

## Whole School Progression – Physical Education



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| Curriculum intent statement | Through PE children gain vital physical skills and self-confidence. Children will have opportunities to try different disciplines and apply their developing skills to different games. They will also improve their communication, team work and social skills by working with their peers in various situations. |
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| Ongoing skills covered by each year group | Dance & Gymnastics – responding to stimuli, copy and explore movement patterns with increasing control<br>Games – Continual development of hand/eye co-ordination and use of equipment with increasing control<br>Athletics – Safe use of age appropriate equipment<br>OAA – Listening skills & problem solving, understanding how to stay safe |
|---|---|

Units in **bold** are placed in specific terms to lead up to competition events and **should not be moved!**

| Year 1/2 | Autumn  | Spring  | Summer   |
|----------|---|---|--|
| Cycle A  | Gymnastics (I) / Fundamental (O)<br>Dance (I) / Speedstacking (O) | Skipping or hula hoop (I) / OAA (O)<br>Gymnastics (I) / Fundamentals (O)                  | Swimming / Fundamentals (O)<br>Swimming / Sports day practice (O)                          |
| Cycle B  | Gymnastics (I) / Fundamental (O)<br>Dance (I) / Fundamentals (O)  | Circus skills or hula hoop (I) /<br>Fundamentals (O)<br>Gymnastics (I) / Fundamentals (O) | Swimming / Playground games or<br>speed stacking (O)<br>Swimming / Sports day practice (O) |

| Year 3/4 | Autumn  | Spring   | Summer  |
|----------|---|--|---|
| Cycle A  | <b>Gymnastics (I)</b> / Skipping (O)<br>Dance (I) / <b>Football (O)</b>   | <b>Gymnastics (I)</b> / OAA (O)<br>Circus skills (I) / <b>Net games (O)</b>                  | Swimming / Playground Games (O)<br>Swimming / Sports day practice (O) |
| Cycle B  | <b>Gymnastics (I)</b> / Striking & fielding (O)<br>Dance (I) / Hockey (O) | <b>Gymnastics (I)</b> / <b>Ball skills (O)</b><br>Hula hoop (I) / <b>Net games, golf (O)</b> | Swimming / Playground Games (O)<br>Swimming / Sports day practice (O) |

Completed by: LC  
 Date: March 2019  
 Reviewed by SW: September 2021

## Whole School Progression – Physical Education



| Year 5/6 | Autumn   | Spring  | Summer  |
|----------|--|---|---|
| Cycle A  | Gymnastics (I) / Football (O)<br>Dance (I) / <b>Tag Rugby &amp; Hockey (O)</b> | Gymnastics (I) / <b>Tag Rugby &amp; Hockey (O)</b><br>OAA / <b>Netball (O)</b>            | Swimming / <b>Athletics (O)</b><br>Swimming / <b>Athletics, Rounders, sports day practice (O)</b> |
| Cycle B  | Gymnastics (I) / Football (O)<br>Dance (I) / <b>Tag Rugby &amp; Hockey (O)</b> | Speed stacking (I) / <b>Tag Rugby &amp; Hockey (O)</b><br>Gymnastics / <b>Netball (O)</b> | Swimming / <b>Athletics (O)</b><br>Swimming / <b>Athletics, Rounders, sports day practice (O)</b> |

Completed by: LC  
Date: March 2019  
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