**PE Objectives – Progression - Skills and Depth MTP**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Year 1 and Year 2 | | Year 3 and Year 4 | | Year 5 and Year 6 | |
| Cycle A  Cycle B | Autumn 1  **Gym: Body Management**  -To know, use and demonstrate small body parts  -To perform a learnt sequence  -To perform a 3 part sequence  -To evaluate and perform original sequence  **Autumn 2**  **Dance: Interpretive Dance**  -To respond to stimuli  -To be aware of different levels in dance  -To use space and direction when responding to stimuli  -To link two movements in a sequence  -To repeat combination  **Spring 1**  **Gym: Floor Exercises**  -To know and use different methods of travelling  -To use different gymnastic movements  -To perform a simple sequence  -To know and use different methods of moving on the ground  -To perform specific gymnastic movements  -To create a simple sequence of balance and roll  **Spring 2**  **Gym: Flight**  -To explore jumping  -To know principles of take-off and landing  -To use different take-off and landing points  -To alter shapes in the air  -To turn using good techniques  -To create a 5 part sequence  **Summer 1**  **Games: Net/Wall**  -To develop hand/eye coordination  -To introduce racket skills  -To know hitting position  -To strike a moving ball  -To combine racket and hand eye coordination  **Summer 2**  **Games: Locomotion**  -To move forward fluently  -To move explosively  with control.  -To select appropriate  movements  -To link explosive movements  -To control movement  effectively  -To control movement  effectively | Autumn 1  **Games: Object Control**  -To roll and receive with control  -To use equipment to send and receive  -To control and object whilst moving using body part  -To use equipment to control an object whilst moving  -To use equipment to balance an object  -To send/receive and control an object on the move  **Autumn 2**  **Athletics: Indoor**  -To know basic technique of jumping for distance  -To know the basic technique of jumping for height  -Develop awareness of running technique  -To use effective running technique  -To throw with accuracy  -To throw with power  **Spring 1**  **Dance: Performance Dance**  -To explore dance moves  -To learn dance moves  -To perform a sequence of movements  -To create an original sequence  -To perform a sequence of movements  -To perform in time to music  **Spring 2**  **Games: Sending and receiving**  -To know basic principles of sending and receiving  -To know effective striking techniques  -To roll with accuracy  -To apply striking techniques  -To bounce a ball accurately to self and catch  -To apply striking skills  **Summer 1**  **Games: Locomotion Agility**  -To know a variety of ways to move  -To move effectively in a straight line  -To apply changes of direction  -To change direction effectively  -To use evasion and special awareness skills  -To apply agility  **Summer 2**  **Athletics**  -To know the basic principles of jumping  -To use jumping movements  - To respond quickly to stimulus  - To accelerate and  decelerate rapidly  -To develop running technique  -To know different ways  of throwing  - To throw for  distance effectively | Autumn 1(Y4 Swimming)  **Gym: Body Management**  -To demonstrate a range  of balances using different  body parts  -To demonstrate a range  of balances using apparatus  and floor  -To demonstrate a range of balances using high apparatus  -To link 2 static balances  using apparatus  -To create a 5 part sequence  using apparatus  -To evaluate and refine own and  others work  **Games: Invasion**  -To send and control a ball  -To understand the need for evasion  -To use evasive movements  -To know principles of attack  -To apply the principles of attack to game situations  **Autumn 2**  **Dance: Interpretive Dance**  -To explore movement and respond to stimuli  -To create and link dance phrases  -To create and link dance phrase with a partner  -To create and link dance phrases in a group  -To refine and evaluate a performance  **Athletics: Indoor**  --To improve leg power and balance  -To link 2 or more movements together  -To jump with power and balance  -Consolidate running techniques  -To maintain running techniques when running over obstacles  -To throw for distance using different techniques  -To throw using different techniques with power  **Spring 1**  **Gym: Floor Exercises**  -To move with control and fluency  -To roll with control  -To perform a variety of rolls  -To create a complex sequence  -To create and evaluate paired sequence  -To adapt sequence to include apparatus  **Dance: Performance Dance**  -To perform rhythmic movements  -To perform a dance sequence  -To create a dance sequence  -To perform an original sequence  -To adapt a sequence  -  **Spring 2**  **Gym Flight**  -To apply principles of landing and take-off  -To perform half turn and full turn from floor and apparatus  -To perform short sequence  -To perform sequence with a partner  -To adapt a sequence  **Games: Invasion 2**  -To send and control a ball  -To understand the need for evasion  -To use evasive movements  -To know principles of defence  -To know principles of attack  -To apply principles of game situations  **Summer 1**  **Games: Net/Wall**  -To develop hand/eye coordination  -To develop racket skills  -To develop racket skills/eye coordination  -To develop hitting technique  -To hit a moving ball accurately  **Athletics**  -To refine jumping for height  -To jump with power and height  -Consolidate running technique  -To know how running affects health and fitness  -To throw for distance using different techniques  -To throw using different techniques with power  **Summer 2**  **Games : Striking & Fielding**  -To throw accurately  -To stop a ball consistently  -To strike a static ball  -To strike a moving ball  -To know principles of a game  -To know principles of a game  **Athletics**  -To refine jumping for distance  -To jump with power  and balance  -Consolidate running technique  -To adjust running  pace appropriately  -To throw for distance using  different techniques  -To throw using different  techniques with power | Autumn 1(Y4 swimming)  **Gym: Body Management**  -To perform a variety of balances with a partner (mirroring)  -To perform a variety of balances with a partner (supporting)  -To link paired balances with a variety of movements  -To create a sequence showing mirroring balances  -To create a sequence using a variety of partner balances  - To refine and improve  sequences based on feedback  **Games: Invasion**  **-To send and control a ball**  **-To shoot effectively**  **-To use evasion**  **-To know and apply principles of defence**  **-To apply principles of attack and defence in game situation**  **Autumn 2**  **Dance: Interpretive Dance**  -To explore characters in a narrative  -To perform a narrative  -To use choreographic principles to create narrative  -Perform a dance that communicates narrative  -To adapt to different stimuli  **Athletics: Indoor**  -To improve quality of standing jumps  -To refine technique  -To set an achievable target  -To run for an extended period of time  -Consolidate sprinting technique  -To throw using different techniques with power  -To refine different throwing techniques  **Spring 1**  **Gym: Floor Exercises**  **-To roll in a variety of ways**  **-To perform a backward roll**  **-To create a sequence including a change of direction**  **-To adapt a sequence**  **-To create and perform a paired sequence**  **Dance: Performance Dance**  -To learn./copy a dance routine  -To modify a dance routine  -To create a dance sequence  -To refine a dance sequence  -To perform an original sequence  **Spring 2**  **Gym Flight**  -To perform jumps and landing safely  -To perform Sissone Furma and Cat Leap  -To perform Change Leg and Stag Leaps  -To copy a sequence  -To create an original sequence  -To refine and adapt a sequence  **Games: Invasion 2**  -To send and control a ball  -To shoot effectively  -To use evasion  -To know and apply principles of defence  -To apply principles of attack and defence to a game situation  -  **Summer 1**  **Games: Net/Wall**  -To consolidate forehand  -To develop backhand  -To develop volley technique  -To perform a variety of shots  **Athletics**  -To explore running and jumping  -To run and jump effectively  -To run for an extended period of time  -To know how running affects the body  -To explore starting positions  -To throw for distance using different techniques  -To throw using different techniques with power  **Summer 2**  **Games : Striking & Fielding**  -To throw accurately using different techniques  -To stop a moving  ball consistently  -To use fielding techniques and catch consistently  -To hit a moving ball  -To understand the principles of a game  -To apply skills to  a game situation  **Athletics**  -To link forward  movements together  -To link forward  movements together  -To run rapidly as part of a team  -To run a curve with control  -To throw for distance using  different techniques  -To apply techniques  to competitions | Autumn 1  **Gym: Body Management**  -To perform a variety of  balances with a partner  (mirror and contrast)  -To perform a variety of  balances supporting and taking weight of partner  -To perform balances with partner on apparatus  -To create a 3 part sequence with partner on apparatus  -To perform and evaluate an original sequence  **Games: Invasion**  -To send and control a ball  -To shoot with accuracy  -To apply evasive skills to game situations  -To develop an awareness of tactics  -To apply tactics and principles to game situations  **Autumn 2**  **Dance: Interpretive Dance**  -To respond to music  -To create a narrative based on music  -To create/refine narrative  -To perform narrative  **Athletics: Indoor**  -To improve quality of technique  -To increase power and control  -To know principles of sprinting  -To run an endurance race effectively  -To refine throwing techniques  **Spring 1**  **Gym: Floor Exercises**  -To use a variety of rolls  -To perform all rolls with control  -To perform a cartwheel  -To perform and evaluate a sequence  -To combine and adapt a sequence  -To refine and perform a sequence  **Dance: Performance Dance**  -To create part of a dance sequence  -To refine a performance  -To perform part of a dance sequence  -To perform a complex dance sequence  -  **Spring 2**  **Gym Flight**  -To perform jumps and landing safely  -To perform Sissone Furma and Cat Leap  -To perform Change Leg and Stag Leaps  -To copy a sequence  -To create an original sequence  -To refine and adapt a sequence  **Games: Invasion 2**  -To send and control a ball  -To shoot with accuracy  -To apply evasive skills to game situations  -To develop an awareness of tactics  -To apply tactics and principles to game situations  -To use and apply tactics in  a game situation  **Summer 1**  **Games: Net/Wall**  -To consolidate the forehand shot  -To consolidate the backhand shot  -To consolidate volley  -To introduce serve  -To develop shot selection  -To play and officiate a tennis game  **Athletics**  -To explore running and jumping  -To develop 3 part  sequence jump  -To know how exercise affects  health and fitness  -To explore starting positions  -To throw using a short run up  -To throw with accuracy  **Summer 2**  **Games : Striking & Fielding**  -To throw accurately in  different ways  -To catch consistently  - To use fielding  skills consistently  - To know basics of  a cricket bowl  -To hit a bouncing ball  -To understand principles of a game  -To apply skills to  a game situation  **Athletics**  -To consolidate  jumping technique  -To develop 3 part  sequence jump  - To pass a relay baton at speed  - To run a curve  maintaining technique  -To apply sprinting to  a track relay  -To throw using a short run up  -To apply techniques  to competitions | Autumn 1  **Gym: Body Management**  -To perform key  gymnastic positions  -Demonstrate tension and control  -Link Gymnastic positions  -To perform a headstand  -To perform a handstand  -To create a sequence and perform it with quality  **Games: Invasion**  -To refine basic skills  -To develop a new invasion game  -To perform skills in a game situation  **Autumn 2**  **Dance: Interpretive Dance**  -To respond to music  -To create a narrative based on music  -To create/ refine narrative  -To perform narrative  **Athletics: Indoor**  -To select appropriate skill for events  -To develop jumping technique  -To select and apply appropriate technique  -To improve on a performance  -To show determination  -To run for an extended period of time  **Spring 1**  **Gym: Floor Exercises**  -To perform gymnastic movements  -To create an extended movements  -To refine a sequence  -To perform a sequence using gymnastic principles  -To apply gymnastic principles to apparatus  **Dance: Performance Dance**  - To create part of a dance sequence  -To refine a performance  -To perform part of a dance sequence  -To perform a complex dance sequence  **Spring 2**  **Gym Flight**  -To know a variety of leaps, turns and spins  -To create and perform a complex sequence  -To work with a partner to adapt a sequence  -To work in a group to adapt a sequence  -To perform a complex sequence as part of group  **Games: OAA**  -Work together to solve problems  -To understand a map as  a representation of objects  and areas  -Orientation and identification of key features using a map  -To perform orienteering skills  -Use orienteering and map  reading skills  **Summer 1**  **Games: Net/Wall**  -To consolidate the forehand shot  -To consolidate the backhand shot  -To consolidate volley  -To introduce serve  -To develop shot selection  -To play and officiate a tennis game  **Athletics**  -To improve jumping technique  -To improve triple  jumping technique  -To refine sprinting technique  -To run using appropriate pace and tactics  -To throw for distance using different techniques  -To throw using different  techniques with power  **Summer 2**  **Games : Striking & Fielding**  -To consolidate fielding skills  -To consolidate striking skills  -To apply skills to a game-  -To develop a striking and  fielding game  -To apply skills to games  **Athletics**  -To improve jumping technique  -To improve triple  jumping technique  -To know how exercise affects fitness and wellbeing  - To throw for distance using  different techniques  -To communicate knowledge  -To know how exercise affects fitness and wellbeing  - |
| Skills | 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. | 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. | 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:  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.  Develop flexibility, strength, technique, control and balance, for example, through athletics and gymnastics.  Perform Dances using a range of movements and patterns.  Compare their performances with previous ones and demonstrate involvement to achieve their personal best.  Use Running, jumping throwing and catching in isolation and 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. | 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:  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.  Develop flexibility, strength, technique, control and balance, for example, through athletics and gymnastics.  Perform Dances using a range of movements and patterns.  Compare their performances with previous ones and demonstrate involvement to achieve their personal best.  Use Running, jumping throwing and catching in isolation and 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. | Use Running, jumping throwing and catching in isolation and combination.  Take part in outdoor and adventurous activity challenges both individually and within a team.  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 movements and patterns.  Compare their performances with previous ones and demonstrate involvement to achieve their personal best.  Use Running, jumping throwing and catching in isolation and combination. | Use Running, jumping throwing and catching in isolation and combination.  Take part in outdoor and adventurous activity challenges both individually and within a team.  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 movements and patterns.  Compare their performances with previous ones and demonstrate involvement to achieve their personal best.  Use Running, jumping throwing and catching in isolation and combination.  Take part in outdoor and adventurous activity challenges both individually and within a team. |
| **Depth**  **Teach – Practice - Repeat** | **We aim to improve depth of learning by teaching, practicing and repeating those skills related to games, gymnastics, athletics and dance.**  **The skills and units which are covered further down the school are practiced, repeated and built upon as you progress through the academy. Competition and tactics become more prevalent as skills are polished and applied. Sequences become more independent and longer, they become more spectacular in dance and more technically accurate in Gymnastics. From the first work on balancing and core strength that our pupils undertake they are starting a journey which will result in them having a greater understating of their body and its capabilities.** | | | | | |
| **SMSC LINKS**  **SPIRITUAL**  In PE lessons students are encouraged to delve deeper in to their understanding of PE and the body and how it can be maximized to improve performance – this leaves pupils amazed at the body’s ability.  **MORAL**  Pupils develop the ability to tell between right and wrong through fair play in sporting events and participating in competitive situations, giving pupils a sense of justice, and how to respond appropriately when they feel there is an injustice.  **SOCIAL**  The nature of PE allows all pupils to develop the necessary skills to work in teams or pairs, as the majority of activities are based around team games or creating sequences in groups, co-operation with others is paramount to success.  **CULTURAL**  Pupils are given the opportunity to explore dances and learn games from different traditions and cultures including their own. | | | | | | |