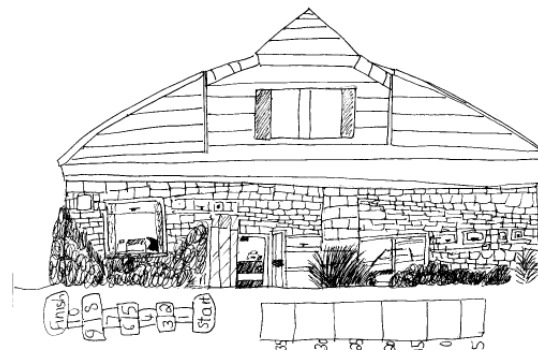


Physical Education

at

Graveley Primary School

2022/23



Subject Leader: Laura Forster

The 'Intent' of our P.E. Curriculum

P.E. at Graveley Primary School, is always experienced in a safe and supportive environment. We aim to provide a fun, high-quality curriculum to inspire all pupils to succeed and excel in a wide range of physical activities and competitive sports. We want all children to not only attain optimum physical and emotional development, fitness and good health, but develop self-esteem, resilience and collaborative skills. Whilst we are only a small school, we strive to seek out opportunities for our pupils to complete locally in sport and other activities, to build character and help embed values like fairness and respect. At Graveley, we hope that through experiencing a broad range of sports and physical activities that pupils will find their 'thing', allowing sport and fitness to become a part of their life-style and stay with them beyond Primary School. This is reflected in the wide variety of activities we offer our pupils. P.E. is a subject we are very passionate about and we wish to instil that passion in all our pupils, to motivate them to stay active for life.

"Once something is passion, the motivation is there!" Michael Schumacher

The 'Implementation' of our P.E. Curriculum

P.E. at Graveley is taught as discrete lessons, in Early Years, Key Stage 1 and 2. We aim to provide 2 hours of P.E. and physical activity for all pupils each week. Children receive two weekly P.E. lessons, often delivered on the same day, to minimise time spent changing into kit (although this seen as an important life-skill and part of the P.E. lesson in Early Years) and then also take part in a daily, 10 minute 'GET ACTIVE' session, either in class or using the playground to improve fitness levels and promote positive mental health. Teachers deliver high-quality lessons, using the Primary-PE-Planning (PPP) Scheme of Work. Our curriculum map, ensures that our pupils are exposed to a broad range of sports and activities and we engage fully with the Stevenage Sporting Futures Team who offer expert delivery of sessions such as mini-olympics, ultimate frisbee and lacrosse! Each class covers the same units each year, with teachers expertly challenging the older year group in the class (using the mixed-age planning on PPP) to allow the opportunity for pupils to build on the skills they have learnt, in that particular sport, the year before. In Class 3, pupils have swimming lessons at Hitchin Swimming Pool in both Year 3 and Year 4 to develop confidence in water and support them to achieve the National Curriculum expectations for swimming. If they do not do so by the end of Year 4, they are given the opportunity to have lessons again, in Year 5. We offer a range of intra-school competitions throughout the year, utilising the school's 'house' system to facilitate healthy competition. This includes a cross-country competition, netball and rounders event, the annual school Fun Run and School Sports/Games Day. The school constantly strives to offer competition, by taking part in the National School Games Mark Initiative – currently holding the Silver School Games Mark.

The 'Impact' of our P.E. Curriculum

At Graveley Primary School, we ensure that our PE curriculum is progressive and allows children to develop fundamental skills and apply them to a variety of sports and activities. All children are provided with the skills and given opportunities to demonstrate improvement to achieve their personal best. Our pupils are physically active and this has positive implications on their learning in the classroom. Children understand how to lead a healthy lifestyle and understand the importance of exercise. Pupils are encouraged to self-assess against their year group attainment targets on their 'PE diary' at the end of each lesson and teachers measure attainment and progress using the 'progress-o-meter' provided by PPP for each sequence of lessons. Each summer every child is individually measured for a run, jump and throw, which is compared to previous years, to measure the impact of our curriculum on overall sporting/physical achievement. We hope children enjoy PE and develop a love of sport, and physical activity, that they pursue outside of school and in future life outside of primary school. All pupils understand the values and importance of fair play and being a good sportsperson.

COVERAGE OVERVIEW (PPP Units) - 2 YEAR PROGRAMME

Year A - 2021-22 and 2023-4

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	First PE	Fairy Tale Dance	Multi Skills	Gymnastics	Enjoy a Ball	Athletics
Year 1 & 2	Jungle Dance	Great Fire of London Dance	Gymnastics	Yoga	Ball Games	Athletics
	Ball and Multi Skills		Fitness	Dodgeball	Kwik Cricket	Tennis
Year 3 & 4	Egyptians Dance	Olympic Dance	Gymnastics	Yoga	Outdoor Adventure	Athletics
	Netball	Kwik Sticks Hockey	Fitness	Sports Hall Athletics	Kwik Cricket	Swimming
Year 5 & 6	WW2 Dance	Greatest Showman Dance	Gymnastics	Yoga Time	Outdoor Adventure	Athletics
	Basketball	Tag Rugby	Fitness	Indoor Athletics	Tennis	Rounders

Year B - 2022-23 and 2024-5

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	First PE	Fairy Tale Dance	Multi Skills	Gymnastics	Enjoy a Ball	Athletics
Year 1 & 2	Space Dance	Winter Dance	Gymnastics	Yoga	Ball Games	Athletics
	Ball and Multi Skills		Pirate Fitness	Dodgeball	Kwik Cricket	Tennis
Year 3 & 4	Roman Dance	Olympic Dance	Gymnastics	Yoga	Outdoor Adventure	Athletics
	Netball	Kwik Sticks Hockey	Fitness	Sports Hall Athletics	Kwik Cricket	Swimming
Year 5 & 6	Martial Art Dance	Stomp Dance	Gymnastics	Yoga Time	Outdoor Adventure	Athletics
	Basketball	Tag Rugby	Fitness	Indoor Athletics	Tennis	Rounders

Dance - 2022-23

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
When taught...	<ul style="list-style-type: none"> 1x 6 week unit in Autumn 2 'Fairytale Dance' 	<ul style="list-style-type: none"> 1x 6 week unit in Autumn 1 'Space Dance' 1x 6 week unit in Autumn 2 'Winter Dance' 	<ul style="list-style-type: none"> 1x 6 week unit in Autumn 1 'Space Dance' 1x 6 week unit in Autumn 2 'Winter Dance' 	<ul style="list-style-type: none"> 1x 6 week unit in Autumn 1 'Roman Dance' 1x 6 week unit in Autumn 2 'Olympic Dance' 	<ul style="list-style-type: none"> 1x 6 week unit in Autumn 1 'Roman Dance' 1x 6 week unit in Autumn 2 'Olympic Dance' 	<ul style="list-style-type: none"> 1x 6 week unit in Autumn 1 'Martial Arts Dance' 1x 6 week unit in Autumn 2 'Stomp Dance' 	<ul style="list-style-type: none"> 1x 6 week unit in Autumn 1 'Martial Arts Dance' 1x 6 week unit in Autumn 2 'Stomp Dance'

Progression of Skills

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Moving in time to happy and sad music	Listen to the music and begin to move in time to it	Move in time to the music showing some expression	Collaborate to make a dance warm up	Cooperate to make a dance warm up and take on a leadership role	Co-operate and collaborate to create a warm up displaying a variety of movement patterns	Co-operate, communicate and collaborate with group to make up a warm up with good rhythm and timing
Experiment with different ways of moving	Perform basic dance movements	Perform dance movements with control	Use a stimulus to create a dance	Respond imaginatively to a stimulus	I can translate ideas from a stimulus showing control and fluency	I can translate ideas from a stimulus into movement showing expression, precision, control and fluency
Experiment with actions at different levels	Perform dance movements showing some levels	Perform dance movements showing a variety of levels	Dance in unison with a partner	Dance in unison with a partner/group Performing a range of movement patterns	Dance in unison in a group keeping in time with each other	Dance in unison in a group showing good timing, energy and strength
Moving around as different characters or animals to the music	Perform basic dance travelling movements e.g. stepping, skipping, jumping	Perform dance movements showing travelling in different directions e.g. sliding, turning, gesturing	Perform canon with a group	Perform canon showing a range of movement patterns	Dance in canon showing good timing	Dance in canon in a group showing good timing, energy and strength
	Perform simple dance moves with some control	Remember simple dance steps perform with control in time to the music	Use some different levels and pathways	Perform a variety of levels and pathways in a dance	Perform using a variety of levels and using the space	Use levels, travelling and space with timing and musicality

Ball Skills including Invasion Games- 2022-23

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
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When taught...	<ul style="list-style-type: none"> 1x 6 week unit in Autumn 2 'First PE' 	<ul style="list-style-type: none"> 1x 6 week unit in Autumn 1 'Ball Skills' 1x 6 week unit in Autumn 2 'Multi Skills' 1x 6 week unit in Spring 2 'Dodge Ball' 1x 6 week unit in Summer 1 'Ball Games' 	<ul style="list-style-type: none"> 1x 6 week unit in Autumn 1 'Ball Skills' 1x 6 week unit in Autumn 2 'Multi Skills' 1x 6 week unit in Spring 2 'Dodge Ball' 1x 6 week unit in Summer 1 'Ball Games' 	<ul style="list-style-type: none"> 1x 6 week unit in Autumn 1 'Netball' 	<ul style="list-style-type: none"> 1x 6 week unit in Autumn 1 'Netball' 	<ul style="list-style-type: none"> 1x 6 week unit in Autumn 1 'Basketball' 1x 6 week unit in Autumn 2 'Rugby' 	<ul style="list-style-type: none"> 1x 6 week unit in Autumn 1 'Basketball' 1x 6 week unit in Autumn 2 'Rugby'
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Progression of Skills

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Throw to self, catching a soft ball/balloon	Catch a soft ball safely	Catch a ball in an adapted game	Pass and receive a netball safely (chest and bounce pass)	Pass and receive stepping into the pass (chest, bounce and shoulder pass)	Pass, receive and move with the ball (chest and bounce pass)	Perform a variety of passes within a game with precision and control
Experiment with rolling the ball, throw and catch to self and to a partner (hand eye co-ordination)	Pass the soft ball from chest – 'W' shape when passing and receiving.	Bounce pass from a short distance to a partner.	Perform a stride stop in netball	Perform a stride stop with a pivot	Ball Awareness-copying a partner and moving with the ball	Ball Awareness-copying a partner and keeping control while moving the ball
Moving around at speed and changing direction	Small sided games (super hero ball) 3v3 introducing passing and receiving a ball	Small sided games (super hero ball) Small sided games 3v3 encouraging chest passes in game	Perform a jump stop in netball	Perform a jump top with a pivot	Dribble the ball and perform the correct footwork when stopping	Dribble the ball and perform the correct footwork when stopping in a competitive game situation
Fun games encouraging throwing and catching different types of balls	Play an adapted superhero game and introduces rules	Play an adapted super hero netball game. One team is to attack and attempt to score, the opposing team is to stop (defending) them from scoring.		Perform two different dodges (Drive and the dodge)	Offensive play in a conditioned game beating your partner when dribbling a ball.	Offensive play using your team member to screen the ball in combination.
Passing with a partner and counting to 5 and 10	Scoring in a variety of ways	Scoring in a variety of ways and begin to use in a game situation	Shooting the ball high and bending knees	Shooting- bend knees and place hand under the ball to shoot	Learn the BEEF technique when shooting in isolation	Using the BEEF technique in a competitive game situation.
Explore stopping a ball with different parts of the body	Stopping a ball with the inside of feet	Stopping a ball with the sole and inside of feet				
Experiment kicking the ball with feet to a partner	Pass the ball beginning to use inside of feet "toe, toe, toe, no, no, no!"	Pass the ball to a partner P,P,P, Plant, Pass Point to help with accuracy	Marking a player keeping on the balls of your feet	Marking a player standing side on sticking to player	To develop defence techniques- Gorilla technique and begin to use the body to protect the ball in a conditioned game situation.	To use defence techniques in a competitive game situation.
Move a bean bag on the floor using inside of foot	Dribble the ball with the inside of feet	Dribble the ball with the inside of feet keeping the ball close to their body				

Fox and rabbits game.	Follow my leader – trying to stay near their partner	Tag game– trying to catch their partner			In a game situation beat defenders to score a try	Work as a team in a game situation to score a try
Passing with a partner and counting to 5 and 10	Scoring point in a variety of ways in adapted games	Scoring in a variety of ways and begin to use scoring techniques game situations			Dribbling the ball in various directions	Dribbling the ball in various directions at speed.
Follow a partner to steal their bib	Play a simple game of tag	Play a tag game whilst moving at speed			Tag more than one player using either hand whilst moving with tag belts	Tag a player using either hand when moving at full speed in a game situation
Move with different objects in their hands	Move with control with the ball in their hands at chest height	Move with the ball holding it with hands - in 'W' shape at chest height			Choose different pathways to move with a ball in hands against a defender	Dodge around a defender at speed with a ball in hands avoiding being tagged
Passing an object to another child	Hand over the Rugby ball sideways	Pass the ball sideways- with smile technique			Pass and receive the ball in a game situation	Pass and receive the ball when in a pressurised modified game situation
Moving around in a space in different ways	Attempt to get past a defender	Dodge around a defender in small area	Perform a dodge in netball to get into a space		Use speed and space to avoid an active defender	Play modified competitive games avoiding defenders
Scoring points with beanbag treasure in a simple hoop invasion game	Scoring a try in a modified drill using correct technique- stay on feet using 2 hands	Scoring a try in a 2v2 game in the end zone	Introduce high fives game or an adapted game	Begin to understand the positions in a high five game	Begin to use techniques learned in a game situation and to have an understanding of key rules.	Use techniques learned and apply in a game situation. Children to officiate and to understand the key rules of the game.

KS1 Ball Games and Dodge Ball

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Fox and rabbit game.	Moving into a space when playing a game	Moving into a space and catching a ball.				

Move away from the rabbit onto a spot (finding a space)						
Moving around in a space in different ways	In the warm up game 'squashed' look at how to find and get into a space	Beginning to try and dodge into a space				
Fun games encouraging throwing and catching with different types of balls.	Develop space awareness in a small 2v2 game	Develop space through small-sided games 4v4				
Passing with a partner and counting to 5 and 10.	Pass the ball to someone on their team-encouraging to pass to a team member who is in a space	Pass the ball to someone on their team who is in a space.				
Passing an object to another child.	Pass the ball and attempt to move forward.	Looking to only pass the ball if team member has their hands ready and in a space.				
Moving around at speed and changing direction	Developing skills to keep head up when passing the ball then move straight after	Pass the ball move forward and look to receive the ball.				
Follow a partner to steal their bib	Begin defending -trying to follow a partner in a game, keeping their head up	Beginning to develop dodging into a space—moving away from their position once they have thrown the ball				
Watching a ball to try and catch it	Winning a ball in a game-bouncy foot to try and catch the ball	Developing defending skills follow an opponent in a game and attempting to win the ball.				
Scoring points with beanbag treasure in a simple hoop invasion game.	Begin to communicate with their team to try and score	Keeping as close as possible to a player on the other team.				
		Winning a ball in a game-looking up to try and intercept the pass				
		Communicating and working together to try and score a point				

Further Invasion Games - Rugby 2022-23

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
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When taught...	• 1x 6 week unit in Autumn 2 ' First PE '	• 1x 6 week unit in Autumn 1 ' Ball Skills '	• 1x 6 week unit in Autumn 1 ' Ball Skills '	NOT TAUGHT	NOT TAUGHT	• 1x 6 week unit in Autumn 2 ' Rugby '	• 1x 6 week unit in Autumn 2 ' Rugby '
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Progression of Skills

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Follow a partner to steal their bib	Play a simple game of tag	Play a tag game whilst moving at speed			Tag more than one player using either hand whilst moving with tag belts	Tag a player using either hand when moving at full speed in a game situation
Move with different objects in their hands	Move with control with the ball in their hands at chest height	Move with the ball holding it with hands - in 'W' shape at chest height			Choose different pathways to move with a ball in hands against a defender	Dodge around a defender at speed with a ball in hands avoiding being tagged
Passing an object to another child	Hand over the Rugby ball sideways	Pass the ball sideways- with smile technique			Pass and receive the ball in a game situation	Pass and receive the ball when in a pressurised modified game situation
Moving around in a space in different ways	Attempt to get past a defender	Dodge around a defender in small area			Use speed and space to avoid an active defender	Play modified competitive games avoiding defenders
Scoring points with beanbag treasure in a simple hoop invasion game.	Scoring a try in a modified drill using correct technique- stay on feet using 2 hands	Scoring a try in a 2v2 game in the end zone			In a game situation beat defenders to score a try	Work as a team in a game situation to score a try

Further Invasion Games - Hockey 2022-23

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
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When taught...				<ul style="list-style-type: none"> 1x 6 week unit in Autumn 2 'Quik Sticks Hockey' 	<ul style="list-style-type: none"> 1x 6 week unit in Autumn 2 'Quik Sticks Hockey' 		
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Progression of Skills

Reception	Year 1	Year 2	Year 3	Year 4	Year 5 - <i>not taught but info for teachers</i>	Year 6
			Dribble the ball holding the stick in correct position	Dribble the ball the ball with control	<i>Dribbling the ball in different directions keeping head up</i>	
			Perform a pass at a short distance and receive the ball with some control	Perform a short pass and begin to move into a space and receive the ball with some control	<i>Perform a pass with control, accuracy and with movement into a space</i>	
			Pass the ball over a longer distance	Pass the ball over a longer distance with accuracy and power	<i>Pass the ball over a variety of distances with some accuracy and power in a game situation</i>	
			Begin to tackle a player safely	Tackle a player using correct grip	<i>I can begin to defend against an opponent in a game situation</i>	
			Can occasionally score whilst the ball is stationary	Can occasionally score whilst the ball is moving	<i>Can hit a moving ball with some accuracy and control into a goal</i>	
			Embracing rules and playing fairly	Inspire others with fair play and being gracious in victory and defeat	<i>Begin to communicate with team to develop tactics for attacking and defending</i>	

Progression of Skills

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Can experiment with different space shapes	Can perform shapes	Can perform shapes with a strong body and control	Can perform a variety of shapes with good control	Can perform a variety of shapes with good control when performing various skills	Can perform complex shapes with control and some flexibility	Can perform complex shapes when performing Sequences and skills with flexibility
Experiment with different jumps	Perform basic space jump (rocket jump)	Perform jumps (rocket, star, moon jump) with control and a strong body	Perform a rocket jump with a half turn	Perform a rocket jump with a $\frac{3}{4}$ and full turn with pointed toes	Perform more complex jumps, tuck, pike and begin leaps	Perform more complex jumps, tuck, pike and leaps scissor kick and cat leap
Experiment with different ways of rolling in small shape (moon roll, moon roll)	Perform a moon rock and a moon roll and rocket roll with pointed toes	Perform a moon rock, moon roll, forward roll and dish saucer roll.	Perform a Teddy bear roll	Teddy bear roll with a partner/group in sequence with pointed toes	Side star roll and T-roll	Side star roll, T-roll (with pointed toes), backwards roll
Experiment with balancing on different body parts	Perform a simple balance	Perform a balance holding for 3 seconds	Perform matching and mirroring balances	Perform matching and mirroring balance routines on apparatus	Perform point and patch balances	Perform more complex point and patches balances in a sequence on apparatus
Moving along the floor in different ways like aliens sliding, rolling, stretching etc	Perform a bunny hop- hands first then feet	Perform a bunny hop – hands flat with straight arms	Perform a bunny hop across a mat run and onto/across low benches and apparatus	Perform a bunny hop onto variety of apparatus with control	Perform a 'squat on and squat off' on various apparatus	Perform a 'squat on and squat off' apparatus with a run up (with or without a spring board)
			Hopscotch on throw down feet	Hopscotch across the floor to develop hurdle step	To perform a hurdle step on the floor/springboard	Perform a hurdle step on the floor/springboard and onto low apparatus

Progression of Skills

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Experiment with different Yoga poses both static and moving	Perform basic Yoga poses with some balance	Perform Yoga poses beginning to use tummy muscles (core strength), some flexibility, balance and control	Perform more complex Yoga poses showing control and increased flexibility	Perform more complex yoga poses developing core strength and good flexibility.	Perform complex Yoga poses with control, core strength and flexibility	Perform complex Yoga poses with good core strength, flexibility and balance for longer periods of time on each pose.
Begin short relaxation games	Begin to relax the body in rest pose	Relax in rest post and begin to focus on breathing technique.	Sit in lotus pose relax and begin to focus on breathing in and out of nose	Begin to focus on breathing technique in more than one pose	Perform a variety of poses using breathing techniques and use in relaxation time	Perform all poses and remember to use breathing technique when performing them in relaxation time
Create different sun shapes with their body	Perform Sun Pose (beginning of sun salutation)	Perform Sun pose with control (beginning of sun salutation)	Attempt to perform Cobra pose 2 (used in sun salutation)	Perform individual poses to build up towards Sun Salutation e.g. tree, downward dog, Cobra Pose 2	Remember and perform Sun Salutation (SS)	Perform Sun Salutation (SS) and link to other Yoga moves
Challenge themselves to make up their own animal poses	To try some of the challenge poses e.g., snake pose	To perform the challenge poses e.g., Tree pose 2 or 3	To attempt to perform swaying tree pose	To perform the challenge pose with control- swaying tree	Perform the extended poses e.g., extended cat pose	Perform extended version of cat pose, dog pose and create their own extensions
Listen to the Yoga story and create poses	Make up a story with some Yoga poses	Make up a story using all Yoga poses	Collaborate to create a Yoga Fun Facts routine	Collaborate to create a Yoga Fun Facts Routine and teach the routine to others	Collaborate in a group to create a Yoga routine of 7 poses	Collaborate in a group to create a Yoga routine- and create a sequence of moves like SS.

Athletics - 2022-23

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
When taught...	<ul style="list-style-type: none"> 1x 6 week unit in Summer 2 'Athletics' 	<ul style="list-style-type: none"> 1x 6 week unit in Summer 2 'Athletics' 	<ul style="list-style-type: none"> 1x 6 week unit in Summer 2 'Athletics' 	<ul style="list-style-type: none"> 1x 6 week unit in Spring 2 'Sports Hall Athletics' 1x 6 week unit in Summer 2 'Athletics' 	<ul style="list-style-type: none"> 1x 6 week unit in Spring 2 'Sports Hall Athletics' 1x 6 week unit in Summer 2 'Athletics' 	<ul style="list-style-type: none"> 1x 6 week unit in Spring 2 'Indoor Athletics' 1x 6 week unit in Summer 2 'Athletics' 	<ul style="list-style-type: none"> 1x 6 week unit in Spring 2 'Indoor Athletics' 1x 6 week unit in Summer 2 'Athletics'

Progression of Skills

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Marching/running for co-ordination	Running pumping arms at various speeds	Using arms and keeping head still when exploring running patterns	Begin to perform 'FAST' technique	Perform 'FAST' technique confidently when sprinting	React quickly and accelerate over short distances	Accelerate quickly with speed and control in movement – timed/competitive races
Experiment with different ways of throwing under/overarm	Throw a variety of objects with some accuracy	Throw in correct stance 'Usain Bolt position'	Throw a javelin/vortex using correct stance rotating hips forward	Throw a javelin/vortex with height and distance	Throw a javelin/vortex/ tennis ball using correct stance rotating hips forward with good height and distance	Throw a javelin/vortex /shot put safely with accuracy and power.
Experiment with different ways of jumping- measuring with various objects	Jumping bending knees and pushing off – being competitive to improve distance as a pair	Use arms to improve jumping technique – beating their own score	Perform a hop, step and jump (standing triple jump) in isolation and in combination	Perform a hop, step and jump (standing triple jump)	Perform a variety of jumps (Long jump and triple jump) and measure for distance	Perform a jump for distance varying techniques to improve performance
			In warm ups develop running for distance	In warm ups develop running for distance increasing each lesson	Develop pace when running longer distance	Develop long distance running- learning to pace and show good technique
			Run and take off over obstacles at some speed	Run and jump over hurdles with some speed and control	Run and jump over hurdles with increasing control	Run and jump over hurdles with speed and control
Working with friends in a team – taking turns	Co-operate and compete in a team in various running games	Compete in a team in various running/obstacle games and working together to improve team performance	Develop relay change over techniques	Pass a relay baton with control with a partner in adapted games	Pass a relay baton with control and timing in a pairs change over	Pass a relay baton in competitive situations (timed)

F – Face forward – head still

A – Arms pump fast – hip to lip

S – Speedy feet

T - Trunk to be upright

Swimming - 2022-23

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
When taught...				<ul style="list-style-type: none"> 1x 6 week unit in Summer 2 'Swimming' 	<ul style="list-style-type: none"> 1x 6 week unit in Summer 2 'Swimming' 	<ul style="list-style-type: none"> 1x 6 week unit in Summer 2 'Swimming' Individual pupils if required 	<ul style="list-style-type: none"> 1x 6 week unit in Summer 2 'Swimming' Individual pupils if required

Progression of Skills

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
			Enter the pool safely by jumping in or sliding in on front. Exit the pool by the poolside steps or climbing out.	Enter the pool by jumping and diving (at the deep end) safely. Exit the pool by climbing out.	All primary schools must provide <u>swimming and water safety lessons in either Key Stage 1 or 2.</u>	

			Be confident to be able to swim across the pool without stopping	Swim confidently using various strokes on the surface and under the water	<p>Each pupil is required to be able to do the following:</p> <ul style="list-style-type: none"> • Perform safe self-rescue in different water based situations • Swim competently, confidently and proficiently over a distance of at least 25 metres • Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.
			Begin to show breathing technique when performing various strokes with and without a float	Use advance breathing techniques in all strokes	
			Swim competently and confidently across the pool using various strokes front crawl, breaststroke and backstroke	Swim competently and confidently using correct stroke techniques e.g. front crawl, breast stroke, backstroke and butterfly.	
			Be able to swim at least 25 metres	Be able to swim over 25m	
			Perform safe self rescue in water base situations e.g. pyjama rescue, float aids in deep water etc	Confidently perform safe self rescue skills in deep water	

Striking and Fielding Games - 2022-23

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
When taught...	1x 6 week unit in Autumn 1 ' First PE '	• 1x 6 week unit in Summer 1 ' Quik Cricket '	• 1x 6 week unit in Summer 1 ' Quik Cricket '	• 1x 6 week unit in Summer 1 ' Quik Cricket '	• 1x 6 week unit in Summer 1 ' Quik Cricket '	• 1x 6 week unit in Summer 2 ' Rounders '	• 1x 6 week unit in Summer 2 ' Rounders '

Progression of Skills

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Rolling and stopping a ball sitting down and standing up	Rolling and stopping a ball with one/two hands	Roll and stop a ball with control/accuracy	Roll the ball with one hand and stop the ball attempting Long barrier method	Roll the ball with one hand and stop the ball from different directions using Long barrier method	Begin to use fielding techniques with throwing and stopping and scooping up the ball	Positioning in a modified game to field a ball (both throwing and stopping it)

Move with different objects in their hands	Throw and catch a ball with some control	Throw underarm with some accuracy and catch a ball	Throw and catch underarm with both hands (in isolation)	Throw and catch under pressure in modified games	Throwing over/underarm and catching over various distances	Making correct decisions with the type of throw to use in modified game. Move body into a position to catch the ball
Passing an object to another child	Bowl underarm towards a target	Bowl underarm towards a target with control and accuracy	Bowl at a wicket underarm and attempt overarm	Bowl at a wicket underarm/overarm with accuracy and control	Bowl attempting to hit the wicket using under/overarm	Bowl (over/underarm) at a wicket in a game against a batter with some speed and control to hit the wicket
Pushing a ball away from body with hands	Hit a ball off a tee using various bats	Begin to hold the bat in correct position and hit a ball off a tee	Control with a bat (holding it correctly) hitting a ball off a tee and whilst moving	Hit a drop fed ball and/or moving ball with a bat	Hit a moving ball with control and some distance	In a competitive game begin to tactically hit/place a ball into a space
Push ball with throw down strips to develop hand eye co-ordination	Play a modified game hitting off a tee	Play a modified game encouraging teamwork when fielding	Play a modified game using fielding and batting skills	Play a game communicating as a team	Communicate and collaborate as team to beat an opponent	Use a variety of tactics to attack and defend in a game of quick cricket

Net and Wall Games - 2022-23

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
When taught...	1x 6 week unit in Autumn 1 'First PE'	• 1x 6 week unit in Summer 2 'Tennis'	• 1x 6 week unit in Summer 2 'Tennis'	•	•	• 1x 6 week unit in Summer 1 'Tennis'	• 1x 6 week unit in Summer 1 'Tennis'

Progression of Skills

Reception	Year 1	Year 2	Year 3 - <i>not taught but to support teachers</i>	Year 4 - <i>not taught but to support teachers</i>	Year 5	Year 6
Throw and catch to self with a soft ball and attempt to bounce catch to self	Throwing and catching a small ball with control and bounce catch to self and partner	Throw and catch from one hand to the other and bounce catch into a target with a partner	<i>Move to catch a ball</i>	<i>Move with balance and control to catch a ball</i>	Move to hit a ball with some control	Move in a variety of directions when hitting a ball

Balance an object e.g. beanbag on racket	Balance a ball on racket	Balance a ball on racket with control	<i>Control a ball on racket when moving</i>	<i>Hit/bounce ball on racket when moving</i>	Hit/ bounce a ball with control when moving	Hit/bounce ball to a partner with control
Hand eye co-ordination passing ball to a partner	Racket familiarisation-moving ball with racket in forehand position	Racket familiarisation-moving ball with racket in forehand and backhand position whilst moving	<i>Hit ball across the floor with forehand position</i>	<i>Hit ball in forehand position with drop feed</i>	Moving into position to hit a ball with forehand in skills practice and game	Move to hit a ball in game in forehand position
Move on the floor ball with hand in a variety of ways	Racket Familiarisation – moving a ball in backhand position	Racket Familiarisation – moving a ball in backhand position whilst moving	<i>Hit the ball across the floor using back hand position</i>	<i>Hit a ball in backhand position with a dropfeed</i>	Moving into position to hit a ball with backhand in skill practice and game	Move into position to hit a ball with backhand. Begin to choose which shot it best in a game.
Push the ball with throw down strips to develop hand eye co-ordination	Tap up tennis to self keeping control	Tap up tennis with a partner to keep control of the ball	<i>Hit a ball into a target (with one bounce)</i>	<i>Hit a ball into a target from a variety of distances with no bounce</i>	Serve diagonally with underarm/overarm throwing into target/game. Begin to use with racket to serve into a target.	Serve diagonally under/overarm in a game of mini tennis

Outdoor and Adventurous Activities - 2022-23

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
When taught...				<ul style="list-style-type: none"> 1x 6 week unit in Summer 1 'OAA' Outdoor Adventure Day in Summer 2 	<ul style="list-style-type: none"> 1x 6 week unit in Summer 1 'OAA' Outdoor Adventure Day in Summer 2 	<ul style="list-style-type: none"> 1x 6 week unit in Summer 1 'OAA' Outdoor Adventure Day in Summer 2 	<ul style="list-style-type: none"> 1x 6 week unit in Summer 1 'OAA' Outdoor Adventure Day in Summer 2

Progression of Skills

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
			Orientate themselves with increasing confidence and accuracy around a short trail.	Orientate themselves with accuracy around a short trail.	Start to orientate themselves with increasing confidence and accuracy around an orienteering course.	Orientate themselves with confidence and accuracy around an orienteering course when under pressure.

			Identify and use effective communication to begin to work as a team.	Communicate clearly with other people in a team, and with other teams.	Use clear communication to effectively complete a particular role in a team.	Use clear communication to effectively complete a particular role in a team, demonstrating leadership where necessary.
			Begin to choose equipment that is appropriate for an activity	Try a range of equipment for creating and completing an activity	Choose the best equipment for an outdoor activity	Choose the best equipment for an outdoor activity
			Discuss how to follow trails and solve problems	Select appropriate equipment/route/people to solve a problem successfully	Plan strategies to solve problems/plan routes/follow trails/build shelters etc.	Plan strategies to solve problems/plan routes/follow trails/build shelters etc.
				Choose effective strategies and change ideas if not working	Implement and refine strategies	Implement and refine strategies