



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 B	PE Unit	Intro to PE Unit 2 Fundamentals	Ball Skills Fundamentals Drumba Yoga Dance	Handball Dance Drumba Swimming Yoga	Handball Volleyball Yoga Drumba
	Progression map (Key Elements)	<ul style="list-style-type: none"> • Movement • Development of skills & techniques • Application of skills and techniques • Co-operation/teamwork • Analysis and evaluation • Preparation for life & participation • Health and fitness • 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>compare their performances with previous ones and demonstrate</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> <p>compare their performances with previous ones and demonstrate</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. MS: Manage their own basic needs including dressing.		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	improvement to achieve their personal best
		Foundation	Yr 1/2	Yr 3/4	Yr 5/6
Spring Cycle B	PE Unit	Dance Gymnastics	Sending & Receiving Gymnastics Invasion Target Games	Gymnastics Swimming Dance Hockey Dodgeball	Gymnastics Dance Hockey Dodgeball
	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. MS: Manage their own basic needs including dressing.		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 B	PE Unit	Ball Skills Games	Net & Wall Athletics Striking & Fielding Team Building	Basketball Athletics Tennis Rounders	Basketball Athletics Tennis 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. 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: MS: Manage their own basic needs including dressing.</p>			
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PE Curriculum Overview **Cycle A**

		Foundation	Yr 1/2	Yr 3/4	Yr 5/6
Autumn Cycle A	PE Unit	Intro to PE Unit 2 Fundamentals	Ball Skills Fundamentals Drumba Yoga Dance	Netball Dance Drumba Swimming Fitness	Football Netball Fitness Drumba
	Progression Map	<ul style="list-style-type: none"> “ Movement “ Development of skills & techniques “ Application of skills and techniques “ Co-operation/teamwork “ Analysis and evaluation “ Preparation for life & participation “ Health and fitness “ 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. Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions</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 play competitive games, modified where appropriate [for example, handball], and apply basic principles suitable for attacking and defending</p>	<p>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</p>

		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: MS: Manage their own basic needs including dressing.	participate in team games, developing simple tactics for attacking and defending 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 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 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	Sending & Receiving Gymnastics Invasion Target Games	Gymnastics Swimming Dance Tag Rugby Football	Gymnastics Dance Tag Rugby Badminton
	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.	- 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	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton and football], 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, badminton, netball and tag rugby], and apply basic principles suitable for attacking and defending

		<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>MS: Manage their own basic needs including dressing.</p>	<p>- participate in team games, developing simple tactics for attacking and defending</p> <p>- perform dances using simple movement patterns</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>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 A	PE Unit	<p>Ball Skills</p> <p>Games</p>	<p>Net & Wall Athletics</p> <p>Striking & Fielding</p> <p>Team Building</p>	<p>Tennis Athletics</p> <p>Cricket OAA</p>	<p>Tennis Athletics</p> <p>Cricket OAA</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 future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</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>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], and apply basic principles suitable for attacking and defending</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 principles suitable for attacking and defending</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>MS: Manage their own basic needs including dressing.</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>	<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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