



# Seamer and Irton CP School

## Progression of knowledge and skills in Physical Education



	<b>Reception</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
<b>Locomotion/ Athletics</b>	Explore/develop walking Explore walking in different pathways Sustain walking Explore marching Apply walking into a game	Explore running Apply running into a game Explore running at different speeds Running for speed: Acceleration Explore running in a team Consolidate running, apply running into a game	Consolidate jumping Apply jumping into a game Linking jumping Explore jumping combinations Develop jumping combinations	Explore running for speed Explore acceleration Introduce /develop relay: Running for speed in a team Throwing: Accuracy vs distance Standing Long Jump	Develop running at speed Exploring our stride pattern Exploring running at pace Understand and apply tactics when running for distance Javelin Standing Triple Jump	Finishing a race Evaluating our performance Sprinting: My personal best Relay changeovers Shot Put Introducing the Hurdles	Running for speed competition Running for distance competition Throwing competition Jumping competition
<b>Gymnastics</b>	Introduction to high, low, over and under Introduction to the apparatus Applying high and low on apparatus	Introduction to wide, narrow and curled Exploring the difference between wide, narrow and curled Transitioning between wide, narrow and curled movements Linking two movements together	Developing linking Linking on apparatus Jump, roll, balance sequences/on apparatus Creation of sequences Completion of sequences and performance	Introduction to symmetry Introduction to asymmetry Application of learning onto apparatus Sequence formation Sequence completion	Introduction to bridges Application of bridge learning onto apparatus Develop sequences with bridges Sequence formation Sequence completion	Introduction to Counter Balance Application of Counter Balance learning onto apparatus Sequence formation Counter Tension Sequence completion	Introduction to matching /mirroring Application of matching mirroring learning onto apparatus Sequence development
<b>Dance</b>	Moving in sequence Responding in movement to words and music	Exploring expression Developing our movements, adding movements together Responding to a	Responding to stimuli Developing whole group movement Improvisation and physical descriptions Creating contrasting	Responding to stimuli Developing character dance into a motif Develop sequences with a partner in	Exploring the Greeks using compositional principles Extending sequences with a partner using	Using movement to create Street Artists' 'Tags' Using a variety of concepts/relationships to change and	Exploring Prejudice and Discrimination Exploring Sexism/Classism through dance

	<p>Moving with props and contrasting tempos</p> <p>Creating their own movements</p> <p>Exploring opposites</p> <p>Moving with control</p> <p>Adding movements together</p> <p>Responding to rhythm in character</p> <p>Adding expression to our characters' (dinosaur) movements</p> <p>Performing with a partner</p> <p>Exploring relationships</p>	<p>rhythm: Introducing partner work</p> <p>Creating an animal sequence motif</p> <p>Exploring relationships within our motifs</p> <p>Responding to rhythm</p> <p>Developing the growing plant 'dance'</p> <p>Introduction to motifs</p> <p>Creating motifs</p> <p>Creating movement sequences</p> <p>Relationships and performance</p>	<p>movement sequences</p> <p>Sequences, relationships and performance</p> <p>Exploring expression</p> <p>Linking movements together</p> <p>Creating a motif with characterisation, expression and emotion</p> <p>Extending our motifs with different dynamics (fast and slow)</p>	<p>character that show relationships</p> <p>Extending sequences with a partner in character</p> <p>Responding to stimuli, extreme weather</p> <p>Developing thematic dance into a motif</p> <p>Extending dance to create sequences with a partner</p> <p>Developing sequences with a partner</p>	<p>compositional principles</p> <p>Creating movement using improvisation where movement is reactive</p>	<p>develop our Street Art movements</p> <p>Combining Breakdance with Street Art</p> <p>Extending sequences with a partner in character</p> <p>Developing sequences with a partner in character that show relationships and interlinking dance moves</p> <p>Sequences, relationships, choreography and performance</p>	<p>The power of unity through Dance:</p> <p>Tackling Prejudices</p> <p>Performing with technical control and rhythm in a group</p> <p>Creating rhythmic patterns using the body</p> <p>Experiencing dance from a different culture</p> <p>Choreographical elements including still imagery</p>
<b>Net/wall</b>	<p>Explore pushing/hitting a balloon with control</p> <p>Explore hitting a balloon with power into space</p> <p>Explore hitting/pushing (sending) a balloon with accuracy</p> <p>Explore balancing an object on a racket/bat</p>	<p>Develop pushing (dribbling) a ball with a racket: Introducing control</p> <p>Explore hitting and develop pushing a ball (with a racket) towards a target</p> <p>Explore hitting a ball (with a racket) with accuracy and power</p>	<p>Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent</p> <p>Introduce hitting (sending/striking) a ball into a space: Where and why?</p> <p>Striking the ball (with a bat) into space with intent</p>	<p>Introduction tennis, outwitting an opponent</p> <p>Creating space to win a point</p> <p>Consolidate how to win a game</p> <p>introduce rackets</p> <p>Introduce the forehand</p>	<p>Developing the forehand</p> <p>Creating space to win a point using a racket</p> <p>Introduce the backhand</p> <p>Applying the forehand and backhand in game situations</p> <p>Applying the forehand and backhand creating space to win a point</p>	<p>Introduce/develop the volley</p> <p>Controlling the game from the serve</p> <p>Doubles, understanding and applying tactics to win a point</p>	<p>Game application</p> <p>Game application, mixed ability doubles, round robin games</p>
<b>Striking and fielding</b>	<p>Explore throwing overarm</p> <p>Explore throwing underarm</p> <p>Explore rolling</p> <p>Explore stopping a ball</p> <p>Explore catching</p>	<p>Introduce sending (bouncing) with control</p> <p>Introduce aiming with accuracy</p> <p>Introduce power and speed when sending a ball</p>	<p>Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent</p> <p>Introduce hitting (sending/striking) a</p>	<p>Understand the concept of batting and fielding</p> <p>Introduce throwing overarm</p> <p>Introduce throwing underarm</p> <p>Introduce catching</p>	<p>Develop an understanding of batting and fielding</p> <p>Introduce bowling underarm</p> <p>Develop stopping and returning the ball</p> <p>Develop retrieving</p>	<p>Develop fielding tactics maximising players</p> <p>Understand what happens if the batter misses the ball</p>	<p>Introduction to full rounders</p> <p>Consolidate fielding tactics</p> <p>Refine our understanding of what happens if the batter misses</p>

		<p>Introduce/develop stopping, combining sending skills</p> <p>Combine sending and receiving skills</p> <p>Introduce throwing with accuracy</p> <p>Apply throwing with accuracy in a team</p> <p>Introduce stopping a ball</p> <p>Develop sending (rolling) skills to score a point</p> <p>Consolidate sending and stopping to win a game</p>	<p>ball into a space: Where and why?</p> <p>Striking the ball (with a bat) into space with intent</p>	<p>Striking with intent</p>	<p>and returning the ball</p> <p>Striking the ball at different angles and speeds</p>	<p>Refine fielding tactics, what players where?</p> <p>Applying tactics in mini games</p>	<p>or hits the ball backwards</p> <p>Batting considerations</p>
<b>Invasion Games</b>	<p>Taking turns/keeping the score</p> <p>Understanding and playing by the rules</p> <p>Avoiding a defender</p> <p>Preventing an attacker from scoring</p>	<p>Introduce sending (bouncing) with control</p> <p>Introduce aiming with accuracy</p> <p>Introduce power and speed when sending a ball</p> <p>Introduce/develop stopping, combining sending skills</p> <p>Combine sending and receiving skills</p> <p>Introduce throwing with accuracy</p> <p>Apply throwing with accuracy in a team</p> <p>Introduce stopping a ball</p> <p>Develop sending (rolling) skills to score a point</p>	<p>Attacking/defending as a team</p> <p>Understanding the transition between defence and attack</p> <p>Create and apply attacking/ defensive tactics</p>	<p>Developing changing direction</p> <p>Introduce throwing with accuracy</p> <p>Introduce catching</p> <p>Develop moving, changing direction at speed</p>	<p>Develop the role of the Beater (defender)</p> <p>Develop the role of the Chaser (attacker)</p> <p>Refine dodging</p> <p>Introduce the role of the Keeper</p>	<p>Refine passing and moving to create attacking opportunities</p> <p>Explore different passes that can be used to outwit defenders</p> <p>Refine defending as a team</p> <p>Create and apply defending tactics.</p> <p>Develop officiating</p>	<p>Consolidate passing and moving</p> <p>Consolidate defending</p> <p>Create, understand and apply attacking/defending tactics in game situations</p> <p>Consolidate attacking and defending in mini games</p>

		Consolidate sending and stopping to win a game					
<b>Outdoor and adventurous</b>	Taking turns/keeping the score Understanding and playing by the rules Avoiding a defender Preventing an attacker from scoring	Introducing teamwork Develop teamwork Building trust and developing communication Cooperation and communication Explore simple strategies Problem solving: Consolidate teamwork	Introducing teamwork Develop teamwork Building trust and developing communication Cooperation and communication Explore simple strategies Problem solving: Consolidate teamwork	Creating and applying simple tactics Developing leadership Develop communication as a team Create defending and attacking tactics as a team	Benches and mats challenge Round the clock card challenge The pen challenge The river rope challenge Caving challenges	Face orienteering Cone orienteering Point and return Point to point Timed course Orienteering competition	Understanding what makes an effective leader Communicating as a leader Introducing the STEP principle: Space, Task, Equipment and People

Swimming is delivered in Year 4 by qualified swimming instructors in-line with the National Curriculum. These sessions run over the course of ten weeks, with the aim of having all pupils being able to successfully swim 25 metres.