

Severnbanks Primary School Progression Map

Subject: P.E

Intent

In PE, we provide engaging and challenging activities that help to inspire children of all different levels to be active and to lead healthy lives. We aim to grow the whole child through our PE curriculum, by focusing on a wide variety of skills and knowledge that will help children to develop: physically, mentally and socially. We ensure that all children are given a range of competitive opportunities and other activities that will build character and help to embed our Severnbanks STARS values.

Autumn	EYFS	Key Stage 1		Key Stage 2			
	Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Knowledge	Introduction to PE Fundamentals Yoga	Ball Skills Invasion Games Yoga	Ball Skills Gymnastics Yoga	Netball Gymnastics	Basketball Gymnastics	Netball Dance Swimming	Basketball Badminton Swimming

Skills	Running, jumping, skipping, jumping, throwing, catching, following a path, changing direction, independent work, pair work, team work, finding space, sharing equipment, keeping safe.	Throwing and catching, rolling, hitting a target, dribbling with hands and feet, kicking, understanding attacking and defending in a game, scoring points and following a game's rules.	Throwing and catching, rolling, hitting a target, dribbling with hands and feet, kicking, Jumping, rolling, balancing, travelling, creating short routines on the floor and on apparatus, using different shapes, levels and directions.	Throwing, catching, shooting, footwork, finding space, principles of attacking and defending, basic netball rules. Rolling, jumping, balancing with extension and body tension, create sequences that flow smoothly, create matching and contrasting actions and shapes with a partner/group.	Dribbling, footwork, passing and receiving the ball. principles of attacking and defending, basic basketball rules. Individual and partner balances, jumps with rotation, different rolls, creating sequences individually and with a partner and giving feedback.	Throwing, catching, shooting, footwork, finding space, principles of attacking and defending, apply tactics, key netball rules, self-manage games. Perform a variety of actions using canon, unison, formations, dynamics, character, structure, emotion matching, mirroring and transitions.	Protective dribbling skills, use of space, decision making skills, defending positions and marking, shooting techniques, apply basketball rules. Forehand, backhand, ready position, overhead shot, footwork, basic badminton rules.
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Spring	EYFS	Key Stage 1			Key Stage 2		
	Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Knowledge	Ball Skills Gymnastics Yoga	Gymnastics Dance Yoga	Sending and Receiving Invasion Games Yoga	Dance Football	Hockey Tag Rugby	Football OAA Swimming	Gymnastics Tag Rugby Swimming

Skills	<p>Rolling, receiving, throwing, catching, bouncing, kicking, dribbling, using a range of equipment, working independently and with a partner, use very basic tactics.</p> <p>Creating shapes, balancing, jumping and landing, rocking and rolling, use of apparatus, copy/create and remember short sequences.</p>	<p>Jumping, rolling, travelling, balancing, create short sequences on floor and on apparatus, use different levels, shapes and directions.</p> <p>Counting to music, explore different travels, balances and movements, copy and repeat actions, create short sequences, use basic dance terminology to give feedback.</p>	<p>Throwing, kicking, catching, tracking and stopping a ball, dribbling in different ways, dodging people, use different equipment to send and receive different types of balls, understand the basic principles of attacking and defending, play alone, in pairs and in groups, learn to follow basic rules and score points.</p>	<p>Respond to stimuli, use canon, unison, formations, dynamics, pathways and directions. Copy/create and repeat short sequences, give feedback using basic dance terminology.</p> <p>Dribbling, passing and receiving, principles of attacking and defending, use basic tactics, play uneven sided games and then even sided games.</p>	<p>Passing, receiving, dribbling, intercepting tackling, use of space, using basic tactics, play according to rules, play uneven sided games and then even sided games.</p> <p>Passing and catching, dodging, tagging, scoring, understand basic rules of forward pass and offside, use tactics to improve performance, evaluate performance and suggest improvements, play uneven sided games and then even sided games.</p>	<p>Dribbling, passing and receiving, principles of attacking and defending, greater use of tactics, basic principles of goalkeeping, evaluate performance and suggest improvements.</p> <p>Complete challenges individually, in pairs and groups. Orienteering skills, map reading, running and stamina, communication skills, planning skills, decision making skills.</p>	<p>Use variety of levels, directions and pathways to develop a sequence, combine and link actions, relate to a partner and apparatus, use formations to create routines in groups, give and receive feedback to make improvements regarding quality and control of actions.</p> <p>Passing and catching, dodging, tagging, scoring, how to defend as a unit, how to support the ball carrier effectively, use tactics to improve performance, evaluate performance and suggest improvements, play uneven sided games and then even sided games.</p>
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Summer	EYFS	Key Stage 1		Key Stage 2			
	Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6

Knowledge	Sports Day Dance Games Yoga	Sports Day Target Games Net and Wall Games Yoga	Sports Day Athletics Striking and Fielding	Sports Day Tennis Cricket	Sports Day Athletics Rounders Swimming	Sports Day Cricket Tennis Swimming	Sports Day Cricket Athletics
Skills	Travelling, creating shapes, balancing, copying and performing actions, beginning to count to music, give simple feedback. Running, balancing, changing direction, striking a ball, throwing, learning to follow rules of a game, teamwork, understanding winning and losing.	Throwing in different ways, catching, aiming, racket skills, hitting, working alone, in pairs and groups, following rules, use simple tactics, self-managing activities.	Running, jumping and throwing in different ways, learning to measure performance, working alone and collaboratively to improve performance. Throwing, catching, bowling, batting, knowing when to run or not, fielding tactics, basic understanding of cricket rules.	Racket skills, throwing catching, forehand, backhand, ready position, understanding basic rules, using simple tactics. Throwing, catching, bowling, batting into space, knowing when to run or not, fielding tactics, basic understanding of cricket rules.	Running different distances/speeds (pacing, sprinting), jumping/throwing in different ways, identify strengths and areas for development. Throwing, catching, bowling, hitting into space, knowing how far to run, fielding tactics and different fielding roles, basic understanding of rounders rules.	Throwing, catching, bowling, batting, short and long barrier, wicket keeping, tactics for different positions, following the rules and playing fairly. Forehand backhand, volley, underarm serve, play cooperatively and competitively, play singles and doubles, apply basic tactics.	Throwing, catching, bowling, batting, short and long barrier, wicket keeping, tactics for different positions, following the rules and playing fairly. Running different distances/speeds (pacing, sprinting), jumping/throwing in different ways, identify strengths and areas for development

Impact (End Points)

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<p>In Reception, children can indecently get changed. Children can talk about the effect of exercise on their body. Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively.</p>	<p>Year 1 children should be able to confidently work as part of a team. They should be able to demonstrate a variety of ball skills and play different games. They should be able to combine basic positions/ movements to create a routine in dance and gymnastics.</p>	<p>Year 2 children will know the basic balances and rolls in gymnastics. They will understand how important exercise is and the impact on their body. They will know how to play a variety of games. They can move in response to music planning a dance sequence</p>	<p>A Year 3 child will have developed strength, balance and coordination through personal challenges. Have knowledge of ball skills, throwing, passing and catching. Will be able to successfully take part in team games with a clear understanding of the basic essential rules.</p>	<p>Year 4 children can take part in invasion games starting to use skills to attack and defend when appropriate. Children have developed their balance, coordination and strength through athletics and gymnastics, where they produce routines that are more complex.</p>	<p>Year 5 children have developed even further their understanding of attacking and defending when playing invasion games. They have worked independently and with others to develop their creativity and coordination in dance and tennis. They have improved their teamwork skills through taking part in Outdoor and Adventure Activities.</p>	<p>Year 6 children have experienced a wide range of physical activities, building a deeper understanding of tactics, precise skills, their strengths and development points. They can apply the rules to the different sports they play effectively.</p>
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In line with the National Curriculum, by the end of Key Stage 2, the aim is for all children to be able to swim confidently and know how to be safe in and around water. Children should be taught the following key requirements:

- Swim competently, confidently and proficiently over a distance of at least 25m.
- Use a range of strokes effectively.
- Perform safe self-rescue in different water-based situations.

Swimming is taught in Reception and Key Stage 1, in our school swimming pool. Meadow will be using the SPM to provide additional top-up swimming lessons to pupils who have not been able to meet the national curriculum requirements for swimming and water safety after the delivery of core swimming and water safety lessons. At Meadow, our swimming lessons will be guided by the Swim England, Learn to Swim stages 1-7. The swimming awards are divided into progressive stages, teaching all the necessary skills needed in order to achieve the three key requirements. They make up the core, national syllabus of learning to swim for primary school aged children.

<https://www.swimming.org/learntoswim/swim-england-learn-to-swim-awards-1-7/>