

Middleton Parish - PE Progression Map

	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
National Curriculum	Physical Development Moving and Handling Health and self-care		Pupils should develop fundamental movement skills , become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.	Pupils should be taught to: <ul style="list-style-type: none"> ♣ master basic movements including running, jumping, throwing and catching, as well as 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. 	Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.	Pupils should be taught to: <ul style="list-style-type: none"> ♣ use running, jumping, throwing and catching in isolation and in combination ♣ play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending ♣ develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] ♣ 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. 	Swimming and water safety All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to: <ul style="list-style-type: none"> ♣ swim competently, confidently and proficiently over a distance of at least 25 metres ♣ use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] ♣ perform safe self-rescue in different water-based situations. 	
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Assessment			Develop fundamental movement Fundamental movement skills Agility, Balance and coordination	Physically motivated and confident & Socially engaged Competes with self Competes with others Cooperates with others Physically confident Can evaluate and recognise success	Applies and develops movement Apply skills in different ways Link and sequence actions Effective in working together Communicate Collaborate Compete Reflective learners How to improve in sports and activities Evaluate and recognise success			
Fundamental movement skills	Balance Locomotion Movement skills Target Games		Movement skills Invasion games skills Net & wall skills Striking & fielding skills Target games					
Gymnastics	Parts low and high	Rocking and rolling	Balancing and spinning on points and patches	Pathways – straight, zigzag and curving	Linking movements together	Arching and bridging	Matching, mirroring and contrast	Counter balance and counter tension

		Travelling, stopping and making shapes	Flight – bouncing, jumping and landing	Pathways – small & long Wide, narrow, curled rolling and balancing	Spinning, turning and twisting Stretching, curling and arching	Receiving body weight Symmetry and asymmetry (partners)	Partner work – pushing and pulling Rolling and travelling low	Partner work – under and over Synchronisation and canon	Flight Group sequencing
		Children at Middleton Parish will... Knowledge- Know why it is important to warm up the body. Know the importance of moving from one move gracefully to another. Know how to transport apparatus safely and how to use apparatus safely.		Children at Middleton Parish will... Knowledge-Knows a variety of exercises which target different areas of the body. Can articulate the technical process involved in executing movements. Know how to work safely alongside others whilst travelling in different directions.		Children at Middleton Parish will... Knowledge- knows suitable body preparation activities and how to lead a group. Know how work at different levels provides aesthetic variety. Knows how to use various dynamic effects to create aesthetically pleasing movement.		Children at Middleton Parish will... Knowledge- Know how to prepare the body for a distinct discipline e.g. flight, weight on hands and articulate why. Understand different ways of working with others – unison, matching, mirroring etc. knows how to execute a wide range of the main gymnastic skills.	
Dance	choreography	Can create simple actions/movements from a range of stimuli including simple pictures, single words, familiar props or pieces of music	Can create a short series actions/movements from a range of stimuli including pictures, poems, props or pieces of music	Can create a sustained series actions/movements from a range of stimuli including detailed pictures, poems, props or pieces of music	Can create a sustained series actions/movements from a range of stimuli including detailed pictures, poems, props or pieces of music				
		Children at Middleton Parish will be able to... Knowledge – ACTION: Travel, (fundamental steeping patterns) SPACE: Show changes in level RELATIONSHIPS: Work individually DYNAMICS: Try to show changes in speed	Children at Middleton Parish will be able to... Knowledge ACTION: Travel, Stillness, Gesture SPACE: Show changes in Level, Direction RELATIONSHIP: Individually and with others: Unison and Mirror DYNAMICS: Show changes in speed and weight of movement	Children at Middleton Parish will be able to... Knowledge ACTION: Travel, Stillness, Gesture, Jump, turn SPACE: Show changes in Level, Direction, Pathway RELATIONSHIP: Individually and with others: Unison, Mirror and Canon DYNAMICS: Show changes in speed, weight and expression of movement	Children at Middleton Parish will be able... Knowledge ACTION: Travel, Stillness, Gesture, Jump, turn SPACE: Show changes in Level, Direction, Pathway and Area RELATIONSHIP: Individually and with others: Unison, Mirror and Canon DYNAMICS: Show changes in speed, weight and expression of movement				
	Performance	Can perform individually and is engaged and motivated.	Can perform individually and with others, enjoys dance and is engaged and motivated whilst dancing.	Have the stamina, suppleness and strength to participate in dance, understanding and applying aspects of safe dance practice.	Shows a desire to improve in dance by constantly looking to improve elements of the work.				
		Knowledge –How to move in time to the music	Knowledge- how to improve dance through timing and control	Knowledge – How to improve dance through timing, control, posture and extension	Knowledge – How to improve dance through timing, control, posture, extension and alignment				
	Analysis and evaluation	Children at Middleton Parish will... Knowledge- Can comment on the work of others and say what they like about others' work	Children at Middleton Parish will... Knowledge- knows how to give constructive feedback to a partner	Children at Middleton Parish will... Knowledge – knows how to comment constructively on group work and suggest areas for development	Children at Middleton Parish will... Knowledge- knows how to think critically about dance and communicate effectively about their own and others' work				
Athletics		Step over and through cones. Leap, bounce and jump in different ways Run and jump over low hurdles Short distances Relay passing baton over short distances. Standing overarm throw at targets	Simple foot drills in ladders. Standing Long Jump (Broad Jump) Run and jump low hurdles Longer sprints- 60m, how to start and dipping at finish. Relay – transfer baton over short distances and dip at finish Standing overarm throw for distance	More complex foot drills in ladders. High Jump. Take off foot, scissor leap Hurdle keeping same lead leg each time and using arms to sprint between hurdles. Middle distance pacing and sprinting – starting a race, good form during the race and dip at finish. Relay- transfer baton on move. Bound and coil. Throw from short run up.	Plyometric jumping. Triple Jump- same, different, both Hurdle with same leg bringing opposite arm forward to balance lead leg. Longer distances, pacing, running bends. Relay-transfer baton in alternate hands, receiving facing forwards. Run over greater distance. Throw with run up and follow through.				
		Children at Middleton Parish will... Knowledge – understand that a run with a jump is from one foot	Children at Middleton Parish will... Knowledge – knows how to cushion impact on knees. Knows to use arms to drive forward.	Children at Middleton Parish will... Knowledge - Know that Speed, Agility and Quickness (SAQ) can bring improvements in	Children at Middleton Parish will... Knowledge- Knows that plyometric training develops power. Knows various jumping techniques and can				

	<i>and a stationery jump is from 2 feet. Knows to start with one foot in front of the other. Knows how to get into sideways position</i>	<i>Knows how to start and how to dip at the finish. Knows importance of non-throwing arm in achieving elevation in trajectory</i>	<i>coordination. Knows which is take off foot. To transfer relay batons whilst in motion. Knows why a run up can add momentum to a throw.</i>	<i>articulate. Different takeover techniques. Knows how to throw leaving sufficient space to follow through.</i>
OAA		Simple map reading and finding clues. Solving problems by working together. Solve simple problems by planning, performing and evaluating	Basic orienteering and running activities matching symbols. Activities when blindfolded and using apparatus. Solve problems through discussion, doing and evaluating	Different types of orienteering and more complex symbols to match. Solving problems involving non-verbal communication. Solve complex problems through discussion, doing and evaluating.
		<i>Children at Middleton Parish will... Knowledge- Know how to read a simple map and work as a team to find clues. Know how to listen to others and to communicate clearly. Know how to look internally for ideas and then to other groups if none are forthcoming</i>	<i>Children at Middleton Parish will... Knowledge- Know ordnance survey symbols and to exert self to achieve goals. Know how to give very clear instructions to keep a partner safe. Know how to listen to all ideas and plan an activity before undertaking it</i>	<i>Children at Middleton Parish will... Knowledge- know how to read a map and use the strengths of the group to bring about the best outcome. Know how to use a variety of nonverbal communication. Know how to solve difficult challenges, how to discuss first and then evaluate at end.</i>
Strike and field	Hitting off tees. Running between marked points Catching- ready position, W shape and cushioning Two handed pick up and overarm throw Bowling after rocking back into action. Stance behind one stump and receive ball from throw without moving backwards	Pull shot off a tee perched on a stump. Straight drive off tee then from bounce. Calling and running between wickets touching bat over and sliding on final run. Catching on the move. One handed swoop, pick up and underarm throw. Bound and coil. Rising as ball hits the ground.	Cutting to the off side. Different calls when running. Who calls when running between the wickets. Catching high ball. Long barrier and overarm return with backing up. Bowling. Taking ball on off or leg side.	Using feet to get to pitch of the ball and drive. Turning when running between the wickets. Catching balls over head and in front involving different type of footwork. Chase and retrieve with backing up. Different ways of gripping a ball to make it move in different ways. Taking ball on off or leg side with batsman in front playing air shots.
	<i>Children at Middleton Parish will... Knowledge – Know how to grip a bat and to run after hitting the ball. Know ready position, how to make a W shape. Know how to grip, sideways stance. Knows stance and hand positioning.</i>	<i>Children at Middleton Parish will... Knowledge – Can perform a batting stance and know how to call for a run. Knows to get in line with the ball and taking in line with the nose. Know to walk in and being in a position of readiness. Know which foot to take off from and with foot on or behind the crease line. Know when to rise and how to cushion the impact</i>	<i>Children at Middleton Parish will... Knowledge – Know who calls when running between the wickets. Calling name taking responsibility. Know where to position self to back up effectively. Bowl from close in to the stumps and follow through. Know how to bring hands to stumps to execute a stumping.</i>	<i>Children at Middleton Parish will... Knowledge – Know how to transfer hands so as not to turn blind to the fielder. Know when to return on the bounce and when to return on the full. Know bowl using different grips. Know how to step across to leg or off side without stepping backwards top take the ball.</i>
Invasion games	Send over short distances. Trapping/ receiving the ball. Dodging off both feet. Dribbling taking lots of touches. Stop and turn. Shooting for power. Closing space and making interceptions.	Pass and move; one-tuos. Cushioning. Dribbling. Change direction on command. Shooting for accuracy. How to jockey and slow an attack down.	Pass over medium distances and move away from opponents. Move to space. Shielding a ball from an opponent. Tracking an opponent. Defending as a team.	Pass first time and for receiver to run onto a pass. Move away from opposition and receive on the half turn. Using extra player e.g. 4 v 3 Using deception to trick opponents. Coping with fewer players e.g. 4 v 3.
	<i>Children at Middleton Parish will... Knowledge- Know which part of foot to use to send over short distances. Know how to take up a position of readiness and make a target. Know how to send powerfully. Know how to close space and ready self.</i>	<i>Children at Middleton Parish will... Knowledge- Know to move into space to receive from a teammate. Can Move in line with the ball and absorb the impact. Know how to turn in different ways. Know how to jockey and not over committing.</i>	<i>Children at Middleton Parish will... Knowledge- Know how to lose an opponent. Know how to signal when want to receive. Know how to position body between and opponent and the ball to retain possession. Knowing how to position your body to be aware of where the ball is and where opponents are.</i>	<i>Children at Middleton Parish will... Knowledge- Know when to take a touch before sending and when to send first time. Know how to receive a ball in different ways and retain possession. Know how to use width and support. Know positioning of other teammates</i>

Net and Wall

<p>Ready position. Moving sideways to strike. Grip with dominant hand. Move ball around forehand and backhand. Hit a ball from a tee. Throw and catch after one bounce.</p>	<p>Ready position with rackets Moving forward, backwards, sideways Can keep ball balanced on racket and keep the ball under control. Strike forehand and backhand from self- feed One on one hand tennis passive rallies.</p>	<p>Ready position singles. Moves into the net and behind baseline. Bounce ball continuously on forehand and backhand Can strike from own feed on forehand and backhand and sometimes from a partner's feed. Singles rallies.</p>	<p>Ready position singles and doubles. Moves in response to partner. Different grips forehand and backhand. Can maintain a rally with a range of strokes including Overarm serve, Volley forehand and backhand. Doubles. Moving into net. Calling name when ball between 2.</p>
<p><i>Children at Middleton Parish will... Knowledge- knows to have weight on balls of feet when moving around the court. Knows which is dominant hand and to move ball around using forehand and backhand. Knows to get into a sideways position and strike from a high back lift. Be able to track a ball with eyes and to can move laterally in line to receive</i></p>	<p><i>Children at Middleton Parish will... Knowledge- knows the importance of quickly getting into the right position to hit the ball back. Knows what height to strike the ball at. Can strike from own feed on forehand. Able to move forwards or backwards depending on the depth of the ball.</i></p>	<p><i>Children at Middleton Parish will... Knowledge- knows to move back into the centre of the court. Knows to cushion the impact and to develop a soft feel for the ball. Knows hoow to get into the best position to return a ball successfully. Knows when to attack and when to defend.</i></p>	<p><i>Children at Middleton Parish will... Knowledge- knows how to work alongside a partner. Know that forehand and backhand grips alter and that backhand can be two handed. Knows names of different types of shots. Knows when to execute certain shots.</i></p>