

Physical Education

Overview

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Introduction to PE	Ball Skills	Gymnastics	Dance	Fundamentals	Games
Reception	Introduction to PE	Ball Skills	Gymnastics	Dance	Fundamentals	Games
Year 1	Fundamentals	Ball Skills	Gymnastics	Dance	Striking and Fielding	Athletics
Year 2	Fundamentals	Ball Skills	Gymnastics	Dance	Striking and Fielding	Athletics
Year 3	Tag rugby Netball	Hockey Handball	Gymnastics Yoga	Dance Badminton	Tennis Rounders	Athletics Cricket
Year 4	Tag rugby Netball	Hockey Handball	Gymnastics Yoga	Dance Badminton	Tennis Rounders	Athletics Cricket
Year 5	Tag rugby Netball	Hockey Handball	Gymnastics Yoga	Dance Badminton	Tennis Rounders	Athletics Cricket
Year 6	Tag Rugby Netball	Hockey Handball	Gymnastics Yoga	Dance Badminton	Tennis Rounders	Athletics Cricket

Physical Education

Progression of Knowledge and Skills

Early Years Foundation Stage (EYFS)

Introduction to PE	Ball Skills	Gymnastics	Dance	Fundamentals	Games
<p>Explore movement skills</p> <p>Follow instructions with support</p> <p>Beginning to negotiate space safely</p> <p>Understand the rules of the games and know that it is important to follow them</p>	<p>Beginning to take turns with others</p> <p>Explore a range of ball skills</p> <p>Preserve with support when trying new challenges</p> <p>Play ball games with consideration of the rules</p>	<p>Can use a range of large and small apparatus with an awareness of safety.</p> <p>Can explore movement skills with balance and co-ordination.</p> <p>Building my confidence to try new challenges. Beginning to work co-operatively with others.</p>	<p>Building confidence to try new challenges and perform in front of others</p> <p>Explore movement skills</p> <p>Beginning to use and remember sequences and patterns of movements which are related to music and rhythm</p>	<p>Confident to try new challenges, deciding the skills I use to complete the task.</p> <p>Play co-operatively, take turns and congratulate others.</p> <p>Follow instructions involving several ideas or actions</p> <p>Negotiate space safely with the consideration for myself and others</p>	<p>Beginning to take turns with others and encourage others</p> <p>Play games honestly guided by the rules with support</p> <p>Use movement skills with developing balance and co-ordination</p> <p>Explore a range of ball skills</p>

PE Focus	KS1 (Year 1 and 2)	LKS2 (Year 3 and 4)	UKS2 (Year 5 and 6)
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<p>Gymnastics</p>	<ul style="list-style-type: none"> • Develop fundamental movement skills with increasing competence. • Perform basic gymnastic actions with some control and balance • Link simple actions together to create a sequence • Perform sequence in front of others • Provide feedback using key words 	<ul style="list-style-type: none"> • Adapt sequences to suit different apparatus • Plan and perform actions that flow well into sequences with a partner that include a change of level and shape • With help, recognise how performances could be improved • Move in unison with a partner • Provide feedback using subject specific language 	<ul style="list-style-type: none"> • Create and perform sequences using apparatus, individually and with a partner as well as gymnastic shapes, actions and balances • Can work collaboratively with others to create a sequence • Use canon, synchronisation and mirroring when performing with a partner and group • Provide feedback to improve my work using subject specific vocabulary • Use a set criteria to make simple judgments about performances
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<p>Dance</p>	<ul style="list-style-type: none"> • Begin to use counts • Can copy, remember and repeat actions • Work with others to share ideas and appropriate movements for different dance ideas. • Evaluate someone else's performance • Work with a partner using mirroring and unison in our actions 	<ul style="list-style-type: none"> • Provide feedback to others using subject specific vocabulary • Repeat remember and perform set choreography • Use counts to keep in time with a partner and group • Create and perform short dance phrases that communicate an idea • Show respect for others when working as a group and watching others perform 	<ul style="list-style-type: none"> • Accurately copy and repeat set choreography • Choreograph phrases individually and with others • Confidently perform different styles of dance • Use counts when choreographing to stay in time with others and the music • Use subject specific vocabulary to evaluate and refine my own and others' work
<p>Striking and Fielding</p>	<ul style="list-style-type: none"> • Strike a ball with their hand • Roll a ball towards a target • Track a ball that is coming towards them • Understand the rules of a game • Beginning to develop under arm and over arm throwing • Provide feedback using subject specific vocabulary • Strike a ball with equipment with some consistency 	<ul style="list-style-type: none"> • Bowl a ball towards a target • Beginning to strike a bowled ball • Use overarm and underarm throwing as well as catching 	<ul style="list-style-type: none"> • Develop a wider range of fielding skills and applying them under pressure • Identify when I am successful and what I need to do to improve • Striking a ball with a range of equipment • Apply tactics in a variety of positions: batter, bowler and fielder

<p>Athletics</p>	<ul style="list-style-type: none"> • Throw towards a target • Beginning to show balance and co-ordination when changing direction • Develop over arm throwing • Run at different speeds • Understand the difference between a jump, a leap and a hop and choose which allows me to jump the furthest • Land with control 	<ul style="list-style-type: none"> • Jumping for distance • Take part in a relay activity, remembering when to run • Throw a variety of objects • Show determination to achieve my best • Use different take off and landings when jumping 	<ul style="list-style-type: none"> • Choose the best pace for a running event • Perform a range of umping techniques showing control on take-off and landing • Persevere to achieve personal bests • Use feedback to improve my sprinting technique • Show accuracy when throwing for distance
<p>Fundamentals KS1 only</p>	<ul style="list-style-type: none"> • Change direction when moving at speed • Run at different speeds • Select my own actions in response to a task • Show hopping, skipping and jumping movements • Work co-operatively with a partner and small group to complete a task • Show balance and co-ordination when static and at different speeds • Describe how my body feels during exercise 		
<p>Ball Skill KS1 only</p>	<ul style="list-style-type: none"> • Dribble a ball with my hands and feet with some control • Catch with two hands • Beginning to understand simple tactics • Roll and throw with some accuracy towards a target • Track a ball that is coming towards me and collect it 		

	<ul style="list-style-type: none"> • Send and receive a ball using both kicking and throwing and catching skills 		
<p>Invasion Games KS2 only</p>		<ul style="list-style-type: none"> • Use simple tactics to help my team score or game possession • Learn rules of invasion games and begin to use them honestly • Dribble, pass, receive and shoot a ball with some control • Find space away from others and near to my goal • Track an opponent to slow them down and prevent the other team from scoring • Understand my role as an attacker and as a defender • Work co-operatively with my group to self-manage games • Provide feedback using subject specific terminology on others 	<ul style="list-style-type: none"> • Communicate with my team to identify space • Dribble, pass, receive and shoot the ball with some control under pressure • Identify if they are successful and what they need to do to improve • Use tracking and interception when playing in defence • Understand the need for tactics and can identify when to use them in different situations. • Understand the rules of the game and apply them honestly

		<ul style="list-style-type: none"> • Understand what themselves need to do to improve. 	
<p>Net and Wall Games KS2 only</p>		<ul style="list-style-type: none"> • Return a ball to a partner • Use a range basic racket skills • Understand the aim of a game • Sometimes play a continuous game • Understand the rules of a game and apply them honestly and fairly. 	<ul style="list-style-type: none"> • Use a range of basic and complex racket skills • To perform skills under pressure • Recognise their own strength and areas that need development • To select an appropriate action for a situation • Work co-operatively to manage games
<p>Yoga KS2 only</p>		<ul style="list-style-type: none"> • Copy and link yoga poses to create a short flow • Describe how yoga makes me feel • Move from one pose to another in time with my breath • Work with others to create a flow • Show increasing control and balance when holding poses • Demonstrate yoga poses with clear shape 	<ul style="list-style-type: none"> • Lead others through poses and flows • Create a yoga flow working safely with a partner • Move with control from one pose to another in time with my breath • Show strength and flexibility whilst holding poses. • Recognise my own and others strengths and suggest ways to improve



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