



Progression in PE

Key Knowledge Seams <i>(These are the themes of knowledge that are returned to each year and build upon what has gone before)</i>	Key Concepts <i>(These are any skills that children will develop – they are what they will do with the knowledge they have gained)</i>	Unit/ Term	All Foundation Physical Development To negotiate space and obstacles, with consideration for themselves and others. Demonstrate strength, balance and co-ordination when playing. Move energetically, such as running, jumping, hopping, skipping and climbing. Personal, social and emotional development Be confident to try new activities. Work and play co-operatively and take turns with others. Understand the importance of healthy food choices.	Key Stage 1 (2 lessons Per Week)		Key Stage 2 (2 Lessons Per Week)			
			Reception Year	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>These are covered through the units across the year.</p> <p>Develop competence to excel in a broad range of physical activities</p> <p>Are physically active for sustained periods of time.</p> <p>Engage in competitive sports and activities</p> <p>Lead healthy, active lives.</p> <p>See sections above Year Groups for Key Stage Specific Key Knowledge and Skills</p>	<p>These will be taught through the main aspects of PE; Games, Gymnastic and Dance.</p> <p>Fundamental movement skills</p> <p>Agility, balance and co-ordination</p> <p>Create sequences of movement. Competitive and co-operative skills</p> <p>Communication/collaboration skills.</p> <p>Evaluate, improve, recognise success.</p>	1	Complete PE Foundation Locomotion – Walking	Complete PE Yr1 Ball Skills - Hands 1	Complete PE Yr2 Ball Skills - Hands 1	Complete PE Yr3 Invasion - Hockey	Complete PE Yr4 Invasion - Hockey	Complete PE Yr5 Invasion - Hockey	Complete PE Yr6 Invasion – Hockey
			Forest School	Dance – Dancenotes Superheroes	Dance – Dancenotes Pirates & treasure	Complete PE Yr3 Games sense - Invasion	Complete PE Yr4 Games sense - Invasion	Complete PE Yr5/6 Outdoor adventure activities – Communication/Tactics	Swimming – 10 hours across 2 week block
		2	Complete PE Foundation Gymnastics – High, low, over under	Complete PE Yr1 Gymnastics – Body Parts	Complete PE Yr2 Gymnastics - Pathways	Complete PE Yr3 Invasion - Handball	Complete PE Yr4 Invasion - Handball	Complete PE Yr5 Invasion - Handball	Complete PE Yr6 Invasion - Handball
			Forest School	Christmas Production	Christmas Production	Complete PE Yr3 Games sense – Net & wall	Complete PE Yr4 Games sense – Net & wall	Complete PE Yr5 Games sense – Invasion	Complete PE Yr6 Games sense – Invasion
		3	Complete PE Foundation Dance - Nursery Rhymes	Complete PE Yr1 Health and well Being	Complete PE Yr2 Health and well Being	Complete PE Yr3/4 Outdoor adventure activities - Communication/Tactics	Complete PE Yr3/4 Outdoor adventure activities – Problem solving	Complete PE Yr5 Health Related Fitness	Complete PE Yr6 Health Related Fitness
			Forest School	Dance - Dancenotes Penguins	Dance - Dancenotes The Great fire of London	Dance - Dancenotes Anglo Saxons	Dance - Dancenotes Electricity	Dance - Dancenotes The Pyramids or Selfies	Dance - Dancenotes Rough and Tumble
		4	Complete PE Foundation Locomotion – Jumping	Complete PE Yr1 Locomotion - Jumping	Complete PE Yr2 Locomotion - Jumping	Complete PE Yr3 Invasion - Basketball	Complete PE Yr4 Invasion - Netball	Complete PE Yr5 Invasion - Basketball	Complete PE Yr6 Invasion - Netball
			Forest School	Complete PE Yr1 Team Building	Complete PE Yr2 Team Building	Complete PE Yr3 Gym -symmetry/asymmetry	Complete PE Yr4 Gym - Bridges	Complete PE Yr5 Gym -Balance/Tension	Complete PE Yr6 Gym -Matching/Mirroring
		5	Complete PE Foundation Ball skills - Hands/Feet (some lessons from each)	Complete PE Yr1 Ball Skills - Feet	Complete PE Yr2 Ball Skills - Feet	Complete PE Yr3 Net&Wall - Tennis	Complete PE Yr4 Net&Wall - Tennis	Complete PE Yr5 Net&Wall - Tennis	Complete PE Yr6 Net&Wall - Tennis
			Forest School	Complete PE Yr1 Gymnastics – wide/narrow/curled	Complete PE Yr2 Gymnastics - Linking	Complete PE Yr3 Invasion - Football	Complete PE Yr4 Invasion - Football	Complete PE Yr5 Invasion – Tag Rugby	Complete PE Yr5/6 Outdoor adventure activities – Problem solving
		6	Practise running and Sports day events	Complete PE Yr1 Ball Skills – Rackets/bats/balls	Complete PE Yr2 Ball Skills – Rackets/bats/balls	Complete PE Yr3 Strike/Field - Cricket	Swimming – 10 hours across 2 week block	Complete PE Yr5 Strike/Field - Cricket	Complete PE Yr6 Strike/Field – Rounders
			Forest School	Complete PE Yr1 Locomotion – Running +Sports day events	Complete PE Yr1 Locomotion – Running +Sports day events	Complete PE Yr3 Athletics unit	Complete PE Yr4 Athletics – Throwing/catching	Complete PE Yr5 Athletics unit	Complete PE Yr6 Athletics – Throwing/catching

