

## St. Bega's Catholic School Upper Key Stage 2 PE Progression

	YEAR 5	YEAR 6
<b>GYMNASTICS</b>	<ul style="list-style-type: none"> <li>• Perform movements accurately with a sense of rhythm.</li> <li>• Explore, improvise, and combine movement ideas fluently and effectively.</li> <li>• Make up longer sequences and perform them with fluency and clarity of movement, choosing skills that meet the needs of the situation.</li> <li>• Develop flexibility, strength, control, technique, and balance</li> </ul>	<ul style="list-style-type: none"> <li>• Explore, improvise, and combine movement ideas fluently and effectively. Use skills in different ways, performing confidently, with clarity and a sense of rhythm.</li> <li>• Combine and perform gymnastic actions, shapes, and balances more fluently and effectively.</li> <li>• Use combinations of dynamics using the space effectively.</li> <li>• Develop your own gymnastic sequences by understanding, choosing, and applying a range of compositional principles; varying direction, level, and pathways to improve the look of a sequence.</li> </ul>
<b>DANCE</b>	<ul style="list-style-type: none"> <li>• Continue to develop a broader range of skills and movement patterns, exploring and practicing movement ideas inspired by a stimulus.</li> <li>• Use basic compositional principles when creating dances – combining movements fluently and effectively.</li> <li>• Perform a range of movements accurately with a sense of rhythm.</li> <li>• Create and structure dance motifs, phrases, and sections of dances, developing expressive qualities.</li> <li>• Identify which aspects were performed consistently, accurately, fluently, and clearly and be able to provide feedback.</li> <li>• Work effectively as part of a team.</li> </ul>	<ul style="list-style-type: none"> <li>• Move in a way that reflects the music.</li> <li>• Perform dances in both canon and unison, with clarity and confidence.</li> <li>• Explore and practice movement ideas inspired by a stimulus.</li> <li>• Explore, improvise, and combine movement ideas fluently and effectively.</li> <li>• Perform movements to an audience with rhythm and confidence.</li> <li>• Share ideas in small groups, working together to create a routine incorporating different elements.</li> <li>• Use imagination to develop dances to music and develop expressive qualities.</li> </ul>
<b>ATHLETICS</b>	<ul style="list-style-type: none"> <li>• Run, jump, catch, and throw in isolation and combination. Combine and perform skills with control.</li> <li>• Communicate, collaborate, and compete with others. Working effectively as part of a team.</li> <li>• Demonstrate a range of throwing actions e.g. push, pull, sling, using different equipment.</li> <li>• Choose the appropriate speed to run at for the distance to be covered.</li> </ul>	<ul style="list-style-type: none"> <li>• Select and apply skills that meet the needs of the situation, combining and performing each skill with control at speed.</li> <li>• Work effectively as part of a team.</li> <li>• Successfully run, jump, and throw in isolation and in combination – applying appropriate techniques to achieve personal bests. Understand appropriate pace judgement for the running distance to be covered.</li> <li>• Understand the appropriate throwing and jumping technique to achieve maximum distance and height.</li> </ul>

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<b>INVASION GAMES</b>	<ul style="list-style-type: none"> <li>• Perform skills (e.g. passing) with accuracy, confidence and control, and increasing speed.</li> <li>• Work effectively as part of a team and keep possession of the ball when faced with opponents.</li> <li>• Apply basic principle for attacking – Using skills to keep possession of the ball.</li> <li>• Begin to apply defending principles in games; Communicating well as a team to regain possession of the ball.</li> <li>• Apply basic principles for defending - Defend by marking, covering, and tracking opponents as appropriate.</li> <li>• Participate in competitive games, modified where appropriate.</li> <li>• Develop technique of important skills – such as passing.</li> <li>• Keep possession of the ball when faced with opponents.</li> <li>• Apply basic principle for attacking – Use a variety of tactics to keep possession of the ball.</li> <li>• Change speed and direction to get away from a defender.</li> <li>• Use a variety of tactics, like use of space and positions to keep the ball.</li> <li>• Use simple tactics in games to achieve success as a team.</li> <li>• Apply basic principle for attacking – choosing when to pass or dribble to keep possession of a ball.</li> <li>• Use a variety of skills to keep the ball, thinking about moving towards goal, different positions and the use of space.</li> <li>• Increase accuracy and confidence of passing and shooting skills.</li> <li>• Increase accuracy and control when passing and catching whilst moving at speed.</li> <li>• Participate in competitive games, following the rules and playing fair.</li> </ul>	<ul style="list-style-type: none"> <li>• Apply basic principles for attacking and defending, choosing different formations to suit the need of the game.</li> <li>• Develop control whilst performing skills at speed.</li> <li>• Show good awareness of others in game situations and work effectively as a team, adapting games if needed so everyone has a role to play.</li> <li>• Use the defending principles in game situations, including marking, tracking and covering, to gain possession.</li> <li>• Combine and perform skills with control, adapting them to meet the needs of the situation.</li> <li>• Choose and apply a range of tactics and strategies when both attacking and defending.</li> <li>• Use different skills to keep possession of a ball as part of a team.</li> <li>• Change speed and direction to get away from a defender.</li> <li>• Choose different formations to suit the needs of the game and choose skills that meet the need of the situation.</li> <li>• Work effectively as a team.</li> <li>• Use a variety of tactics to keep possession of the ball, applying the principles of attacking.</li> <li>• Use the defending principles in game situations, including marking, tracking, and covering, to gain possession.</li> <li>• Incorporate the rules of the game into small-sided games such as passing backwards in tag rugby.</li> <li>• To pass and catch the ball whilst running at different speeds.</li> <li>• Keep control of the ball when running and passing, ensuring passing is accurate.</li> <li>• Carefully consider the best way to score and win the game, remembering to find and use space when running.</li> <li>• Successfully remove tags in accordance with the rules. (tag rugby)</li> </ul>

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<b>INVASION GAMES (Striking and Fielding)</b>	<ul style="list-style-type: none"> <li>• Show good awareness of others in game situations.</li> <li>• Adapt games and activities making sure everyone has a role to play.</li> <li>• Develop control and technique whilst performing skills at speed.</li> <li>• Hit the ball with purpose, varying speed height and direction, as well as thinking of tactics needed to score more runs.</li> <li>• Work as part of a team, communicating well with others.</li> <li>• Begin to bowl at different speeds.</li> <li>• Choose skills and tactics to meet the needs of the situation. (i.e. to outwit opponents when fielding).</li> </ul>	<ul style="list-style-type: none"> <li>• Perform skills, including retrieve, intercept and stop a ball, with accuracy, confidence, and control.</li> <li>• Bowl using an overarm technique, beginning to vary speed and length of delivery.</li> <li>• Use skills and tactics to outwit opponents when fielding, bowling, and batting.</li> <li>• Work as part of a team that covers the areas to make it hard for the batter to score runs.</li> <li>• Use tactics that involve bowlers and fielders working together.</li> <li>• Perform skills with accuracy, confidence, and control.</li> <li>• Participate in competitive games, modified where appropriate.</li> <li>• Retrieve, intercept, and stop a ball when fielding.</li> </ul>
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<b>NET AND WALL GAMES</b>	<ul style="list-style-type: none"> <li>• Improve consistency of shots, noticing longer rallies.</li> <li>• Use different racket skills and types of movement during a competitive or cooperative rally.</li> <li>• To participate in rallies with and without a racket.</li> <li>• Demonstrate skills learnt during the unit when competing against others, including serving, returning a serve, and shot accuracy when moving at a quick pace.</li> <li>• Can demonstrate fast paced movements, fluently changing direction and speed.</li> <li>• Hit the ball with purpose.</li> <li>• Play shots on the forehand and backhand side of your body.</li> <li>• Direct the ball towards the opponent's court or target area.</li> <li>• Participate in competitive games, modified where appropriate.</li> <li>• Use good footwork that allows the ball to be hit with good technique.</li> <li>• Adopt a good ready position and show good position on court.</li> <li>• Show good awareness of others in game situations.</li> <li>• Apply basic principles suitable for attacking and defending. Identify spaces and understand the tactic of hitting into gaps</li> </ul>	<ul style="list-style-type: none"> <li>• Experiment with the racket using different skills.</li> <li>• Play shots at different heights, direction, and speed, and improve hitting the ball/shuttle whilst moving.</li> <li>• Use different skills and tactics learnt to try win games.</li> <li>• Improve consistency of shots, directing them to help win competitions.</li> <li>• Be continuous within a rally and regularly play consistent shots.</li> <li>• Use tactical serves to deceive opponent.</li> <li>• Hit the ball with purpose, varying speed, height, and direction.</li> <li>• Direct the ball towards the opponent's court or target area. Perform skills such as forehand and backhand shots with control and confidence.</li> <li>• Apply the principles of attacking.</li> <li>• Adopt a good ready position with purpose and show good position on court.</li> <li>• Participate in competitive games, modified, and adapted where appropriate.</li> <li>• Apply basic principles suitable for defending.</li> <li>• Apply basic principles suitable for attacking.</li> <li>• Identify spaces and understand the tactic of hitting into gaps.</li> <li>• Use good footwork that allows the ball to be hit with good technique.</li> </ul>

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<b>OUTDOOR AND AVENTUROUS</b>	<ul style="list-style-type: none"> <li>• To orientate themselves and map correctly keeping track of their position with increasing accuracy.</li> <li>• Work within a team trusting and valuing each other.</li> <li>• Develop communication skills and use these skills to achieve success.</li> <li>• Make a map with symbols and legend and begin to understand scale.</li> <li>• Compete in orienteering events, problem solving with team members.</li> <li>• Work within a team trusting and valuing each other.</li> <li>• Develop communication skills and use these skills to achieve success.</li> <li>• Make a map with symbols and legend and begin to understand scale.</li> <li>• Compete in orienteering events, problem solving with team members.</li> <li>• Understand relevant techniques to navigate to and from control points</li> </ul>	<ul style="list-style-type: none"> <li>• Build confidence during team activities.</li> <li>• Takes part in orienteering events, such as picture orienteering and control orienteering, with success.</li> <li>• Use a map to confidently orientate yourself around - Use previous knowledge to navigate and design a route to the controls.</li> <li>• Develop map reading and map building skills.</li> <li>• Develop physical fitness and be able to describe its importance in orienteering.</li> <li>• Understand elements and scaling confidently.</li> </ul>
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<b>SWIMMING</b>	<ul style="list-style-type: none"> <li>• All schools must provide swimming instruction either in key stage 1 or key stage 2.</li> </ul> <p>Pupils should be taught to:</p> <p>1d: Swim competently, confidently, and proficiently over a distance of at least 25 metres.</p> <p>1e: Use a range of strokes effectively.</p> <p>1f: Perform safe self-rescue in different water-based situations.</p>	