



Creating a community where we learn together through respect, kindness, curiosity and faith

Physical Education overview and progression of skills

Physical - Movements

Finding Out and Exploring

- Playing racing and chasing games
- Adjusting speed and changes direction to avoid obstacles
- Travelling under, over and through objects
- Different ways of moving: crawling, sliding, walking, running, skipping and hopping
- Object control
- Balance
- Co-ordination

Developing

- A range of different jumping techniques
- Sending an object to a target
- Landing actions safely
- Movement using a range of actions showing different speeds, levels & direction
- Performance of balances occurring on different contact points
- Sending an object back and forth
- Using the correct amount of force when striking an object
- Using a range of equipment to rally
- Linking movements together in a sequence
- Using different actions, levels and pathways
- Performance of movements with good control and posture
- Moving safely and confidently
- Changing speed to evade opponents
- Changing direction to evade opponents
- Travelling with objects in different ways (dribbling)

Mastering

- Changing their speed whilst moving
- Using different ways to take off when jumping
- Different techniques when throwing
- Technique and control of balance, flexibility and strength actions
- Good technique and control when linking actions
- Throwing an object accurately at a target
- Moving quickly in a range of directions
- Using a range of equipment to strike a ball
- Using the body as a barrier to opponents
- Moving the body to outwit an opponent
- Travelling with a range of equipment
- Executing a range of passes
- Scoring points for their team
- Tracking an object effectively
- The ready position in a range of contexts
- Good posture, extension and control
- Using different areas, levels, pathways and direction during creative movement
- Using mirror image and canon in their gym/dance sequences

Solve – Thinking - Psychological

Finding Out and Exploring

- Negotiating space safely
- Having their own ideas
- Trying new ideas
- Making simple suggestions to improve
- Willing to have a go
- Keeps trying
- Making links
- Choosing ways to do things
- Understanding mistakes are ok and they support learning

Developing

- Planning their journey through a crowded area
- Choosing safe areas to take off
- Selection the right amount of energy when throwing
- Being creative with the balances they choose
- Discovering ways to help them keep steady
- Seeking challenge in different movements
- Creating and applying simple tactics
- Tracking the line of a ball/object
- Seeking additional challenge with tasks
- Creativity with their movements
- Counting in time with music
- Identifying space to move in to
- Creativity with methods used to evade opponents e.g. 2v1
- Identifying the movement of an opponent
- Identifying what they or their team have done well
- Knowing how to improve
- Trialling new ideas

Mastering

- Evaluating their own performance
- Predicting where their opponent might move
- Planning where their throw might hit the target
- Recognising balance, flexibility and strength actions
 - Applying redrafting skills to refine sequences
 - Being creative with movements used in a sequences
- Being creative with movements used in sequences
 - Identifying space to strike an object into
 - Seeking additional challenge
 - Identifying the movement of an opponent
- Creating a plan to protect their goal/scoring zone
- Identifying space to move in to be able to support a friend
- Knowing when is best to pass and when not to
- Contributing ideas and creativity when adapting the games and rules
 - Understanding and following the rules
 - Being brave and taking risks in the games
 - Showing feeling in their movements
 - Being creative with designing sequences
 - Using choreography to think of ideas
 - Showing emotional control when winning and losing

Social and Emotional

Finding Out and Exploring

- Enjoying the activities
- Enjoying achievement
- Taking turns
- Sharing ideas
- Congratulating opponents
- Asking questions – pupils and adults
- Engaging in a range of pupil led activities
- Developing friendships and relationships

Developing

- Working with a partner to overcome problems within an activity
- Performing their actions to a partner
- Providing feedback to a partner
- Identifying strengths and areas for improvements
- Encouraging other pupils to build confidence
- Collaborating with their team-mates
- Sharing their thoughts and strategies with a partner
- Reflecting on their learning and progress
- Celebrating calmly as an individual
- Enjoys winning e.g smiles
- Congratulating an opponent if they lose

Mastering

- Creating a plan as part of a group
- Sharing ideas that might support the learning of a peer
 - Supporting others to develop their skill
 - Working with others to develop sequences
- Applying tactics and strategies as part of a team
- Reflecting on their learning and progress with others
 - Asking for support from a friend
 - Identifying a friend that needs help
 - Contributing to team discussions
 - Collaborating with their team-mates
- Linking with other classmates effectively in both cooperation and competitive scenarios
- Practicing and competing with different classmates
 - Helping each other to play fairly
 - Resolving disagreements
 - Taking turns
 - Including everyone in games
- Recognising and celebrating difference

Autumn Term

- Social Skills, Relationship Building
- Working with children to build a positive and respectful culture across the school.
- Learning to work together to include everyone, challenge themselves and solve problems.

By Teaching these skills early on we build capacity of children to collaborate and take responsibility for deeper learning in PE.

Holistic Themes:

- Working Together
- Thinking of Others
- Challenging Yourself
- Problem Solving in Games

Spring Term

- Developing children movements skills and ability to attack and defend in games.
- January and February focus on four skills mentioned in the national curriculum, throwing, catching, running and jumping.
- In March and April we use a variety of age-appropriate games to develop children understanding and decision making in invasion, net and wall, striking and fielding and target games.
- Throwing and Catching Skills
- Running and Jumping Skills
- Defending Skills
- Attacking Skills

Summer Term

- Exploring competition, responsibility and the meaning of movement.
- Themes provide for the children broader development, enabling them to develop and discover their sports interests and their own unique relationship with movement.
- The last two months of the year we consider the role of ethics and equality in competition.
- Exploring Physical Education
- Being Part of a Team
- Competing as a Team