



Our Lady Catholic School Curriculum – Progression Grid for the PE Curriculum

Year Reception					
Unit/Topic	National Curriculum objectives	Sticky knowledge	New vocabulary	Skill Development	Enrichment
Gymnastics unit 1	<p>Children at the expected level of development will:</p> <ul style="list-style-type: none"> - Negotiate space and obstacles safely, with consideration for themselves and others - Demonstrate strength, balance and coordination when playing - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 	<p>Make different shapes you're your body.</p> <p>Move your body to different instructions.</p> <p>Take off and land safely when jumping.</p> <p>Control and move objects such as beanbags and balls</p> <p>Copy and repeat movements.</p> <p>Be able to balance in different ways.</p>	<p>Balance</p> <p>Control</p> <p>Slow</p> <p>Fast</p> <p>Jump</p> <p>Link</p> <p>Movement</p> <p>Strength</p> <p>Slide</p> <p>Crawl</p> <p>Gallop</p> <p>Hop</p>	<ul style="list-style-type: none"> • Move on feet: Skipping, jumping, walking, running, hopping • Move on large body parts: Sliding slithering rolling shuffling • Move with energy: running, jumping, dancing, ,climbing • Jump and land safely • Negotiate space • Adjust speed and change direction • Travel with confidence: under, over, through, around • Show control over an object: rolling, patting, catching, pushing • Show preference with a dominant hand • Copy and follow instructions • Demonstrate strength and balance • Show independence resilience and perseverance • Make bodies: tense relaxed, stretched and curled 	<p>Sports Day</p> <p>Skipping workshop</p> <p>New play equipment</p> <p>Paralympics week</p>
Dance unit 1		<p>Move in response to feelings and actions.</p> <p>Move like animals and join movements together with a partner.</p> <p>Create short performances in response to different stimuli. (Theme parks, seasons, transport, people)</p> <p>Work as a group to produce a performance.</p>	<p>Dance</p> <p>Fast</p> <p>slow</p> <p>Stretch</p> <p>Turn</p> <p>Twist</p> <p>Theme</p> <p>Mood</p> <p>Start</p> <p>Middle</p> <p>End</p>		
Gymnastics unit 2		<p>Link 2 shapes and ways of travelling together.</p> <p>Perform an egg roll and log roll.</p> <p>Travel with a partner following pathways.</p> <p>Balance by tensing the body.</p> <p>Link movements together to tell a story.</p> <p>Create starting and ending positions.</p>	<p>Balance</p> <p>Control</p> <p>Slow</p> <p>Fast</p> <p>Link</p> <p>Movement</p> <p>Shape</p> <p>Slide</p> <p>Crawl</p> <p>Gallop</p> <p>Hop</p>		



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			Egg roll Log roll Pathway Tense		
Dance unit 2		Follow a movement pattern in time to music. Perform different roles in a dance. Repeat phrases in a dance. Perform actions to music. Perform dance actions/movements in a group.	Dance Fast slow Turn Twist Theme Mood Start Middle End Pattern Music		
Speed and Agility unit 1		Move in different direction at speed. Participate in chasing games Change direction in response to a cue. Explore start and stop positions. Perform fast and slow movements. Show control when stopping.	Speed Fast Slow Position Control		
Speed and Agility unit 2		Move and object between a partners at speed. Move by inching, crawling and jumping. Jump in different ways. Perform circle dances. Perform with agility and strength a variety of runs. Work as a team to complete obstacle courses.	Speed Inching Crawling Jumping Agility Strength Team work Obstacle		



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Year 1					
Unit/Topic	National Curriculum objectives	Sticky knowledge	New vocabulary	Skill Development	Enrichment
Gymnastics 1	<p>To master basic movements and develop agility, balance and coordination (ABC's)</p> <p>To extend performance in movements and sequences</p>	<p>Be confident controlling my body in gymnastics</p> <p>Perform longer gymnastics sequences</p>	<p>Balance</p> <p>Body tension</p> <p>Carry</p> <p>Control</p> <p>Extension</p> <p>Fast</p> <p>Hang</p> <p>High</p> <p>Jump</p> <p>Link</p> <p>Low</p> <p>Movement</p> <p>Muscles</p> <p>Music</p> <p>Patterns</p> <p>Roll</p> <p>Shape</p> <p>Strength</p> <p>Timing</p>	<ul style="list-style-type: none"> Identify and use simple gymnastic shapes Apply basic strength to a range of gymnastic actions Begin to carry apparatus such as mats and benches Recognise like actions and to link them. 	<p>Sports Day</p> <p>Skipping workshop</p> <p>After school clubs</p> <p>NHSSP competitions</p> <p>New play equipment</p> <p>Paralympics week</p>
Dance 1	<p>Extend coordination, flexibility and balance</p> <p>Perform short single movement patterns</p> <p>Watch others and say what they liked about a performance</p>	<p>Improve my control of the body</p> <p>Dance to small patterns</p> <p>Tell a classmate what they did good in their performance</p>	<p>Beat</p> <p>Curl</p> <p>Dance</p> <p>Fast</p> <p>High</p> <p>Low</p> <p>Rhythm</p> <p>Step</p> <p>Stretch</p> <p>Swing</p> <p>Turn</p> <p>Twist</p> <p>Theme</p> <p>Mood</p> <p>Static</p> <p>Start</p> <p>Middle</p> <p>End</p>	<ul style="list-style-type: none"> Respond to a range of stimuli and types of music Explore space, direction, levels and speed Experiment creating actions and performing movements with different body types 	



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Gymnastics 2	<p>To master basic movements and develop agility, balance and coordination (ABC's)</p> <p>To extend performances in movement patterns and sequences</p>	<p>Be confident controlling my body in gymnastics</p> <p>Perform longer gymnastics sequences</p>	<p>Balance</p> <p>Body tension</p> <p>Carry</p> <p>Control</p> <p>Extension</p> <p>Fast</p> <p>Hang</p> <p>High</p> <p>Jump</p> <p>Link</p> <p>Low</p> <p>Movement</p> <p>Muscles</p> <p>Music</p> <p>Patterns</p> <p>Roll</p> <p>Shape</p> <p>Sequence</p> <p>Strength</p> <p>Timing</p>	<ul style="list-style-type: none"> • Perform a variety of basic gymnastic actions showing control • Introduce turn, twist, spin, rock and roll and link these into movement patterns • Perform longer movement phrases and link with confidence 	
Dance 2	<p>To become increasingly confident in simple body actions and shapes</p> <p>To choose and develop simple actions independently and apply to a movement pattern</p>	<p>Be confident in creating different shapes and actions with our bodies</p> <p>Create a small pattern alone and use it in a small dance</p>	<p>Music player</p> <p>Music</p> <p>Cones</p> <p>Hoops</p> <p>Throw down spots</p> <p>Teacher cards</p> <p>Nursery rhyme print out</p> <p>Whiteboard</p> <p>Marker</p>	<ul style="list-style-type: none"> • Be able to build simple movement patterns from given actions • Compose and link actions to make simple movement phrases • Respond appropriately to supporting concepts such as canon and levels 	
Athletics for full summer term	<p>Engage in competitive activities against self and others</p> <p>Master basic running, jumping and throwing skills</p>	<p>Take part in competitions against others and in events where I can improve</p> <p>Be confident running, jumping and throwing</p>	<p>Backwards</p> <p>Distance</p> <p>Furthest</p> <p>High</p> <p>Hop</p> <p>Medium</p> <p>Fast</p> <p>Sideways</p> <p>Skip</p>	<ul style="list-style-type: none"> • Begin to link running and jumping • Learn to refine a range of running which includes varying pathways and speeds 	



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			Slow Step Straight Throw	<ul style="list-style-type: none">• Develop throwing techniques to send objects over long distances	
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Year 2					
Unit/Topic	National Curriculum objectives	Sticky knowledge	New vocabulary	Skill Development	Enrichment
Attack – Defend – Shoot Unit 1	Develop eye to foot coordination Participate in increasingly challenging game situations	Use my eyes and feet together for actions Play in challenging games	Aim Attack Compete Controlling Cooperate Defend Direction Fluency Following Heart rate Kick Outwit Physical Activity Pitch Play against Rebound Receive Scoring Send Speed	<ul style="list-style-type: none"> To kick the ball with the inside of the foot To control the ball with your foot To bounce the ball to pass To jog whilst dribbling a ball To pass the ball forwards to shoot 	Sports Day Skipping workshop After school clubs NHSSP competitions Sports Leaders New play equipment Paralympics week
Dance Unit 1	Become increasingly competent and confident in fundamental basic ABC in relation to dance activity Develop and perform simple movement patterns	Use my body with control in a range of ways to dance Create and perform dances	Dance Twist Turn Rhythm Step Music Beat Stretch Feet Curl High Low Fast Slow Direction Huddle	<ul style="list-style-type: none"> To explore different body actions Create a start and finish position To develop and improve work To use unison and canon in a dance To help others improve their work 	



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			Group Mood Feeling Musicality Respond Galloping Flying Jumping	<ul style="list-style-type: none"> • Create actions based on a story • To change a dance using direction and speed • To time a dance with music • To use formations in a dance • To perform a dance with feeling and mood 	
Attack, - Defend - Shoot Unit 2	Apply agility, balance and coordination to a range of basic skills Participate in increasingly challenging game situations Participate in team game development and simple tactics for attacking and defending	Improve my body control to a range of games Play in games where there can be a winner and loser Take part in team games attacking and defending	Send Receive Defend Attack Compete Play against Cooperate Fluency Physical activity Heart rate Pitch Outwit Kick Rebound Aim Speed Direction Scoring Controlling Following Tactics Opponent	<ul style="list-style-type: none"> • To practice throwing with different equipment • To move after passing a ball to find space or receive the ball again • To pass and move going forwards • To examine the role of a goalkeeper • Perform defensively in a game scenario • Explore the concept of intercepting in an invasion game • Carefully select when to intercept 	
Gymnastics Unit 1	Become increasingly competent and confident in fundamental basic ABC in	Use my body with control in a range of ways to complete	Jump Roll Balance Control	<ul style="list-style-type: none"> • Perform a recognised start and finish shape 	



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	<p>relation to gymnastic activity</p> <p>Develop and perform simple sequences</p>	<p>gymnastics activities</p> <p>Create and perform gymnastic sequences</p>	<p>Speed</p> <p>Link</p> <p>Slow</p> <p>Fast</p> <p>High</p> <p>Low</p> <p>Shape</p> <p>Sequence</p> <p>Pattern</p> <p>Movement</p> <p>Music</p> <p>Timing</p> <p>Hang</p> <p>Like</p> <p>Carry</p> <p>Relaxation</p> <p>Extension</p> <p>Body tension</p> <p>Muscles</p> <p>Strength</p> <p>Rock</p> <p>Roll</p> <p>Turn</p> <p>Spin</p>	<ul style="list-style-type: none"> Combine rolling, balance, jumping, rocking and spinning Show ways to jump with power and control Link movement fluently and seamlessly Choose, adapt and perform shapes at different levels Identify suitable speeds for different types of travel Perform and judge a sequence of between four and six elements 	
Run, jump, throw Unit 1	<p>Develop agility in running</p> <p>Participate in competitions for running, jumping and throwing</p>	<p>Improve my reactions in running</p> <p>Take part in competitions for running, jumping and throwing</p>	<p>Run</p> <p>Throw</p> <p>Handle</p> <p>Hop</p> <p>Skip</p> <p>Step</p> <p>Forwards</p> <p>Backwards</p> <p>Sideways</p> <p>Throw</p> <p>High</p> <p>Far</p> <p>Straight</p> <p>Furthest</p> <p>Distance</p> <p>Fast</p> <p>Slow</p>	<ul style="list-style-type: none"> Show awareness of others while carrying out running activities Create power in legs when turning To effectively perform and adapt a burpee Identify and select different throws for different games Develop quickness of feet 	



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			Medium Link Skipping Power Quick Burpee Obstacle Control Stamina Static Dynamic collect	<ul style="list-style-type: none"> Recognise the difference between dynamic and static balances 	
Dance Unit 2	Develop competence To perform a simple movement pattern (motif) in a given formation	Improve my dance ability Dance a simple movement with teacher support	Unison Phrase Link Dance Dynamic Independent Pair Clock face Time Motif Freestyle Formation On stage Off stage Mirror Match Copy Repeat Mood Emotion	<ul style="list-style-type: none"> Identify emotion and contrast in emotion Use a clock face to create dance moves Link phases to create a longer dance piece Watch, copy and repeat learnt skills to create a motif Perform a motif in different formations Practice switching from a group formation to a whole class performance 	
Gymnastics Unit 2	Develop and perform simple sequences Become increasingly competent and confident in fundamental ABC in relation to gymnastic activity	Create and perform a simple gymnastics sequence Use my body with control in a range of ways to	Balance Body tension Carry Control Extension Fast Hang High	<ul style="list-style-type: none"> Introduce and practice relevé and front support Improve body control through arch and dish movements 	



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		complete gymnastics activities	Jump Like Link Low Movement Muscle Music Pattern Relaxation Rock Roll Sequence Shape Slow Speed Spin Strength Timing Travel Turn	<ul style="list-style-type: none"> • Introduce back support and crab actions • Refine frog jumping and L sitting • Accurately recreate pike and shape and broad jump in a short sequence • Perform with rhythm and control • Develop an atheistically pleasing routine 	
Run, jump, throw Unit 2	Build competence in a range of athletic type activities including running, jumping and throwing Compete as an individually and participate in team games	Become more confident in athletic events Take part in events as a team and alone	Lunges Strength Power Repetition Power Accuracy Burn Stamina Fitness Persevere Tally Develop Lap Cooperate compete	<ul style="list-style-type: none"> • To verbalise feelings of an activity • To develop strength in a range of body positions • Develop muscle strength to create power • Develop a breathing technique for running • Work cooperatively with others • Throw and catch a ball through a moving target • Persevere to complete a task 	



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<p>Send and return Unit 1</p>	<p>Participate in modified net/wall games</p> <p>Combine isolated skills eg moving towards a ball to make contact</p> <p>Compete and self and others to score points</p>	<p>Take part in net/wall games</p> <p>Use two skills together to hit a ball</p> <p>Play against others and myself to score points</p>	<p>Hit</p> <p>Collect</p> <p>Stop</p> <p>Net</p> <p>Throw</p> <p>Strike</p> <p>Catch</p> <p>Bowl</p> <p>Feed</p> <p>Pick up</p> <p>Hitter</p> <p>Forehand</p> <p>Backhand</p> <p>Court</p> <p>Serve</p> <p>Bounce</p> <p>Drop</p> <p>Badminton</p> <p>Tennis</p> <p>Volleyball</p> <p>Squash</p> <p>Shuttlecock</p> <p>Racquet</p>	<ul style="list-style-type: none"> • Anticipate the path and movement of a ball by being on your toes • Identify dominant and non – dominant sides • Practice basic service rules • Push off feet to change direction • To hold a racquet and self-feed • Combine skills to perform a rally with peers
<p>Hit, catch, run Unit 1</p>	<p>Develop eye to hand coordination for hitting</p> <p>Participate in striking and fielding game situations</p>	<p>Use my eyes and feet together for actions</p> <p>Play games where I need to hit and catch a ball</p>	<p>Hit</p> <p>Catch</p> <p>Wicket</p> <p>Bats</p> <p>Bowl</p> <p>Feed</p> <p>Throw</p> <p>Catch</p> <p>Underarm</p> <p>Overarm</p> <p>Field</p> <p>Hitter</p> <p>Bowler</p> <p>Umpire</p> <p>Posts</p> <p>Stumps</p>	<ul style="list-style-type: none"> • To hit objects with hands or with a bat • To run to score points • To bowl a ball using an underarm throw • To hit a ball to different targets • Field to catch and throw to teammates to stop opponents scoring runs



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				<ul style="list-style-type: none"> To make simple justifiable choices about where to hit a ball 	
OAA	Engage in cooperative activities in a range of increasingly challenging situations	Take part in a range of activities in difficult situations	Reach Search Find Teamwork Speed Verbal Tactile Map Key Equipment Variety Recognition Symbols Compose Unison	<ul style="list-style-type: none"> Use searching skills to find given items from clues and pictures Work as a pair to navigate space Use an develop unusual equipment to develop coordination, problem solving and motor skills Recap handling, ordering and organising speed stack cups Lead someone who is blindfolded using verbal and tactile clues Be led by someone who is blindfolded 	
Send and return Unit 2	Further develop tactical play Combine skills in a wider variety of net/wall games	Improve my tactics in ball games Use skills I have learnt in other topic in other games	Front Back Court Serve Receive Send Feed Feeder Volleyball Tactics Compete Score Umpire Wide Deep	<ul style="list-style-type: none"> To feed a ball consistently with accuracy Move the ball around the court with accuracy Identify space to expose your opponent Use a range of skills to serve To strike a volleyball with an overarm shot 	



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			Rotate	<ul style="list-style-type: none">To play competitively and manage self	
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Year 3					
Unit/Topic	National Curriculum objectives	Sticky knowledge	New vocabulary	Skill Development	Enrichment
Basketball/Netball	<p>Play competitively using basketball and netball rules</p> <p>Work to improve strength, stamina and flexibility to help with basketball and netball skills</p>	<p>Play in games using basketball rules</p> <p>Practice to improve fitness to help in basketball and netball games</p>	<p>Blocking</p> <p>Pivot</p> <p>Forward</p> <p>Reverse</p> <p>Exploit</p> <p>Lay off</p> <p>Accurately</p> <p>Rebound</p> <p>Fake</p> <p>Feint</p>	<ul style="list-style-type: none"> To block an opponent taking a shot Use correct foot placement to forward pivot Use forward pass to create space and exploit defences To practice one handed push passes Use the box out technique to create space to win a rebound Replicate the triple threat position and explain its effectiveness 	<p>Sports Day</p> <p>Skipping workshop</p> <p>Swimming gala</p> <p>After school clubs</p> <p>NHSSP competitions</p> <p>Sports Leaders</p> <p>New play equipment</p> <p>Paralympics week</p>
Gymnastics Unit 1	<p>Devise simple sequences using compositional ideas</p> <p>Master basic movements including leaping, jumping, balancing and stretching</p> <p>Work collaboratively to adapt, change and improve individual sequence</p>	<p>Create simple gymnastic routines</p> <p>Be confident simple gymnastic movements</p> <p>Work with others to change and improve sequences</p>	<p>Fluency</p> <p>Contrasting</p> <p>Unison</p> <p>Low</p> <p>Combinations</p> <p>Full turn</p> <p>Half turn</p> <p>Sustained</p> <p>Explosive</p> <p>Power</p> <p>Control</p> <p>Group</p> <p>Similar</p> <p>Different</p>	<ul style="list-style-type: none"> Demonstrate extension in shape Produce flow in a sequence Move in and out of contrasting shapes with fluency Show body control and strength when rolling To jump for height and distance 	



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				<ul style="list-style-type: none"> • Perform in unison with a partner • Start and finish a sequence as a group 	
Hockey	<p>Play in competitive games developing agility</p> <p>Able to recognise where improvements can be made in their work</p> <p>Select and combine more complex skills in game situations</p>	<p>Improve agility through games</p> <p>Notice where improvements can be made</p> <p>Use skills learnt in lessons in hockey games</p>	<p>Hockey</p> <p>Sticks</p> <p>Pitch</p> <p>Run</p> <p>Agility</p> <p>Stop</p> <p>Trap</p> <p>Attack</p> <p>Shoot</p> <p>Control</p> <p>Aim</p> <p>Defend</p> <p>Attack</p> <p>Tackle</p> <p>Block</p> <p>Ball</p> <p>Quick sticks</p> <p>Staff</p>	<ul style="list-style-type: none"> • Show close control with the ball using the flat of the stick • Pass the space into space • Position the body in preparation for tackling • Stop and control the ball from varying speeds • Practice improving agility skills • Avoid foot contact with the ball 	
Dance Unit 1	<p>Develop and perform simple routines</p> <p>Perform to an audience</p>	<p>Create and dance a simple routine</p> <p>Dance to an audience</p>	<p>Dance</p> <p>Twist</p> <p>Turn</p> <p>Rhythm</p> <p>Step</p> <p>Beat</p> <p>Stretch</p> <p>Levels</p> <p>Fast</p> <p>Slow</p> <p>Direction</p> <p>Huddle</p> <p>Group</p> <p>Mood</p> <p>Feeling</p> <p>Musicality</p>	<ul style="list-style-type: none"> • Show awareness of dance choreography • Perform as two contrasting characters • Develop movements using improvisation • Use a prop to aid a sequence in a routine • Include facial expression in a performance 	



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			Emotions Facial expressions Improvisation Rehearse Director	<ul style="list-style-type: none"> Describe and evaluate features of a dance 	
Indoor athletics	<p>Compete against self and others developing simple technique</p> <p>Master basic movement including running, throwing and jumping</p> <p>Work collaboratively and individually to help improve self and others</p>	<p>Compete against others and improve personal targets in athletics</p> <p>Be confident running, throwing and jumping</p> <p>Work together and alone to improve others and my performance</p>	Run Jump Throw Agility Power Speed Track Force Distance Curve Accelerate Hurdles Foam javelins Vortex Howler Bounce Pull Record Pace Approach Combine	<ul style="list-style-type: none"> Challenge yourself to jump in a variety of ways Beat previous distance when jumping Recognise the difference between, fast, medium and slow pace Combine running and jumping using hurdles Throw for accuracy and distance Participate in skipping challenges against self and others Work as a group to record points 	
Gymnastics Unit 2	<p>Perform with control and confidence actions</p> <p>Develop a broader range of new actions</p> <p>Work individually to improve a sequence</p>	<p>Perform gymnastic routines confidently</p> <p>Perform new actions in routines</p> <p>Work alone to improve a sequence</p>	Fluency Contrasting Unison Low Combinations Full turn Half turn Sustained Explosive Power Control Group	<ul style="list-style-type: none"> Introduce learning towards “Japan” Link smoothly Japan – arch – front support – lower to ground Bounce and broad jump in sequence Introduce dish and leg raise with half lever 	



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			Similar Different Bounce Box splits Dynamic static	<ul style="list-style-type: none"> • Show body control to link movements fluently • Introduce box splits and variations of right and left • Perform demonstrating flexibility and extension in actions 	
Dance Unit 2	Develop and perform simple routines Perform to an audience	Create and perform a dance Dance to an audience	Do Se Do Hop step ball change Dynamics Partner work Floor patterns Shape Angular Energetic Strong Mirroring linear	<ul style="list-style-type: none"> • Perform Do Se Do, heel dig gallop and split tuck jump effectively • Work as a team to follow floor patterns and create shapes • Produce dance movements which demonstrate the stylistic dynamics aimed • Create dance actions that suit the genre provided • Create an action with a partner • Apply feedback to others' performances 	
Tag Rugby	Play in competitive games developing basic tactics Master basic movements including change of speed, throwing and catching	Improve my knowledge of tactics through games Be confident in basic tag rugby movements	Space Pass Accurately Mark Dodge Attack Defend Footwork	<ul style="list-style-type: none"> • Handle a rugby ball with confidence • Evade attackers using footwork and body control 	



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	Work collaboratively to use basic tactics for attack	Work together to attack and defend	Possession Change of direction Tactics Teamwork Zones Intercept Sidestep Send Tag Release Safe Passing back Feint	<ul style="list-style-type: none"> Link skills to perform as a team in attack Use basic game principles of tag rugby and play within simpler rules 	
Outdoor athletics	<p>Compete against self and others developing simple technique</p> <p>Master basic movement including running, throwing and jumping</p> <p>Work collaboratively and individually to help improve self and others</p>	<p>Compete against others and improve personal targets in athletics</p> <p>Be confident running, throwing and jumping</p> <p>Work together and alone to improve others and my performance</p>	<p>Run</p> <p>Jump</p> <p>Throw</p> <p>Agility</p> <p>Power</p> <p>Speed</p> <p>Track</p> <p>Force</p> <p>Distance</p> <p>Curve</p> <p>Accelerate</p> <p>Hurdles</p> <p>Foam javelins</p> <p>Vortex</p> <p>Howler</p> <p>Bounce</p> <p>Pull</p> <p>Record</p> <p>Pace</p> <p>Approach</p> <p>Combine</p>	<ul style="list-style-type: none"> Challenge yourself to jump in a variety of ways Beat previous distance when jumping Recognise the difference between, fast, medium and slow pace Combine running and jumping using hurdles Throw for accuracy and distance Participate in skipping challenges against self and others Work as a group to record points 	
Swimming	Swim competently, confidently and proficiently over a distance of at least 25 metres	<p>Swim confidently over 25 metres</p> <p>Swim in a wide range of ways</p>	<p>Backstroke</p> <p>Breaststroke</p> <p>Butterfly</p> <p>Dolphin kick</p> <p>Flutter kick</p>	<ul style="list-style-type: none"> Submerge and regain feet in the water. 	



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	<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>	<p>Perform safe-rescue when needed</p>	<p>Freestyle</p> <p>Frog kick</p> <p>Lap</p> <p>Medley</p> <p>Open water</p> <p>Relay</p> <p>Starting block</p> <p>Stroke</p> <p>Touch pad</p>	<ul style="list-style-type: none"> • Breathe in sync with an isolated kicking action from poolside. • Use arms and legs together to move effectively across a short distance in the water • Glide on front and back over short distances • Float on front and back for short periods of time. • Confidently roll from front to back and then regain a standing position. 	
Cricket	<p>Play in competitive games developing simple tactics</p> <p>Master basic movements including running, throwing, catching and striking</p> <p>Work collaboratively to use basic tactics for batting and fielding</p>	<p>Improve my cricket tactics through games</p> <p>Be confident in simple cricket movements</p> <p>Work together and alone to improve others and my performance</p>	<p>Batting</p> <p>Fielding</p> <p>Bowling</p> <p>Bat</p> <p>Wicket</p> <p>Stumps</p> <p>Ball</p> <p>Crease</p> <p>Boundary</p> <p>Run</p> <p>Batsman</p> <p>Bowler</p> <p>Wicketkeeper</p> <p>Field</p> <p>Innings</p>	<ul style="list-style-type: none"> • Hit a stationary ball into space • Throw a ball at a target using an underarm throw • Strike a bowled ball focussing on foot placement when striking • Stop a moving ball with consistency • Collect and return a moving ball • Use an overarm throw when throwing for distance • Introduce the role of a wicketkeeper 	



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Swimming	<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>	<p>Swim confidently over 25 metres</p> <p>Swim in a wide range of ways</p> <p>Perform safe-rescue when needed</p>	<p>Backstroke</p> <p>Breaststroke</p> <p>Butterfly</p> <p>Dolphin kick</p> <p>Flutter kick</p> <p>Freestyle</p> <p>Frog kick</p> <p>Lap</p> <p>Medley</p> <p>Open water</p> <p>Relay</p> <p>Starting block</p> <p>Stroke</p> <p>Touch pad</p>	<ul style="list-style-type: none"> • Submerge and regain feet in the water. • Breathe in sync with an isolated kicking action from poolside. • Use arms and legs together to move effectively across a short distance in the water • Glide on front and back over short distances • Float on front and back for short periods of time. • Confidently roll from front to back and then regain a standing position. 	
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Our Lady Catholic School Curriculum – Progression Grid for the PE Curriculum

Year 4					
Unit/Topic	National Curriculum objectives	Sticky knowledge	New vocabulary	Skill Development	Enrichment
Basketball/Netball	<p>Compete as part of a team</p> <p>Master basic skills including throwing, catching, shooting, attacking and defending</p> <p>Work collaboratively and individually to improve self and others</p>	<p>Play as part of a team</p> <p>Be confident in basic basketball and netball skills</p> <p>Work together and alone to improve others and my performance</p>	<p>Turnover</p> <p>Double dribble</p> <p>Cross over ball</p> <p>Tip off</p> <p>Intercept</p> <p>Bounce pass</p> <p>Jump shot</p> <p>Opposed</p> <p>Violation</p> <p>Jump shot</p> <p>Travel</p> <p>Walking</p> <p>Steps</p> <p>Dead ball</p> <p>Forfeit</p> <p>Outwit</p>	<ul style="list-style-type: none"> • Apply pressure as a defender to an attacker • Perform a crossover dribble in isolation and attempt to perform in a game scenario • 'Man to man' mark the player with the ball • Use the bounce pass appropriately in a game • Use the jump shot when shooting in isolation and attempt in a game scenario • Select appropriately when to use the jump shot 	<p>Sports Day</p> <p>Skipping workshop</p> <p>Swimming gala</p> <p>After school clubs</p> <p>NHSSP competitions</p> <p>Sports Leaders</p> <p>New play equipment</p> <p>Paralympics week</p>
Gymnastics Unit 1	<p>Develop strength and stamina through sustained periods of vigorous activity</p> <p>Practice and implement runs, leaps, jumps and locomotion in more complex sequences</p> <p>Work collaboratively to perform with a partner</p>	<p>Improve my fitness through different activities</p> <p>Practice and improve a range of gymnastics skills</p> <p>Practice and perform with a partner</p>	<p>Fluency</p> <p>Contrasting</p> <p>Unison</p> <p>Low</p> <p>Combination</p> <p>Full turn</p> <p>Half turn</p> <p>Sustained</p> <p>Explosive</p> <p>Power</p> <p>Control</p> <p>Group</p> <p>Similar</p> <p>Different</p> <p>Direction</p>	<ul style="list-style-type: none"> • Develop changes of speed in actions • Use the STEP model • Develop ability to perform a cartwheel • Develop four compositional ideas • Cooperate with group members to create and perform a sequence 	



Our Lady Catholic School Curriculum – Progression Grid for the PE Curriculum

			Speed Partner Actions Compositional Stamina Leap	<ul style="list-style-type: none"> Act as judges to evaluate sequences 	
Hockey	<p>Play in competitive games developing stamina and endurance</p> <p>Practice and use running, sprinting and dynamic balance in games</p> <p>Work collaboratively to use basic tactics for defending and attacking</p>	<p>Play in games to improve fitness</p> <p>Practice my movements in games</p> <p>Work together with others to attack and defend</p>	<p>Control</p> <p>Use space</p> <p>Defend</p> <p>Attack</p> <p>Dribble</p> <p>Pass</p> <p>Push</p> <p>Slap</p> <p>Tactics</p> <p>Compete</p> <p>Collaborate</p> <p>Teamwork</p> <p>Score</p> <p>Shoot</p>	<ul style="list-style-type: none"> To consistently perform basic hockey skills such as dribbling and push passes Implement basic rules of hockey Develop tactics and apply them in competitive tactics Increase speed and endurance during gameplay. 	
Dance Unit 1	<p>Perform routines to audiences</p> <p>Perform using a range of movement patterns and set phrases</p> <p>Work collaboratively in groups</p>	<p>Dance a routine to others</p> <p>Dance using a range of patterns and phrases</p> <p>Work together in groups</p>	<p>Dance</p> <p>Turn</p> <p>Rhythm</p> <p>Stretch</p> <p>Levels</p> <p>Fast</p> <p>Slow</p> <p>Direction</p> <p>Huddle</p> <p>Mood</p> <p>Feelings</p> <p>Emotions</p> <p>Facial expression</p> <p>Improvisation</p> <p>Choreographer</p> <p>Director</p> <p>Rehearse</p> <p>Slide</p> <p>Formation</p>	<ul style="list-style-type: none"> Work to include freeze frames in routines Practice and perform a variety of different formations in dance Practice and perform a slide and roll Perform in cannon routines and cannon lines Develop a dance to perform as a group with a set starting position. 	



Our Lady Catholic School Curriculum – Progression Grid for the PE Curriculum

			Freeze frame		
Indoor athletics	<p>Compete against self and others developing simple techniques</p> <p>Master basic movements including running, throwing and jumping</p> <p>Work collaboratively and individually to improve self and others.</p>	<p>Attempt to improve my scores in a range of events</p> <p>Be confident running, throwing and jumping</p> <p>Work together and alone to improve others and my performance</p>	<p>Run</p> <p>Jump</p> <p>Throw</p> <p>Agility</p> <p>Power</p> <p>Speed</p> <p>Track ‘</p> <p>Force</p> <p>Distance</p> <p>Curve</p> <p>Accelerate</p> <p>Hurdles</p> <p>Foam javelins</p> <p>Vortex</p> <p>Howler</p> <p>Take off</p> <p>Accuracy</p>	<ul style="list-style-type: none"> Using running, jumping and throwing stations, investigating in small groups different ways of performing these activities Use a variety of equipment, ways of measuring and timing, comparing the effectiveness of different styles of runs, jumps and throws. 	
Swimming	<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>	<p>Swim freely over 25 metres</p> <p>Swim in a range of ways</p> <p>Use safe rescue when needed</p>	<p>Backstroke</p> <p>Breaststroke</p> <p>Butterfly</p> <p>Dolphin kick</p> <p>Flutter kick</p> <p>Freestyle</p> <p>Frog kick</p> <p>Lap</p> <p>Medley</p> <p>Open water</p> <p>Relay</p> <p>Starting block</p> <p>Stroke</p> <p>Touch pad</p>	<ul style="list-style-type: none"> Confidently and consistently retrieve an object from the floor with the same breath. Begin to co-ordinate breath in time with basic strokes showing some consistency in timing. Demonstrate a fair level of technique, consistently co-ordinating the correct body parts in a range of strokes. Combine gliding and floating on front and back over an increased distance. 	



Our Lady Catholic School Curriculum – Progression Grid for the PE Curriculum

				<ul style="list-style-type: none"> • Float on front and back using different shapes with increased control. • Comfortably demonstrate sculling head first, feet first and treading water. 	
Tag Rugby	<p>Develop speed and stamina in competitive games</p> <p>Practice and use running and dynamic balance in games</p> <p>Work as a team to use basic defending and attacking tactics in games</p>	<p>Improve my fitness through games</p> <p>Practice my running and balance in games</p> <p>Work as a team to attack and defend</p>	<p>Passing</p> <p>Running</p> <p>Balance</p> <p>Backwards</p> <p>Tag</p> <p>Straight</p> <p>Space</p> <p>Teamwork</p> <p>Try – area</p> <p>Compete</p> <p>Evade</p> <p>Pace</p> <p>Pickup</p> <p>step</p>	<ul style="list-style-type: none"> • To consistently perform basic tag rugby skills • Implement rules and develop tactics in competitive situations • Increase speed and build endurance during gameplay 	
Swimming	<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>	<p>Swim freely over 25 metres</p> <p>Swim in a range of ways</p> <p>Use safe rescue when needed</p>	<p>Backstroke</p> <p>Breaststroke</p> <p>Butterfly</p> <p>Dolphin kick</p> <p>Flutter kick</p> <p>Freestyle</p> <p>Frog kick</p> <p>Lap</p> <p>Medley</p> <p>Open water</p> <p>Relay</p> <p>Starting block</p> <p>Stroke</p> <p>Touch pad</p>	<ul style="list-style-type: none"> • Confidently and consistently retrieve an object from the floor with the same breath. • Begin to co-ordinate breath in time with basic strokes showing some consistency in timing. • Demonstrate a fair level of technique, consistently co-ordinating the correct body parts in a range of strokes. • Combine gliding and floating on front and back 	



Our Lady Catholic School Curriculum – Progression Grid for the PE Curriculum

				<p>over an increased distance.</p> <ul style="list-style-type: none"> • Float on front and back using different shapes with increased control. • Comfortably demonstrate sculling head first, feet first and treading water. 	
Outdoor athletics	<p>Compete against self and others developing simple techniques</p> <p>Master basic movements including running, throwing and jumping</p> <p>Work collaboratively and individually to improve self and others.</p>	<p>Attempt to improve my scores in a range of events</p> <p>Be confident running, throwing and jumping</p> <p>Work together and alone to improve others and my performance</p>	<p>Run Jump Throw Agility Power Speed Track 'Force Distance Curve Accelerate Hurdles Foam javelins Vortex Howler Take off Accuracy</p>	<ul style="list-style-type: none"> • Using running, jumping and throwing stations, investigating in small groups different ways of performing these activities • Use a variety of equipment, ways of measuring and timing, comparing the effectiveness of different styles of runs, jumps and throws. 	
Rounders	<p>Play in competitive games developing speed and endurance</p> <p>Practice and use running, sprinting and dynamic balance in games</p> <p>Work collaboratively to use basic tactics and strategies for batting and fielding</p>	<p>Play in games improving my speed and fitness</p> <p>Improve running sprinting and balance in games</p> <p>Work with others to bat and field</p>	<p>Batting Fielding Bowling Bat Ball Batsman Bowler Bases Field Innings Strike Cross Rounder</p>	<ul style="list-style-type: none"> • Develop the range of rounders skills that can apply in a competitive context • Choose and use a range of simple tactics in isolation and in a game context • Identify different positions in rounders and 	



Our Lady Catholic School Curriculum – Progression Grid for the PE Curriculum

			Half rounder Balls Shot forward	the roles of these positions.	
Cricket	<p>Play in competitive games developing speed and endurance</p> <p>Practice and use running, sprinting and dynamic balance in games</p> <p>Work collaboratively to use basic tactics and strategies for batting and fielding</p>	<p>Play in games improving my speed and fitness</p> <p>Improve running sprinting and balance in games</p> <p>Work with others to bat and field</p>	<p>Batting</p> <p>Fielding</p> <p>Bowling</p> <p>Wicket</p> <p>Stumps</p> <p>Ball</p> <p>Crease</p> <p>Bat</p> <p>Boundary</p> <p>Run</p> <p>Batsman</p> <p>Bowler</p> <p>Wicketkeeper</p> <p>Field</p> <p>Innings</p> <p>Strike</p> <p>Cross four</p> <p>Single</p> <p>Six</p> <p>Over</p> <p>Pull</p> <p>Shot forward</p>	<ul style="list-style-type: none"> Develop the range of cricket skills that can be applied to a competitive context Choose and use a range of simple tactics in isolation and in a game context Consolidate existing skills and apply with consistency 	
Tennis	<p>Play competitively against others</p> <p>Work hard to challenge self and improve the consistency of shots</p> <p>Implement basic tactics</p>	<p>Play games against others</p> <p>Practice to improve my tennis shots</p> <p>Use simple tennis tactics</p>	<p>Hit</p> <p>Return</p> <p>Forehand</p> <p>Backhand</p> <p>Bounce</p> <p>Points</p> <p>Score</p> <p>Net</p> <p>Tactics</p> <p>Underarm</p> <p>Overarm</p> <p>Position</p> <p>Ready</p>		



Our Lady Catholic School Curriculum – Progression Grid for the PE Curriculum

Year 5					
Unit/Topic	National Curriculum objectives	Sticky knowledge	New vocabulary	Skill Development	Enrichment
Basketball/Netball	<p>Play competitively using basketball rules</p> <p>Play in competitive games developing strength and technique</p> <p>Work to improve strength, flexibility to help with basketball skills</p>	<p>Play basketball in games using basketball rules</p> <p>Play in games developing strength and techniques</p> <p>Improve strength and flexibility to help in basketball games</p>	<p>Blocking</p> <p>Pivot</p> <p>Forward</p> <p>Reverse</p> <p>Exploit</p> <p>Lay off</p> <p>Accurately</p> <p>Rebound</p> <p>Feint</p> <p>Fake</p>	<ul style="list-style-type: none"> Use strength, agility and coordination when defending Increase power and strength of passes, moving the ball accurately in a variety of situations Select and apply a range of tactics and techniques to play with consistency Use specific netball skills in games such as confidently: pivoting, dodging, bounce pass and previously learnt skills 	<p>Sports Day</p> <p>Skipping workshop</p> <p>Swimming gala</p> <p>After school clubs</p> <p>Competitive games in netball and football</p> <p>NHSSP competitions</p> <p>Sports Leaders</p> <p>New play equipment</p> <p>Year 5 class trip – activity park</p> <p>Paralympics week</p>
Swimming	<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>	<p>Swim confidently over 25 metres</p> <p>Use a range of ways to swim</p> <p>Use safe rescue when needed</p>	<p>Backstroke</p> <p>Breaststroke</p> <p>Butterfly</p> <p>Dolphin kick</p> <p>Flutter kick</p> <p>Freestyle</p> <p>Frog kick</p> <p>Lap</p> <p>Medley</p> <p>Open water</p> <p>Relay</p> <p>Starting block</p> <p>Stroke</p> <p>Touch pad</p>	<ul style="list-style-type: none"> Confidently combine skills to retrieve an object from greater depth. Confidently co-ordinate a smooth and consistent breathing technique with a range of strokes. Confidently demonstrate good technique in a wider range of strokes over increased distances. Combine gliding and transitioning into an 	



Our Lady Catholic School Curriculum – Progression Grid for the PE Curriculum

				<p>appropriate stroke with good control</p> <ul style="list-style-type: none"> Confidently link a variety of floating actions together demonstrating good technique and control. Select and apply the appropriate survival technique to the situation 	
Hockey	<p>Play in competitive games developing strength and technique</p> <p>Recognise where improvements can be made to work</p> <p>Select and combine more complex skills in game situations</p>	<p>Play in games developing strength and techniques</p> <p>Notice where I can improve</p> <p>Use skills learnt in lessons during games</p>	<p>Control</p> <p>Use space</p> <p>Defend</p> <p>Attack</p> <p>Dribble</p> <p>Pass</p> <p>Push</p> <p>Slap</p> <p>Tactics</p> <p>Compete</p> <p>Collaborate</p> <p>Teamwork</p> <p>Score</p> <p>Shoot</p> <p>Positions</p> <p>Power</p> <p>Distance</p> <p>Perform</p> <p>Consistent</p> <p>Fair play</p>	<ul style="list-style-type: none"> Combine basic hockey skills such as dribbling and push pass Select and apply skills in a game situation confidently Play effectively in different positions on the pitch including defence Increase power and strength of passes, moving the ball over longer distances 	
Swimming	<p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively for example,</p>	<p>Swim confidently over 25 metres</p> <p>Use a range of ways to swim</p> <p>Use safe rescue when needed</p>	<p>Backstroke</p> <p>Breaststroke</p> <p>Butterfly</p> <p>Dolphin kick</p> <p>Flutter kick</p> <p>Freestyle</p> <p>Frog kick</p> <p>Lap</p>	<ul style="list-style-type: none"> Confidently combine skills to retrieve an object from greater depth. Confidently co-ordinate a smooth and consistent breathing technique with a range of strokes. 	



Our Lady Catholic School Curriculum – Progression Grid for the PE Curriculum

	<p>front crawl, backstroke and breaststroke</p> <p>Perform safe self-rescue in different water-based situations.</p>		<p>Medley</p> <p>Open water</p> <p>Relay</p> <p>Starting block</p> <p>Stroke</p> <p>Touch pad</p>	<ul style="list-style-type: none"> • Confidently demonstrate good technique in a wider range of strokes over increased distances. • Combine gliding and transitioning into an appropriate stroke with good control • Confidently link a variety of floating actions together demonstrating good technique and control. • Select and apply the appropriate survival technique to the situation 	
Indoor athletics	<p>Master basic movements including running, throwing, and jumping and identify ways to improve</p> <p>Compare against self and others selecting and applying simple techniques effectively</p> <p>Work collaboratively and individually to help improve self and others</p>	<p>Be able to run, throw and jump confidently</p> <p>Recognise what I am doing well and what I can learn from others</p> <p>Notice how working together can improve myself and my classmates</p>	<p>Run</p> <p>Jump</p> <p>Throw</p> <p>Agility</p> <p>Power</p> <p>Speed</p> <p>Track</p> <p>Force</p> <p>Distance</p> <p>Curve</p> <p>Accelerate</p> <p>Hurdles</p> <p>Foam hurdles</p> <p>Relay</p> <p>Baton</p> <p>Safety</p> <p>Record</p> <p>Sustain</p>	<ul style="list-style-type: none"> • Sustain pace over short and longer distances such as running for 10-20m and running for 1 minute • Run as part of a relay team working at their maximum speed • Perform a range of jumps and throws demonstrating increasing power and accuracy 	



Our Lady Catholic School Curriculum – Progression Grid for the PE Curriculum

<p>Gymnastics Unit 1</p>	<p>Work collaboratively with a partner to perform</p> <p>Compare performances with previous performances</p> <p>Develop flexibility balance, strength and control</p>	<p>Work with a partner when practicing and performing</p> <p>Recognise how performances were improved from previous gymnastics lessons</p> <p>Continue to improve flexibility balance, strength and control</p>	<p>Symmetry Sequences Combinations Direction Speed Partner Asymmetrical Elements Control Balance Strength Flexibility Aesthetics</p>	<ul style="list-style-type: none"> • Create a longer and more complex sequences and adapt performances • Take the lead in a group when preparing sequences • Develop symmetry individually, as a pair and as a small group • Compare performances and judge strength and areas for improvement • Select a component for improvement (timing/ flow etc) 	
<p>Dance Unit 1</p>	<p>Perform routines to audiences</p> <p>Perform in a variety of dance styles</p> <p>Work collaboratively in groups</p>	<p>Dance to others</p> <p>Dance to a variety of genres and styles</p> <p>Work together with others</p>	<p>Dance Stretch Levels Mood Feeling Emotions Facial expressions Improvisation Rehearse Director Choreographer Slide Formation Bangra Wall patterns Dance style Pivot Step</p>	<ul style="list-style-type: none"> • Perform different styles of dance with fluency and clarity • Refine and improve dances adapting them to include the use of space, rhythm and expression • Work collaboratively in groups to compose simple dances • Recognise and comment of dance suggesting areas for improvement 	



Our Lady Catholic School Curriculum – Progression Grid for the PE Curriculum

Tag Rugby	<p>Recognise where improvements could be made to their work</p> <p>Develop, select and combine more complex skills in a competitive environment</p> <p>Play in games developing strength and technique</p>	<p>Notice where I can improve</p> <p>Use skills learnt in lessons during games</p> <p>Play in games developing strength and techniques</p>	<p>Passing</p> <p>Running</p> <p>Backwards</p> <p>Tag</p> <p>Straight</p> <p>Teamwork</p> <p>Try – area</p> <p>Defend</p> <p>Attack</p> <p>Retain</p> <p>Contest</p> <p>Possession</p> <p>Pressure</p> <p>Support</p> <p>Pop pass</p> <p>Turn over</p>	<ul style="list-style-type: none"> Combine basic tag rugby skills such as catching and quickly passing in one movement Select and implement appropriate skills in a game situation Begin to play effectively when attacking and defending Increase power of passes so the ball can be moved quickly over a greater distance 	
Outdoor athletics	<p>Master basic movements including running, throwing, and jumping and identify ways to improve</p> <p>Compare against self and others selecting and applying simple techniques effectively</p> <p>Work collaboratively and individually to help improve self and others</p>	<p>Run, jump and throw confidently with skill</p> <p>Notice techniques from others that could benefit me</p> <p>Working together to help others and myself</p>	<p>Run</p> <p>Jump</p> <p>Throw</p> <p>Agility</p> <p>Power</p> <p>Speed</p> <p>Track</p> <p>Force</p> <p>Distance</p> <p>Curve</p> <p>Accelerate</p> <p>Hurdles</p> <p>Foam hurdles</p> <p>Relay</p> <p>Baton</p> <p>Safety</p> <p>Record</p> <p>Sustain</p>	<ul style="list-style-type: none"> Sustain pace over short and longer distances such as running for 100m and running for 2 minutes Run as part of a relay team working at their maximum speed Perform a range of jumps and throws demonstrating increasing power and accuracy 	
Rounders	<p>Play in competitive games developing power, flexibility and cardiovascular endurance.</p>	<p>Play in games developing my fitness</p>	<p>Stance</p> <p>Bowling</p> <p>Bat</p> <p>Box</p> <p>Batsman</p>	<ul style="list-style-type: none"> Link together a range of skills and use in combination 	



Our Lady Catholic School Curriculum – Progression Grid for the PE Curriculum

	<p>Recognise where improvements could be made to their work</p> <p>Select and combine more complex skills in game situations</p>	<p>Notice how I can improve in lessons</p> <p>Use skills learnt in lessons during games</p>	<p>Backstop</p> <p>Field</p> <p>Innings</p> <p>Strike</p> <p>Cross</p> <p>Rounder</p> <p>Half – rounder</p> <p>Over</p> <p>Balls</p> <p>Shot</p> <p>Defensive</p> <p>offensive</p>	<ul style="list-style-type: none"> Collaborate with a team to choose, use and adapt rules in games Recognise how some aspects of fitness apply to rounders (Power, flexibility, cardiovascular endurance) 	
Cricket	<p>Play in competitive games developing power, flexibility and cardiovascular endurance.</p> <p>Recognise where improvements could be made to their work</p> <p>Select and combine more complex skills in game situations</p>	<p>Play in games developing my fitness</p> <p>Notice how I can improve in lessons</p> <p>Use skills learnt in lessons during games</p>	<p>Stance</p> <p>Bowling</p> <p>Bat</p> <p>Wicket</p> <p>Stumps</p> <p>Crease</p> <p>Boundary</p> <p>Batsman</p> <p>Bowler</p> <p>Wicketkeeper</p> <p>Innings</p> <p>Strike</p> <p>Four</p> <p>Six</p> <p>Single</p> <p>Over</p> <p>Offensive</p> <p>Defensive</p>	<ul style="list-style-type: none"> Link together a range of skills and use in combination Collaborate with a team to choose, use and adapt rules in games Recognise how some aspects of fitness apply to cricket (Power, flexibility, cardiovascular endurance) 	
Tennis	<p>Play competitively against others and work together with others</p> <p>Work hard to challenge self to improve the consistency of shots including newly learnt shots</p> <p>Implement basic tactics in gameplay</p>	<p>Play against other in my class and work together also</p> <p>Practice to improve how I strike the ball in a range of shots</p> <p>Use tennis tactics in game scenarios</p>	<p>Hit</p> <p>Return</p> <p>Serve</p> <p>Forehand</p> <p>Backhand</p> <p>Bounce</p> <p>Points</p> <p>Score</p> <p>Net</p> <p>Tactics</p> <p>Underarm</p>	<ul style="list-style-type: none"> Introduce volley and overhead shots Apply new shots into game situations Play with others to score and defend points in competitive games 	



Our Lady Catholic School Curriculum – Progression Grid for the PE Curriculum

			Overarm Position Ready Volley Overhead Singles doubles	<ul style="list-style-type: none">• Further explore tennis service rules	
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Our Lady Catholic School Curriculum – Progression Grid for the PE Curriculum

Year 6					
Unit/Topic	National Curriculum objectives	Sticky knowledge	New vocabulary	Skill Development	Enrichment
Basketball/Netball	<p>Work to improve agility and strength and play competitively</p> <p>Learn how to use a broader range of skills in different ways</p> <p>Work in collaboration to play using different tactics</p> <p>Play in competitive games developing fluency in skills and techniques</p>	<p>Improve my fitness and play against others</p> <p>Learn to use different skills in basketball/netball</p> <p>Work as a team to use tactics on the other team</p> <p>Play in games developing my skillset</p>	<p>Fast break</p> <p>Counter attack</p> <p>Retreat</p> <p>Maintain</p> <p>Pressure</p> <p>Free throw</p> <p>L – cut</p> <p>V – cut</p> <p>Pin down</p> <p>Pivot</p> <p>Blocking</p> <p>Rebounds</p> <p>Organisation</p>	<ul style="list-style-type: none"> Recap throwing and catching skills in netball and basketball Counterattack using a fast break Perform a retreat dribble To practice a free throw To become available for a pass using the V cut. To develop confidence driving to the basket To perform a three point shot 	<p>Sports Day</p> <p>Skipping workshop</p> <p>Swimming gala</p> <p>After school clubs</p> <p>Competitive games in netball and football</p> <p>NHSSP competitions</p> <p>Sports Leaders</p>
Gymnastics Unit 1	<p>Work collaboratively with a partner and in a small group to perform</p> <p>Compare performance with previous performances and demonstrate improvement to achieve personal best</p> <p>Develop flexibility, balance, strength and control</p>	<p>Work with others to perform</p> <p>Compare performances with previous performances</p> <p>Improve key gymnastics skills</p>	<p>Flight</p> <p>Vault</p> <p>Sequences]</p> <p>Combinations</p> <p>Direction</p> <p>Speed</p> <p>Partner</p> <p>Asymmetrical</p> <p>Elements</p> <p>Control</p> <p>Balance</p> <p>Strength</p> <p>Flexibility</p>	<ul style="list-style-type: none"> To prepare to vaulting by practicing flight on apparatus. To dismount from apparatus at varying heights To express the cannon in sequence To create a sequence using equipment Create a paired flight sequence in unison To perform a sequence to music 	<p>Bronze Ambassadors</p> <p>New play equipment</p> <p>Writing of P.E Newsletter termly</p> <p>Paralympics week</p>
Hockey	<p>Play in competitive games developing fluency in skills and techniques</p> <p>Work in collaboration to play in different formations</p>	<p>Play in games developing my skillset</p> <p>Work to others in different positions in games</p>	<p>Control</p> <p>Use space</p> <p>Defend</p> <p>Attack</p> <p>Dribble</p> <p>Push</p> <p>Tactics</p> <p>Compete</p>	<ul style="list-style-type: none"> To shoot from close range To practice strategies for long corners Identify markers that need to be marked and to mark them on the goal side 	



Our Lady Catholic School Curriculum – Progression Grid for the PE Curriculum

	Compare team performance against other team performance	Compare my team's performances with others	Collaborate Teamwork Score Shoot Positions Power Distance Perform Consistent Fair play Tackle Covering Supporting	<ul style="list-style-type: none"> Channel opposition players away from the middle of the pitch To create space and become available for a hit out. To implement new skills in a game scenario 	
Dance Unit 1	Perform routines to audiences Perform in a variety of dance styles Work collaboratively in group	Dance for others Dance in a variety of styles Work together in groups	Dance Stretch Levels Mood Feelings Emotion Facial expression Improvisation Rehearse Director Choreographer Slide Formation Locomotion Bangra Wall patterns Steps Dance style Pivot step	<ul style="list-style-type: none"> To perform stag leap and rebound jump To perform a simple lift technique Remember and perform a simple phrase incorporating at least three movements To identify appropriate dynamics relating to different dances To practice basic street dance skills including freeze frame To practice basic street dance skills including top rock and slide step 	
Indoor athletics	Compete developing fluency in skills and techniques individually and as part of a team Work in collaboration to apply strategies for maximising speed and distance	Take part in games and races as an individual and as a team Work together to think of ways to improve speed and endurance	Run Jump Throw Agility Power Speed Track Distance Curve	<ul style="list-style-type: none"> Use power to improve sprint starts Experiment with varying run up styles for the long jump Examine the link between height trajectory and distance 	



Our Lady Catholic School Curriculum – Progression Grid for the PE Curriculum

	Compare and contrast team and individual performances across a range of activities	Analyse what was done well and what can be improved	Acceleration Hurdles Foam javelins Vortex howler Bounce Relay baton Safety Rules Targets Record Set Take over Pass Strength Judge Trajectory Sprint Shuttle STEP	<ul style="list-style-type: none"> • Work in a group to activity record data. • Work as a group to set running, jumping and throwing activities • Take part in various indoor athletics events • Compete against peers • To judge various indoor athletics events 	
Gymnastics Unit 2	<p>Enjoy communicating and collaborating during group work</p> <p>Perform for sustained periods of time demonstrating strength and stamina</p> <p>Recognise their own success by reflecting upon and evaluating the performance</p>	<p>Have fun during group work</p> <p>Perform for longer periods of time using strength and stamina</p> <p>Recognise where improvements can be made</p>	Flight Sequences Combinations Direction Speed Partner Asymmetrical Actions Control Balance Strength Flexibility Half lever Box splits Bridge Broad jump Splits Dish Arch Bounce Competency complex	<ul style="list-style-type: none"> • Work collaboratively to select appropriate elements • Experiment with various stimuli when performing to music • Reproduce movement sympathetically to music • Select appropriate actions to record a good score against certain criteria • Create group patterns • Create an appropriate entrance to a performance including the walk to and starting position. • To create and perform a sequence within a time frame. 	



Our Lady Catholic School Curriculum – Progression Grid for the PE Curriculum

<p>Dance Unit 2</p>	<p>Perform routines to audiences</p> <p>Perform using a range of movement patterns and set phrases</p> <p>Work collaboratively in group</p>	<p>Dance routines in front of others</p> <p>Dance using patterns and phrases</p> <p>Work together with others</p>	<p>Performance quality</p> <p>Dynamics</p> <p>Formations</p> <p>Floor patterns</p> <p>Assemble</p> <p>Sissone</p> <p>Sauté</p> <p>Jump</p> <p>Fall</p> <p>Travel</p> <p>Turn</p> <p>Gesture</p> <p>Stillness</p> <p>Chainé</p> <p>Retrograde</p> <p>Inversion</p> <p>Instrumentation</p> <p>Fragmentation</p>	<ul style="list-style-type: none"> • Describe how actions communicate with the theme • Create gestures which communicate with a theme • Manipulate and develop actions using devices. • Use formation to communicate relationships and tension • Devise dance movements to accompany your live aural setting. • Explore the use of dynamics to communicate an attack • Use facial expressions, dynamics and focus to communicate character and narrative 	
<p>Tag Rugby</p>	<p>Play in competitive games developing fluency in skills and techniques</p> <p>Working as a team implementing attacking and defending tactics</p> <p>Compare team performances against other team performances</p>	<p>Play in games developing my skillset</p> <p>Work together to attack and defend</p> <p>Compare my team's performance with other team's performances</p>	<p>Running</p> <p>Passing</p> <p>Backwards</p> <p>Tag</p> <p>Straight</p> <p>Space</p> <p>Teamwork</p> <p>Try – area</p> <p>Defend</p> <p>Attack</p> <p>Retain</p> <p>Contest</p> <p>Possession</p> <p>Pressure</p> <p>support</p>	<ul style="list-style-type: none"> • Support the player with the ball • Create set plays for forming an attack • Apply the “Take the distance not the time” principle • Change speed and direction to create try scoring opportunities. • Use the “spaces not faces” principle to aid attacking play • Transition from attack to defence • Transition from defence to attack 	



Our Lady Catholic School Curriculum – Progression Grid for the PE Curriculum

				<ul style="list-style-type: none"> • Work as a team to implement various attacking and defending techniques in a game scenario. 	
Outdoor athletics	<p>Compete developing fluency in skills and techniques individually and as part of a team</p> <p>Work in collaboration to apply strategies for maximising speed and distance</p> <p>Compare and contrast team and individual performances across a range of activities</p>	<p>Take part in games and races as an individual and as a team</p> <p>Work together to think of ways to improve speed and endurance</p> <p>Analyse what was done well and what can be improved</p>	<p>Run</p> <p>Jump</p> <p>Throw</p> <p>Agility</p> <p>Power</p> <p>Speed</p> <p>Track</p> <p>Distance</p> <p>Curve</p> <p>Acceleration</p> <p>Hurdles</p> <p>Foam javelins</p> <p>Vortex howler</p> <p>Bounce</p> <p>Relay baton</p> <p>Safety</p> <p>Rules</p> <p>Targets</p> <p>Record</p> <p>Set</p> <p>Take over</p> <p>Pass</p> <p>Strength</p> <p>Judge</p> <p>Trajectory</p> <p>Sprint</p> <p>Shuttle</p> <p>STEP</p>	<ul style="list-style-type: none"> • Use power to improve sprint starts • Refine running technique and skill to improve speed • Select as an individual which run up technique gains the greatest distance in the long and triple jump • Use a variety of throwing techniques including push, sling and pull. • Teach activities to another group • To compete in a variety of outdoor athletics events (75m sprint, standing long jump, 50m shuttle relay etc) • To observe, judge and record athletics events 	
Rounders	<p>Play in competitive games developing fluency in skills and techniques</p> <p>Work in collaboration to apply defensive and attacking tactics</p>	<p>Play in games developing my skillset</p> <p>Work together to attack and defend</p>	<p>Stance</p> <p>Bowling</p> <p>Bat</p> <p>Box</p> <p>Bowler</p> <p>Backstop</p> <p>Field</p> <p>Innings</p>	<ul style="list-style-type: none"> • Attempt attacking bowling • Tracking and catching a high ball • Bowling fast at speed • Identify when to work as pairs to field long balls 	



Our Lady Catholic School Curriculum – Progression Grid for the PE Curriculum

	Compare team performances against other team performances	Compare my team's performance with other team's performances	Strike Cross Half – rounder Over Balls Shot Defensive Offensive Predict Place Select Tactics	<ul style="list-style-type: none"> Apply simple tactics to ensure all batters make it round bases Apply a range of rounders rules to a game scenario. 	
Cricket	<p>Play in competitive games developing fluency in skills and techniques</p> <p>Work in collaboration to apply defensive and attacking tactics</p> <p>Compare team performances against other team performances</p>	<p>Play in games developing my skillset</p> <p>Work together to attack and defend</p> <p>Compare my team's performance with other team's performances</p>	<p>Tactics</p> <p>Shots</p> <p>Bowling</p> <p>Wicket</p> <p>Stumps</p> <p>Crease</p> <p>Boundary</p> <p>Stance</p> <p>Innings</p> <p>Strike</p> <p>Cross</p> <p>Four</p> <p>Six</p> <p>Single</p> <p>Over</p> <p>Balls</p> <p>Forward</p> <p>Defensive</p> <p>Offensive</p> <p>Wide</p> <p>No ball</p>	<ul style="list-style-type: none"> Attempt attacking field positions including slip, short leg and cover position. Tracking and catching a high ball Use the short ball to tempt players to hit high Work as pairs to field a long ball Demonstrate and describe the difference between on and off drive. Attempt to bowl a variety of ways to get a player out Apply skills to a conditioned cricket game 	
Tennis	<p>Play competitively against others and work together with others in gameplay</p> <p>Work hard to challenge self to improve the consistency of shots including newly learnt shots</p>	<p>Play in games with others and against others</p> <p>Show resilience to improve my tennis skills</p>	<p>Lob shot</p> <p>Positioning</p> <p>Footwork</p> <p>Listening skill</p> <p>Dispute</p> <p>Peers</p> <p>Attacking</p> <p>Defensive</p>	<ul style="list-style-type: none"> Communicate with others during a doubles game Recap principles of a backhand shot Perform a lob shot in game play 	



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	Implement basic tactics in gameplay and score games using an appropriate scoring system	Use tennis rules, tactics and scoring terms in games	Improvement	<ul style="list-style-type: none">• Appropriately score a tennis game using full rules• Umpire a game• Implement basic positioning in doubles play• Work as a pair to implement tactics against another pair	
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