



PE Curriculum Progression Map

School Purpose: To nurture curiosity every day, for every child, within a community acting as a beacon of the Catholic faith

Autumn		Spring		Summer		
FS1	Introduction to PE & Introduction to Movement Skills	Introduction to Team Games & Dance		Mini Olympics & Summer Sports		
FS2	Introduction to PE & Introduction to Movement Skills	Introduction to Team Games & Dance		Mini Olympics & Summer Sports		
Y1	Intro to PE & Sporting Experiences	Introduction to Team Games & Gymnastics	Introduction to Ball Games & Dance		Mini Olympics & Summer Sports	
Y2	Intro to PE & Sporting Experiences	Introduction to Team Games & Gymnastics	Introduction to Ball Games & Dance		Mini Olympics & Summer Sports	
Y3	Intro to Team Games & Sporting Experiences	Tag-Rugby & Gymnastics	Netball & Dance	International Sports	Striking / Fielding & Racket Sports	Athletics & Dodgeball
Y4	Intro to Team Games & Sporting Experiences	Tag-Rugby & Gymnastics	Netball & Dance	International Sports	Striking / Fielding & Racket Sports	Athletics & Dodgeball
Y5	Intro to Team Games & Sporting Experiences	Tag-Rugby & Gymnastics	Basketball & Dance	International Sports	Striking & Fielding & Racket Sports	Athletics & Dodgeball
Y6	Intro to Team Games & Sporting Experiences	Tag-Rugby & Gymnastics	Basketball & Dance	International Sports	Striking & Fielding & Racket Sports	Athletics & Dodgeball

Sporting Experiences*

This will include our usual introduction to the year with fundamental movements, team games, and physical literacy screening. We will also be adding in sporting experiences from outsourced providers: acro-gymnastics, dance and martial arts.

International Sports*

We will use the Spring 2 period to focus on a diverse mix of sports from around the globe. The aim is to provide the children with a wider perspective on sports/tactics as well as embed knowledge about different sporting cultures. These include:

- **Kabbadi** - *the home sport of India. It sits behind cricket as one of the most widely participated. The students will be able to transfer tagging and evading skills as well as a tactical understanding of attacking or defending space.*
- **Handball** - *a sporting favourite of the Nordic countries, in particular Denmark. Students can further develop their throwing and catching skills along with better dynamic game understanding.*
- **Tag-Gaelic Football** - *home sport of Ireland. A sport that further incorporates dynamic game understanding and skills.*
- **Ultimate Frisbee** - *sport popularised in the United States of America and Canada. A fast-moving sport of attacking and defence. Students will develop a good understanding of transitioning between the two.*
- **Beach (without the beach) Volleyball** - *with participation levels in Brazil surpassing 15 million it sits as one of South America's favourite sports. As a net-sport it requires a different range of technical skills. Students will develop stronger teamwork in order to achieve the outcomes for the sport.*

	FS2	Y1 – Y2	Y3-4	Y5-6
Fundamental Movement Skills	<p>Basic execution of jumping, running and throwing can be completed with basic technique.</p> <p>High achievers can change direction quickly and start to show sign of combining two to three fundamental movements when completing activities.</p>	<p>Basic execution of jumping, running and throwing is starting to become second nature and combining 3 or 4 fundamental movements together is easy to do in structured exercise. A greater success rate in catching and throwing accuracy, as well as efficient change of direction is being exhibited.</p> <p>High achievers are now showing the ability to complete one or two complex movements in structured exercises.</p>	<p>Fundamental skills are understood and can be completed in small combinations in competitive activities.</p> <p>High achievers will start to use these movements in complex sequences in game situations.</p>	<p>All fundamental movement skills, running, jumping, throwing, are understood and can be executed proficiently in game situations. Complex sequence movement are seen regularly and executed to a good standard. High achievers will demonstrate fluidity in the complex movements with movements being automatic.</p>
Physical Development	<p>The child can stand up from a sitting position unaided, showing suitable strength and stability in both legs and arms to maintain balance in certain positions. Basic coordination skills are starting to show with foot and hand placement aiding balance and movements.</p>	<p>The child starts to show a change in speed and power when running in a straight line as well as able to come to a complete stop effectively and quickly. The ability to move in each direction easily is helping their involvement in game situations. The child is showing good core strength enabling them to complete fundamental movement skill with strength and solidarity.</p>	<p>A change in speed and power is now being shown in multi directional movements. An increase in strength is allowing an increase in jumping and throwing distance whilst maintaining solid posture. The child is able to withstand physical contact from other children whilst staying stable.</p>	<p>Speed, power and agility are all exhibited in sport specific skills however, this is all controlled to either perform maximally or for accuracy. Strength is exhibited throughout the body and can withstand contact from others whilst staying stable and strong.</p> <p>High achievers will be able to exhibit good endurance levels both aerobic and anaerobic.</p>
Tactical Understanding	<p>The child understands the basis of teams and could describe what is the job of an attacker and a defender.</p>	<p>The child understands the basis of teams and attacking and defending. They can show what good defenders and attackers must do in 1 vs 1 situations. High achievers will start to understand how to attack and defend 2v2 situations.</p>	<p>The child understands how to attack and defend 1v1 and 2v2. They must start to understand how to create space and close down space to get a desired result.</p> <p>High achievers will start to use apply certain tactics in a group to get a desired result.</p>	<p>The child understands and exhibit attacking and defending as a unit. The child understands certain roles and responsibilities within team games and can complete a specific role in a game situation.</p> <p>High achievers will look to allocate the roles within a group selecting others to fulfil roles that suit their strengths.</p>
Teamwork	<p>The child can work in small groups of three and four to achieve goals in simple activities.</p>	<p>The child can work in large groups and communicate within the group in game situations to achieve a common goal. There are effective within that group and contribute fairly to the task in hand.</p>	<p>The child can communicate with teammates and influence decision made by the team in game situations. They are starting to understand and read the body language of others in team games which helps performance as a group.</p>	<p>The child can work in large groups effectively and can be involved in discussions regarding roles and responsibilities in tasks and game situations. The child can take on board information from other group members and apply it as well as distributing information to help benefit the team.</p> <p>High achievers will show leadership qualities within group environments.</p>