

PE Progression Document

Intent:

Ensure that children have a curriculum that inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. An acknowledgement that children need to revisit and systematically build on their skills, therefore opportunities are provided for pupils to become physically confident in a way which supports their health and fitness. Children are immersed in age-appropriate opportunities to compete and take part in other activities that build character and help to embed values such as fairness and respect in alignment with our Christian vision. A broad range of quality physical activities are available where pupils are physically active for sustained periods of time. Our PE curriculum contributes towards pupils leading healthy, active lives.

KS1 children should be taught to:

- 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.

Year 1	Year 2
<u>Sending & Receiving</u> • Accuracy when sending. • Appropriate power/weight when sending. • A good position when receiving. <u>Ball Skills</u> • Ability to move the ball in both directions. • Control of the ball maintained throughout. • Smooth movements with the ball. <u>Footwork</u> • Good control. • Good balance. • Smooth movements. <u>Ball Chasing</u> • Control when starting and stopping quickly. • Timing to get in the right position. • Balance/control when collecting the ball. <u>Reaction & Response</u> • Quick reaction. • Quick, controlled movement. • Control when slowing down after catch.	<u>Sending & Receiving</u> • Accuracy when sending. • Appropriate power/weight when sending. • A good position when receiving. <u>Ball Skills</u> • Ability to move the ball in both directions. • Control of the ball maintained throughout. • Smooth movements with the ball. <u>Footwork</u> • Balance and control throughout. • Fluent, smooth movements. • Movements performed in both directions/on both sides. <u>Ball Chasing</u> • Control when starting and stopping quickly. • Timing and movement to get in the right position. • Balance/control when collecting the ball. <u>Reaction & Response</u> • Quick reaction. • Quick, controlled movement. • Control when slowing down after catch.
KS2 children should be taught to: • 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 3	Year 4
<u>Sending & Receiving</u> • Accuracy and weight when sending. • A good position when receiving. • Fluency/rhythm throughout. <u>Ball Skills</u> • Control of the ball maintained throughout. • Ability to complete challenges in both directions consistently and smoothly. • Smooth movements with the ball. <u>Footwork</u> • Balance and control throughout. • Fluent and smooth movements. • Movements performed in both directions/on both sides. <u>Ball Chasing</u> • Control when starting and stopping quickly. • Timing and movement to get in the right position. • Balance/control when collecting the ball. <u>Reaction & Response</u> • Quick reaction. • Quick, controlled movement. • Control when slowing down after catch.	<u>Sending & Receiving</u> • Accuracy and weight of throws. • Fluency/rhythm throughout. • A good position when receiving. <u>Ball Skills</u> • Smooth movements with the ball. • Ability to complete challenges in both directions consistently and smoothly. • Fluidity when changing hands. <u>Footwork</u> • Smooth, controlled movements. • Fluency and rhythm. • Movements performed in both directions/on both sides. <u>Ball Chasing</u> • Ability to turn over either shoulder. • Timing to get in the right position. • Balance/control when collecting the ball. <u>Reaction & Response</u> • Quick reaction and good acceleration. • Quick, controlled movement. • Balance and control after catch.
Year 5	Year 6
<u>Sending & Receiving</u> • Movement and timing to get in a good position. • Accuracy and weight of throws.	<u>Sending & Receiving</u> • Movement and timing to get in good position. • Accuracy and weight of throws.

• Fluency/rhythm throughout. <u>Ball Skills</u> • Smooth movements with the ball. • Ability to complete challenges in both directions consistently and smoothly. • Fluidity when changing hands. <u>Footwork</u> • Smooth, controlled movements. • Fluency and rhythm. • Movements performed in both directions/on both sides. <u>Ball Chasing</u> • Ability to turn over either shoulder and catch the ball. • Timing to get in the right position. • Balance/control when collecting the ball. <u>Reaction & Response</u> • Quick reaction and good acceleration. • Quick, controlled movement. • Balance and control after catch.	• Fluency/rhythm throughout. <u>Ball Skills</u> • Smooth movements with the ball. • Ability to complete challenges in both directions consistently and smoothly. • Fluidity when changing hands. <u>Footwork</u> • Smooth, controlled movements. • Fluency and rhythm. • Movements performed in both directions/on both sides <u>Ball Chasing</u> • Ability to turn over either shoulder and catch the ball between the knees. • Timing to get in the right position. • Balance/control when collecting the ball. <u>Reaction & Response</u> • Quick reaction and good acceleration. • Quick, controlled movement. • Balance and control after each catch.
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