Inkberrow Primary School

Physical Education

Progression

In this document you will find:

- Substantive and disciplinary skills and knowledge for Year 1 - 6
- Yellow Boxes: The National Curriculum Expectations
- Black Targets: Expected Level
- Purple Targets: Greater Depth

Physical Education Curriculum Map

KEY STAGE ONE:

Progression	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, 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.			
Year Group	Assessment Criteria	AUTUMN	*SPRING*	*SUMMER*
YEAR R	ELG Physical Development Gross Motor Skills Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Fine Motor Skills Hold a pencil effectively in prepration for fluent writing – using the tripod grip in almost all cases. Use a range of small tools, including scissors, paint brushes and cutley. Begin to show accuracy and care when drawing.			
YEAR 1	A Year 1 Sports Person can: Games - Throw underarm. - Hit a ball with a bat. - Move and stop safely. - Throw and catch with both hands. - Throw and kick in different ways. Gymnastics - Make my body curled, tense, stretched and relaxed. - Control my body when balancing and travelling.	Balance, Agility & Co-ordination (Gym) Throw & Catch (Introduction to ball skills) Dance Attack and Defend (Team games)	Dance Balance, Agility & Co-ordination (Yoga) Run & Jump (Circuits) Attack and Defend (Team games)	Multi Skills Run, Jump, Throw & Catch (Athletics) Problem Solving (OA) Strike & Field (Team games)

	- Copy sequences and repeat them. - Roll, curl, travel and balance in different ways. Dance - Move to music. - Copy dance moves. - Perform my own dance moves. - Make up a short dance. - Move safely in a space. General - Copy actions. - Repeat actions and skills. - Move with control and care. - Use equipment safely.			
YEAR 2	A Year 2 Sports Person can: Games - Use hitting, kicking and/or rolling in a game. - Decide the best space to be in during a game. - Use on tactic in a game. - Follow rules. Gymnastics - Plan and perform a sequence of movements. - Improve my sequence based on feedback. - Think of more than one way to create a sequence which follows some 'rules'. - Work on my own and with a partner. Dance - Change rhythm, speed, level and direction in my dance. - Dance with control and coordination. - Make a sequence by linking sections together, - Use dance to show a mood or feeling. General - Copy and remember actions. - Talk about what is different from what I did and what someone else did.	Dance Throw & Catch (Introduction to ball skills) Balance, Agility & Co-ordination (Gym) Attack and Defend (Team Games)	Multi Skills Attack and Defend (Team Games) Balance, Agility & Co-ordination (Yoga) Run & Jump (Cicuits)	Run, Jump, Throw and Catch (Athletics) Dance Problems Solving (OA) Strike & Field (Team games)
Progression	Swimming and Water Safety: Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]			

	Perform safe self -rescue in different water based situations.			
YEAR 4			Swimming	

KEY STAGE TWO: YEARS 3, 4, 5 and 6

Progression	*Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis] and apply basic principles suitable for attacking and defending.* *Develop flexibility, strength, technique, control and balance [for example through athletics and 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.*			
Year Group	Assessment Criteria	AUTUMN	SPRING	SUMMER
YEAR 3	A Year 3 Sports Person can: Games - Throw and catch with control. - Be aware of space and use it to support team-mates and to cause problems for the opposition. - Know and use rules fairly. Gymnastics - Adapt sequences to suit different types of apparatus and criteria. - Explain how strengths and suppleness affect performance. - Compare and contrast gymnastic sequences. Dance - Improvise freely and translate ideas from a stimulus into movement. - Share and create phrases with a partner and small group. - Repeat, remember and perform phrases. Athletics - Run at fast, medium and slow speeds; changing speed and direction.	Football Gymnastics Tag Rugby Tennis	Hockey Dance Netball Cricket	Ball Games Athletics Rounders Outdoor Adventure

	- Take part in a relay, remembering when to run and what to do. Outdoor Adventure - Follow a map in a familiar context. - Use clues to follow a route. - Follow a route safely.			
YEAR 4	A Year 4 Sports Person can: Games - Catch with one hand. - Throw and catch accurately. - Hit a ball accurately with control. - Keep possession of the ball. - Vary tactics and adapt skills depending on what is happening in a game. Gymnastics - Work in a controlled way. - Include change of speed and direction. - Include a range of shapes. - Work with a partner to create, repeat and improve a sequence with at least three phases. Dance - Take the lead when working with a partner or group. - Use dance to communicate an idea. Athletics - Run over a long distance. - Sprint over a short distance. - Throw in different ways. - Hit a target. - Jump in different ways. Outdoor Adventure - Follow a map in a (more demanding) familiar context. - Follow a route within a time limit.	Football Gymnastics Tag Rugby Dance *Outdoor Adventure – covered through residential to Malvern.	Hockey Swimming	Cricket Athletics Netball Tennis

YEAR 5	A Year 5 Sports Person can: Games - Gain possession by working with a team. - Pass in different ways. - Use forehand and backhand with a racket. - Field using tactics. - Chose a tactic for attacking and defending. - Use a number of techniques to pass, dribble and shoot. Gymnastics - Make complex extended sequences. - Combine action, balance and shape. - Perform consistently to different audiences. Dance - Compose my own dance in a creative way. - Perform to an accompaniment. - Show clarity, fluency, accuracy and consistency. Athletics - Be controlled when taking off and landing. - Throw with accuracy. - Combine running and jumping. Outdoor Adventure - Follow a map in an unknown location. - Use clues and a compass to navigate a route. - Change my route to overcome a problem. - Use new information to change my route.	Football Tennis Aussie Football Hockey	Gym Netball Cricket Dance	Athletics Ball Games Rounders Outdoor Adventure
YEAR 6	A Year 6 Sports Person can: Games - Play to agreed rules. - Explain rules. - Umpire chosen sports. - Make a team and communicate a plan. - Lead others in a game situation. Gymnastics - Combine my own work with that of others. - Link sequences to specific timings. Dance - Develop sequences in a specific style. - Choose my own music and style. Athletics	Football Tennis Aussie Football Hockey	Fitness Netball Cricket Gym/Dance	Athletics Ball Games Rounders Outdoor Adventure

	- Demonstrate stamina. Outdoor Adventure - Plan a route a series of clues for someone else. - Plan with others taking account of safety and danger.			