

HOLY TRINITY CATHOLIC SCHOOL. P.E. CURRICULUM PROGRESSION OF SKILLS

| Year Group | Autumn | | Spring | | Summer | |
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| RECEPTION | Autumn 1 and Autumn 2 | | Spring 1 and Spring 2 | | Summer 1 and Summer 2 | |
| | Real PE: By the end of the unit children will show Personal Development through coordination skills and floor movement patterns | Real PE: By the end of the unit children will show Social Development through dynamic balance, agility games and dance | Real PE / Real Gym By the end of the unit children will show Cognitive Development through dynamic and static balances | Real PE By the end of the unit children will show Creative Development through coordination, ball skills and counterbalance in pairs | Real PE By the end of the unit children will show Physical Development through Coordination sending and receiving, agility and React/Respond games. | Real PE – By the end of the unit children will show Health and Fitness Development through agility, ball skills with static floor work |
| | Real PE: Theme Birthday Bike Surprise Pirate Prank | Real PE: Theme Journey to the blue planet Monkey Business | Real PE: Theme Tilly the Train's Big Day Thimble Walks the Tightrope | Real PE: Theme Clowning Around Wendy's Water Ski Challenge | Real PE: Theme John and Jasmine Learn to Juggle Ringo to the Rescue | Real PE: Theme Sammy Squirrel and his Rolling Nuts Casper the Very Clever Cat |
| EYFS SKILLS | | | | | | |
| REAL PE | Enjoy working on simple tasks with help Can play with others and take turns and share with help. Can follow simple instructions Observe and copy others Move confidently in different ways Aware of the changes to the way they feel when they exercise | | | | | |

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| DEVELOPMENT MATTERS | Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. Go up steps and stairs, or climb up apparatus, using alternate feet. Skip, hop, stand on one leg and hold a pose for a game like musical statues. Use large-muscle movements to wave flags and streamers, paint and make marks. Start taking part in some group activities which they make up for themselves, or in teams. Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm. Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width. |
| DEVELOPMENT MATTERS RECEPTION | Revise and refine the fundamental movement skills they have already acquired: • rolling • crawling • walking • jumping • running • hopping • skipping • climbing Progress towards a more fluent style of moving, with developing control and grace. Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. Combine different movements with ease and fluency. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, co-ordination and agility. Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. |
| ELG END OF RECEPTION | 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 |

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Physical Education to be developed across Key Stage 1

- Master basic movements including running, jumping, throwing and catching, and begin to apply these in a range of activities.
- Developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

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| <p>Year 1</p> | <p>Gymnastics Develop balance Keeping healthy, understanding the importance of exercise and the changes that happen to our body when we exercise. Explore a variety of dance styles</p> <p>Invasion games Game skills Controlling balls and developing ball skills Working in a team Sportsmanship Competitive games Dance Christmas dance composition and performance</p> | <p>Gymnastics Moving on and around small apparatus Creating rolls, balances and jumps Creating sequences/routines and performing them</p> <p>Tennis Fundamental skills including catching and throwing Using the rackets and balls safely Aiming and hitting the ball Working as a team</p> | <p>Invasion games Understanding the basic rules of the game Working in a team Catching and throwing skills Competitive games</p> <p>Athletics/Sports Day Preparation Long jump Running skills Shot-put using tennis balls Hurdles</p> |
| <p>Year 2</p> | <p>Invasion games: Develop running, jumping, throwing and catching skills, as well as balance, agility and co-ordination, and begin to apply these in a range of activities Participate in team game Shuffle Ball, developing simple tactics for attacking and defending</p> | <p>Gymnastics: Develop balance, agility, and co-ordination Use a range of gymnastics equipment safely</p> <p>Dance: Perform body movements with control and co-ordination Use simple movement patterns</p> | <p>Athletics: Developing skills in throwing, jumping and running (long distance and sprint) We also spend time this term familiarising the children with our Sports Day activities.</p> |

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Physical Education Skills to be developed across Key Stage 2

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance.
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenges both individually and within a team.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- Swim competently, confidently and proficiently over a distance of at least 25 metres.
- Use a range of strokes effectively.
- Perform safe self-rescue in different water-based situations.

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| <p>Year 3</p> | <p>Indoor PE Dance Skills to include travelling, turning, gesture and sequences. Perform dances using a range of movement patterns Compare own performances with previous ones and demonstrate improvements to achieve personal best. Gymnastics Skills to include balancing, rolling, jumping and travelling To develop control, balance, flexibility and accuracy</p> <p>Outdoor Games Netball/Football To send and receive a ball To move into a space to receive a pass To use simple tactics in a game To evaluate their own and other's success</p> | <p>Indoor PE Gymnastics Skills to include creating sequences of movements, use of apparatus and evaluating own and other's performance.</p> <p>Country Dancing Preparing for the Summer Fair and Country Dance Festival (dates TBC) Includes: Performing dances using a range of movement patterns and comparing own performances with previous ones and demonstrate improvements to achieve personal best.</p> <p>Outdoor Games Invasion games with skills linked to hockey and rugby including moving with the ball and tactics</p> | <p>Outdoor Games Skills linked to athletics, tennis rounders, cricket and/or frisbee</p> |
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| Year 4 | <p>Football Children to develop passing and dribbling tactics in small game situations, apply basic principles suitable for attacking and defending in the following sport:</p> <p>Gymnastics Children to develop control, balance, flexibility and accuracy</p> <p>Rugby Understand and apply a range of techniques for attacking and defending as part of a team.</p> <p>Netball Combine skills of dodging, passing and footwork in mini games on a netball court.</p> <p>Dance Develop movement using changes of direction, levels and space Learn and improve performance skills</p> | <p>Dance Children to develop co-ordination, control, rhythm and technique and compare performances with previous ones and demonstrate improvement to achieve their personal best</p> <p>Hockey Children to develop control and accuracy; apply basic principles suitable for attacking and defending Play games using skills of throwing, catching, passing, shooting, movement.</p> <p>Handball Use attacking and defending skills as appropriate.</p> <p>Gymnastics Perform actions, shapes and balances Perform sequences on apparatus Perform movements in canon and unison and incorporate them into sequences</p> | <p>Athletics activities Children to use running, jumping, throwing and catching in isolation and in combination and to develop techniques, strength and stamina</p> <p>Cricket Children to develop game tactics, accuracy and striking and fielding techniques</p> <p>Athletics Develop running techniques Develop accuracy and technique for throwing Develop technique in long jump</p> <p>Rounders · Develop accurate throwing, striking and fielding techniques.</p> |
| Year 5 | <p>Netball Combine skills of dodging, passing and footwork in mini games on a netball court.</p> <p>Dance Develop movement using changes of direction, levels and space Learn and improve performance skills</p> | <p>Handball Use attacking and defending skills as appropriate.</p> <p>Gymnastics Perform actions, shapes and balances Perform sequences on apparatus Perform movements in canon and unison and incorporate them into sequences</p> | <p>Athletics Develop running techniques Develop accuracy and technique for throwing Develop technique in long jump</p> <p>Rounders · Develop accurate throwing, striking and fielding techniques.</p> |
| Year 6 | <p>Invasion Games - Tag Rugby Controlling and manipulating the ball. Sending and receiving the ball. Attacking and defending skills.</p> | <p>Invasion Games - Quicksticks Hockey Controlling and manipulating the ball. Sending and receiving the ball. Attacking and defending skills.</p> | <p>Striking and fielding games Quick Cricket and Rounders Bowling skills, bowling defensively and aggressively.</p> |

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| | <p>Tactics in small sided games. Children to develop co-ordination, control, rhythm and technique and compare performances with previous ones and demonstrate improvement to achieve their personal best in:</p> <p>Dance Dances from different time periods.. Responding to music to convey emotion and drama.</p> | <p>Tactics in small sided games.</p> <p>Gymnastics Balances, movement, rolls and body shapes in floor work. Using apparatus – jumping and landing, climbing.</p> | <p>Batting skills, a range of shots to score in different areas. Fielding skills, throwing catching and retrieving the ball. Playing small sided games.</p> <p>Athletics Sprinting and distance running. Throwing the Vortex Howler. Standing Long Jump. Trying to beat a personal best, evaluating and improving performance.</p> |
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