

## 2020 Subject Progression Sheet: PE

<b>EYFS</b>						
	<b>Term 1</b>	<b>Term 2</b>	<b>Term 3</b>	<b>Term 4</b>	<b>Term 5</b>	<b>Term 6</b>
<b>Units:</b>	<b>Dance</b> Nursery Rhymes	<b>Balance</b>	<b>Dance</b> Seasons	<b>Movement Skills 2</b>	<b>Athletics</b>	<b>Dance</b> Jungle
<b>Knowledge:</b>	Simple shapes Space awareness	Retain and regaining balance	Simple shapes Space awareness Seasons Beats/counts of 12	Observing effects of activities on bodies	Running and jumping efficiently Different ways of landing	Simple shapes Space awareness Seasons Beats/counts of 12 up to 16
<b>Skills:</b>	Moving safely Different levels (heights) Working in pairs Creating sequences	Balance on one leg Jumping off objects and landing safely Push and pull Jump and leap	Moving safely Different levels (heights) Working in pairs Creating sequences Flexibility, balance & postures Perform Evaluation of own performance	Moving around, under, over and through Jumping, balancing, dodging, volleying and punting safely	Jumping one foot to two feet Jumping two feet to two feet Coordinating a run with a jump Throwing for accuracy and in a variety of ways Running in a lane Jumping for height/clearing an obstacle	Moving safely Travelling Different levels (heights) Working in pairs Creating sequences Create movement patterns Use picture stimulus
<b>Vocabulary:</b>	Travel Create Sequence Shape	Balance Jump/leap Land Push/pull	Flexibility Balance Posture Evaluation	Around Under Over Through Kick/punt Dodge Volley	Coordinating Throwing Accuracy	Flexibility Extension Balance Posture Travelling
<b>Units:</b>	<b>Net &amp; Wall</b> Games Skills 1	<b>Gymnastics</b> Rocking and Rolling	<b>Locomotion</b>	<b>Gymnastics</b> Flight, bouncing, jumping and landing	<b>Target Games 1</b>	<b>Striking &amp; Fielding</b> Game Skills 1
<b>Knowledge:</b>	Send and receive with accuracy Striking a ball	Transferring weight from one part of your body to another Travelling with confidence and skill	Run skilfully and negotiate space	Execute a variety of leaps and jumps with control	Increasing control over an object	Increasing control over an object
<b>Skills:</b>	Pushing, patting, throwing, catching or kicking an object Striking an object whilst airborne Strike and volley a ball Keeping a rally going	Jumping, mounting and travelling using a variety of obstacles Rocking on different body parts	Twisting and turning Reaching and bending Running skilfully, negotiating space Manipulating objects, control and coordination Dodging, sliding left & right Gallop	Jumping, mounting and travelling using a variety of obstacles in sequences Jump for height Jumping with turns Star jump, pencil jump	Pushing, patting, throwing, catching or kicking an object Throwing a ball underarm Strike a ball with both feet Roll a ball with accuracy with both hands	Pushing, patting, throwing, catching or kicking an object Striking of a tee Tracking flight of ball Roll a ball at a target Pick up a ball Overarm throw Catch a large ball
<b>Vocabulary:</b>	Throwing Catching Kicking	Log, egg and dish roll Sideways/forwards Under/over/through Rocking	Dodge Gallop Balance Space Twist/turn Reach/bend	Sequencing Jumps, leaps Star jump, pencil jump	Throwing Catching Roll Strike Accuracy Underarm Kicking	Track Overarm

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Year 1						
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<b>Units:</b>	<b>Dance</b> Mini Beasts	<b>Net &amp; Wall</b> Games Skills 1	<b>Invasion Games</b> Skills 1	<b>Invasion Games</b> Skills 2	<b>Athletics 2</b>	<b>Dance</b> Under the Sea
<b>Knowledge:</b>	To perform, review and improve performance Use pictures as stimulus	To use sending and receiving skills within rules of games	Apply attacking and defending within activities	Apply attacking and defending within activities	Accurately replicate techniques of catching and throwing events	To perform, review and improve performance Use pictures as stimulus
<b>Skills:</b>	Move safely and creatively in space Timing and levels Perform, feedback and improve Variety of travelling movements Move direction in unison Turn action from motif into travelling actions	Striking with accuracy Volleying Sending and receiving balls with accuracy Rallies	Chest pass Moving into space after passing Move and turn under control with stick and ball Dribble ball with hands Send and receive Send ball with feet	Using attacking and defending in activities which require them Move to receive a safe pass Turn whilst in control of ball Run quickly and dodge to beat an opponent Tracking & intercept an opponent Catching a ball consistently on the full & after one bounce	Run at different speeds Change direction Adapt speed depending on distance Different styles of jumping and techniques to increase height and distance Adding running to jumping Replicate throwing events Developing leg and feet placement Evaluate others using technical language	Move safely and creatively in space Timing and levels Perform, feedback and improve Variety of travelling movements Move direction in unison Turn action from motif into travelling actions
<b>Vocabulary:</b>	Feedback Perform Stimulus Unison Pathways/directions Travelling Motif	Accuracy Striking Receiving Rally	Chest pass Dribble Control Stick and ball Space Attack/defend	Attack/defend Bounce Intercept Track Opponent Turn	Speed/direction Adapt Height/distance Change Placement	Feedback Perform Stimulus Unison Pathways/directions Travelling Motif
<b>Units:</b>	<b>Target Games 2</b>	<b>Gymnastics</b> Balancing & Spinning on Points and Patches	<b>Gymnastics</b> Wide, Narrow & Curled Rolling & Balancing	<b>Movement Skills 2</b>	<b>Gymnastics</b> Pathways - Small & Long	<b>Striking and Fielding</b> Games Skills 1
<b>Knowledge:</b>	Applying striking & throwing skills to physical activities	Performing spins and balances as part of a wider routine and in different formations	Working with a partner in long, curved and narrow shapes within movement	Apply basic skills competently in a range of physical activities	Use different pathways within a sequence - mounting and dismounting apparatus	Show awareness of boundaries and rules Strike and support fielders
<b>Skills:</b>	Punt a ball with accuracy Single and both feet Strike a ball at a target with accuracy Strike a ball with <i>force</i> and accuracy Throw a ball overarm at a target Bounce a ball at target	Sequence of spins Symmetrical balances on patches Asymmetrical spins and balances Routines in different formations/partner Spinning at different levels Changing dynamics Holding balances at different balances Spin out of balances to form a sequence	Travel in a wide shape Balance inversion with wide body parts Curled movements in sequences on floor and apparatus Long shapes whilst in balance, motion and flight Sequence involving narrow movements Narrow, tight curved shapes and back to perform a sequence Sequence at high and low level	Move with good control following visual and audio instructions Travel backwards safely Balance on one leg Jump in a variety of ways Dodge and move safely with awareness of others Volley and punt	Step gracefully in straight pathways Sequences - sideways, forward and backward stepping Move close to ground - pushing and pulling on different parts of the body Move in triangular pathways on different body parts High means of travelling Variety of turns Jump in different ways Coordination	Strike ball of a tee Run and hit ball to gather runs Work as group to field the ball Get into a ready position to catch Tracking the flight of the ball to catch Roll a ball to a target accurately Throw underarm accurately Pick up a ball cleanly and roll accurately Pick up and thrown overarm

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			Sequence with curled, narrow and wide shape working at high and low levels		Curved and zig-zag pathways	
Vocabulary:	Punt Strike Overarm Force Target Bounce	Sequence Symmetrical/Asymmetrical Patches Balances Routine Formation Dynamics Levels	Narrow Wide Tight Curled Sequence High/low Travel/Motion Balance Flight	Visual/audio Dodge Balance Volley/punt Awareness Control	Curved Sequence Pathway Push/pull Sideways, forwards, backwards	Accuracy Overarm/underarm Roll Ready position Track Boundaries

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Year 2						
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Units:	<b>Dance</b> Fire of London	<b>Targets Games 3</b>	<b>Dance</b> Animals	<b>Movement Skills 3</b>	<b>Athletics</b>	<b>Striking and Fielding</b> Games Skills 2
Knowledge:	To perform, review and improve performance Develop a 32 count Fire of London motif with whole group choreography	Apply skills competently and know what success is like in self and others in a variety of activities	To perform, review and improve performance Develop a 32 count Fire of London motif with whole group choreography	Apply basic skills competently in a range of physical activities (within a defined space)	Accurately replicate techniques of sporting events showing anticipation and reaction speed	Show awareness of boundaries and rules Playing games using skills learned
Skills:	Use of travel, timing and levels Using words as stimulus Work in unison Using one or two actions from a motif to create a sequence Using different levels and pathways Using props as stimulus Evaluate performance to improve	Throw ball underarm with either hand with accuracy at a target Kick, roll, punt, strike a ball with a degree of accuracy	Use of travel, timing and levels Using words as stimulus Work in unison Using one or two actions from a motif to create a sequence Using different levels and pathways Show use of levels in paired performance Individual, paired and whole class routines Emphasis on transitions Using props as stimulus Evaluate performance to improve	Skip with rope in a variety of ways Bounce ball and travel with control Receive a ball and trap it Jump for height Catch consistently	Jump and land safely, cushioning landing and maintaining balance Coordinate a run with a jump Throw for accuracy Run within a lane and dip to finish Transfer relay batons Jump with control and timing/timing take-offs to clear obstacle Thrown in variety of ways and for distance	Catch ball after bounce Strike ball off of tee Bowl overarm Stop the ball as a wicket-keeper Pick up ball one-handed, return underarm Strike ball to leg Make barrier to stop ball struck hard at you
Vocabulary:	Feedback Perform Stimulus Unison Pathways/directions Travelling Motif	Punt Kick Roll Strike Overarm Force Target	Feedback Perform Stimulus Unison Pathways/directions Travelling Motif Transition	Bounce Space Skip Competently Receive Catch Jump	Distance Obstacle Timing Relay baton Lane Dip Coordinate Anticipation Reaction	Tee Bounce Wicket-keeper Bowl overarm Barrier Return underarm Chase Boundaries Rules
Units:	<b>Invasion Games</b> Skills 2	<b>Gymnastics</b> Pathways, Straight, Zipping & Curving	<b>Movement Skills 2</b>	<b>Gymnastics</b> Spinning, Turning & Twisting	<b>Net &amp; Wall</b> Games Skills 2 Short Tennis	<b>Gymnastics</b> Stretching, Curling & Arching
Knowledge:	Apply attacking and defending within activities Compete with spatial awareness	Performing a variety of moves on floor and apparatus using a variety of pathways	Apply basic skills competently in a range of physical activities	Creating a sequence of movements links with spins, twists and turns which mirrors a partner	Understanding interpretations of rules and accepted decisions given Sending/receiving ball over net using forehand and backhand	Perform a sequence with a clear start and finish, involving curling, stretching and arching
Skills:	Catch a ball consistently after one bounce Catch a ball consistently on the full Track an opponent Interceptions Understand principles of attacking and defending	Gym moves in straight lines Changing direction using different types of turns Sequence with zig-zag pathways Gymnastic moves at different levels Demonstrate zig-zag within a sequence of work	Move with good control following visual and audio instructions Travel backwards safely Balance on one leg Jump in a variety of ways Dodge and move safely with awareness of others Volley and punt	Spin on different patches Devise a sequence of balances and spins Perform a twist and then a roll Change pathways after each roll by spinning Twist in flight	Strike and volley ball with accuracy Keep rally against a wall with a partner Develop good grip, stance and control for short tennis	Travel forwards, backwards and sideways in curled position Curled position in-flight Support body weight on different parts whilst in a curved position Stretch in a balance Arches on front and back

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	Run quick to doge and beat an opponent Keeping possession of a ball	Perform with control and adaptations to original work Move with agility, balance and coordination in a curved pathway Travel backwards and sideways to perform a sequence seamlessly using transitions	Self-motivate to show self-confidence	Change point of contact in balances, leading into next balance by twisting Twist during inversion Use apparatus to counter-balance Pairs to counter-balance Work efficiently in synchronisation		Stretching to make longest possible shape whilst in flight Stretch and curl within the same action Create sequence with seamless transitions Stretch whilst taking weight on hands Stretch and curl whilst taking weight at high levels and inversion Use apparatus to stretch, curl and hold a bridge Making front and back supports Travelling into and out of supports
<b>Vocabulary:</b>	Possession Opponent Track Interception Dodge Principles Consistently Spatial awareness	Transitions Seamless Sequence Adaptions Curved motions Agility Balance Coordination	Visual/audio Dodge Balance Volley/punt Awareness Control	Synchronisation Apparatus Counter-balance Inversion Twists/turns In-flight	Forehand Backhand Stance Grip Strike Volley Accuracy	Stretch Curl Bridge Inversion Transition Apparatus Supports Arches Balance

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Year 3						
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>Units:</b>	<b>Dance</b> Space	<b>Gymnastics</b> Linking Movements Together	<b>Dance</b> Around the World	<b>Gymnastics</b> Symmetry & Asymmetry (partners)	<b>Athletics</b>	<b>Gymnastics</b> Receiving Body Weight
<b>Knowledge:</b>	To perform, review and improve a finished performance piece 38-48 count space-themed motif (whole group choreography)	Perform a sequence by taking weight on hands and link with other moves	To perform, review and improve a finished performance piece 38-48 count around the world-themed motif (whole group choreography)	Combine a range of symmetrical and asymmetrical gymnastic moves to create a sequence with a wide variety of gymnastic moves	Accurately replicate techniques of sporting events in competitive situations	Receive weight on a range of body parts and perform with control and a range of dynamics
<b>Skills:</b>	Show good timing, posture and extension Changes in levels and in pathway Using pictures creatively Use mirror images and changes in levels Working groups to show good cooperation skills Use of cannon and changes in formation	Step through various degrees of turn Move from one balance to another at different levels Show graceful ways of getting from floor to ground (vice-versa) Use a variety of rolls to link a sequence of balances Travel on patches close to the ground and contrasting higher levels	Show good timing, posture and extension Changes in levels and in pathway Using pictures creatively Use mirror images and changes in levels Working groups to show good cooperation skills Use of cannon and changes in formation Use peer feedback	Spin on patches Spins into a sequence Smooth transitions Spin on points at different levels and put spins in a sequence Spin symmetrically/asymmetrically at different levels Rolls at different levels in a sequence Paired balance within a sequence	Correct technique to start a sprint Develop coordination to improve speed Combine sprinting with low hurdles Consistency of jumps Develop technique of accuracy and consistency of overarm throw Accurately replicate techniques of sporting events	Taking weight on patches Create symmetrical and asymmetrical shapes in balances on patches Take body weight on back and shoulders Create sequences of moves on apparatus Take weight on hands to support balance Take weight on back, bottom and shoulders to transfer a routine onto apparatus
<b>Vocabulary:</b>	Cannon Formation Cooperation Mirror Images Posture Timing Extension	90, 180, 270, 360 degrees Graceful Sequence Balance Series Contrasting	Cannon Formation Cooperation Mirror Images Posture Timing Extension	Symmetrical Asymmetrical Spins Sequences Rolls Balance Points/patches Transitions	Replicate Competitive Overarm Jumps Sprints Hurdles Coordination Improve speed	Symmetrical Asymmetrical Spins Sequences Rolls Balance Points/patches Transitions
<b>Units:</b>	<b>Netball</b>	<b>Hockey</b>	<b>Tennis</b>	<b>Health Related Fitness</b>	<b>Cricket</b>	<b>Football</b>
<b>Knowledge:</b>	Starting to play High 5 netball related games and officiate by taking on roles and responsibilities	Compete in a hockey tournament by competing effectively in a team	Using tactics against opponents	Competing and challenging oneself to improve	Taking on roles in competitive games	Demonstrate skills within a competitive environment using tactics
<b>Skills:</b>	Passing a ball Defend individually and as part of a team Shoot Evaluate performance Playing games and officiating	Control of hockey stick Dribble ball in a race Dribble and change direction easily Pass ball accurately Control a ball pass Perform a jab-stick tackle	Ready positions Judging bounce of ball Hit consistently forehand/backhand Volley a ball front/back Striking ball downwards Move to correct positions to play a variety of shots	Understand stamina Sustain physical exertion Flexibility Balance, agility, coordination Core muscles understanding Muscular control Compete against oneself	Position to receive balls bowled Bowl overarm/straight arm Take on wicket-keeping stance Take on bowls either side Throw accurately and powerfully Slide bat to make your ground Communicate effectively Bowl with run up Teamwork skills	Accept rules and decisions Identify components to pass ball effectively Dribble ball with both feet using different parts of the feet Turn with a football Defend 1:1 Attack and defensive principles in game situation

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Vocabulary:	Officiate Rules Attack/defend Passing and shooting Netball	Jab-stick Tackle Control Tournament Direction Dribble Race Hockey	Volley Ready positions Forehand/backhand Bounce of ball Variety	Plyometrics Core muscles Stamina Flexibility Coordination Muscles	Teamwork/communication Bowl Wicket-keeper Accuracy Power Overarm/straight arm	Decisions Dribble Turn Attack/defend
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Year 4						
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>Units:</b>	<b>Gymnastics</b> Arching & Bridges	<b>Dance</b> The Romans	<b>Gymnastics</b> Partner Work - Pushing & Pulling	<b>Dance</b> Egyptians	<b>Athletics</b>	<b>Gymnastics</b> Rolling & Traveling Low
<b>Knowledge:</b>	Front and back supports which involve working under and over	To perform, review and improve a finished performance piece 32-48 count in a Roman-themed motif (whole group choreography)	Push and pull in unison and cannon	To perform, review and improve a finished performance piece 32-48 count in a Egyptian-themed motif (whole group choreography)	Accurately replicate techniques of sporting events in competitive situations	Use a sequence of roles showing elements of unison, cannon and mirroring
<b>Skills:</b>	Support body weight using hands and feet only Spin from one means of support to another Create sequence using front/back symmetrical/asymmetrical spinning Sequences with different controlled rolls with front and back supports Create sequences moving seamlessly from front and back supports to other balances Paired sequences showing different formation in unison to a set count	Show good timing, posture and extension Changes in levels and in pathway Using pictures creatively Use mirror images and changes in levels Working groups to show good cooperation skills Use of cannon and changes in formation Peer feedback	Balance on different points and patches Match a partners moves in synchrony Compose sequence with partner and perform elements in contrast to your partner Match your partners asymmetrical balances Working with contrasting dynamics to partner Sequence with contrasting and matching performed to a high standard Sequence with contrasting and matching shapes and moves	Show good timing, posture and extension Changes in levels and in pathway Using pictures creatively Use mirror images and changes in levels Working groups to show good cooperation skills Use of cannon and changes in formation Peer feedback	Correct technique to start a sprint Develop coordination to improve speed Combine sprinting with low hurdles Consistency of jumps Develop technique of accuracy and consistency of overarm throw Accurately replicate techniques of sporting events	Forward roll with good technique Perform forward roll as part of a sequence of rolls Linking into sequences seamlessly Roll backwards to come to standing without knees touching the mat Roll backwards into straddle Roll in unison with a partner Create a sequence of rolls Mirroring a partners rolls
<b>Vocabulary:</b>	Symmetrical/asymmetrical Sequence Front/back support Controlled Seamlessly Body weight	Cannon Formation Cooperation Mirror Images Posture Timing Extension Improve/feedback	Cannon Contrasting Sequence Shape Symmetrical/asymmetrical Synchrony Balance	Cannon Formation Cooperation Mirror Images Posture Timing Extension Improve/feedback	Replicate Competitive Overarm Jumps Sprints Hurdles Coordination Improve speed	Cannon Unison Mirroring Rolls Sequences Control Poise Straddle Forward/backward roll
<b>Units:</b>	<b>Tag Rugby</b>	<b>Dodgeball</b>	<b>Basketball</b>	<b>Handball</b>	<b>Badminton</b>	<b>Rounders</b>
<b>Knowledge:</b>	Compete in a competitive game of Tag Rugby applying skills effectively	Demonstrate understanding of rules and accepting decisions	Compete in a competitive game of Basketball applying skills effectively	Compete in a competitive small-sided game of Handball applying skills effectively Develop teamwork and sportsmanship	Compete in a competitive game of Badminton applying skills effectively Keep score and officiate games	Compete in a competitive game of Rounders applying skills effectively Keep score and officiate games
<b>Skills:</b>	Send and receive a ball under pressure Attacking and defending skills	Develop effective throwing technique Develop effective dodging technique Develop catching skills	Demonstrate triple threat position Demonstrate basic ball-handling skills Demonstrate dribbling techniques	Send and receive handball successfully Pass and receive ball on the move Shoot accurately Use tactics	Assume correct ready-position Throw the shuttle with accuracy and control Move quickly to be in position to hit the shuttle	Send and receive tennis ball using correct catching techniques Show tactical awareness Develop basic bowling and batting skills



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	<p>Passing a rugby ball backwards accurately, correctly and dummy passes</p> <p>Pass and create an overlap</p> <p>Pass missing out players in a line</p>	<p>Officiating a game</p>	<p>Maintain possession of ball when faced with defender</p> <p>Understanding defensive positioning</p> <p>Develop passing techniques</p> <p>Develop shooting techniques</p> <p>Be able to compete</p>	<p>Block or intercept a pass or shot</p> <p>Develop attacking tactics</p>	<p>Consistently return the shuttle</p> <p>Show variation of soft and hard hitting shots</p> <p>Select when to use different shots</p>	<p>Develop throwing skills</p> <p>Develop ability to hit and make decisions about running</p> <p>Develop ground-fielding techniques</p> <p>Develop awareness of rules</p> <p>Demonstrate leadership skills</p> <p>Develop high catching skills</p> <p>Awareness of tactics</p>
Vocabulary:	<p>Passing</p> <p>Dummy passing</p> <p>Overlap</p> <p>Attack/defend</p> <p>Under pressure</p> <p>Send and receive</p>	<p>Throwing</p> <p>Catching</p> <p>Dodging</p> <p>Officiating</p> <p>Technique</p>	<p>Compete</p> <p>Shoot</p> <p>Pass</p> <p>Defence</p> <p>Possession</p> <p>Precision</p> <p>Dribble</p> <p>Ball-handling</p> <p>Triple threat</p> <p>Technique</p>	<p>Attacking</p> <p>Passing</p> <p>Shooting</p> <p>Tactics</p> <p>Pass and receive</p>	<p>Shot</p> <p>Selection of shots</p> <p>Variation</p> <p>Consistency</p> <p>Return</p> <p>Shuttle</p> <p>Accuracy</p> <p>Control</p> <p>Ready-position</p>	<p>Tactics</p> <p>High catching</p> <p>Leadership</p> <p>Decision making</p> <p>Bowling</p> <p>Batting</p> <p>Ground-fielding</p> <p>Catching</p> <p>Technique</p>

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Year 5						
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Units:	<b>Dancing</b> Dance through the Ages	<b>Gymnastics</b> Matching, Mirroring & Contrast	<b>Gymnastics</b> Partner Work - Under & Over	<b>Health Related Fitness</b>	<b>Athletics</b>	<b>Dance</b> British Values
Knowledge:	To perform, review and improve a finished performance piece 32-64 count using dances throughout the ages	Matching partners moves using clearly defined starting and finishing positions	Make a sequence with a partner, where you both at some point roll over each other. Use seamless transitions and evaluate work.	Understand how to perform a multi -stage fitness test showing determination and resilience and understand the benefits of regular exercise.	Develop fluency and efficiency in running for speed as a team. How to apply relay changeover skills and appropriate starts and changeover techniques for different events.	To perform, review and improve a finished performance piece 48-64 count using British Values
Skills:	20's and 30's dance routines - dancing in unison creating imaginative actions using words 40's and 50's dance - to understand rock and roll Include use of level changes and different directions 70's dance - use of level changes and different directions To work in groups using dynamics, cannon, unison, direction and level To perform, review and improve a finished themed performance piece using appropriate and relevant dance vocabulary	Working in time with partner Contrast partners moves by working at different levels and pathways Mirror partners symmetrical and asymmetrical shapes Perform a sequence whilst still mirroring partner Work in pairs to create routine and moves using mirroring, matching and contrasts	Create a sequence where you both roll over each other. Support own body weight in front and back support whilst partner passes underneath. Work cooperatively with partner to create opportunities to travel over and under you. Create fluent controlled sequence over benches in interesting ways. Refine movements to improve quality with clear starting and finishing points.	Warm up prior to exercise and sustain movements over time. Enjoy competing and challenging yourself to improve. Be reflective and recognise success in yourself and others.	How to sustain pace over longer distances. How to change pace and run at different tempos. Develop a pull-throw technique Develop accuracy and consistency with overarm throw Control power and accuracy of overarm throw Throw with greater force and for longer distances Consider different throwing implements and use a best technique Organise small groups and assign different roles Ability to explain why strength and power can help performance in other activities Perform correct triple jump technique Increase number of techniques used in jumping Running for speed	Identify all 5 British Values Create imaginative actions based on values Turn 3-4 actions into a travelling section with changes in levels, pathways and directions Include use of mirror image and changes in level and direction in travel in chance choreography Include changes in formations, dynamics, cannon, unison, direction and level Film and evaluate performance piece ensuring it is has individual, partner and group sections Repeat motifs Showing finishing position
Vocabulary:	Dynamics Cannon Unison Direction Levels Generational language	Mirroring Contrasts Routine Sequence Perform Shape Symmetrical/asymmetrical Pathways Levels	Starting/ Finishing points Under /over Fluent controlled sequences. Support Roll over	Warm-up Compete Resilience Regular exercise Sustain Challenge Reflective	Technique Jumping Triple Jump Changeover techniques Strength and power Overarm Pull-throw Pace Change and sustain Different tempos	Chance Choreography Improvise Evaluate Dynamics Cannon Unison Direction Level Mirror Image British Values
Units:	<b>Netball</b>	<b>Hockey</b>	<b>Volleyball</b>	<b>Handball</b>	<b>Football</b>	<b>Cricket</b>

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<b>Knowledge:</b>	Participate purposefully in a netball match showing skills, actions and correct sequence of movements Showing awareness of tactics and performance	To officiate games of hockey and to apply skills effectively in different situations Respect decisions of peers - officiating	Understand the rules of volleyball and applying skills effectively in tactical ways	Compete in a competitive small-sided game of Handball applying skills effectively Develop teamwork and sportsmanship Aware of attacking and defending	Demonstrate skills within a competitive environment using tactics Cooperate with others to achieve shared goal Demonstrate interpretation of rules and accept decisions given	Link skills and perform in a competitive game of cricket Reflecting on success in oneself and others
<b>Skills:</b>	Send and receive a netball in different ways Be aware of specific tactics Link skills to perform actions Compete in full netball games showing tactics, performance and competitiveness Evaluating Officiating	Controlling a ball to play a game under pressure Working safely and dribble a play with head up Perform a variety of dribbling techniques well Shield the ball from a defender Perform a jab-tackle safely Develop attacking skills with partner Play in a formation and develop skills in different positions Officiating games and understanding rules	To send and receive a ball using the bump and dig technique Setting and spiking a ball Serving a ball over distance and execute a rally Bump, set and spike consistently well Blocking balls Learn basics of scoring and rotation Understand the tactics within the game Tipping the ball	Send and receive handball successfully Pass and receive ball on the move Shoot accurately Use tactics Block or intercept a pass or shot Develop attacking tactics Dribbling the ball with control Keeping possession against an opponent Anticipating the play Shot with power and accuracy Create space for oneself Execute dummy passes Work alongside others when attacking and defending Communicate effectively and listen to others	Accept rules and decisions Identify components to pass ball effectively Dribble ball with both feet using different parts of the feet Turn with a football Defend 1:1 Attack and defensive principles in game situation Correct technique for dribbling and passing the ball Combining skills to be able to move whilst maintain control of the ball Keep possession of the football more successfully Identify which shooting technique to use in order to be successful Identify fundamentals to be able to defend against an opponent Identify when and where to exploit space to create goal scoring opportunities	Catch consistently well under pressure Throw accurately using overarm technique Grip the bat correctly Take a suitable stance and strike the ball consistently Perform a range of fielding techniques confidently and consistently Demonstrate a basic bowling technique consistently Link and apply cricketing skills and techniques effectively
<b>Vocabulary:</b>	Evaluating Officiating Tactics Send and receive Performance	Officiate Positions Formations Shield Jab-tackle Head up Dribbles Under pressure Control	Spike Set Bump Tip Dig Rotate Block Tactics Full-sided	Attacking Passing Shooting Tactics Pass and receive Communication Dummy passes Space Possession Control Dribbling Anticipation	Decisions Dribble Turn Attack/defend Exploit Creation Decisions Possession Shooting Defending Attacking	Bowling Technique Consistent Fielding Grip Bat Stance Overarm Accuracy Catching

## 2020 Subject Progression Sheet: PE

Year 6						
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<b>Units:</b>	<b>Dance</b> The Haka	<b>Gymnastics</b> Counter-Balance & Counter Tension	<b>Gymnastics</b> Partner Work - Group Sequencing	<b>Dance</b> World War 2	<b>Athletics</b>	<b>Gymnastics</b> Flight
<b>Knowledge:</b>	To perform, review and improve a finished Haka themed performance piece To improve performance of oneself and others based on feedback	Work in groups to perform asymmetrical counter balances in a sequence using cannon or unison	Mirror asymmetrical body shapes within a group.	To perform, review and improve a finished 48-64 count motif based on World War 2 To improve performance of oneself and others based on feedback	Develop fluency and efficiency in running for speed as a team. How to apply relay changeover skills and appropriate starts and changeover techniques for different events.	Link skills performing actions and sequences of movements at different levels including: flight and travelling close to the ground
<b>Skills:</b>	Learn actions and words for the 'Ka Mate Haka Ka Mate Haka' To share knowledge of the Haka Focus on good timing and performing a motif in unison To turn 3-4 actions into a travelling section Include use of level changes, pathway and different directions Develop 22-second paired section using picture as stimulus Use mirror image, changing of levels and direction To work in small groups and start to develop a 20-second small group section using chance choreography Involving dynamics, cannon, unison, direction and levels	Hold controlled balances on a variety of points and patches on a given number of body parts Hold a range of symmetrical and asymmetrical balances/counter balances with at different levels with weight on a variety of points and patches Understand push and pull forces to perform various counter balances and link in a sequence Work with a partner to perform symmetrical counter tension balances on a variety of body parts Perform a sequence in cannon at different levels, linking asymmetrical counter balances with transitional moves	In small groups of 4 create a sequence of roles in unison. Perform a sequence where starting points are clearly defined. Evaluate the work of others. Create a sequence involving different formations and pathways working at different levels with differing dynamics. Sequences with pathways which cross. Mirror asymmetrical	Create imaginative actions based on words in theme related mind-map Develop a 32-count individual challenging section To turn 3-4 actions into a travelling section Include use of level changes, pathway and different directions Use mirror image, changing of levels and direction Work in small groups to start to develop a 32 or 64 count group section using chance choreography Use chance choreography creatively Use of cannon, unison, mirror image and changes in formation, level and direction Provide effective feedback to partners and groups	How to sustain pace over longer distances. How to change pace and run at different tempos. Develop a pull-throw technique Develop accuracy and consistency with overarm throw Control power and accuracy of overarm throw Throw with greater force and for longer distances Consider different throwing implements and use a best technique Organise small groups and assign different roles Ability to explain why strength and power can help performance in other activities Perform correct triple jump technique Increase number of techniques used in jumping Running for speed Understand why we use different warmups	Take off from one foot and two Gaining elevation from powerful run and dynamic take-off Take off from one foot and two and create shapes whilst in-flight Land with soft knees and strong symmetrical position Use apparatus to mount and dismount in imaginative and controlled ways Link jumps gracefully to keep transitions smooth and explore different pathways within flight sequences
<b>Vocabulary:</b>	Haka Dynamics Unison Direction Levels Mirror image Pathway	Transitional moves Counter balances Symmetrical Asymmetrical Cannon Tension balances Levels Push and pull Control	Pathways Mirror Sequences Unison	Cannon Unison Mirror Direction Formation Chance Choreography Pathways World War 2 Creative	Changeover techniques Relay Baton Warmups Triple jump Control Accuracy Efficiency Tempo Change/sustain pace	Close to ground Sequences In-flight Gracefully Pathways Soft knees Transitions Elevation Dynamic take-off Powerful runs

## 2020 Subject Progression Sheet: PE

					Overarm Pull-throw	
Units:	Tag Rugby	Dodgeball	Basketball	Badminton	Tennis	Rounders
<b>Knowledge:</b>	Develop game understanding and compete within Tag Rugby.	Demonstrate understanding of rules and accepting decisions	Compete in a competitive game of Basketball applying skills effectively	Compete in an intra-school Badminton tournament applying skills effectively Keep score and officiate games	Using tactics against opponents Play in a match situation	Compete in a competitive full game of Rounders taking on different roles and show a variation of tactics
<b>Skills:</b>	Send and receive a ball under pressure Attacking and defending skills Passing a rugby ball backwards accurately, correctly and dummy passes Pass and create an overlap Pass missing out players in a line Communicate effectively during games Tactical awareness Attacking and defending	Develop effective throwing technique Develop effective dodging technique Develop catching skills Officiating a game Communication and working as part of a team	Demonstrate triple threat position Demonstrate basic ball-handling skills Manoeuvre ball effectively Pass ball correctly Use pivots and correct footwork to catch and protect basketball and create passing angles Understand zonal and man-marking Find space to take a shot Use screens to help open up space for teammates Demonstrate dribbling techniques Maintain possession of ball when faced with defender Understanding defensive positioning Develop passing techniques Develop shooting techniques Be able to compete	Assume correct ready-position Thrown the shuttle with accuracy and control Perform forehand and backhand serve Understand benefits of different serves Move quickly to be in position to hit the shuttle Consistently return the shuttle Show variation of soft and hard hitting shots Select when to use different shots Demonstrate a split-step and understand its use Performing different shots effectively and accurately	Ready positions Judging bounce of ball Hit consistently forehand/backhand Control where the ball is hit Understand differences between shots Get into good positions to hit backhand shots consistently How to hit forehand and backhand shots differently Volley a ball front/back Striking ball downwards Move to correct positions to play a variety of shots Reflect and recognise success in others Link good footwork and position with a range of shots to play competitive rallies Improve tactical awareness through reflection	Send and receive tennis ball using correct throwing and catching techniques Develop bowling, batting and ground fielding skills Vary tactics in small group situations
<b>Vocabulary:</b>	Passing Dummy passing Overlap Attack/defend Under pressure Send and receive Tactics Communication	Throwing Catching Dodging Officiating Technique Communication Teamwork	Compete Shoot Pass Defence Possession Precision Dribble Ball-handling Triple threat Screens Open space Man-marking Zonal marking Footwork Pivots Passing angles Manoeuvre Technique	Shot Selection of shots Variation Consistency Return Forehand Backhand Shuttle Split-step Accuracy Control Ready-position	Volley Ready positions Forehand/backhand Bounce of ball Variety Competitive Tactics Rallies Evaluation/reflection	Tactics High catching Leadership Decision making Bowling Batting Ground-fielding Catching Technique