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| PE Progress  2020-21 |
|  | Reception | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Athletics  Unit 1  Unit 2 | Developing stamina, running, jumping and throwing technique. | Travel in different ways and speeds in different pathways when warming up,  Underarm throwing  Control in picking up and putting down equipment  Simple take off and landings, (one foot to one foot)  One foot to the other foot, two feet to two feet)  Travel different pathways  Push throw  Work co-operatively with a partner problem solving  Work to the rules of a challenge or game  Travel in different directions – pulse raising running mobilise joints, avoiding others in games for spatial awareness and control when moving  Further develop skills in: running style  Jumping techniques – combine jumps with a partner  Pull throw – overarm  Push throw – Underarm throw –  Run in a curved line  Work co-operatively with a partner problem solving  Work to the rules of a challenge or game | Complete mobility movements in warm up  Engage in pulse raising running and avoidance games  Push throw – 2 hands  Technique for short distance running, use of arms  Paced running  Push throw with a bounce  Underarm throw distance and accuracy  Jumping with take offs and landings  Work co-operatively with a partner problem solving  Work to the rules of a challenge or game  Continue to develop mobility work in warm ups  Continue to develop space awareness and avoidance skills  Control of movement  Push throw and push bounce  Sprinting technique – isolate effects of different elements e.g. arms, legs, starts  Throwing for distance  Jumping for distance – take offs and landing  Work co-operatively with a partner – peer assessment problem solving  Work to the rules of a challenge or game  Know how different landings, techniques, take offs will affect performance | Throw with accuracy –fling throw  Sprinting and changing pace  Jumping and take offs and landings  Relays and simple shuttle take overs  Throwing for distance – pull throw  Working co-operatively with a partner to count, measure, time and give peer assessment  Use a range of equipment to throw, different body positions, take offs and landings, different speeds  Work together in teams, groups to engage in relays, competition and challenges  Independent use of mobility exercises warm ups  Avoidance and nimble footwork in games  Sprinting – use of arms and legs  Throwing for accuracy  Jumping for distance  Running, jumping and throwing comparisons  Working co-operatively to measure time, count, distance,  Work in groups for problem solving  Use of equipment and targets when throwing  Three step run | Independent use of mobility exercises and pulse raising problem solving activities  Pulse raising running and avoidance games – nimble footwork, transference of weight, Jumping high and low  Running for speed and distance  Throwing techniques push and pull  Jumping high and low  Sprint speed from behind – relays  Throwing for distance and accuracy  Running over an obstacle  Working with a partner count, measure, time and give peer feedback  Use a range of equipment to throw, different body positions, take offs and landings when jumping high and long – work together in teams, range of rhythms when running  Work together in teams, groups to engage in relays, competition and challenges - problem solving  Independent use of mobility exercises warm ups  Avoidance and nimble footwork in games  Paced running for distance  Combination jumping  Relay over down-sweep  Using different throws for accuracy  Work with a partner to count, measure time, engage in peer assessment. for problem solving  Use of equipment and targets when throwing. Explore combinations of take offs and landings, down sweep relay technique  Work together in groups of teams to solve complex problem situations, challenges | Warming up exercise and games  Pulse raising chase tag games to develop spatial awareness  Throwing pull throw  Sprinting style  Develop running with rhythm and over obstacles  Relay – upsweep  Estimate duration, distance and speed  Work with a partner and small group to count, measure, time and give peers assessment  Range of equipment and techniques when throwing, jumping with combination of jumps for distance, experience a range of rhythms and speeds when running, understand when to apply them approximately  Working co-operatively in teams engage in challenges and competitive situations  As above  Sprint starts  Distance running  Throwing for distance and accuracy | Warming up exercise and games  Pulse raising chase tag games to develop balance and spatial awareness  Throwing – push (shot) sling (discus) Jumping – long (long jump) combination (triple jump)  Pull throw – Javelin  Running over obstacles  Work with a partner and small group to count, measure, time and give peers assessment  Range of equipment and techniques when throwing, jumping and adding a short run up  Develop rhythm, techniques and speed when running different distances and understanding when to apply them in situations  Working co-operatively in teams engage in challenges and competitive situations  As above  Stride frequency and smooth relay take overs upsweep and down-sweep  Jumping for height (scissor jump)  Changing direction at speed  Pull throw (javelin)  Changing speed  Working co-operatively to beat your own record  Working individually, in pairs and small groups to measure time, and set targets  Engage in peer assessment and evaluate their own performance  Working co-operatively in teams to engage in, and manage, challenges and competitions |
| Striking and fielding games  Unit 4 | Ropes Bats and balls  Know and explain why using a bat needs more space  Steer a ball along the ground different speed and direction  Hit the ball along the ground to partner safely  Listen to instructions  Start stop – work co-operatively | Developing partner work  Play safely with a partner in running games and using equipment  Throw and catch individually and in pairs  Using different equipment – hoops  Kick and dribble a ball with control and roll and retrieve a hoop  Practise and develop their sending and receiving skills in co-operative games with a partner  Show how to make a game harder  Understand the rules of a game | Group games and inventing rules  Demonstrate consistency and accuracy in bouncing, kicking, throwing, catching and striking skills  Select appropriate equipment when playing the games and demonstrate quicker passing and receiving skills  Play with confidence in varying formations 2v2 4v4 3v1  Invent rules and explain how they can improve the game  Understand and use simple tactics to work as a team – e.g. defending there must always be a person between the goal and the person with the ball | Unit 4  Strike a ball with confidence and control directing it at a target area or space  Receive the ball from one direction and throw or strike it away in another  Understand and see good technique striking and fielding – e.g bat position, how to stand, move the bat to the ball etc  Make judgements how to intercept a ball who to field to – quickest route  Know that a ball travels quicker than a person – so throw  Work as a team  Understand different roles in the game – wicket keeper, bowler, batter, base  **Additional**  Play without dispute  Start to evaluate own and others performance  Know importance of warming up | Unit 4  Know and use different ways of sending into and fielding from different directions – front on, side-ways etc  Throw accurately as a bowler or a fielder – allow a bounce or no bounce  Strike a ball along the ground or in a direction in the air with control  Understand how to strike a ball into a position to score or to intercept and field a ball accurately  Combine skills to make a small sided game using attacking and defending skills  **Additional**  Understand and use rules to keep the game going without dispute  Identify their own and others strengths – use appropriate language to suggest practices to help  Know importance of warming up and know how to do this  Use a rounder’s or cricket bat with confidence  Strike and throw the ball with reasonable accuracy and consistency  Bowl underarm so that the ball arrives for the batter to hit it.  Bowl overarm so that the ball arrives for the batter to hit it (with a bounce or without)  Understand when and how to move when fielding a ball – move across the path to intercept the ball, travel backwards in-line with a catch  Catch from height  Understand the positions within rounder’s – work to the rules of the game  Start looking at tactics  Recognise their own and others strengths  Know the safety aspects of the game | Unit 4  Use a rounder’s or cricket bat with confidence  Strike and throw the ball with reasonable accuracy and consistency  Bowl underarm so that the ball arrives for the batter to hit it.  Bowl overarm so that the ball arrives for the batter to hit it (with a bounce or without)  Understand when and how to move when fielding a ball – move across the path to intercept the ball, travel backwards in-line with a catch  Catch from height  Understand the positions within rounder’s – work to the rules of the game  Start looking at tactics  Recognise their own and others  strengths  Know the safety aspects of the game | Unit 3  Know, understand the basic stance for striking and directing the ball away from fielders – varying speed and angles  Bowl in competitive situations and understand strategies that can be deployed – bowler, wicket- keeper, backstop, bases – backing up bases  Moving in and out depending on batter  Know when to use over arm and underarm throw for distance speed etc  Make decisions about running on or staying at bases etc  Play confidently in a range of positions  Work as a team on strategies and tactics to outwit an opponent  Know how to improve their own performance and help others |
| Unit 1 – ball skills and games | Reception – Unit 1 - bean bags  Listen to instructions, engage themselves in activity  Use space safely  Travel with control and co-ordination  Use range of small sided games, small equipment with control  Name different parts of the body  Work co-operatively with other children | Ball skills and games  Demonstrate co-ordination when passing a ball around the body  Bounce – pat a ball with some control  Know how to send, receive, kick dribble a ball and practise to improve skills  Show some control when passing and sending the ball  Understand must be in line with a ball to receive it  Send the ball in various ways to play target games  Know how their bodies feel when active and warming up  Know how exercise improves health  Understand and play rules of the game  Use vocabulary to describe what they and others are doing  Watch and copy others | Throwing and catching – inventing games  Throw, catch and bounce a ball with two hands, one hand different parts of the body using different equipment  Beat your record – personal best challenges – put skills under pressure to improve performance  Throw, catch and bounce when stationary or moving aiming at a target  Know how to make a game harder – high, low, different directions, over-head, over arm – faster, one hand, other hand  Make up rules and scoring  Understand rules, choose different tactics  Recognise good quality performances – appropriate vocabulary  Recognise and describe what bodies feel like when exercising  Changes in heart rate | Ball skills – invasion  Accurately receive and pass a range of balls – chest pass, bounce pass, shoulder pass  Demonstrate control when dribbling, passing and receiving with feet or stick  Signal for the ball for a pass  Pass and receive on the move – signal and keep possession whilst moving down the pitch  Explain why their team succeeded  Play with confidence in small games situations  2v1, 3v1, 3v2 etc  Understand and use the rules without dispute  Know the importance of warming up and know activities can use for this  Identify aspects of their own and others play that needs improving – make suggestions how to help them to play better  Perform basic skills needed for more control and consistency | Net/ Wall – court games  Perform basic racquet skills with some control  Hit with a bat to develop technique, consistency and accuracy  Develop the volley  Strike different sized balls, shuttles with hands  Move feet to return a shot  Keep a rally going through range of throwing:  Over arm  Under arm  One handed  Two handed  Change the shot – depending on hitting the ball  Hard  Soft  High, low  Return a shot which is hit -Thrown to the them  Keep a rally going  Use forehand  Use backhand  Play singles and doubles games to develop accuracy, control and consistency - develop a range of shots.  Small games over a high net using a bat and throwing apparatus – make it difficult for a partner to return the ball.  How do we win, lose a point?  Outwit an opponent – place shot in parts of the court  Understand basic rules of the game  Know areas they need to improve on Identify partners’ strengths and areas for development  Work co-operatively to design a game and outcome with others  Recognise changes in the body during a warm up  Know and explain how to keep healthy | Net wall games  Play shots on both sides of the body and from above the head with some control  Understand how to position their bodies to receive the ball coming from different heights and angles  Recognise where there is space on an opponent’s court try to hit them  Recognise what things they need to practise more  Understand and apply net/court wall principles to small sided games 1v1, 2v2, 3v3  Combine and perform skills with control  Use attacking and defending skills appropriately in games and be an effective team member  Recognise their own and other strengths and weaknesses in games and suggest ideas to improve performance  Understand safety needs of an activity and know what types of fitness are most important for games | Invasion games – hockey and soccer  Understand and use different invasion activities – use the common core principles receiving, passing, striking, dribbling and shooting  Engage in activities which develop possession play, support play and progression down the pitch – know how and where to pass, adapting and using tactics to outwit  Know and understand the positions they play and show specific attacking and defending skills – makring a player or a space, intercepting, dodging, moving into space or shooting  Understand how to organise a team – formations to attack or flood defence etc – transfer these skills to other invasion games  Combine and perform skills with control  Use attacking and defending skills appropriately in games and be an effective member. Recognise own and others strengths and weaknesses in a game suggest ways to make improvements  Safety needs of an activity know what type of fitness are more important for games |
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| Unit 2 – throwing and catching | Using a ball  Send and receive a ball with more control  Co-ordination carry, steer, dribble, bouncing and kicking and sending a ball  Roll a ball accurately to a partner  Demonstrate co-ordination and accuracy to a partner  Stop, start on signals,  Follow the rules of a game and Change direction, travel in a controlled manner  activity  Share space and equipment safely | Games unit 2  Know and show both individually and in pairs how to throw and catch using equipment  Send a ball, beanbag, quoit one handed – using under arm throw and roll or skim and kick  Aim consistently between – in – over – or at a variety of targets  Know how to play target games and to make games harder  Play a co-operative game with a partner and keep score  Know how their bodies feel when active and warming up  Know how exercise improves health  Understand and play rules of the game  Use vocabulary to describe what they and others are doing  Watch and copy others | Games unit 2  Making up games with a partner  Aiming, hitting and kicking  Send and receive with consistency, co-ordination and control  Demonstrate using accuracy when using hands and feet in different ways to pass or aim  Understand, use simple tactics – passing different angles, heights, speeds to outwit opponents  Observe and copy partner’s game and then improve it  Choose use appropriate equipment for the games they create both individually and with a partner  Make up rules to make a game harder | Creative games making  Demonstrate previously learned skills in group games  Work co-operatively and creatively in a group to achieve an objective  Plan and adjust rules to make the game fairer, safer more challenging  Describe why the rules have been used for the outcome  Watch other games and recognise where they could be improved  Use space in games  Understand and use the rules without dispute  Know the importance of warming up and know activities can use for this  Identify aspects of their own and others play that needs improving – make suggestions how to help them to play better  Perform basic skills needed for more control and consistency | Invasion focus  Negotiate, plan and make collaborative decisions on the nature, shape of the game.  Select and use skills and tactics appropriate for the game  Understand and transfer principles from other games to use in their games  Make up rules change them to make their games more challenging  Work co-operatively in larger groups 6 or 8s organise the game and keep it going  Understand and use the rules without dispute keep them going  Know the importance of warming up and know activities can use for this  Identify aspects of their own and others play that needs improving – make suggestions using appropriate language how to help them to play better  Perform basic skills needed for more control and consistency | Invasion and target – ball handling  Choose and use skills which meet specific needs for ball handling – invasion – passing by throwing, bouncing, receiving, carrying, dribbling and shooting  Understand and show how a team can retain possession and find ways of progressing towards an opponent’s goal – mark an opponent effectively defend a goal  Demonstrate skills using one hand or two for passing and receiving – carry, bounce and dribble the ball in a controlled manner whilst moving  Find and use space to help their team – use tactics- change speed and direction, work as a team, small sided games – transfer common principles attack and defend | Net/court wall games  Play variety of shots with intent when striking the ball after one bounce or on a volley  Direct a ball at opponents court at different speeds, heights, angles, explain why they selected this shot  Evaluate effectiveness of a shot and suggest how to improve it  Work co-operatively as a team or in two’s or small groups to create rules and play to them  Play a range of small sided net/ wall games and apply basic common principles for attack and defence across activities  Combine and perform skills with control  Use attacking and defending skills appropriately in games and be an effective member. Recognise own and others strengths and weaknesses in a game suggest ways to make improvements  Safety needs of an activity know what type of fitness are more important for games |
| Unit 3 – Bat and ball skills | Hoops and quoits  Know, understand be able to use hoops, quoits safely with control  Show awareness of space when moving around  Know how to make a game harder – move further away, make a target smaller  Start stop an activity on a signal  Follow the rules  Co-operate and take turns | Bat and Ball skills  Steer a ball along the ground with a bat in a controlled way – using direction and weaving through slaloms  Balance a ball on a bat when standing still or walking  Hit a ball with a bat upwards, downwards with some control  Send a ball along the floor – through the air for partner to hit or catch  Understand and show skipping with a rope  Use steering and hitting to individuals or co-operative game  Use vocabulary to describe what they and others are doing – watch and copy  Recognise how their bodies feel when warming up and know how exercise makes them feel | Dribbling, kicking and hitting  Show continuous and controlled dribbling with hands, feet, bat or stick, know how to change speed and direction  Understand and demonstrate striking, passing and receiving with a partner using a range of equipment  Identify and use simple attacking and defending strategies – vary height and speed of a pass  Play co-operative and competitive striking, net, aiming and invasion type games with a partner  Know how to score and understand how to improve | Net/court/ wall games  Strike a ball reasonable control accuracy at a target  Select and apply different shots in different situations  Understand principles of the game and tactics – long shot then short shot (makes it difficult for opponent to return to the shot)  Play confidently and competitively in small sided games 2v2 3v3  Apply principles to different net games – volleyball, tennis  Know and use rules without dispute  Understand and use the rules without dispute  Know the importance of warming up and know activities can use for this  Identify aspects of their own and others play that needs improving – make suggestions how to help them to play better  Perform basic skills needed for more control and consistency | Invasion games  Play confidently in small sided games 3v1, 3v2, 3v3 4v4  Use range of techniques to pass and travel with the ball – bouncing, dribbling  Use range of tactics to keep possession and get into possession to score or shoot  Understand how to dodge, mark signal for the ball and intercept  Play within the rules  Know aspects they need to improve  Understand and use the rules without dispute  Know the importance of warming up and know activities can use for this  Identify aspects of their own and others play that needs improving – make suggestions how to help them to play better  Perform basic skills needed for more control and consistency | Invasion games – implement and kicking  Choose and use skills – passing by kicking and striking, receiving, dribbling and shooting  Understand how a team can retain possession towards an opponent’s goal – how to mark an opponent effectively and defend a goal  Demonstrate skills using feet or implement for passing and receiving – dribble the ball in a controlled manner whilst moving  Find and use space to help their team and use variety of tactics to help their team keep the ball, change direction, speed, work as a team in small sided to transfer skills and principles of attacking and defending  Combine and perform skills with control  Use attacking and defending skills appropriately in games and be an effective team member  Recognise their own and other strengths and weaknesses in games and suggest ideas to improve performance  Understand safety needs of an activity and know what types of fitness are most important for games | Striking and fielding games  Know and understand, show correct striking stance and direct the ball away from fielders using angles and speeds  Bowl in competitive situations and understand strategies that can be deployed between bowler, wicket keeper and backstop  Field the ball and return it with an overarm throw and know when to run after hitting the ball  Play confidently and effectively in a range of small sided striking/ fielding games and work as a team – fielders outwit batters  Recognise and identify what needs to be improved in their performance and can suggest ways of doing it  Combine and perform skills with control  Use attacking and defending skills appropriately in games and be an effective member. Recognise own and others strengths and weaknesses in a game suggest ways to make improvements  Safety needs of an activity know what type of fitness are more important for games |