Everyone Achieves More' Work in different teams to solve simple problems Cooperate with each other explore different methods of communication	Develop using space during small sided games. Travel with, send and receive balls and other objects with greater control. Develop understanding of playing fairly during competitive games. Develop an understanding of when to attack and when/how to defend. Develop decision making skills about when to use different skills and tactics.	Develop ability to maintain a rally in a continuous, cooperative game. Use a range of throwing/sending and catching skills and techniques. Begin to use a small range of basic racket skills. Choose and use simple tactics when sending the object to make it difficult for their opponent in competitive games. Choose and use simple tactics for defending their own side of the court. Play fairly and keep score. Talk about their successes and areas in which they could improve.	Develop throwing, catching and retrieving/stopping the ball. Develop grip and stance for striking Play modified competitive games to practice bowling, fielding, wicket keeping and striking Begin to understand and apply rules. Develop understanding of different roles in striking and fielding games.	Exploring running, jumping and throwing actions with control and coordination. Discuss own and others; running, jumping and throwing actions and suggest improvements. Work individually on Personal bests
Skills	Navigating, communication skills, problem solving, teamwork cooperation	dribbling, passing, receiving, finding and using space. Attacking, defending, making decisions.	Throwing, sending with a racket, catching, tracking and meeting the object/timing, use of space, decision making, coordination	batting, catching, bowling, retrieving/stopping, decision making, using space	Sprinting, Distance Running, two foot standing Jump, Ancient Greek two foot jumps, Over Arm Throw, Heave Throw, Push Throw. Using stopwatches.
Vocab	communication, cooperate, control point, direction, north, south, west, east	attacker, defender, keep possession, making space, use space, close down space, send and receive, pass, dribble, support, mark, score,	Send, receive, ready position, positioning, send to space, track object, move to receive, aim, catch, select technique	fielder, batter, wicket keeper, back stop, bowler,	achieving personal best, sprint, long jump, triple jump, stopwatch, technique, style, measure, evaluate, compare, heave throw, pull throw, over arm, push throw
Year 4					
Theme	OOA - Team Building	Invasion Games	Net & Wall Games	Striking and Fielding Game	Athletics
Content	Team building games and orienteering activities	Fundamental Movement skills: movement, sending & receiving, attacking & defending, decision making	Sending and receiving using different techniques, send to partner or to space, cooperative and competitive games/rallies	Striking and Fielding Activities, Cricket, Rounders	Running, Jumping, Throwing
Key Outcomes	To solve a variety of problems and work effectively in teams, Communicate effectively Cooperate and share ideas Try different ideas explore different methods of communication evaluate performances and consider improvements	Continue to develop using space during game play, develop increased skills in sending and receiving. Work in teams to cooperate and maintain possession Communicate effectively Use tactics in different situations and make decisions Learn how to cope with losing and always support team mates/congratulate the opposition	Develop ability to maintain a rally in a continuous, cooperative game. Use a range of throwing/sending and catching skills and techniques. Begin to use a small range of basic racket skills. Choose and use simple tactics when sending the object to make it difficult for their opponent. Choose and use simple tactics for defending their own side of the court. Play fairly and keep score. Talk about their successes and areas in which they could improve.	Develop hitting and striking skills. Develop bowling under arm and try out other bowling techniques. Develop understanding of basic batting and fielding tactics. Play a variety of team games to understand the tactics and roles involved in striking and fielding games	Develop linking, running, jumping and throwing actions, discuss and perform different jumping and throwing techniques. Use a variety of equipment, ways of measuring and timing, to compare the effectiveness of different running, throwing and jumping techniques.
Skills	Navigating, communication skills, problem solving, teamwork skills, cooperation,	Dribbling, receiving, passing, finding and using space, decision making.	Throwing, sending with a racket, catching, tracking and meeting the object/timing, use of space, decision making, coordination	batting, bowling, catching, under arm, over arm throwing,	Sprinting, Distance Running, Long Jump, Triple Jump, Over Arm Throw, Heave Throw, Push Throw
Vocab	communication, cooperate, control point, direction, north, south, west, east	keep possession, control, make and use space, pass, support, goals, rules,	Send, receive, ready position, positioning, send to space, track object,	ready position wicket keeper, bower, batter, back stop, infield, outfield, base,	achieving personal best, sprint, long jump, triple jump, stopwatch, technique, style, measure,

		tactics, score, attack , defend	move to receive, aim, catch, select technique		evaluate, compare, heave throw, pull throw, over arm, push throw
Year 5					
Theme	OOA - Team Building	Invasion Games	Net & Wall Games	Striking and Fielding Game	Athletics
Content	Team building games and orienteering activities	Fundamental Movement skills: dodging, side stepping, sending & receiving, attacking & defending, decision making	Sending and receiving in using different techniques, send to partner or to space, cooperative and competitive games/rallies	Striking and Fielding Activities, Cricket, Rounders	Running, Jumping, Throwing
Key Outcomes	Continue to develop team skills of- Cooperating Communicating effectively Being resilient/persevering Finding better ways Learning from others Evaluating strengths and weaknesses to improve Problem solving	Through a variety of modified games- Use and find space, receive and dribble in different ways with some control and accuracy, understand and apply some tactics for attacking and defending, follow the rules and play fairly for simple invasion games, evaluate their own and others' performances, know what to their team needs to do in order to keep possession. Learn to cope with losing and congratulate the opposition	Refine ability to maintain a cooperative rally using forehand, backhand, overhead and volley techniques. Select and use such skills effectively in a competitive scenario. Understand need for and develop use of tactics to beat opponents. Apply and use rules consistently and fairly. Refine and develop their own version of games. Pick out what they and others do well and suggest ideas for improvements.	Develop hitting and striking, develop overarm bowling and other specific bowling techniques. Understand importance of striking ball away from fielders and judge when to run after hitting ball. Continue to understand rules and roles of striking and fielding games by playing modified games	Link running, jumping, throwing actions, applying them accurately and appropriately. Analyse and give feedback on running, jumping and throwing techniques.
Skills	Navigating skills, communication skills, problem solving, working with others well, leading others, trust, cooperation, orientation	navigating space to gain advantage, passing, receiving, dribbling,	Forehand, backhand, overhead, volley, sending without catching, catching, throwing, positioning in space, tracking and moving towards object	batting, bowling, catching, under arm, over arm throwing,	Sprinting, Distance Running, Long Jump, Triple Jump, Over Arm Throw, Heave Throw, Push Throw
Vocab	map reading skills, communication skills, problem skills, teamwork skills, cooperation, map orientation	navigating space to gain advantage, passing, receiving, dribbling,	Forehand, backhand, overhead, volley, sending without catching, catching, throwing, positioning in space, tracking and moving towards object	batting, bowling, catching, under arm, over arm throwing,	Sprinting, Distance Running, Long Jump, Triple Jump, Over Arm Throw, Heave Throw, Push Throw
Year 6					
Theme	OOA - Team Building	Invasion Games	Net & Wall Games	Striking and Fielding Game	Athletics
Content	Team building games and orienteering activities	Fundamental Movement skills: movement, sending & receiving, attacking & defending, decision making	Sending and receiving in using different techniques, send to partner or to space, cooperative and competitive games/rallies	Striking and Fielding Activities, Cricket, Rounders	Running, Jumping, Throwing
Key Outcomes	Solve variety of problems by Working well with others Listen to others and try different ideas Communicate effectively Be willing to adapt Become familiar with orienteering equipment, explore different methods of communication	Select, combine, and perform passing, receiving and dribbling skills more fluently and effectively. Understand, select and apply a range of attacking and defending tactics. Develop the ability of analyse their own and team performance to improve, and give suggestions in a constructive manner. Show good sportsmanship	Refine ability to maintain a cooperative rally using forehand, backhand, overhead and volley techniques. Select and use such skills effectively in a competitive scenario. Understand need for and develop use of tactics to beat opponents. Apply and use rules consistently and fairly. Refine and develop their own version of games. Pick out what they and others do well and suggest ideas for improvements.	Develop hitting or striking the ball into spaces to score in different ways. Develop working together when fielding to keep the batters score down. Use strategies or factors to deceive to avoid fielders in order to score. When fielding use strategies, tactics, communication, back up others and teamwork.	Link running, jumping, and throwing actions and apply them accurately and appropriately. Analyse and comment on running, jumping and throwing skills and techniques. Modify and refine skills and techniques to improve performance
Skills	Navigating, map reading skills, communication skills, problem solving, teamwork skills, cooperation,	navigating and manipulating space to gain advantage, passing, receiving, dribbling,	Forehand, backhand, overhead, volley, positioning in space, tracking and moving towards object	batting, bowling, catching, under arm, over arm throwing,	Sprinting, Distance Running, Long Jump, Triple Jump, Over Arm Throw, Heave Throw, Push Throw

Vocab	Control point, orienteeing marker	possession, attackers, defenders, marking, covering, supporting, team play, team positions, direction, re gain position, dodging, anticipating,	Send, receive, ready position, positioning, send to space, track object, move to receive, aim, catch, select technique	ready position wicket keeper, bowler, batter, back stop, infield, outfield, base,	achieving personal best, sprint, long jump, triple jump, stopwatch, technique, style, measure, evaluate, compare, heave throw, pull throw, over arm, push throw
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