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| PE Progress 2020-21 |
|  | Reception  | Year 1  | Year 2  | Year 3  | Year 4  | Year 5  | Year 6  |
| AthleticsUnit 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 partnerPull 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 armsPaced running Push throw with a bounce Underarm throw distance and accuracy Jumping with take offs and landingsWork 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 landingWork 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 throwSprinting and changing paceJumping and take offs and landingsRelays and simple shuttle take overs Throwing for distance – pull throwWorking 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 upsAvoidance and nimble footwork in games Sprinting – use of arms and legsThrowing for accuracy Jumping for distanceRunning, jumping and throwing comparisonsWorking co-operatively to measure time, count, distance, Work in groups for problem solvingUse 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 pullJumping high and lowSprint 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 upsAvoidance and nimble footwork in games Paced running for distance Combination jumping Relay over down-sweepUsing different throws for accuracy Work with a partner to count, measure time, engage in peer assessment. for problem solvingUse 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 styleDevelop running with rhythm and over obstacles Relay – upsweep Estimate duration, distance and speedWork 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 situationsAs 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 upDevelop 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 situationsAs above Stride frequency and smooth relay take overs upsweep and down-sweepJumping for height (scissor jump)Changing direction at speed Pull throw (javelin) Changing speedWorking co-operatively to beat your own record Working individually, in pairs and small groups to measure time, and set targetsEngage 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 ballsKnow 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 skillsSelect 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 routeKnow 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 bounceStrike a ball along the ground or in a direction in the air with controlUnderstand 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 disputeIdentify 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 confidenceStrike 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 confidenceStrike 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 basesMoving 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 etcPlay confidently in a range of positionsWork as a team on strategies and tactics to outwit an opponentKnow 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 bodyWork co-operatively with other children  | Ball skills and games Demonstrate co-ordination when passing a ball around the bodyBounce – 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 handMake 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 betterPerform 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 accuracyDevelop 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 SoftHigh, 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 othersRecognise 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 controlUnderstand 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, 3v3Combine 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 shootingEngage 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 shootingUnderstand 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 ballRoll 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 manneractivity Share space and equipment safely | Games unit 2 Know and show both individually and in pairs how to throw and catch using equipmentSend 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 kickingSend 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 itChoose 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 betterPerform 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 gameUnderstand 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 betterPerform 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 movingFind 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 shotEvaluate 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 controlShow awareness of space when moving aroundKnow 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 controlSend 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 directionUnderstand 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 disputeUnderstand 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 betterPerform basic skills needed for more control and consistency  | Invasion games Play confidently in small sided games 3v1, 3v2, 3v3 4v4Use 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 shootUnderstand how to dodge, mark signal for the ball and interceptPlay 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 betterPerform 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 speedsBowl in competitive situations and understand strategies that can be deployed between bowler, wicket keeper and backstopField 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 |