

Physical Education Progression Map

INTENT: At Carr Head Primary School we recognise the important role PE plays in the curriculum and we are committed to providing all children with opportunities to engage fully in physical education. PE and school sport should provide opportunities for all pupils to become physically literate and confident in a way which also supports their health and fitness. Children should acquire not only physical skills, knowledge and understanding, but also the awareness and importance of leading healthy, active lives as well as the values of sportsmanship, fairness and respect through the sports and activities they participate in.

Key Learning Progression

	EYFS	Key Stage 1		Key Stage 2			
	Oak	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics	The children will be able to travel in a variety of ways. They will be able to perform a variety of gymnastic rolls. The children will be able to balance on large body parts. When using apparatus, the children will travel over, under and through and balance on it.	The children will be able to travel in different ways and perform a pencil roll. The children will be able to apply the skills of travelling, rolling and jumping into a sequence.	The children will be able to perform an egg roll. They will be able to travel and then move into an egg roll. The children will be able to travel and perform a roll with a shape. They will be able to apply the skills of travelling, rolling and jumping into a sequence with 2 different shapes.	The children will be able to travel with control on 4 points. They will be able to show balances on 2,3 and 4 points of the body. When performing basic rolls, they will show accuracy and control. The children will be able to create and demonstrate a sequence with at least 6 actions.	The children will be able to show balances in front and back support positions. They will be able to create and demonstrate a sequence with at least 6 actions. They will be able to teach the sequence to a partner. The children will be able to create and demonstrate a sequence of movements involving balances on apparatus.	The children will be able to perform a range of counter balances with a partner. They will know the difference between counter balance and counter tension. The children will be able to create a sequence with a partner that includes counter balances and counter tension. They will be able to perform sequences with a partner that in canon and unison on apparatus.	The children will be able to perform shapes and balances with a partner. Working in groups, the children will be able to perform a group counter balance. The children will be able to create a sequence of gymnastics actions including paired and group balances.
Dance		The children will be able to take on the role of a character linking movement ideas. They will be able link sequences of movements to retell a story.	The children will work as a class to create dances for the main characters in a story. The children will be able to create a solo based on action words. They will be able to perform a group dance with interesting movements. The children will work in pairs to create interesting shapes with their bodies. They will be able to share, create and learn a new unison dance.	The children will be able to work in a team to perform shapes using their bodies in interesting ways. They will be able to create a rhythmic circle dance performed in unison. The children will work together to produce a whole class circle dance.	The children will be able to perform movements in CANON and UNISON. They will be able to work in pairs to create and perform a duet performance demonstrating increased choreographic skills. The children will be able to perform a range of travelling steps along a pathway. They will be able to create a mirrored sequence with a partner.	The children will be able to convey the emotions, moods and feelings of characters. They will be able to create a sequence using props to show a conflict between characters. They will be able to link sequences to produce a complete story dance.	The children will be able to construct a dance and share creations with the class. The children will be able to create a group dance using a range of dynamics. They will be able to create and perform 2 dances from different stimulus (group and duet). The children will be able to make creative decisions on their performance structure and implement these practically.

<p>Games</p>	<p>The children will be able to use an underarm and overarm throw with increasing accuracy and distance (overarm). They will be able to catch a large ball. The children will be able to roll a ball with some accuracy.</p>	<p>The children will be able to roll a ball and different equipment with some accuracy. They will be able to show two tactics in a simple game. The children will be able to use an underarm throw with some accuracy, including throwing at targets. They will be able to catch and bounce a ball with some accuracy.</p>	<p>The children will be able to perform an overarm throw for distance and with accuracy. They will be able to strike a ball for distance. The children will be able to play simple striking and fielding games, using simple tactics. They will be able to catch a ball and show the ready position for catching. The children will be able to catch from the ready position. They will be able to use a simple tactic in a net / wall game.</p>	<p>The children will be able to use a bounce pass and a handball pass. They will demonstrate space awareness when playing a game. The children will be able to apply a simple tactic to outwit a defender in handball. They will be able to use a one-handed pass and one-handed bounce pass effectively in a game. They will be able to strike a ball using their hand or a bat. The children will be able to devise their own game.</p>	<p>The children will be able to throw at a target with a one-handed throw. They will be able to throw accurately at a target in a game situation. The children will be able to use a swing pass accurately. They will be able to demonstrate running and passing a rugby ball. The children will be able to use tactics to outwit an opponent in a game of rugby.</p>	<p>The children will be able to demonstrate catching and passing a netball with consistency, accuracy and control. They will be able to demonstrate a shoulder pass. The children will be able to apply simple attacking and defending tactics when playing a netball-type game. They will be able to pass a rugby ball with consistency, accuracy and control. The children will be able to apply simple tactics when playing a rugby and a hockey type game. They will decisions when to pass a ball in a game-like situation. The children will be able to be able to pass a ball to a teammate using a hockey stick. They will be able to dribble and pass a ball using a hockey stick. The children will be able to apply attacking and defending skills when playing a hockey type game.</p>	<p>The children will be able to pass a rugby ball backwards with accuracy. They will be able to kick a rugby with confidence and some accuracy. The children will be able to apply simple tactics when playing a competitive rugby style game. They will be able to bowl underarm and overarm with accuracy. The children will be able to strike a ball with a cricket bat in a game. They will be able to apply tactics in a modified competitive cricket game. The children will be able to strike a ball with a rounders bat. They will be able to throw a ball overarm when fielding. The children will be able to use tactics in a rounders game.</p>
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Athletics		<p>The children will be able to hop with rhythm. They will be able to roll a ball with some accuracy. The children will be able to throw underarm with some accuracy. They will be able to jump as far as possible and land safely with control. The children will be able to run and change direction. They will be able to complete a running and jumping course.</p>	<p>The children will be able to throw overarm and underarm accurately and for distance. They will be able to jump for distance with control. The children will be able to complete an obstacle course with speed and agility.</p>	<p>The children will be able to explore different running techniques. They will be able to throw using a push action and a sling action. The children will be able to perform a hop, step and jump. They will be able to pass a quoit to a teammate in a relay.</p>	<p>The children will be able to explore different running techniques. They will be able to throw for distance using a push, pull and sling throw. The children will be able to jump from two feet to two feet. They will be able to perform a combination of 5 jumps. They will be able to pass a baton to a teammate in a relay.</p>	<p>The children will be able to use running techniques for short and long distances. They will be able to take off and land one foot to one foot (same and other) The children will be able to use a pull and push throw.</p>	<p>The children will be able to use running techniques for short and long distances. They will be able to take off and land one foot to two. The children will be able to perform a sling and a heave throw. They will be able to take off and land using a hop, skip and jump.</p>
OAA				<p>The children will be able to work with others to complete a journey in the school grounds. They will know how to use a control card. The children will know how to keep a map 'set' or 'orientated'. They will know some of the symbols on an orienteering map.</p>	<p>The children will be able to work as a team to solve problems. They will cooperate as a team to complete challenges. The children will be able to explain how they worked as a team to solve challenges.</p>	<p>The children will be able to keep a map set when moving. They will be able to plan an efficient route round a simple course. The children will be able to get around a simple course using the 8 points of the compass. They will be able to navigate to control markers during an event.</p>	
SWIMMING						<p>The children will be able to use a range of strokes effectively.</p>	<p>The children will be able to swim at least 25m. They will perform self-rescue in water-based situation.</p>

IMPACT (End Points)							
By the end of the year, children will:	EYFS	KEY STAGE 1		KEY STAGE 2			
	Oak	Year One	Year Two	Year Three	Year Four	Year Five	Year Six
	Children will show good control and coordination in large and small movements. They will move confidently in a range of ways, safely negotiating space. They will handle equipment effectively. Children will know the importance of exercise and a healthy diet for good health. They can talk about ways to keep healthy. Children will play co-operatively, taking turns.	Pupils will continue to develop fundamental movement skills, becoming increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others. They will be able to engage in competitive (both against self and others) and co-operative physical activities, in a range of increasingly challenging situations.		Pupils will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They will enjoy communicating, collaborating and competing with each other. They will develop an understanding of how to improve in different physical activities and sports and will know how to evaluate and recognise their own success.			