

# Forest of Galtres

## P.E progression

KS1 NC	Year 1 Focus: Games, Dance, Gymnastics, Athletics			
Master basic movement, e.g. running, jumping, throwing, catching, balance, agility and co-ordination Participate in team games	Games	Dance	Gymnastics	Athletics
	Practise basic striking, sending and receiving Throw underarm and overarm Catch and bounce a ball Use rolling skills Travel with a ball in different ways and directions Pass the ball to another player Kick a ball accurately to someone Begin to use space in a game Begin to mark a player and to dodge	Copy and repeat exercises Vary the speed of actions Put actions together Use choreographic devices – unison, canon, mirroring Improvise to create a simple dance	Create and perform a movement sequence Copy actions with a beginning, middle and end Produce contrasting actions – small/tall, narrow/wide Link two actions Travel in different ways and directions and speed Hold still shapes and simple balances Land safely after single jumps Move around, under, over and through different objects and equipment Perform simple rolls – log, curled, teddy bear Perform simple jumps – straight, tuck, jumping jack, half turn, pike, cat spring, off springboard Bunny hops Wheelbarrow with partner Perform simple balances – standing, kneeling, different shapes	Vary pace and speed when running Run with a basic technique Jog and sprint in a straight line Change direction when jogging or sprinting Perform different types of jump Jump as high as possible Jump as far as possible Land safely and with control Thrown underarm and overarm Throw towards a target Improve the distance that they throw

<p>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</p> <p>Participate in team games, developing simple tactics for attacking and defending</p> <p>Perform dances using simple movement patterns</p>	<b>Year 2 Focus: Games, Dance, Gymnastics, Athletics</b>			
	<b>Games</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>Athletics</b>
	<p>Strike or hit a ball with increasing control</p> <p>Position the body to strike a ball</p> <p>Throw different equipment in different ways for accuracy and distance</p> <p>Throw, catch and bounce a ball with a partner</p> <p>Throw a ball for distance</p> <p>Bounce and kick a ball while travelling</p> <p>Know how to pass the ball in different ways</p> <p>Use different ways of travelling at different speeds, pathways, directions and course</p> <p>Change speed and direction while running</p> <p>Begin to recognise the best space in a game</p> <p>Understand the terms attack and defend</p>	<p>Copy, remember and repeat actions</p> <p>Create a short motif from a stimulus</p> <p>Change the speed and level of actions</p> <p>Use choreographic devices – unison, canon, mirroring</p> <p>Improvise to create a simple dance</p> <p>Use different transitions</p> <p>Move in time to music</p> <p>Perform sequences of their own</p>	<p>Copy, explore and remember actions and movements to create a sequence</p> <p>Link actions</p> <p>Travel in a variety of ways, including rolling</p> <p>Hold a still shape while balancing on different parts of the body</p> <p>Jump in a variety of ways and land with control and balance</p> <p>Climb onto and jump off equipment</p> <p>Perform simple rolls – log, curled, teddy bear, rocking for forward roll, crouched forward roll</p> <p>Perform simple jumps – straight, tuck, jumping jack, half turn, cat spring, cat spring to straddle</p> <p>Bunny hops, wheelbarrow, T-Lever, scissor kick</p> <p>Travel in different ways – hopscotch, skipping, galloping</p> <p>Perform simple balances – standing, kneeling, large body parts, on apparatus, with partner, different shapes, front and back support</p> <p>Perform sequences of their own</p>	<p>Run at different paces using a variety of stride length</p> <p>Begin to select the most suitable pace and speed for distance</p> <p>Run with the basic technique</p> <p>Perform and compare different types of jump</p> <p>Combine jumps together with some control</p> <p>Jump for distance from a standing position</p> <p>Know that leg muscles are used in a jumping action</p> <p>Throw different equipment in different ways</p> <p>Throw with accuracy at a target</p> <p>Investigate how to throw further</p>

	<b>Year 3 Focus: Games, Dance, Gymnastics, Athletics, Swimming</b>				
<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils 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</p>	<b>Games</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>Athletics</b>	<b>Swimming</b>
	<p>Striking and hitting a ball successfully with the correct technique depending on game Strike the ball for distance Throw and catch with control and accuracy using the correct technique for the game Gather the ball Throw the ball in different ways – high, low, fast, slow Develop overarm bowl Move with the ball in different ways Pass the ball in two different ways during a game Know how to keep possession Find useful space</p>	<p>Improvise with a partner to create simple dance Create motifs with different stimuli Create larger sequences Use correct dance vocabulary Perform with awareness of rhythm and expression Develop the quality of actions</p>	<p>Compose simple sequences on own and with others Link combinations of actions including changes of direct, speed and level Develop quality of actions, shapes and balances Use turns whilst travelling in a variety of ways Use a range of jumps in their sequences Create interesting body shapes while holding balances Develop roll techniques – crouched forward roll, forward roll from standing, tucked backwards roll Develop jumps – straight, tuck, jumping jack, star, straddle, pike, straight jump half turn, cat leap Jump on/off equipment – squat on, star off, tuck off, straddle off pike off Handstands Cartwheel Travel in different ways Perform more complex balances and shapes – large and small body parts, on apparatus, matching</p>	<p>Demonstrate different techniques for the best performance Improve leg and arm actions when sprinting Combine running with jumping over hurdles with a focus on lead and trail leg Use one and two feet to take off and land Improve standing long jump technique Land safely Throw with control and accuracy Overarm throw with accuracy and distance</p>	<p>To develop basic pool safety skills and confidence in water To develop travel in vertical or horizontal position and introduce floats To develop push and glides, any kick action on front and back with or without support aids To develop entry and exit, travel further, float and submerge To develop balance, link activities and travel further on whole stroke To show breath control Introduction to deeper water Treadingwater</p>

<p>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>In particular, pupils should be taught to:</p> <p>swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>perform safe self-rescue in different water-based situations.</p>			and contrasting balances with a partner		
	<b>Year 4 Focus: Games, Dance, Gymnastics, Athletics</b>				
	<b>Games</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>Athletics</b>	
<p>Use a bat, racket or stick to hit a ball or shuttlecock with accuracy and control</p> <p>Serve underarm</p> <p>Be able to return – rally</p> <p>Strike a moving ball</p> <p>Strike a stationary ball</p> <p>Develop different ways of throwing and catching</p> <p>Move with the ball in different ways</p> <p>Pass the ball with speed and accuracy in a game</p> <p>Make the best use of space to pass and receive</p> <p>Use fielding skills to prevent a player from scoring</p>	<p>Repeat and perform patterns and actions of a chosen dance style</p> <p>Compose a dance that reflects a style</p> <p>Improvise with a partner</p> <p>Compose longer dance sequences in small groups</p> <p>Vary dynamics and develop actions and motifs to a stimuli</p> <p>Demonstrate rhythm and spatial awareness</p> <p>Change parts of the dance upon self evaluation</p>	<p>Create a series of actions that fit a theme</p> <p>Use a range of actions, directions and levels in sequences</p> <p>Move with clarity, fluency and expression</p> <p>Travel in different ways including flight</p> <p>Improve placement and alignment when balancing</p> <p>Perform a number of rolls: forward from standing, straddle forward roll, tucked backward roll</p> <p>Backward roll to straddle</p> <p>Perform a number of jumps: straight, tucked, jumping jack, star, straddle, pike, straight half and full turn, cat leap, cat leap half turn</p> <p>Squat jump on to apparatus, straddle, star jump off, tuck jump off, straddle jump off, pike jump off</p> <p>Lunge into handstand</p> <p>Lunge into cartwheel</p> <p>Travel in a variety of ways: tiptoe, step, jump, hop, chassis steps, jumps, leaps</p> <p>Balance in a number of ways: 1, 2, 3 and 4 point balances</p>	<p>Improve technique for sprinting</p> <p>develop a sprint finish</p> <p>Perform in a relay – baton passing</p> <p>Combine a hop, step and jump for standing triple jump</p> <p>Begin to measure distance jumped or thrown</p> <p>Perform a pull throw</p>		

Balance on apparatus, balances with and against a partner, using different shapes

**Year 5 Focus: Games, Dance, Gymnastics, Athletics, Outdoor Activities**

<b>Games</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>Athletics</b>	<b>Outdoor Activities</b>
<p>Use different techniques to hit a ball            Develop a range of shots for different purposes            Develop backhand technique            Use an overhead serve            Consolidate different ways of throwing and catching and know when to use            Use a variety of ways to dribble a ball            Pass a ball with speed, accuracy and with appropriate technique during a game            Keep and win back possession            Increase awareness of space            Shoot in a game            Use fielding skills as a team to prevent scoring            Know when to pass and dribble            Create their own games</p>	<p>Identify and repeat the movement patterns and actions of a chosen dance style.            Compose individual, partner and group dances that reflect a chosen style            Show change of pace and timing in movements            Devise in response to stimuli            Use transitions to link motifs smoothly together            Ensure actions fit the rhythm            Modify as part of self and peer evaluation            Use complex dance vocabulary</p>	<p>Select ideas to compose a sequence of movements, shapes and balances            Perform jumps, shapes and balances fluently and with control            Develop the placement of their bodies in balances recognising their centre of gravity            Combine equipment with movement to create sequences            Perform a variety of rolls: forward roll from standing            straddle forward roll            Pike forward roll            Tucked backward roll            Backward roll to straddle            Perform a variety of jumps: as Y4 and also stag jump, split leap            Enter and exit equipment in a variety of ways            Lunge into handstand            Lunge into cartwheel            Lunge into round off            Travel in a variety of ways: as Y4</p>	<p>Accelerate from different starting positions            Refine sprinting technique including sprint start            Select the most suitable pace for the distance they run            Improve technique for jumping distances            Perform an effective standing jump            Perform a standing triple jump            Begin to develop techniques for a vertical jump            Perform a fling throw            Throw a variety of implements            Measure and record throws and jumps and try and improve</p>	<p>Orientate themselves on a short trail            Create a trail for others to follow            Begin to use navigation equipment            Communicate effectively to complete a route            Complete route as an individual and as a team            Identify a key on a map            Create a plan of the activity            Identify the quickest route            Use a map to complete an orienteering course            Begin to use a compass</p>

			Balance in a variety of ways: as Y4 Perform in time to music		
<b>Year 6 Focus: Games, Dance, Gymnastics, Athletics, Outdoor Activities</b>					
	<b>Games</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>Athletics</b>	<b>Outdoor Activities</b>
	<p>Hit a bowled ball over longer distances Direct a ball when striking or hitting Understand how to serve to start a game Throw and catch accurately under pressure Use taught ball skills in game situations Choose and make the best pass available – link with other skills Keep and win the ball back effectively Demonstrate good awareness of space Create a plan of attack or defence Work as a team to develop fielding strategies Follow and create rules to play a game</p>	<p>Identify and repeat patterns and actions of a chosen dance style Compose individual, partner and group dances that reflect a chosen style Use dramatic expression Control movements throughout the dance Create a fluent sequence Show change of pace and timing Move rhythmically and accurately Link all movements Use complex dance vocabulary</p>	<p>Create own complex sequences involving a full range of actions and movements including travelling, balancing, holding shapes, jumping, leaping, swinging and stretching Show precise and controlled placement of body parts Confidently use the equipment Perform a variety of rolls: As Y5, Pike backward roll Perform a variety of jumps: As Y5, Cat leap full turn, stag leap Enter and exit equipment in a variety of ways Lunge into cartwheel, lung into round off Hurdle step, hurdle step into cartwheel Travel in a variety of ways: As Y5 Balance in a variety of ways: as Y5</p>	<p>Practise and refine sprinting technique Build up speed quickly for sprint finish Run over hurdles with fluency – lead leg focus and consistent stride Work as a team in a relay Demonstrate stamina over longer distances to maintain a sustained speed Standing vertical jump Control each stage of the triple jump Improve technique for jumping for height and length Improve technique for throws Perform a heave throw Measure and record</p>	<p>Orientate themselves with confidence around a course Design a course that is clear to follow and offers challenge Communicate clearly Orienteer as an individual and in a team Successfully use a map to complete a course Use a compass for navigation</p>

			Link actions to perform a complex sequence		
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