



Throughout all units:

- children develop their physical ability, mental capacity and emotional understanding (head, hand, heart)
- there are clear learning outcomes for head, hand and heart elements which are progressive through the year groups (see Skills Progression doc)

		Foundation	Yr 1/2	Yr 3/4	Yr 5/6
Autumn Cycle A	PE Unit	Speed Agility Travel Body Management	Send & Return Run Jump Throw Dance Gymnastics	Handball Dance Swimming OAA Gymnastics	Tag Rugby (Netball 2020) OAA Dance Gymnastics
	Progression map (Key Elements)	<ul style="list-style-type: none"> • Movement • Development of skills & techniques • Application of skills and techniques • Co-operation/teamwork • Competition • Analysis and evaluation • Preparation for life & participation • Health and fitness • Tactics • Challenge 	<ul style="list-style-type: none"> • Movement • Development of skills & techniques • Application of skills and techniques • Co-operation/teamwork • Competition • Analysis and evaluation • Preparation for life & participation • Health and fitness • Tactics • Challenge 	<ul style="list-style-type: none"> • Movement • Development of skills & techniques • Application of skills and techniques • Co-operation/teamwork • Competition • Analysis and evaluation • Preparation for life & participation • Health and fitness • Tactics • Challenge • Swimming 	<ul style="list-style-type: none"> • Movement • Development of skills & techniques • Application of skills and techniques • Co-operation/teamwork • Competition • Analysis and evaluation • Preparation for life & participation • Health and fitness • Tactics • Challenge
	National Curriculum Coverage	<p>Revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping.</p> <p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>Combine different movements with ease and fluency.</p>	<p>master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>participate in team games, developing simple tactics for attacking and defending</p> <p>perform dances using simple movement patterns</p>	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate [for example, handball], and apply basic principles suitable for attacking and defending</p> <p>develop flexibility, strength, technique, control and balance [for example, through gymnastics]</p> <p>perform dances using a range of movement patterns</p> <p>take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate [for example, netball and tag rugby], and apply basic principles suitable for attacking and defending</p> <p>develop flexibility, strength, technique, control and balance [for example, through gymnastics]</p> <p>perform dances using a range of movement patterns</p>

		Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, co-ordination and agility. Know and talk about the different factors that support their overall health and wellbeing:		compare their performances with previous ones and demonstrate improvement to achieve their personal best swim competently, confidently and proficiently over a distance of at least 25 metres; use a range of strokes effectively; perform safe self-rescue in different water-based situations	take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best
		Foundation	Yr 1/2	Yr 3/4	Yr 5/6
Spring Cycle A	PE Unit	Dance Gymnastics	Dance Gymnastics Attack, Defend, Shoot Hit, Catch, Run	Gymnastics Swimming Dance Tag Rugby Tennis	Dance Gymnastics Netball (Tag Rugby 2020-21) Tennis
	Progression map	<ul style="list-style-type: none"> “ Movement “ Development of skills & techniques “ Application of skills and techniques “ Co-operation/teamwork “ Competition “ Analysis and evaluation “ Preparation for life & participation “ Health and fitness “ Tactics “ Challenge 	<ul style="list-style-type: none"> “ Movement “ Development of skills & techniques “ Application of skills and techniques “ Co-operation/teamwork “ Competition “ Analysis and evaluation “ Preparation for life & participation “ Health and fitness “ Tactics “ Challenge 	<ul style="list-style-type: none"> “ Movement “ Development of skills & techniques “ Application of skills and techniques “ Co-operation/teamwork “ Competition “ Analysis and evaluation “ Preparation for life & participation “ Health and fitness “ Tactics “ Challenge “ Swimming 	<ul style="list-style-type: none"> “ Movement “ Development of skills & techniques “ Application of skills and techniques “ Co-operation/teamwork “ Competition “ Analysis and evaluation “ Preparation for life & participation “ Health and fitness “ Tactics “ Challenge
	National Curriculum Coverage	Revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping – climbing Progress towards a more fluent style of moving, with developing control and grace. Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines	master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending perform dances using simple movement patterns	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, tag rugby and tennis], and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance [for example, through gymnastics] perform dances using a range of movement patterns	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, netball, tag rugby and tennis], and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance [for example, through gymnastics] perform dances using a range of movement patterns

		including dance, gymnastics, sport and swimming. Combine different movements with ease and fluency. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, co-ordination and agility.		compare their performances with previous ones and demonstrate improvement to achieve their personal best swim competently, confidently and proficiently over a distance of at least 25 metres; use a range of strokes effectively; perform safe self-rescue in different water-based situations	compare their performances with previous ones and demonstrate improvement to achieve their personal best
		Foundation	Yr 1/2	Yr 3/4	Yr 5/6
Summer Cycle A	PE Unit	Manipulation & Coordination Cooperate & Solve Problems	Attack, Defend, Shoot Hit Catch Run Send & Return Run, Jump, Throw	Tag Rugby Tennis Athletics Rounders	Hockey Tennis Athletics Rounders
	Progression map	<ul style="list-style-type: none"> “ Movement “ Development of skills & techniques “ Application of skills and techniques “ Co-operation/teamwork “ Competition “ Analysis and evaluation “ Preparation for life & participation “ Health and fitness “ Tactics “ Challenge 	<ul style="list-style-type: none"> “ Movement “ Development of skills & techniques “ Application of skills and techniques “ Co-operation/teamwork “ Competition “ Analysis and evaluation “ Preparation for life & participation “ Health and fitness “ Tactics “ Challenge 	<ul style="list-style-type: none"> “ Movement “ Development of skills & techniques “ Application of skills and techniques “ Co-operation/teamwork “ Competition “ Analysis and evaluation “ Preparation for life & participation “ Health and fitness “ Tactics “ Challenge 	<ul style="list-style-type: none"> “ Movement “ Development of skills & techniques “ Application of skills and techniques “ Co-operation/teamwork “ Competition “ Analysis and evaluation “ Preparation for life & participation “ Health and fitness “ Tactics “ Challenge
	National Curriculum Coverage	Progress towards a more fluent style of moving, with developing control and grace. Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence,	master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, tag rugby, netball, rounders and tennis], and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance [for example, through athletics] compare their performances with previous ones and demonstrate improvement to achieve their personal best	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, hockey, rounders and tennis], and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance [for example, through athletics] compare their performances with previous ones and demonstrate improvement to achieve their personal best

		<p>precision and accuracy when engaging in activities that involve a ball.</p> <p>Combine different movements with ease and fluency.</p> <p>Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, co-ordination and agility.</p> <p>Know and talk about the different factors that support their overall health and wellbeing:</p>			
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PE Curriculum Overview **Cycle B**

		Foundation	Yr 1/2	Yr 3/4	Yr 5/6
Autumn Cycle B	Enquiry Question	Speed Agility Travel Body Management	Send & Return Run Jump Throw Dance Gymnastics	Handball Dance Swimming OAA Gymnastics	Tag Rugby (Netball 2020) Gymnastics Dance
	PE Unit	<ul style="list-style-type: none"> “ Movement “ Development of skills & techniques “ Application of skills and techniques “ Co-operation/teamwork “ Competition “ Analysis and evaluation “ Preparation for life & participation “ Health and fitness “ Tactics “ Challenge 	<ul style="list-style-type: none"> “ Movement “ Development of skills & techniques “ Application of skills and techniques “ Co-operation/teamwork “ Competition “ Analysis and evaluation “ Preparation for life & participation “ Health and fitness “ Tactics “ Challenge 	<ul style="list-style-type: none"> “ Movement “ Development of skills & techniques “ Application of skills and techniques “ Co-operation/teamwork “ Competition “ Analysis and evaluation “ Preparation for life & participation “ Health and fitness “ Tactics “ Challenge “ Swimming 	<ul style="list-style-type: none"> “ Movement “ Development of skills & techniques “ Application of skills and techniques “ Co-operation/teamwork “ Competition “ Analysis and evaluation “ Preparation for life & participation “ Health and fitness “ Tactics “ Challenge
	National Curriculum Coverage	Revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping. Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions	master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, handball], and apply basic principles suitable for attacking and defending	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, tag rugby and netball], and apply basic principles suitable for attacking and defending

		and other physical disciplines including dance, gymnastics, sport and swimming. Combine different movements with ease and fluency. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, co-ordination and agility. Know and talk about the different factors that support their overall health and wellbeing:	perform dances using simple movement patterns	develop flexibility, strength, technique, control and balance [for example, through gymnastics] perform dances using a range of movement patterns take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best swim competently, confidently and proficiently over a distance of at least 25 metres; use a range of strokes effectively; perform safe self-rescue in different water-based situations	develop flexibility, strength, technique, control and balance [for example, through gymnastics] perform dances using a range of movement patterns take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best
		Foundation	Yr 1/2	Yr 3/4	Yr 5/6
Spring Cycle B	PE Unit	Dance Gymnastics	Dance Gymnastics Attack, Defend, Shoot Hit, Catch, Run	Gymnastics Swimming Dance Football Badminton	Dance Badminton Netball (Tag Rugby 2021)
	Progression map	<ul style="list-style-type: none"> “ Movement “ Development of skills & techniques “ Application of skills and techniques “ Co-operation/teamwork “ Competition “ Analysis and evaluation “ Preparation for life & participation “ Health and fitness “ Tactics “ Challenge 	<ul style="list-style-type: none"> “ Movement “ Development of skills & techniques “ Application of skills and techniques “ Co-operation/teamwork “ Competition “ Analysis and evaluation “ Preparation for life & participation “ Health and fitness “ Tactics “ Challenge 	<ul style="list-style-type: none"> “ Movement “ Development of skills & techniques “ Application of skills and techniques “ Co-operation/teamwork “ Competition “ Analysis and evaluation “ Preparation for life & participation “ Health and fitness “ Tactics “ Challenge “ Swimming 	<ul style="list-style-type: none"> “ Movement “ Development of skills & techniques “ Application of skills and techniques “ Co-operation/teamwork “ Competition “ Analysis and evaluation “ Preparation for life & participation “ Health and fitness “ Tactics “ Challenge
	National Curriculum Coverage	Revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping – climbing	- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination,	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example,	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example,

		<p>Progress towards a more fluent style of moving, with developing control and grace.</p> <p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>Combine different movements with ease and fluency.</p> <p>Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, co-ordination and agility.</p>	<p>and begin to apply these in a range of activities</p> <ul style="list-style-type: none"> - participate in team games, developing simple tactics for attacking and defending - perform dances using simple movement patterns 	<p>badminton and football], and apply basic principles suitable for attacking and defending</p> <p>develop flexibility, strength, technique, control and balance [for example, through gymnastics]</p> <p>perform dances using a range of movement patterns</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p> <p>swim competently, confidently and proficiently over a distance of at least 25 metres; use a range of strokes effectively; perform safe self-rescue in different water-based situations</p>	<p>badminton, netball and tag rugby], and apply basic principles suitable for attacking and defending</p> <p>develop flexibility, strength, technique, control and balance [for example, through gymnastics (dance)]</p> <p>perform dances using a range of movement patterns</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>
		Foundation	Yr 1/2	Yr 3/4	Yr 5/6
Summer Cycle B	PE Unit	<p>Manipulation & Coordination</p> <p>Cooperate & Solve Problems</p>	<p>Attack, Defend, Shoot</p> <p>Hit Catch Run</p> <p>Send & Return</p> <p>Run, Jump, Throw</p>	<p>Football</p> <p>Badminton</p> <p>Athletics</p> <p>Cricket</p>	<p>Hockey</p> <p>Cricket</p> <p>Athletics</p> <p>OAA (as part of residential)</p>
	Progression map	<ul style="list-style-type: none"> “ Movement “ Development of skills & techniques “ Application of skills and techniques “ Co-operation/teamwork “ Competition “ Analysis and evaluation “ Preparation for life & participation “ Health and fitness “ Tactics “ Challenge 	<ul style="list-style-type: none"> “ Movement “ Development of skills & techniques “ Application of skills and techniques “ Co-operation/teamwork “ Competition “ Analysis and evaluation “ Preparation for life & participation “ Health and fitness “ Tactics “ Challenge 	<ul style="list-style-type: none"> “ Movement “ Development of skills & techniques “ Application of skills and techniques “ Co-operation/teamwork “ Competition “ Analysis and evaluation “ Preparation for life & participation “ Health and fitness “ Tactics “ Challenge 	<ul style="list-style-type: none"> “ Movement “ Development of skills & techniques “ Application of skills and techniques “ Co-operation/teamwork “ Competition “ Analysis and evaluation “ Preparation for life & participation “ Health and fitness “ Tactics “ Challenge
	National Curriculum Coverage	<p>Progress towards a more fluent style of moving, with developing control and grace.</p> <p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with</p>	<p>master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate [for example, badminton, football, and cricket],</p>	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate [for example, hockey and cricket], and apply basic</p>

		<p>future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p> <p>Combine different movements with ease and fluency.</p> <p>Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, co-ordination and agility.</p> <p>Know and talk about the different factors that support their overall health and wellbeing:</p>	<p>participate in team games, developing simple tactics for attacking and defending</p>	<p>and apply basic principles suitable for attacking and defending</p> <p>develop flexibility, strength, technique, control and balance [for example, through athletics]</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>principles suitable for attacking and defending</p> <p>develop flexibility, strength, technique, control and balance [for example, through athletics]</p> <p>take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>
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