

PE Curriculum Progression Games			
Year	Term	Topic	Key learning objectives
R	Autumn 1	Using Bean Bags	<ul style="list-style-type: none"> • Balancing bean-bags on different body parts – walking in different directions whilst balancing bean-bags. • Jumping, hopping, etc over bean bags on the floor. • Passing bean-bags round the different body parts. • Aiming type activities using underarm throwing, looking at the target, taking turns. • Throwing and catching – throwing into spaces, over lines and at targets. Develop throwing and catching skills.
R	Autumn 2	Gymnastics and Dance Themes.	
R	Spring 1	Using a Ball	<ul style="list-style-type: none"> • Rolling and receiving the ball individually and with a partner. • Passing the ball around different body parts. • Patting and bouncing the ball downwards. • Throwing and catching high and low. • Steering activities with hands and with feet • Aiming activities – individually at a target, with a partner • Kicking and dribbling the ball.
R	Spring 2	Using Hoops and Quoits	<ul style="list-style-type: none"> • Using hoops in imaginative and different ways, eg stepping in and out, jumping over, moving around the outside edge; “Hula hoop” around different body parts; rolling hoops along the ground; aiming games. • Using quoits in imaginative and different ways, eg balancing, twirling, rolling, spinning; throwing and catching; passing the quoit around different parts of the body; aiming games. • Moving at different speeds. • Co-operating with a partner or with the whole class to play games.
R	Summer 1	Athletics Basic Skills (incorporating school sports day)	<ul style="list-style-type: none"> • To travel in different ways to mobilise joints • Engaging in pulse-raising running to develop spatial awareness and control when moving • Jumping techniques including 2 footed take offs and landings • Balance with small apparatus (eg quoits on heads) • Running and stopping – control when moving

			To work to rules and challenges
R	Summer 2	Using Ropes, Bats and Balls.	<ul style="list-style-type: none"> • Using skipping ropes to make different shapes on the ground – travelling over and around them in different ways. • Pushing the ball along the ground with hand or bat – forwards and in different directions. • Passing the ball around the body. • Balancing the ball on the bat when standing still and when walking. • Bouncing the ball downwards and upwards with the bat. • Hitting the ball along the ground with the bat. • Hitting the ball along the ground to a partner • Moving to get in line with the ball when receiving it. • Throwing and catching a small ball and bouncing it downwards. • Aiming games in twos using bats and a ball.
1	Autumn 1	Year 1 – Unit 1 – Ball Skills and Games.	<ul style="list-style-type: none"> • Familiarisation with a ball – balancing, rolling and passing the ball around different body parts. • Patting and bouncing the ball and using the skills in games. • Throwing, catching, rolling and receiving and developing games. • Kicking the ball and dribbling. • Throwing and catching using bean-bags, small balls and quoits. <p>Using the skills to develop individual and partner target games.</p>
1	Autumn 2	Year 1 – Unit 2 – Throwing and Catching	<ul style="list-style-type: none"> • Throwing and catching with different equipment. • Pairs catching using different equipment. • Throwing and catching one handed. • Aiming, using different equipment. • Rolling, kicking, bouncing and throwing to aim at a range of targets. • Aiming onto / over lines, at targets, hoops, skittles etc. <p>Partner aiming games – co-operative and competence.</p>
1	Spring 1	Year 1 – Unit 3 – Bat and Ball Skills	<ul style="list-style-type: none"> • Running, jumping and avoidance games in warm-up. • Roll and push the ball along the ground with a bat. • Push and roll in different directions and weave through “slaloms”. • Balance a ball on a bat with control – standing and walking. • In a controlled way, hit a ball upwards / downwards with a bat. • Strike a ball to a partner – both along the ground and in the air. • Strike a ball rolled or thrown by a partner.

			<ul style="list-style-type: none"> • Strike alternately to each other along the ground – move in line with the ball to receive it. Skipping with a rope.
1	Spring 2	Year 1 – Unit 4 – Developing Partner Work	<ul style="list-style-type: none"> • Running, skipping and avoiding games for warm-ups with emphasis on work in two's. • Skipping practice with a rope. • Throw, catch, roll and bounce a variety of apparatus (including hoops) individually and with a partner in a 'game'. • Move with hoops and through hoops. • Kick and dribble a ball with control and play a game with a partner. • Using a bat, strike a ball along the ground and into the air. • Co-operative games are developed to practise and progress the various sending and receiving skills. • Children change the rules to make the games more challenging.
1	Summer 1	Year 1 – Unit 1 – Athletics	<ul style="list-style-type: none"> • Remember and repeat a series of running, throwing and jumping activities with growing control. • Familiarise themselves with equipment and use it appropriately. • Recognise how their bodies feel in different activities. • To watch, copy and describe what others have done.
1	Summer 2	Year 1 – Unit 2 – Athletics	<ul style="list-style-type: none"> • Remember, repeat and link combinations of actions. • Choose equipment suitable for the task or challenge. • To describe what their bodies feel like during different activities. • To watch, copy and describe what others have done.
2	Autumn 1	Year 2 - Unit 1 Throwing and Catching- Inventing games	<ul style="list-style-type: none"> • Safe moving and awareness of others • Develop throwing and catching skills using a range of equipment • Send and receive using different directions and levels and under pressure • Throw, catch and bounce in different ways- one hand/the other hand/ two hands/ with different body parts/ over the head/ under or around different body parts/ over arm throwing
2	Autumn 2	Year 2 - Unit 2 – Making up a game	<ul style="list-style-type: none"> • Spatial awareness, mobility, coordination and control • Aim at stationary or moving target using different equipment and variety of balls • Aim using different types of sending with hands, feet and bats • Develop simple strategies and tactics by bouncing, kicking or throwing a ball at different angles, heights and speeds • Track the path of a ball and move across to intercept efficiently

			<ul style="list-style-type: none"> • Run after a moving ball, field and return it • Receive a ball on the move • Make up games individually and teach to a partner, suggest improvements • Choose equipment to create games with a partner • Make up rules for a game and make them more challenging
2	Spring 1	Year 2 - Unit 3 – Dribbling, kicking and hitting	<ul style="list-style-type: none"> • Mobility and awareness of space and others • Dribble with hands, feet and implements to develop control, change of speed and change of direction • Work with a partner to pass, receive and strike in a variety of ways with a range of apparatus • Work with a partner to strike a ball along the floor and through the air using hands and a range of implements • Play games with a partner, selecting and applying the skills that have been developed and putting them under pressure • Use a variety of equipment and different sized balls in invasion/ net/ striking type activities to develop simple tactics for attacking and defending
2	Spring 2	Year 2 - Unit 4 – Group games and inventing rules	<ul style="list-style-type: none"> • Spatial awareness and safety • Work cooperatively in small groups to play a range of small games • Develop and extend bouncing, kicking, throwing, catching and striking skills • Send and aim skills developing footwork and whole body coordination • Participate in a range of games of varying sizes, 3v1, 2v2, 4v4 across a net • Invent scoring systems and rules to make a game acceptable and fair and improve the quality of their game • Develop simple tactics to include defending and attacking
2	Summer 1	Outdoor and Adventurous Activities	<ul style="list-style-type: none"> • Acquire and develop basic problem solving and orienteering skills • Follow simple trails in familiar environments and work with a partner to create strategies for success • Understand and be able to say how effective a performance has been • Know why physical activity is good for their health
2	Summer 2	Athletics Unit 1	<ul style="list-style-type: none"> • Use various take-offs and landings to jump for height and distance • Run to create an even pace

			<ul style="list-style-type: none"> • Underarm throw with accuracy and distance • Use skills developed to meet different challenges • Describe what happens to temperature and breathing when moving in different ways • Watch a partner and describe what they are doing
3	Autumn 1	Outdoor Adventurous Activities Problem Solving, Team Building and Orienteering	<ul style="list-style-type: none"> • To work closely with a partner • To communicate and collaborate with a partner • To identify and recall accurately objects in the right order • To work cooperatively as a team to solve a problem • To respond positively to a challenge within a group situation • To use tactics to respond to increasing pressure and limits • To widen pupil's physical development and sensory experiences • To develop communication, cooperation and timing • To encourage coordination and listening skills • To extend upper body strength and manipulative skills • To understand how to orientate and thumb a map • To relate a bird's eye view to a real life setting • To create a replica map • To understand simple plans • To develop the understanding of scale • To begin to follow a route using a map <p>To begin to use control point markings and starting point triangles</p>
3	Autumn 2	Unit 1 Ball games, passing and receiving	<ul style="list-style-type: none"> • Pass and receive with hands in different ways using different apparatus • Dribble, pass and receive with feet • Sequence passing • Signal for the ball • Pass and move to retain possession • Keep possession and progress down the pitch towards the goal • Cooperative and competitive games • Revision of skipping skills
3	Spring 1	Unit 2 Creative game making	<ul style="list-style-type: none"> • Vigorous running and tag games to warm up and develop spatial awareness and mobility

			<ul style="list-style-type: none"> • Creative game making situations • Select, apply, reinforce and develop previously learned skills in group games • Opportunities for games to develop and evolve
3	Spring 2	Unit 3 Net, court and wall games	<ul style="list-style-type: none"> • Develop accurate feeding and throwing skills • Bat and ball activities including self-feed, feed from partner and cooperative hitting over a net • Develop mobility and tactical awareness • Aiming and aiming into spaces to make it difficult for an opponent • High barrier and low or ground level nets to encourage high and low throwing/hitting, quick and slow throwing • Games for throwing and striking a ball with hands or apparatus
3	Summer 1	Athletics	<ul style="list-style-type: none"> • Demonstrate safety for self and others and the basic principles of throwing • Understand and show how changes in throwing action can be affected by varying the amount of effort, speed, level, direction and distance • Demonstrate various throwing actions e.g. pushing, pulling and slinging • Understand and demonstrate safe landings and the basic principles of jumping • Show the five basic jumps stationary and on the move in control • Understand and show safety for self and others and the basic principles of running as an individual, in a team, in relays and over obstacles • Demonstrate walking/jogging/running in various directions and speeds in a controlled manner • Show how changes in height, arm, leg, head and foot movement can affect the walking/jogging/running response
3	Summer 2	Swimming	<ul style="list-style-type: none"> • To swim competently, confidently and proficiently over a distance of at least 25 metres. • To use a range of strokes effectively (eg front crawl, backstroke and breaststroke). • Perform safe self-rescue in different water-based situations.
4	Autumn 1	Outdoor Adventurous Activities Problem Solving, Team Building and Orienteering	<ul style="list-style-type: none"> • To work closely with a partner • To work cooperatively as a team to solve a problem • To respond positively to a challenge within a group situation • To be sensitive to a partner when negotiating an obstacle • To use tactics to respond to increasing pressure and limits • To widen pupil's physical development and sensory experiences

			<ul style="list-style-type: none"> • To develop communication and timing • To encourage coordination and listening skills • To extend upper body strength and manipulative skills • To keep a map orientated • To practise thumbing the map <p>To become familiar with the local surroundings and associated map</p>
4	Autumn 2	Unit 1: Net, court and wall games	<ul style="list-style-type: none"> • Vigorous warm-ups to develop mobility and spatial awareness and neat footing for moving about the court • Hit with a bat to develop technique, consistency and accuracy • Strike different size/weight of balls and shuttle with hands and different shapes/sizes of bats • Move to hit the ball/shuttle alternately • Singles and doubles games to develop accuracy, control and consistency and develop a range of shots • Small games over a high net using a bat and throwing apparatus to encourage use of volley and make it difficult for a partner to return the ball • Activities to allow pupils to consider and understand net/court/wall principles and tactics
4	Spring 1	Unit 2 Problem solving, inventing games	<ul style="list-style-type: none"> • Games situations to provide experience in open games making and problem solving, situations with some restrictions, structured situations for solving problems within a limited framework • Allow for degrees of problem solving, decision making and making up rules • Provide a range of situations which allow development of games drawing on principles, skills and tactics of different 'families' of games
4	Spring 2	Unit 3 Invasion games	<ul style="list-style-type: none"> • Development of invasion game skills in small sided games • Sending, passing, throwing, kicking with different implements and balls of different sizes, textures and weights to develop and extend control, accuracy and consistency • Send, receive, gather in various ways, keeping possession • Travel with the ball – run to pick up the ball and continue • Develop spatial awareness and decision making • Develop dodging, marking, signalling and interception and understand possession • Revise and extend pass and move and forward possession down the pitch • Cooperative teamwork and communication • Develop principles and tactics for attack and defence across the activities

4	Summer 1	Athletics	<ul style="list-style-type: none"> • Understand that the coordinated use of arms, trunk and legs will affect the speed and distance of the throw • Discover the force applied to a throwing implement will affect its speed • Recognise and describe how well a throw has been performed using appropriate language • Demonstrate combination jumps performed in a rhythmical way • Know the action needed when jumping for height • Demonstrate which foot must be placed forward at the start of a four pace run up in order to jump from their strongest foot • Describe which three basic jumps are used in athletics • Recognise and describe how well a jump has been performed using appropriate language • Find their leading leg when running over obstacles • Discover a suitable running rhythm over obstacles • Know that the back foot at the start of a race will be the lead leg over an obstacle in the race • Show a suitable method of shuttle relay change overs for both the incoming and outgoing runners <p>Recognise and describe how well a partner is performing a running action and offer suggestions for improvement if necessary</p>
4	Summer 2	Swimming	<ul style="list-style-type: none"> • To swim competently, confidently and proficiently over a distance of at least 25 metres. • To use a range of strokes effectively (eg front crawl, backstroke and breaststroke). • Perform safe self-rescue in different water-based situations.
5	Autumn 1	Games Yr5 Unit 2 Invasion and Target Ball handling games	<ul style="list-style-type: none"> • Vigorous warm up activities to develop mobility and spatial awareness • Reinforce and develop pass and move • Keep possession – principles of attack – dodge in different directions and at different speeds • Regain possession – principles of defence, including marking and interception • Advance down the pitch to progress towards the opponent's goal • Numerical advantage – moving off the ball and supporting a player • Move, receive, pivot and pass. Move receive, travel with ... • Pass accurately and quickly in different directions and signal for the ball • A range of games to develop team co-operation and attacking and defending strategies.
5	Autumn		<ul style="list-style-type: none"> • Sustain their pace over long distances and run more rhythmically

	2	Year 5 Athletics Unit 1	<ul style="list-style-type: none"> • Throw over-arm with greater control • Perform a range of jumps showing control and consistency • Organise themselves in small groups safely • Know and understand the basic principles of relay take-over in particular the 'unsweep' method and take part in relays • Understand and perform a range of warm-up activities • Say why some activities can improve strength, stamina and suppleness • Watch a partner's performance. Identify good points and suggest ways of improving
5	Spring 1	Games Year 5 Unit 1 Net/Court/ Wall games	<ul style="list-style-type: none"> • Vigorous warm up activities to develop mobility and spatial awareness • Revision of net/wall/court work from year 4 • Develop striking skills with bats and racquets over a net and at targets • Explore, receiving from different angles and sending into different angles on the court – attacking and defensive strategies • Develop a range of game situations – co-operative, competitive and creative • Develop and extend skills of striking a large ball over a high net –“volley” and “dig” • Play a basic volley ball mini-game – aiming into spaces and further develop attacking and defending strategies
5	Spring 2	Games Yr5 Unit 3 Invasion games Implement and kicking	<ul style="list-style-type: none"> • Vigorous warm up activities to develop mobility and spatial awareness • Develop skills with a hockey stick –pushing and dribbling • Develop dribbling, kicking and controlling skills with feet • Encourage safe tackling through “niggle tackling” and develop the skill of shielding the ball • Pass and move – receive the ball on the move • Develop possession play and advancing down the pitch to progress towards the opponent's goal • Dodge and move off the ball – “falling back” • Develop support play through numerical advantage • A range of mini-games to develop team co-operation and attacking and defending strategies.
5	Summer 1	Outdoor Adventurous Activities	<ul style="list-style-type: none"> • Demonstrate a range of orientation and problem solving skills • Use the skills with precision, control and consistency and refine skills in route finding • Communicate and collaborate with others to select and use appropriate strategies and equipment

			<ul style="list-style-type: none"> • Address a range of outdoor activities and challenges in changing and unfamiliar environments • Recognise and evaluate the effectiveness of their performance as individuals and in groups • Explain and apply basic safety principles associated with the activities
5	Summer 2	Games Yr5 Unit 4 Striking and Fielding Games	<ul style="list-style-type: none"> • Vigorous warm up activities to develop mobility and spatial awareness • Develop striking skills with rounders bats and cricket bats and encourage accuracy by using targets • Further develop and extend catching skills (e.g catching high, low, bouncing, balls coming directly at or to one side of the fielder). • Develop different aspects of fielding (e.g fielding a ball coming towards, attacking a ball coming towards, chase to field – support another fielder). • Engage in throwing for distance, speed, accuracy • Develop bowling technique • Play mini-striking/fielding games to develop skills and techniques and experience all roles of batsman
6	Autumn 1	Games Yr6 Unit 1 Invasion Games Hockey and Soccer	<p>By this stage pupils should have developed the necessary skills and the knowledge and understanding of invasion games' principles of play</p> <ul style="list-style-type: none"> • they should be able to take part in small-sided games which are either mini-versions of the major games or are games which use and develop the skills and tactics of those games. These games will either have numerical advantage or be even-sided • included in this unit are practices for the skill and tactical development of children in the two identified invasion games of hockey and soccer • also included is a variety of mini-game situation which allow children to practise and develop these specific game skills under pressure and to develop team skills of co-operation and communication • also in this unit children improve their attacking and defending play, they think about how to use their skills, strategies and tactics to outwit the opposition • It is important at this stage for children to identify and explore the difference between individual games and understand and recognise their unique characteristics
6	Autumn 2	Games Yr6 Unit 4 Invasion Games and Ball	<p>Pupils should now have sufficient basic background and understanding of the main principles of play to allow for effective participation in small-sided invasion games</p> <ul style="list-style-type: none"> • these games can either be mini-versions of the major games or games which use and

		Handling: netball, basketball, rugby.	<p>develop the skills and tactics of these games</p> <ul style="list-style-type: none"> • the games used in this unit are netball, basketball and rugby • pupils identify and explore the differences and unique characteristics of games in the “family” e.g. netball- players may not move with ball; basketball they may move if they are dribbling the ball; rugby they can move at any time with or without the ball • lesson plans for each of the identified major games – netball, basketball and rugby are included in this unit and include techniques and skills related specifically to each individual game-a variety of small-sided games is presented to allow children to experience these unique characteristics and develop the necessary skills under pressure.
6	Spring 1	Games Yr 6 Unit 2 Net/Court/Wall games Volleyball and tennis	<p>By this stage pupils should have developed the necessary skills and the knowledge and understanding of net/wall principles of play to effectively take part in small-sided games</p> <ul style="list-style-type: none"> • these games can either be mini-versions of the major games or games which use and develop the skills and tactics of these games • children develop the range and quality of their skills when playing games using racquets or hands only • as children understand the basic common principles of play in net/wall/court games they should then identify and explore the differences between individual games and develop the specific skills, strategies and unique characteristics of them-they learn specific tactics and skills for the games of volleyball and (short) tennis • in order to help them do this there is included in this unit a set detailed lesson plans for both volleyball and tennis as identified games where children have to think about how they use skills, strategies and tactics to outwit the opposition. • they develop sending a ball (or other implement) towards a court or target area which their opponent is defending • they aim to get the ball to land in the target area and make it difficult for the opponent to return it
6	Spring 2	Games – Outdoor adventures	<p>Consolidate and demonstrate a range of orientation and problem solving skills To refine skills and execute them with precision, control and consistency Communicate and collaborate with others to select and use appropriate strategies and equipment Engage in a range of outdoor activities and challenges in changing and familiar environments</p>

			<p>Recognise and evaluate the effectiveness of their performance as individuals and in groups</p> <p>Explain and apply basic safety principles associated with the activities</p>
6	Summer 1	Games Yr6 Unit 3 Striking and Fielding Games	<p>Pupils should now have acquired the necessary basic skills and sufficient knowledge and understanding of basic principles of play to effectively take part in small-sided striking/fielding games</p> <ul style="list-style-type: none"> • these games can either be mini-version of the major games or games which use and develop the skills and tactics of the major games • the games specifically developed are rounders and cricket • children understand the basic common principles of play in striking/fielding games and keep actively involved by experiencing all the different roles • the games enable children to take the position of bowler, wicketkeeper, batter and fielder • at this stage children should more specifically begin to identify the differences between the individual games and recognise their unique characteristics • there is included in this unit a set of detailed lesson plans for developing mini-rounders and small-sided cricket-based games • children should use appropriate apparatus for the games
6	Summer 2	Games – Yr 6 Athletics Unit 1	<ul style="list-style-type: none"> • Sustain their pace over longer distances • Throw with greater control, accuracy and efficiency • Perform a range of jumps showing power, control and consistency at both take-off and landing • Know and understand the basic principles of relay take overs and confidently take part in relay races • Explain how warming-up can affect performance and perform a range of warm-up activities • Watch a performance and be able to pick out the main strengths and weaknesses and suggest improvements