





Guilden Sutton Church of England Primary School

Love and Justice for All


Physical Education Whole School Curriculum Progression Map

Our Christian Values: **WISDOM, JUSTICE, COMPASSION, LOVE, FORGIVENESS, FRIENDSHIP**

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Multi-skills <ul style="list-style-type: none"> Fundamental movements – hop, skip, jump Throw/catch with bean bags and large soft balls Develop ability to change direction and speed Balance Look at how physical activity effects our bodies Working together as a team 		Gymnastics <ul style="list-style-type: none"> Body management Creating basic shapes – tuck, star, pike, straight, straddle Individual and counter balances with partner. Invasion games <ul style="list-style-type: none"> Develop control when dribbling, kicking, throwing and bouncing Throwing and catching using different body parts 		Athletics <ul style="list-style-type: none"> Improving speed, agility and quickness Developing cardiovascular endurance Running with agility, balance and coordination Striking and fielding games <ul style="list-style-type: none"> Controlling a ball when hitting it along the ground Balancing a ball on a bat or a racquet Dance <p>Country Dancing</p> <ul style="list-style-type: none"> Circle dancing Skips Gallops <p>Modern Jazz (based on Preparatory Grade)</p> <ul style="list-style-type: none"> Use of breath 	

			<ul style="list-style-type: none"> • Directions • Creative movement
	Key Vocabulary Jump, land, pass, catch, roll, balance, run, jog, combining movements to make a sequence, dance etiquette bow/curtsey to say thank you and goodbye		
1	Multi-skills (Invasion games)  <ul style="list-style-type: none"> • Roll and catch a ball • Throw, roll or kick through gates to a partner • Move and run into space Dance Musical Theatre (based on Introductory Stage Musical Theatre and Primary Theatre Craft) <ul style="list-style-type: none"> • Ball heel walks • Spring points • Hops in combination Rock 'n' Roll <ul style="list-style-type: none"> • Flick Tum Tee Tum • Flick Ticks • Twisty Walks 	Gymnastics <ul style="list-style-type: none"> • Balance on 1 leg • Basic shapes • Rolls • Travel under, over and across • 5 basic jumps Striking and fielding games <ul style="list-style-type: none"> • Underarm to a partner • Receiving the ball 	Athletics  <ul style="list-style-type: none"> • Run, jump and throw • Jump with two feet • Run short distances Net games <ul style="list-style-type: none"> • Travel whilst balancing a ball • Send a ball along the ground
	Key Vocabulary Underarm, jump, land, pass, catch, roll, balance, run, jog, anatomy (joints), presentation, importance of warm up and cool down (physical and vocal)		
2	Gymnastics <ul style="list-style-type: none"> • Use equipment to create sequences • Balance and core strength • Weight transfer • Link movements to create a sequence Multi-skills (Invasion games)	Dance Cha Cha Cha <ul style="list-style-type: none"> • Rhythm • Basic • New York 	Athletics <ul style="list-style-type: none"> • Speed and direction change • Changing pace • Sprint start • Running with a baton Net games

	<ul style="list-style-type: none"> • Underarm and overarm throw • Using space in games • Understanding rules • Working in teams 	<p>Zumba</p> <ul style="list-style-type: none"> • Musical structure • Salsa • Cumbia <p>Striking and fielding games</p> <ul style="list-style-type: none"> • Overarm bowl • Strike a ball off a tee • Underarm and overarm throw • Trapping a ball 	<ul style="list-style-type: none"> • Develop grip and stance • Send and receive a ball along the ground • Travel whilst balancing a ball • Coordination of bounce and hitting the ball • Understanding the different parts of racket
<p>Key Vocabulary</p> <p>Underarm, jump, land, pass, catch, roll, balance, run, jog, teams, attack, defend, space, coordination, accents/emphasis, chorus/verse/instrumental</p>			
<p>3</p>	<p>Gymnastics</p> <ul style="list-style-type: none"> • Plan sequences using varied apparatus • Good control on balances • Transfer weight under control <p>Dance</p> <p>Country Dancing</p> <ul style="list-style-type: none"> • Square Dancing • Do-Si-Do • Promenade <p>Rock 'n' Roll</p> <ul style="list-style-type: none"> • Chasse and Rock • Toe Heel Swivel • Partners 	<p>Invasion Games</p> <ul style="list-style-type: none"> • Isolated skills • Throw, catch and control • Special awareness • Understanding rules <p>Swimming</p> <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 • Perform safe self-rescue in different water-based situations <p><i>Aims and objectives for the end of KS2</i></p>	<p>Athletics</p> <ul style="list-style-type: none"> • Javelin throw • Passing the baton on the move • Sprint technique to improve speed • Running with agility <p>Striking and fielding games</p> <ul style="list-style-type: none"> • Accurate throw • Using a long barrier to stop a ball • Bat control <p>Net games</p> <ul style="list-style-type: none"> • Understanding the ready position • Using a forehand stroke to return the ball
<p>Key Vocabulary</p>			

	Underarm, jump, land, pass, catch, roll, balance, run, jog, teams, attack, defend, space, coordination, long barrier, chest pass, bounce pass, spatial awareness, lead/follow in partner work, anatomy (muscles)		
4	<p>Dance</p> <p>Modern Jazz (based Primary Grade)</p> <ul style="list-style-type: none"> • Expand and relax • Hand isolations • Triplets <p>Musical Theatre (based on Stage One Musical Theatre and Grade One Theatre Craft)</p> <ul style="list-style-type: none"> • Story telling through song and dance – using gestures and facial expression • Step ball change • Kicks <p>Invasion games</p> <ul style="list-style-type: none"> • Understanding and implementing rules • Applying tactics to games • Effectively attack and defend, understanding the differences between the two <p>Circuits</p> <ul style="list-style-type: none"> • Importance of warm-up and cool-down • Body conditioning (endurance, resistance, high intensity, target strength building, muscular endurance) • Effects that circuit training has on anatomy and physiology <p>Kingswood Colomendy (Outdoor and Adventurous activities) </p>	<p>Swimming</p> <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 • Perform safe self-rescue in different water-based situations <p><i>Aims and objectives for the end of KS2</i></p> <p>Gymnastics</p> <ul style="list-style-type: none"> • Work collaboratively to perform balances and sequences • Provide constructive feedback to groups • Understand a wider range of themes for shapes and balances <p>Striking and fielding games</p> <ul style="list-style-type: none"> • Underarm and overarm bowl to a partner • Strike the ball when bowled to them 	<p>Athletics</p> <ul style="list-style-type: none"> • Passing the baton on the move • Develop and improve sprint technique to improve speed <p>Net games</p> <ul style="list-style-type: none"> • Return the ball after a bounce • Using a backhand stroke to return the ball • Develop the ability to perform both backhands and forehands

	<p>Key Vocabulary</p> <p>Underarm, jump, land, pass, catch, roll, balance, run, jog, teams, attack, defend, space, coordination, long barrier, chest pass, bounce pass, spatial awareness, possession, space, body tension, stage chart, 7 dance elements (travel, turn, jump, balance, levels, gesture, musicality)</p>		
5	<p>Gymnastics</p> <ul style="list-style-type: none"> • Perform longer and more complex sequences • Develop the ability to link moves and balances smoothly • In sequences, include change in level, speed and direction <p>Swimming</p> <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 • Perform safe self-rescue in different water-based situations <p><i>Aims and objectives for the end of KS2</i></p>	<p>Dance</p> <p>Cha Cha Cha</p> <ul style="list-style-type: none"> • Hand to Hand • Wepa Cha • Cuban Breaks <p>Zumba</p> <ul style="list-style-type: none"> • Reggaeton • Merengue • Samba <p>Invasion games</p> <ul style="list-style-type: none"> • Throwing and catching for points • Identifying tactics to improve performance • Understanding and implementing rules • Lead warm-ups and understand the benefits <p>Striking and fielding games</p> <ul style="list-style-type: none"> • Perform accurate overarm throws • Basic fielding techniques – backing up, long barrier 	<p>Athletics</p> <ul style="list-style-type: none"> • Perform long jump and vertical jump, understanding how to improve performance • Passing baton on the move • Develop power when throwing a javelin • Middle distance running – pacing <p>Net games</p> <ul style="list-style-type: none"> • Serve from the base line • Perform a volley shot in game situations
	<p>Key Vocabulary</p> <p>Underarm, jump, land, pass, catch, roll, balance, run, jog, teams, attack, defend, space, coordination, long barrier, chest pass, bounce pass, spatial awareness, possession, space, body tension, pace, sequence, marking, hip action, arm-ography</p>		
6	Swimming	Gymnastics	Athletics

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively
- Perform safe self-rescue in different water-based situations

Aims and objectives for the end of KS2

Invasion games

- Perform different passing techniques
- Progressive play
- Understand the impact possession has on a game
- Develop self-led warm-ups
- Understanding and implementing rules
- Marking

- Improve the quality of transfer from one move to another
- Feedback on how performances can be improved or adapted
- Use contrasting actions, shapes, balances and dynamics in routines

Strength and Fitness

- Muscular system
- Skeletal system
- How to improve strength and endurance
- Isometric and plyometric exercises
- Body tension and control
- Flexion and extension of different muscles

Net games

- Using tactics against an opponent
- Use forehand, backhand, serve and volley in competitive situations

Dance

Country Dancing

- Line Dancing
- Grape vine
- Pairs

Musical Theatre (based on Stage 2 of Musical Theatre and Grade 3 Theatre Craft)

- Off balance holds
- Rhythm work
- Group patterns, canon/unison etc

- Pace for longer distance runs
- Understand and perform triple jump
- Be able to hurdle
- Develop power when throwing a javelin

Striking and fielding games

- Tactical awareness
- Improve consistency in catching
- Link skills to competitive situations

Min-y-don (Outdoor and Adventurous activities)



		<p>Rock 'n' Roll</p> <ul style="list-style-type: none">• Ponies• Lifts• Turns <p>Zumba</p> <ul style="list-style-type: none">• Pop• Flamenco• Bhangra	
<p>Key Vocabulary</p> <p>Underarm, jump, land, pass, catch, roll, balance, run, jog, teams, attack, defend, space, coordination, long barrier, chest pass, bounce pass, spatial awareness, possession, space, body tension, pace, sequence, marking, control, endurance, canon, unison, individual flair and style, transitions between movements</p>			