

PE Curriculum Progression Overview

Reception					
Theme	Movement & Manipulating objects	Attacking and Defending (invasion)	Kicking skills	Athletics	Striking and fielding skills
Content	Moving around a space safely, dodging/weaving, target practice	Negotiating space, roll and throw and object to a target	Balancing and throwing objects	running, jumping, throwing	Striking skills, throwing and catching
Key Outcomes	Exploring movement in different ways by using songs, themes and small equipment, take turns during activities	Using bean bags and balls to explore movement to partners and groups, safely moving in space	Explore control and speed of sending a ball to a partner	running in movement patterns, throwing for distance, working in a relay team, aiming for accuracy	Explore striking and hitting an object with hand and bat, throwing and catching an object from varying heights, throwing with accuracy
Skills	following simple instructions, running, skipping, jumping galloping, underarm throwing,	catching, rolling, throwing and object, working with others	catching a ball, sending and object with control, partner work	taking turns, communication, control, sprinting, underarm/overarm throw	teamwork, eye hand coordination to connect with a ball, retrieve a ball and sending ball to partner
Vocab	Freeze, safety, rolling, throwing, accuracy	balance, underarm throw, rolling, accuracy run, skip, jump, hop	bounce, catch, control underarm throw, speed, aim	two foot jumping, high five, speed control	under/over arm throw, batting, catching hands,
Year 1					
Theme	Movement & Manipulating objects	Attacking and Defending (invasion)	Kicking skills	Athletics	Striking and fielding skills
Content	Throwing and catching	Movement and using space	Football related activities	Running, Jumping, Throwing	Striking skills, throwing and catching
Key Outcomes	Exploring moving in different ways Individual throw and catch, throw and catch with partner, take turns during activities	Finding and moving into space. Play in role of attacker and defender. Play simple game with a partner.	Explore dribbling, passing and receiving a ball using different parts of feet. Recognise and cope with competitive activities	Exploring running at different speeds, and jumping in different ways. Begin to link running and jumping movements together. Explore throwing a variety of objects in different ways.	Explore striking and hitting objects with hand and bat. Track and retrieve a rolling ball. Throwing and catch a variety of objects as an individual and with a partner. Distinguish between batters and fielders
Skills	running, skipping, side stepping jumping, hopping, under arm throwing, over arm throwing, chest push, two handed catching	running, skipping, side stepping jumping, hopping, under arm throwing, over arm throwing, chest push, two handed catching	Controlling ball using feet, passing ball towards target,	sprinting, speeds of running, two footed jumping, hopping, skipping, side stepping, over arm throw, under arm throw	Under arm and over arm throwing, tracking balls, striking objects using hand and bat
Vocab	avoiding, tracking, rolling, bouncing, space, opposite, team, small catching hands, big catching hands, overarm, underarm	attacker, defender, scorer, stopper, space, score, passing, chasing, dodging, direction, speed, looking, quick, shooting,	dribble, control, space, little kicks, big kicks, shoot, aim, control, tackle, pass	sprint, run, speeds of running, one footed jumping, two footed jumping	batter, fielder, bowler, under arm, over arm, catching hands, space
Year 2					
Theme	Movement & Manipulating objects	Attacking and Defending (invasion)	Kicking skills	Athletics	Striking and fielding skills
Content	Throwing and catching	Fundamental movement skills, moving in space	Football related activities	Running, Jumping, Throwing	Striking skills, throwing and catching
Key Outcomes	Individual throw and catch, throw and catch with partner and in competition, take turns during activities, move in different ways	Run, chase and dodge using space, playing in role of attacker and defender, send and receive objects with a partner and in a small game. Demonstrate understanding of simple tactics	Continue to explore and develop dribbling, passing, aiming, receiving a ball using different parts of feet. Begin to work with others during competitive activities	Explore running, jumping and throwing activities, take part in simple challenges. Experiment with different ways of travelling, throwing and jumping. Increase awareness of speed and distance	Explore striking and hitting objects with different bats and implements. Track and retrieve a rolling and bouncing ball. Throwing and catch a variety of objects as an individual and with a partner, using different throwing styles. Distinguish between batters, fielders and bowler
Skills	under arm throwing, over arm throwing, chest push, two handed catching, move in different ways	identifying and navigating space, changing direction quickly, closing down space,	controlling and navigating space with ball, passing to another player and aiming at a target	Running for speed, jumping for distance, throwing for accuracy and distance, understanding what personal best means	under arm throwing/bowling, over arm throwing, tracking and retrieving balls,
Vocab	running, side stepping, skipping, hopping, jumping, aiming, direction, passing, controlling, small catching hands, big catching hands, overarm, underarm	attacker, defender, scorer, stopper, space, score, passing, chasing, dodging, direction, speed, looking, quick, shooting, space	dribble, control, space, pass, control, shoot, tackle, chase, aim,	sprint, overarm, under arm, hop, jump,	batter, fielder, bowler, under arm, over arm, catching hands, space

Year 3					
Theme	OOA - Team Building	Invasion	Net & Wall	Athletics	Striking and Fielding
Content	Team building games and orienteering activities	Fundamental Movement skills: movement, sending & receiving, attacking & defending, decision making	Sending and receiving in using different techniques, send to partner or to space, cooperative and competitive games/rallies	Running, Jumping, Throwing	Striking and Fielding Activities, Cricket, Rounders
Key Outcomes	communicate, cooperate, teamwork, problem solving, understand concept of a map, develop spatial awareness of relationship of shapes /objects/points of reference to each other, explore different methods of communication	Develop using space during small sided games. Travel with, send and receive balls and other objects with greater control. Develop understanding of playing fairly during competitive games. Develop an understanding of when to attack and when/how to defend. Develop decision making skills about when to different skills and tactics.	Develop ability to maintain a rally in a continuous, cooperative game. Use a range of throwing/sending and catching skills and techniques. Begin to use a small range of basic racket skills. Choose and use simple tactics when sending the object to hard it difficult for their opponent in small competitive games. Choose and use simple tactics for defending their own side of the court. Play fairly and keep score. Talk about their successes and areas in which they could improve.	Repeat and explore simple running, jumping and throwing actions with control and coordination. Discuss own and others; running, jumping and throwing actions and suggest improvements.	Develop throwing, catching and retrieving/stopping the ball skills. Develop grip and stance for different bats/rackets/striking implements. Play simple fair competitive games in small groups. Begin to understand and apply rules. Describe successful parts of own and team performance. Develop understanding of attack and defence in the context of striking and fielding games.
Skills	map reading skills, communication skills, problem solving, skills, teamwork skills, cooperation,	dribbling, passing, receiving, finding and using space. Attacking, defending, making decisions.	Throwing, sending with a racket, catching, tracking and meeting the object/timing, use of space, decision making, coordination	Sprinting, Distance Running, Long Jump, Over Arm Throw, Heave Throw, Push Throw. Using stopwatches.	batting, catching, bowling, retrieving/stopping, decision making, using space
Vocab	communication, cooperate, control point, direction, north, south, west, east	attacker, defender, keep possession, making space, use space, close down space, send and receive, pass, dribble, support, mark, score,	Send, receive, ready position, positioning, send to space, track object, move to receive, aim, catch, select technique	achieving personal best, sprint, long jump, triple jump, stopwatch, technique, style, measure, evaluate, compare, heave throw, pull throw, over arm, push throw	fielder, batter, wicket keeper, back stop, bowler,
Year 4					
Theme	OOA and Team Building	Invasion	Net & Wall	Athletics	Striking and Fielding
Content	Team building games and orienteering activities	Fundamental Movement skills: movement, sending & receiving, attacking & defending, decision making	Sending and receiving using different techniques, send to partner or to space, cooperative and competitive games/rallies	Running, Jumping, Throwing	Striking and Fielding Activities, Cricket, Rounders
Key Outcomes	Communicate, cooperate, teamwork, problem solving, understand concept of a map, develop spatial awareness of relationship of shapes /objects/points of reference to each other, explore different methods of communication	Continue to develop using space during game play, develop increased skills in sending and receiving. Develop understanding what an invasion is. Identify aspects of their (individual) performance that need improving. Use and adapt tactics in different situations	Develop ability to maintain a rally in a continuous, cooperative game. Use a range of throwing/sending and catching skills and techniques. Begin to use a small range of basic racket skills. Choose and use simple tactics when sending the object to hard it difficult for their opponent in small competitive games. Choose and use simple tactics for defending their own side of the court. Play fairly and keep score. Talk about their successes and areas in which they could improve.	Develop linking, running, jumping and throwing actions, discuss and perform different jumping and throwing techniques. Use a variety of equipment, ways of measuring and timing, comparing to compare the effectiveness of different running, throwing and jumping techniques.	Develop hitting and striking using a variety of bats and implements. Develop bowling under arm and try out other bowling techniques. Develop understanding of basic batting and fielding tactics.
Skills	simple map reading skills, communication skills, problem skills, teamwork skills, cooperation,	Dribbling, receiving, passing, finding and using space, decision making.	Throwing, sending with a racket, catching, tracking and meeting the object/timing, use of space, decision making, coordination	Sprinting, Distance Running, Long Jump, Triple Jump, Over Arm Throw, Heave Throw, Push Throw	batting, bowling, catching, under arm, over arm throwing,

Belleville Primary School



Vocab	communication, cooperate, control point, direction, north, south, west, east	keep possession, control, make and use space, pass, support, goals, rules, tactics, score, attack , defend	Send, receive, ready position, positioning, send to space, track object, move to receive, aim, catch, select technique	achieving personal best, sprint, long jump, triple jump, stopwatch, technique, style, measure, evaluate, compare, heave throw, pull throw, over arm, push throw	ready position wicket keeper, bowler, batter, back stop, infield, outfield, base,
-------	--	--	--	---	---

Year 5					
Theme	OOA and Team Building	Invasion	Net & Wall	Athletics	Striking and Fielding
Content	Team building games and orienteering activities	Fundamental Movement skills: movement, sending & receiving, attacking & defending, decision making	Sending and receiving in using different techniques, send to partner or to space, cooperative and competitive games/rallies	Running, Jumping, Throwing	Striking and Fielding Activities, Cricket, Rounders
Key Outcomes	Develop spatial awareness of relationship of shapes/objects/points of reference to each other. Become familiar with orienteering equipment, explore different methods of communication	Use and find space, receive and dribble in different ways with some control and accuracy, understand and apply some tactics for attacking and defending, follow the rules and play fairly for simple invasion games, evaluate their own and others' performances, know what to their team needs to do in order to keep possession.	Refine ability to maintain a cooperative rally using forehand, backhand, overhead and volley techniques. Select and use such skills effectively in a competitive scenario. Understand need for and develop use of tactics to beat opponents. Apply and use rules consistently and fairly. Refine and develop their own version of games. Pick out what they and others do well and suggest ideas for improvements.	Link running, jumping, throwing actions, applying them accurately and appropriately. Analyse and give feedback on running, jumping and throwing techniques.	Develop hitting and striking, develop underarm bowling and other specific bowling techniques. Understand importance of striking ball away from fielders and judge when to run after hitting ball.
Skills	map reading skills, communication skills, problem skills, teamwork skills, cooperation, map orientation	navigating space to gain advantage, passing, receiving, dribbling,	Forehand, backhand, overhead, volley, sending without catching, catching, throwing, positioning in space, tracking and moving towards object	Sprinting, Distance Running, Long Jump, Triple Jump, Over Arm Throw, Heave Throw, Push Throw	batting, bowling, catching, under arm, over arm throwing,
Vocab	map reading skills, communication skills, problem skills, teamwork skills, cooperation, map orientation	navigating space to gain advantage, passing, receiving, dibbling,	Forehand, backhand, overhead, volley, sending without catching, catching, throwing, positioning in space, tracking and moving towards object	Sprinting, Distance Running, Long Jump, Triple Jump, Over Arm Throw, Heave Throw, Push Throw	batting, bowling, catching, under arm, over arm throwing,
Year 6					
Theme	OOA and Team Building	Invasion	Net & Wall	Athletics	Striking and Fielding
Content	Team building games and orienteering activities	Fundamental Movement skills: movement, sending & receiving, attacking & defending, decision making	Sending and receiving in using different techniques, send to partner or to space, cooperative and competitive games/rallies	Running, Jumping, Throwing	Striking and Fielding Activities, Cricket, Rounders
Key Outcomes	Develop spatial awareness of relationship of shapes /objects/points of reference to each other. Become familiar with orienteering equipment, explore different methods of communication	Select, combine and perform passing, receiving and dribbling skills more fluently and effectively. Understand, select and apply a range of attacking and defending tactics. Develop the ability of analyse their own and team performance to improve, and give suggestions in a construct manner.	Refine ability to maintain a cooperative rally using forehand, backhand, overhead and volley techniques. Select and use such skills effectively in a competitive scenario. Understand need for and develop use of tactics to beat opponents. Apply and use rules consistently and fairly. Refine and develop their own version of games. Pick out what they and others do well and suggest ideas for improvements.	Link running, jumping and throwing actions and apply them accurately and appropriately. Analyse and comment on running, jumping and throwing skills and techniques. Modify and refine skills and techniques to improve performance	Develop hitting or striking the ball into spaces in order to score in different ways. Develop working together when fielding to keep the batters score down. Use strategies or factors deceive or avoid fielders in order to score. When fielding use strategies, tactics and team work.
Skills	map reading skills, communication skills, problem skills, teamwork skills, cooperation, map orientation	navigating and manipulating space to gain advantage, passing, receiving, dibbling,	Forehand, backhand, overhead, volley, sending without catching, catching, throwing, positioning in space, tracking and moving towards object	Sprinting, Distance Running, Long Jump, Triple Jump, Over Arm Throw, Heave Throw, Push Throw	batting, bowling, catching, under arm, over arm throwing,
Vocab	Control point, orienteering marker	possession, attackers, defenders, marking, covering, supporting, team play, team positions, direction, re gain position, dodging, anticipating,	Send, receive, ready position, positioning, send to space, track object, move to receive, aim, catch, select technique	achieving personal best, sprint, long jump, triple jump, stopwatch, technique, style, measure, evaluate, compare, heave throw, pull throw, over arm, push throw	ready position wicket keeper, bower, batter, back stop, infield, outfield, base,