

Planning and Progression: PE



FS		Y1/2		Y3/4		Y5/6			
My World, Seasons and Celebrations Where Does the Snow Go? Traditional Tales, Marvellous Mini-beasts Fun on the Farm		<u>CYCLE A</u> London Move It, Me On My Map Scented Garden, Seaside	<u>CYCLE B</u> Toys, Under the Sea Springfield to India Wriggle and Crawl	<u>CYCLE A</u> Natural Disasters Explorers, South America (Rainforest) Water (Rivers), Ancient Egypt	<u>CYCLE B</u> The Mayan Civilisation, Chocolate Grimsby's Fishing Industry, Our Local Area Prehistoric Britain, Coastlines	<u>CYCLE A</u> WW2 Extreme Environments, Shackleton Olympic Legacies	<u>CYCLE B</u> Town and Country, Guy Fawkes Viking Raiders, Fair Trade Keen To Be Green		
		Procedural Knowledge	Declarative Knowledge	Procedural Knowledge	Declarative Knowledge	Procedural Knowledge	Declarative Knowledge		
Physical Development		Athletic Activity (and OAA)	Explore and evaluate different jumps Runs, jumps and moves in different directions at different speeds Explore throwing different objects for different purposes	Know basic technique and principles for jumping for distance and/or height Know a variety of ways to move know the basic principles of jumping Know different ways of throwing	Improve quality of standing jump Refine jumping for height Link forward movements together Throw accurately and with power Adjust pace effectively and run for extended periods	Know the names of different athletic events Be aware of basic techniques in running, jumping and throwing Knows the difference between jogging and sprinting	Improve quality and technique of jumping, running and throwing Apply techniques to races Develop a three part sequence jump Pass a relay baton successfully Run using appropriate pace and technique Throw using a run-up Work together to solve problems To use orienteering skills	Can suggest ways to others on how to improve Know the difference between sprint and endurance running Know how to keep safe in the water	
			Games	Roll, receive and control an object with body parts and equipment Explore ways of moving an object Develop hand/eye coordination and racquet skills Move forward fluently Send and strike an object with accuracy	Know basic principles of sending and receiving Knows how to change direction when moving and how to use space Know a variety of ways to move	Send and control a ball in different directions Stop a moving ball effectively Develop forehand and backhand Participate in pair and team games Use and apply tactics to games Apply principles of evade, attack and defence	Know and apply rules of a game Give examples of tactics in games situation Know effective striking technique and how to apply it Understand the need for invasion Know the difference between attack and defence Understand the principles of a game	Work together to solve problems Develop and consolidate forehand Develop fielding techniques Pass and receive effectively Develop and improve marking and evading techniques Develop skills in working as part of a team Consolidate volley and develop shot selection Consolidate striking and fielding skills	Know how to use a map in orienteering skills Know how exercise effects health and fitness Know and use different terms to describe ball handling: dribble, volley, block, strike etc.
				Gymnastics	Know, use and demonstrate small and large body parts Use different methods of travelling and be able to change direction Use different stepping gymnastic movements Explore jumping types and refine techniques Link and learn a sequence of 3 or more movements and static poses	Know different ways of travelling Know principles of take-off and landing Know the difference between static pose and linked movements	Can move in a straight line and in different directions Demonstrate and perform balances using different body parts on their own and with a partner Roll in a variety of ways Apply principles of landing and take-off Link 4 or more movements and balances together, showing mirroring with a partner Create and evaluate a paired sequence, adapting it to apparatus	Perform a variety of balances with a partner (mirror and control) Perform gymnastics movements Perform jumps and land safely, refining techniques Demonstrate tension and control Can link 6 or more movements and balances together to create a routine Combine, adapt, refine and perform a sequence	Know the difference between mirroring and shadowing Knows how to adapt a sequence of movements for different apparatus or floor Know the difference between resistance and counter balance
					Dance	Respond to stimuli Explore dance moves Use space and direction when responding to stimuli Perform a learnt sequence and repeat sequences Begin to give feedback to peers	Know movements can represent different feelings or moods	Explore and respond to a stimuli Explore characters in narrative Perform dance that communicates a narrative Create a link dance phrase with a partner or in a group Learn/copy dance routines Can refine a routine or performance Give feedback to peers	Respond to music Create part of a dance sequence Create, rehearse and refine performances Create, refine and perform a narrative based on music