

## Progression Map – P.E.

Strands	Year One	Year Two	Year Three	Year Four	Year Five	Year Six
Gymnastics	<p>Identify and use simple gymnastics actions and shapes.</p> <p>Apply basic strength to a range of gymnastics actions.</p> <p>Begin to carry basic apparatus such as mats and benches.</p> <p>To recognise like actions and link.</p> <p>To perform a variety of basic gymnastics actions showing control</p> <p>To introduce turn, twist, spin, rock and roll and link these into movement patterns</p> <p>To perform longer movement phrases and link with confidence</p>	<p>Have performed a variety of basic gymnastics actions showing control</p> <p>Introduced to turn, twist, spin, rock and roll and learned to link these into movement patterns</p> <p>Can perform longer movement phrases and link with confidence</p> <p>Can describe and explain how performers transition and link gymnastic elements</p> <p>Has performed basic actions with control and consistency at different speeds and on different levels</p> <p>Can challenge him or herself to develop strength and flexibility</p> <p>Can create and perform simple sequences that are</p>	<p>Develop body management through a range of floor exercises</p> <p>Used core strength to link recognised gymnastics elements</p> <p>Attempted to use rhythm while performing a sequence</p> <p>Challenged themselves to develop strength and flexibility</p> <p>Modified actions independently using different pathways, directions and shapes</p> <p>Consolidated and improved quality of movements and gymnastics actions</p> <p>Related strength and flexibility to the actions and movements they are performing</p> <p>Used basic compositional ideas to</p>	<p>Identify similarities and differences in sequences</p> <p>Develop body management over a range of floor exercises</p> <p>Attempt to bring explosive movements into floor work through jumps and leaps</p> <p>Showed increasing flexibility in shapes and balances</p> <p>Can identify similarities and differences in sequences</p> <p>Developed body management over a range of floor exercises</p> <p>Attempted to bring explosive moves into floor work through jumps and leaps</p> <p>Can show increasing flexibility in shapes and balances</p>	<p>Create longer and more complex sequences and adapt performances</p> <p>Take the lead in a group when preparing a sequence</p> <p>Develop symmetry individually, as a pair and in a small group</p> <p>Compare performances and judge strengths and areas for improvement</p> <p>Select a component for improvement. For example—timing or flow</p> <p>Take responsibility for own warm-up including remembering and repeating a variety of stretches</p> <p>Perform more complex actions, shapes and balances with consistency</p> <p>Use information given by others to improve performance</p>	<p>Lead group warm-up showing understanding of the need for strength and flexibility</p> <p>Demonstrate accuracy, consistency, and clarity of movement</p> <p>Work independently and in small groups to make up own sequences</p> <p>Arrange own apparatus to enhance work and vary compositional ideas</p> <p>Experience flight on and off of high apparatus</p> <p>Perform increasingly complex sequences</p> <p>Combine own ideas with others to build sequences</p> <p>Compose and practise actions and relate to music</p> <p>Show a desire to improve competency across a broad range of gymnastics actions</p>



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		judged using simple gymnastic scoring	improve sequence work—unison		Remember and repeat longer sequences with more difficult actions.	
<b>Netball / Hit Catch Run</b>	<p>Pupils will have used a variety of balls, beanbags, bats and markers.</p> <p>Can roll and follow a rolling ball.</p> <p>Mastered movements such as walking, running and jumping.</p> <p>Develop sending and receiving skills to benefit fielding as a team.</p> <p>Distinguish between the roles of batters and fielders.</p> <p>Introduce the concept of simple tactics.</p>	<p>To developing hitting skills with a variety of bats</p> <p>Practice feeding/bowling skills</p> <p>Hit and run to score points in games</p> <p>Work on a variety of ways to score runs in the different hit, catch, run games</p> <p>Work in teams to field</p> <p>Begin to play the role of wicketkeeper or backstop</p>	<p>To be able to perform basic netball skills such as passing and catching using recognised throws</p> <p>To use space efficiently to build attacking play</p> <p>To implement the basic rules of netball</p>	<p>Introduce high five netball positions</p> <p>Acquire and apply basic shooting techniques</p> <p>Demonstrate and implement some basic rules of high five</p> <p>Develop netball skill such as marking and footwork</p>	<p>To be able to use specific netball skills in games for example confidently: pivoting, dodging, bounce pass and previously learnt skills</p> <p>To begin to play efficiently in different positions on the pitch in both attack and defence</p> <p>To increase power and strength of passes, moving the ball over longer distances</p>	<p>Work as a team to improve group tactics and gameplay</p> <p>Play within the rules using blocking skills for shots and passes</p> <p>Develop defensive skills</p>
	<p>To practice basic movements including running, jumping, throwing and catching</p> <p>To begin to engage in competitive activities</p>	<p>Can send a ball using feet and can receive a ball using feet.</p> <p>Refine ways to control bodies and a range of equipment.</p>	<p>Able to show basic control skills including sending and receiving the ball.</p> <p>To send the ball with some accuracy to maintain possession and build attacking play.</p>	<p>Introduce some defensive skills</p> <p>Dribbling in different directions using different parts of their feet</p> <p>Passing for distance</p>	<p>To play effectively in a variety of positions and formations on the pitch</p> <p>Relate a greater number of attacking and defensive tactics to gameplay</p>	<p>Have attempted more skills when performing movements at speed</p> <p>Choose and implement a range of strategies to attack and defend</p>



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<p><b>Football / Attend Defend Shoot</b></p>	<p>To experience opportunities to improve agility, balance and coordination</p> <p>To recognise rules and apply them in competitive and cooperative games.</p> <p>Use and apply simple strategies for invasion games.</p> <p>Preparing for, and explaining the reasons why we enjoy exercise.</p>	<p>Recall and link combinations of skills, e.g. dribbling and passing.</p> <p>To select and apply a small range of simple tactics</p> <p>Recognise good quality in self and others</p> <p>To work with others to build basic attacking play</p>	<p>To implement the basic rules of football.</p>	<p>Evaluating skills to aid improvement</p>	<p>Become more skilful when performing movements at speed</p>	<p>To perform a wider range of more complex skills</p> <p>Recognise and describe good individual and team performances</p> <p>Suggest, plan and lead simple drills for given skills</p>
<p><b>Hockey / Send and Return</b></p>	<p>Able to send an object with increased confidence using hand or bat.</p> <p>Move towards a moving ball to return.</p> <p>Sending and returning a variety of balls. Develop sending skills with a variety of balls</p> <p>Track, intercept and stop a variety of objects such as balls and beanbags</p>	<p>Be able to track the path of a ball over a net and move towards it</p> <p>Begin to hit and return a ball using a variety of hand and racquet with some consistency</p> <p>Play modified net/wall games throwing, catching and sending over a net</p> <p>Be able to make it difficult for their</p>		<p>To be able to consistently perform basic hockey skills such as dribbling and push pass</p> <p>To implement the basic rules of hockey</p> <p>To develop tactics and apply them in competitive situations</p> <p>To increase speed and endurance during gameplay</p>	<p>To be able to be able to combine basic hockey skills such as dribbling and push pass</p> <p>To be able to select and apply skills in a game situation confidently</p> <p>To begin to play effectively in different positions on the pitch including in defence</p> <p>To increase power and strength of passes, moving the ball over longer distances</p>	<p>To choose and implement a range of strategies and tactics to attack and defend</p> <p>To combine and perform more complex skills at great speed</p> <p>To recognise and describe good individual and team performances</p> <p>To suggest, plan and lead a warm-up as a small group</p>



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	Select and apply skills to beat the opposition	opponent to score a point  Begin to choose specific tactics appropriate to the situation  Transfer net/wall skills to volleyball style games  Improve agility and coordination and use in a game				
<b>Tennis</b>			To identify and describe some rules of tennis.  To serve to begin a game  To explore forehand hitting	Explore different shots (forehand, backhand)  Work to return the serve Positions in gameplay	Introduce Volley shots and Overhead shots  Apply new shots into game situations  Play with others to score and defend points in competitive games  Further, explore Tennis service rules	Develop backhand shots Introduce the lob  Begin to use full tennis scoring systems  Continue developing doubles play and tactics to improve
<b>Cricket</b>			To be able to adhere to some of the basic rules of cricket To develop a range of skills to use in isolation and a competitive context  To use basic skills with more consistency including striking a bowled ball	Directing the hit  Running between the wickets  Intercepting the ball with one hand  Overarm bowling  The pull shot  Stopping bouncing ground ball	Link together a range of skills and use in combination Collaborate with a team to choose, use and adapt rules in games  Recognise how some aspects of fitness apply to cricket, e.g. power, flexibility and cardiovascular endurance	Apply with consistency standard cricket rules in a variety of different styles of games Attempt a small range of recognised shots in isolation and in competitive scenarios  Use a range of tactics for attacking and defending in the role of bowler, batter and fielder



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<p><b>Athletics / Run Jump Throw</b></p>	<p>Pupils will have experienced sending a variety of balls, quoits and beanbags.</p> <p>Can use a range of gross motor skills, e.g. jumping, hopping, stepping, and changing direction.</p> <p>Able to walk, run and travel at a variety of speeds.</p> <p>Increase stamina and core strength needed to undertake athletics activities</p> <p>Take part in a broad range of opportunities to extend strength, balance, agility and coordination</p> <p>Cooperate with others to carry out more complex physical activities</p>	<p>Develop power, agility, coordination and balance over a variety of activities</p> <p>Can throw and handle a variety of objects including quoits, beanbags, balls, hoops</p> <p>Can negotiate obstacles showing increased control of body and limbs</p> <p>Improve running and jumping movements, work for sustained periods of time</p> <p>Reflect on activities and make connections between a healthy active lifestyle</p> <p>Experience and improve on jumping for distance and height</p>	<p>Control movements and body actions in response to specific instructions</p> <p>Demonstrate agility and speed</p> <p>Jump for height and distance with control and balance</p> <p>Throw with speed and power and apply appropriate force</p>	<p>Using running, jumping and throwing stations, children investigate in small groups different ways of performing these activities</p> <p>Using a variety of equipment, ways of measuring and timing, comparing the effectiveness of different styles of runs, jumps and throws.</p>	<p>Sustain pace over short and longer distances such as running 100m and running for 2 minutes</p> <p>Able to run as part of a relay team working at their maximum speed</p> <p>Perform a range of jumps and throws demonstrating increasing power and accuracy</p>	<p>Become confident and expert in a range of techniques and recognise their success</p> <p>Apply strength and flexibility to a broad range of throwing, running and jumping activities</p> <p>Work in collaboration and demonstrate improvement when working with self and others</p> <p>Accurately and confidently judge across a variety of activities</p>
				<p>To consistently perform basic tag rugby skills</p> <p>Implement rules and develop tactics in competitive situations</p>	<p>To combine basic tag rugby skills such as catching and quickly passing in one movement</p> <p>To be able to select and implement appropriate skills in a game situation</p>	<p>To choose and implement a range of strategies and tactics to attack and defend</p> <p>To combine and perform more complex skills at speed</p>



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Tag Rugby				To increase speed and build endurance during gameplay	To begin to play effectively when attacking and defending  To increase the power of passes so the ball can be moved quickly over greater distance	To observe, analyse and recognise good individual and team performances  To suggest, plan and lead a warm-up as a small group
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The Belham Primary School 2021