

Whole-School PE Unit Overview: Skills & Knowledge Progression

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
YEAR 3	Tennis - Move body position to catch a ball. -Control a ball on racket when moving - varying speed. -Hit a ball into a target (with one bounce). -Play a modified game using skills e.g forehand. -Adapted games, with variations of rules, begin to apply some basic principles.	Dance -Move in time to the music with expression. -Create a performance displaying a range dance elements performing with good control. -Perform turns, leaps, and balances at different speeds with control. -Dance in unison and canon with a partner/group. -Perform dance movements incorporate space elements e.g. levels and pathways -Begin to perform with a good sense of expression and energy. -Begin to use their own movements based on a theme to create a dance performance.	Gymnastics - Can perform a variety of shapes with good control. -Perform a straight jump with a half turn. -Perform a Teddy bear roll. -Perform Point and patch balances. - Perform a bunny hop across a mat run and onto/across low benches and apparatus. -Perform a short sequence on mats (using levels directions control). -Hopscotch on throw down feet- introduction to hurdle step onto apparatus.	Football - Control a ball using inside, outside and sole of feet. -Pass the ball with inside of feet with accuracy. -Pass the ball to someone in a space. -Dribble the ball, beginning to turn with some control (inside and outside hook). -Shooting - Kick a stationary ball past a goal keeper. -Adapted games, begin to apply some basic principles for attacking & defending in small sided games.	Athletics - Begin to perform 'FAST' technique. -Throw a javelin/vortex using correct stance, rotating hips forward. -Perform a hop, step and jump (standing triple jump) in isolation and in combination. -Develop running for distance in warm ups. - Develop relay change over techniques. -Run and take off over obstacles at some speed	Rounders - Throw under/over arm and catch a ball with control and some accuracy. -Bowling a ball (between the batters knee and head) from a short distance. -Using various equipment to strike the ball with adapted bats e.g tennis racket, rounders bat. - Stop the ball using two hands and attempt a long barrier. - Adapted games, with variations of rules, begin to apply some basic principles, through striking and fielding.

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YEAR 4	Tennis	Dance	Gymnastics	Basketball	Athletics	Rounders
	– Move with balance and control to catch a ball. -Hit a ball into a target from a variety of distances/ angles with no bounce. -Hit/bounce ball on racket when moving Hit ball in forehand/ backhand position with drop feed. -Play a game communicating as a team. -Play adapted games, Children encouraged to think of tactics.	– Keep in time with my group in a performance. -Perform movements with high or low energy with control. - Dance in unison and canon with a partner/group performing a range of movement patterns. - Perform dance movements using variety of space elements e.g. levels, formations and pathways. - Perform with expression and energy. - Can use their own movements based on a range of themes to create a dance performance.	- Can perform a variety of shapes with good control when performing various skills. -Perform various jumps and develop travelling across the mat. -Teddy bear roll with a partner/group in sequence with pointed toes. -Perform matching and mirroring balance routines on apparatus. -Perform a bunny hop onto a variety of apparatus with control. -Perform a short sequence on mats and apparatus showing levels, unison, and pointed toes. -Hopscotch across the floor to develop hurdle step onto low apparatus .	- Ball Awareness- moving ball around different parts of the body with control. -Dribbling and bouncing a ball with control and using either hand. -Pass and receive, stepping into the pass (chest and bounce pass). -Scoring into a net/hoop in a small sided 3v3 basketball game. -Perform a jump and stride stop with a pivot. -Dodging around a player with the ball, focus on dodging into a space. -Protecting the ball - using the pivot to protect the ball. -Begin to apply basic principles suitable for defending.	- Perform ‘FAST’ technique confidently when sprinting. -Throw a javelin/vortex with height and distance. -Perform a hop, step and jump (standing triple jump). - Develop running for distance In warm ups, increasing with each lesson. - Pass a relay baton with control with a partner in adapted games. - Run and jump over hurdles with some speed and control.	– Throw under/over arm over varying distances and catch a ball with control and accuracy. -Beginning to bowl from the correct bowling distance 7.5 metres. -Stepping into the hit when striking the ball with a rounders bat. - Long barrier moving into position to scoop up the ball. - Play adapted games, Children encouraged to think of tactics when striking and fielding.

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YEAR 5	Dance	Gymnastics	Indoor Athletics	Badminton	Tag Rugby	Kwik Cricket
	- Change my energy depending on time of the music. -Create a performance displaying dance elements performing with control. -Demonstrate 'relationship' elements- unison, canon, matching, mirroring and formations. - Begin to demonstrate more complex 'space' elements; levels, size of movement, directions and pathways. - Perform some 'dynamic' elements in the dance- Energy, Speed and Flow. - Translate ideas from a stimulus into a performance – and incorporate dance elements.	- Can perform complex shapes with control and some flexibility. -Perform more complex jumps, tuck, pike and a scissor kick. -Perform a T-roll Perform symmetrical and asymmetrical balances. - Perform a 'squat on and squat off' on various apparatus. -Link skills to create a sequence with Fluency. -Co-operate, communicate and collaborate with others. - To perform a hurdle step on the floor/springboard. - Cartwheel on the floor using various apparatus.	- Chest push bending knees with good height and distance. -Perform a variety of standing jumps (Long jump and triple jump) and measure for distance. -Speed bounce developing good rhythm and control over the speed bounce mat. -5 strides- co-ordinating steps, bounding creating a longer stride. -Skipping – with rhythm aiming to get 25 skips or more. -Vertical jump –use arm swing movement to increase height. - Pass a relay baton with control and timing in a pairs change over.	– Move to hit a shuttlecock with some control. -Hit the shuttlecock with control when moving at different speeds. -Serve diagonally with racquet to serve into a target. -Moving into position to hit a shuttlecock with forehand/ backhand in skills practice and games. -Communicate and collaborate as a pair to beat opponents. - Developing tactics e.g working as a team, supporting each other, communicating.	–Tag more than one player using either hand whilst moving. -Choose different pathways to move with a ball in hands against an opponent. -Pass the ball and move. -Introduce looping around your teammate- to try and trick an opponent. - Working as a team to score a try- supporting runs in practice. - Developing tactics for attacking e.g working as a team, supporting each other. - In teams discuss tactics of attacking e.g diagonal line when attacking. - In a team, discuss tactics of defending e.g make a wall or flat line as a team when defending.	-Begin to use fielding techniques with throwing and stopping and scooping up the ball. -Throwing over/underarm and catching over various distances. -Bowl, attempting to hit the wicket using under/overarm. -Hit a moving ball with control and some distance. -Communicate and collaborate as a team to beat an opponent. - Developing tactics for striking and fielding e.g working as a team, supporting each other.

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YEAR 6	Dance	Gymnastics	Indoor Athletics	Badminton	Hockey	Kwik Cricket
	- Keeping in time when transitioning from one part of the dance to another. - Create a performance displaying a range of dance elements performing with good control. - Demonstrate new 'relationship' elements- contact, contrast, complement, proximity. - Demonstrate more complex 'space' elements (levels, size of movement, directions and pathways). - Perform a variety of 'dynamic' elements in the dance- perform with control and fluency. - Translate ideas from a stimulus into a performance – and incorporate a variety of dance elements.	- Can perform complex shapes when performing sequences and skills with flexibility. -Perform more complex jumps and travelling on and off apparatus, tuck, pike and leaps scissor kick and cat leap. -Perform various balances counter balance and counter tension. -Perform a 'squat on and squat off 'apparatus with a run up (with or without a spring board). - Compete in teams to win points with sequences and a vault competition. - Perform a hurdle step on the floor/springboard and onto apparatus. - Inverted skills shoulder stand, cartwheel, teddy bear roll, head stand, handstand.	- Chest push with accuracy and power, bending knees through to feet, extends arms to increase distance. -Perform a Triple jump for distance varying techniques to improve performance. -Speed bounce with speed, fluency and rhythm. 5 strides- improve starting position to ensure a better first stride. -Skipping – with speed (30 skips or more). -Vertical jump – Push into ground lift with an explosive movement up focus on landing softly- keep core engaged. - Pass a relay baton in competitive situations (timed).	– Move in a variety of directions (using footwork) when hitting a shuttlecock. -Hit shuttlecock to a partner with control. -Serve diagonally in a game of badminton. -Keep on toes using quick feet to hit a shuttlecock in game in forehand/ backhand position. - Use techniques learned and apply in a game situation.	– Dribble the ball at various speeds- both in isolation and a game situation. -Pass and move into a space with accuracy, control and speed (in isolation/game situation). -Pass the ball over a variety of distances in attacking or defensive situations. -Begin to defend as an individual and communicate to defend as a team (marking and tackling). -Hit a moving ball into a goal from different angles and sometimes with different levels of power. - Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending.	– Positioning in a modified game to field a ball (both throwing and stopping it). -Making correct decisions with the type of throw to use in a modified game. -Move body into a position to catch the ball Bowl (over/underarm) at a wicket in a game against a batter with some speed and control to hit the wicket. - In a competitive game begin to tactically hit/place a ball into a space. - Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending. - In a team, discuss tactics of attacking and defending (communicate and collaborate).

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Values and Themes Progression Across School

	<i>Movement, Coordination & Control</i>	<i>Technical Skill Development</i>	<i>Tactics, Strategy & Decision-Making</i>	<i>Collaboration, Communication & Teamwork</i>	<i>Creativity, Expression & Performance</i>	<i>Physical Fitness & Athletic Development</i>	<i>Rules, Safety & Game Understanding</i>	<i>Resilience, Reflection & Personal Growth</i>
<i>Year 3</i>	Basic control of body and equipment (e.g., controlling a ball on a racket, simple rolls, basic dribbling).	Foundational techniques (forehand, basic passes, simple jumps, underarm throws).	Basic principles (finding space, simple attacking/defending).	Basic cooperation, simple partner work.	Simple sequences, basic expression, using space.	Introduction to FAST technique, basic distance running, simple jumps.	Basic rules (e.g., simple scoring, safe use of equipment).	Trying new skills, coping with mistakes.
<i>Year 4</i>	Improved balance, travelling, linking movements, controlled dribbling and passing.	More accurate and varied techniques (backhand, pivoting, hurdling, improved bowling).	Beginning to think tactically and communicate as a team.	Communicating in games, working in formations, mirroring/matching.	More confident performance, varied formations, transitions.	Confident sprinting, improved hurdles, longer throws.	Applying rules in small-sided games.	Beginning to reflect on performance.
<i>Year 5</i>	Complex shapes, coordinated footwork, controlled jumps, accurate striking/throwing.	Complex techniques (squat on/off, cartwheel, diagonal serves, looping passes).	Applying tactics (supporting runs, diagonal attack lines, fielding strategies).	Collaborating tactically, supporting teammates, choreographing in groups.	Complex sequences, expressive interpretation, dynamic elements.	Performance analysis, rhythm, bounding, increased stamina.	Understanding roles within activities (attacker, defender, bowler, fielder).	Giving and receiving feedback, improving through practice.
<i>Year 6</i>	Advanced movement patterns, inverted balances, fast footwork, powerful and accurate control.	Mastery-level techniques (vaulting, inverted skills, powerful chest push, tactical hitting).	Strategic decision-making (marking, tackling, placing shots, choosing throws).	Leadership, coordinated team defence/attack, group routines, officiating basics.	High-quality performance, fluency, contact/contrast, sophisticated choreography.	Power, explosive movement, competitive pacing, refined jumping/throwing.	Officiating basics, tactical rule application, safe competitive play.	Setting goals, evaluating performance, showing leadership and resilience.

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