



Holy Family PE Progression



Topic Overview							
	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1		<p>Gym Balancing, Spinning on points & patches.</p> <p>Fundamental Movement Skills 1 Negotiating space and increasing control over an object.</p>	<p>Gym Pathways- straight, curling, and zigzag.</p> <p>Fundamental Movement Skills 2 Demonstrate agility, balance and co-ordination.</p>	<p>Invasion Games 3 Anticipating finding space and being aware of others.</p> <p>Gym Linking movements together.</p>	<p>Health & Fitness Understanding the cardiovascular system.</p> <p>Gym Rolling & Travelling at different levels.</p>	<p>Swimming</p> <p>Gym Matching, Mirroring & contrasting.</p>	<p>Tag Rugby Passing, receiving and decision-making searching for space.</p> <p>Gym Partner work - counterbalance and counter tension work.</p>
Autumn 2		<p>Fundamental Movement Skills 2 Demonstrate Agility, Balance, and Co-ordination.</p> <p>Invasion Games 1 Understanding some principles of attacking & defending.</p>	<p>Gym Pathways- straight, curling, and zigzag.</p> <p>Fundamental Movement Skills 2 Demonstrate agility, balance and co-ordination</p>	<p>Invasion Games 3 Anticipating finding space and being aware of others.</p> <p>Gym Linking movements together</p>	<p>Health & Fitness Understanding the cardiovascular system.</p> <p>Gym Rolling & Travelling at different levels.</p>	<p>Swimming</p> <p>Gym Matching, Mirroring & contrasting.</p>	<p>Tag Rugby Passing, receiving and decision-making searching for space.</p> <p>Gym Partner work - counterbalance and counter tension work.</p>
Spring 1		<p>Dance Moving creatively into space</p> <p>Fundamental Movements Skill 3 Working safely in a defined space and demonstrate sporting values.</p>	<p>Gym Pathways- straight, curling, and zigzag.</p> <p>Fundamental Movement Skills 2 Demonstrate agility, balance and co-ordination.</p>	<p>Invasion Games 3 Anticipating finding space and being aware of others.</p> <p>Gym Linking movements together.</p>	<p>Health & Fitness Understanding the cardiovascular system.</p> <p>Gym Rolling & Travelling at different levels.</p>	<p>Swimming</p> <p>Gym Matching, Mirroring & contrasting.</p>	<p>Tag Rugby Passing, receiving and decision-making searching for space.</p> <p>Gym Partner work - counterbalance and counter tension work.</p>



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Spring 2		<p>Object Manipulation Increasing control of an object.</p> <p>Invasion Games 2 Applying attacking & defending skills within activities that require them</p>	<p>Gym Pathways- straight, curling, and zigzag.</p> <p>Fundamental Movement Skills 2 Demonstrate agility, balance and co-ordination.</p>	<p>Invasion Games 3 Anticipating finding space and being aware of others.</p> <p>Gym Linking movements together.</p>	<p>Health & Fitness Understanding the cardiovascular system.</p> <p>Gym Rolling & Travelling at different levels.</p>	<p>Swimming</p> <p>Gym Matching, Mirroring & contrasting.</p>	<p>Tag Rugby Passing, receiving and decision-making searching for space.</p> <p>Gym Partner work - counterbalance and counter tension work.</p>
Summer 1		<p>Net & Wall 1 Improve the ability to throw & catch and demonstrates an understanding of rules.</p> <p>Striking & Fielding 1 Communicate effectively and work fairly with others.</p>	<p>Gym Pathways- straight, curling, and zigzag.</p> <p>Fundamental Movement Skills 2 Demonstrate agility, balance and co-ordination</p>	<p>Invasion Games 3 Anticipating finding space and being aware of others.</p> <p>Gym Linking movements together.</p>	<p>Health & Fitness Understanding the cardiovascular system.</p> <p>Gym Rolling & Travelling at different levels.</p>	<p>Swimming</p> <p>Gym Matching, Mirroring & contrasting.</p>	<p>Tag Rugby Passing, receiving and decision-making searching for space.</p> <p>Gym Partner work - counterbalance and counter tension work.</p>
Summer 2		<p>Athletics 2 Sprinting through the gears.</p> <p>Target Games Accurately striking & punting a ball towards a target.</p>	<p>Gym Pathways- straight, curling, and zigzag.</p> <p>Fundamental Movement Skills 2 Demonstrate agility, balance and co-ordination.</p>	<p>Invasion Games 3 Anticipating finding space and being aware of others.</p> <p>Gym Linking movements together.</p>	<p>Health & Fitness Understanding the cardiovascular system.</p> <p>Gym Rolling & Travelling at different levels.</p>	<p>Swimming</p> <p>Gym Matching, Mirroring & contrasting.</p>	<p>Tag Rugby Passing, receiving and decision-making searching for space.</p> <p>Gym Partner work - counterbalance and counter tension work.</p>