



"We believe, we achieve, we succeed in God's family"

THANKFULNESS ● COMMUNITY ● COMPASSION ● TRUTHFULNESS ● COURAGE ● FORGIVENESS

Physical Education Knowledge and Skills Progression Overview

"The only one who can tell you 'you can't win' is you and you don't have to listen." Jessica Ennis-Hill

CYCLE A

	EYFS / Years 1 & 2	Years 3 & 4	Years 5 & 6
Autumn	<p>Basic Fundamental skills <i>Identifying space, range of movements, throwing, catching</i></p> <p>Team / Invasion Games <i>Multi-skills / Football</i></p> <p>Gymnastics <i>Rolling, jumping, landing, point balances, routines</i></p>	<p>Team / Invasion Games <i>Football & Tag Rugby</i></p> <p>Games – Net <i>Forehand, backhand, serves, basic tactics</i></p> <p>Gymnastics <i>Developing routines, fluidity, counterbalances and group balances</i></p>	<p>Games <i>Football & Rugby</i></p> <p>Net and Wall <i>Tennis, technique, evaluation of performance, controlled rally, tactics, movement, agility and coordination</i></p> <p>Gymnastics <i>Developing floor movement and floor shapes, apparatus jumping, comparing performance</i></p>

<p style="text-align: center;">Spring</p>	<p style="text-align: center;">Dance <i>Levels, speeds, performing a routine with guidance</i></p> <p style="text-align: center;">Team / Invasion Games <i>Football, cooperation, teamwork, team roles, individual roles, passing, shooting, control</i></p>	<p style="text-align: center;">Invasion Games <i>Dodgeball / Netball, methods of passing, movement, creating space, tactics, attacking, defending, marking</i></p> <p style="text-align: center;">Dance <i>Levels, speeds, connections, body language</i></p> <p style="text-align: center;">Outdoor Adventurous Activities <i>How to use a compass, mapwork, co-ordinates, teamwork</i></p>	<p style="text-align: center;">Dance <i>Fluency, accuracy and consistency, exploring movement memory, composition, structure and comparing performance</i></p> <p style="text-align: center;">Team / Invasion Games <i>Handball, methods of passing, dribbling, decision making, tactics for scenarios, outwitting an opponent</i></p> <p style="text-align: center;">Outdoor Adventurous Activities <i>compass bearings, directions, advanced teamwork games, leadership</i></p>
<p style="text-align: center;">Summer</p>	<p style="text-align: center;">Advanced Fundamental skills</p> <p style="text-align: center;">Athletic activities <i>Running with introduction of new events, jumping, throwing</i></p> <p style="text-align: center;">Games – striking and fielding <i>Cricket – throwing and catching</i></p>	<p style="text-align: center;">Athletics <i>Jumping / Throwing / Running / Relay / 2 x weeks of competition (cover all events) Throwing technique, sprinting effectively, Tactics</i></p> <p style="text-align: center;">Games – striking and fielding <i>Cricket & Rounders Accuracy, one/two handed shots, power & placement</i></p>	<p style="text-align: center;">Athletics <i>Jumping / Throwing / Running / Relay / 2 x weeks of competition (cover all events) Distance jumping and throwing, power sprinting, muscle understanding</i></p> <p style="text-align: center;">Games – striking and fielding <i>Cricket & Rounders Accuracy, one/two handed shots, power & placement, batting, catching and fielding techniques, tactics</i></p>

Teaching Termly Overview 2023 – 24 Year B

	EYFS / Years 1 & 2	Years 3 & 4	Years 5 & 6
Autumn	<p>Basic Fundamental skills <i>Identifying space, range of movements, throwing, catching</i></p> <p>Team / Invasion Games <i>football, cooperation, teamwork, team roles, individual roles, passing, shooting, control</i></p> <p>Dance <i>Levels, speeds, performing a routine with guidance</i></p>	<p>Team / Invasion Games <i>Basketball, methods of passing, dribbling, decision making, tactics for scenarios</i></p> <p>Team / Invasion Games – Hockey</p> <p>Dance <i>Explore movement memory, composition and structure</i></p>	<p>Games <i>Football & Rugby</i></p> <p>Net and Wall <i>Tennis, technique, evaluation of performance, controlled rally, tactics, movement, agility and coordination</i></p> <p>Gymnastics <i>Developing floor movement and floor shapes, apparatus jumping, comparing performance</i></p>
Spring	<p>Gymnastics <i>Rolling, jumping, landing, point balances, routines</i></p> <p>Dance <i>Levels, speeds, performing a routine with guidance</i></p> <p>Team / Invasion Games <i>football, cooperation, teamwork, team roles, individual roles, passing, shooting, control</i></p>	<p>Net and Wall <i>Basketball / Netball, technique, evaluation of performance, controlled rally, tactics, movement, agility and coordination</i></p> <p>Gymnastics <i>Developing floor movement and floor shapes, apparatus jumping</i></p>	<p>Dance <i>Fluency, accuracy and consistency, exploring movement memory, composition, structure and comparing performance</i></p> <p>Team / Invasion Games <i>Handball, methods of passing, dribbling, decision making, tactics for scenarios, outwitting an opponent</i></p> <p>Outdoor Adventurous Activities <i>compass bearings, directions, advanced teamwork games, leadership</i></p>

<p>Summer</p>	<p>Advanced Fundamental skills</p> <p>Athletic activities <i>Running with introduction of new events, jumping, throwing</i></p> <p>Games <i>Cricket – throwing and catching</i> <i>Tennis</i></p>	<p>Athletics <i>Jumping / Throwing / Running / Relay / 2 x weeks of competition (cover all events)</i> <i>Distance jumping and throwing, power sprinting</i></p> <p>Games – striking and fielding <i>Tennis & Handball</i> <i>Accuracy, one/two handed shots, power & placement</i></p>	<p>Athletics <i>Jumping / Throwing / Running / Relay / 2 x weeks of competition (cover all events)</i> <i>Accuracy, one/two handed shots, power & placement, batting, catching and fielding techniques, tactics</i></p>
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