





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

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

	<p>Zumba</p> <ul style="list-style-type: none"> <li>• Musical structure</li> <li>• Salsa</li> <li>• Cumbia</li> </ul> <p><b>Multi-skills (Invasion games)</b></p> <ul style="list-style-type: none"> <li>• Underarm and overarm throw</li> <li>• Using space in games</li> <li>• Understanding rules</li> <li>• Working in teams</li> </ul>		<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Speed and direction change</li> <li>• Changing pace</li> <li>• Sprint start</li> <li>• Running with a baton</li> </ul> <p><b>Striking and fielding games</b></p> <ul style="list-style-type: none"> <li>• Overarm bowl</li> <li>• Strike a ball off a tee</li> <li>• Underarm and overarm throw</li> <li>• Trapping a ball</li> </ul>
<p><b>Key Vocabulary</b></p> <p>Underarm, jump, land, pass, catch, roll, balance, run, jog, teams, attack, defend, space, coordination, accents/emphasis, chorus/verse/instrumental</p>			
<p><b>3</b></p>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• Plan sequences using varied apparatus</li> <li>• Good control on balances</li> <li>• Transfer weight under control</li> </ul> <p><b>Dance</b></p> <p>Country Dancing</p> <ul style="list-style-type: none"> <li>• Square Dancing</li> <li>• Do-Si-Do</li> <li>• Promenade</li> </ul> <p>Rock 'n' Roll</p> <ul style="list-style-type: none"> <li>• Chasse and Rock</li> <li>• Toe Heel Swivel</li> <li>• Partners</li> </ul>	<p><b>Invasion Games</b></p> <ul style="list-style-type: none"> <li>• Isolated skills</li> <li>• Throw, catch and control</li> <li>• Special awareness</li> <li>• Understanding rules</li> </ul> <p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>• Swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>• Use a range of strokes effectively</li> <li>• Perform safe self-rescue in different water-based situations</li> </ul> <p><i>Aims and objectives for the end of KS2</i></p> <p><b>Net games</b></p> <ul style="list-style-type: none"> <li>• Understanding the ready position</li> <li>• Using a forehand stroke to return the ball</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Javelin throw</li> <li>• Passing the baton on the move</li> <li>• Sprint technique to improve speed</li> <li>• Running with agility</li> </ul> <p><b>Striking and fielding games</b></p> <ul style="list-style-type: none"> <li>• Accurate throw</li> <li>• Using a long barrier to stop a ball</li> <li>• Bat control</li> </ul>

	<p><b>Key Vocabulary</b></p> <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)</p>		
<p><b>4</b></p>	<p><b>Dance</b></p> <p>Modern Jazz (based Primary Grade)</p> <ul style="list-style-type: none"> <li>• Expand and relax</li> <li>• Hand isolations</li> <li>• Triplets</li> </ul> <p>Musical Theatre (based on Stage One Musical Theatre and Grade One Theatre Craft)</p> <ul style="list-style-type: none"> <li>• Story telling through song and dance – using gestures and facial expression</li> <li>• Step ball change</li> <li>• Kicks</li> </ul> <p><b>Invasion games</b></p> <ul style="list-style-type: none"> <li>• Understanding and implementing rules</li> <li>• Applying tactics to games</li> <li>• Effectively attack and defend, understanding the differences between the two</li> </ul> <p><b>Circuits</b></p> <ul style="list-style-type: none"> <li>• Importance of warm-up and cool-down</li> <li>• Body conditioning (endurance, resistance, high intensity, target strength building, muscular endurance)</li> <li>• Effects that circuit training has on anatomy and physiology</li> </ul>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>• Swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>• Use a range of strokes effectively</li> <li>• Perform safe self-rescue in different water-based situations</li> </ul> <p><i>Aims and objectives for the end of KS2</i></p> <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• Work collaboratively to perform balances and sequences</li> <li>• Provide constructive feedback to groups</li> <li>• Understand a wider range of themes for shapes and balances</li> </ul> <p><b>Net games</b></p> <ul style="list-style-type: none"> <li>• Return the ball after a bounce</li> <li>• Using a backhand stroke to return the ball</li> <li>• Develop the ability to perform both backhands and forehands</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Passing the baton on the move</li> <li>• Develop and improve sprint technique to improve speed</li> </ul> <p><b>Striking and fielding games</b></p> <ul style="list-style-type: none"> <li>• Underarm and overarm bowl to a partner</li> <li>• Strike the ball when bowled to them</li> </ul>

	Kingswood Colomendy ( <b>Outdoor and Adventurous activities</b> ) 		
<p><b><u>Key Vocabulary</u></b></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>			
<p><b>5</b></p>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• Perform longer and more complex sequences</li> <li>• Develop the ability to link moves and balances smoothly</li> <li>• In sequences, include change in level, speed and direction</li> </ul> <p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>• Swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>• Use a range of strokes effectively</li> <li>• Perform safe self-rescue in different water-based situations</li> </ul> <p><i>Aims and objectives for the end of KS2</i></p>	<p><b>Dance</b></p> <p>Cha Cha Cha</p> <ul style="list-style-type: none"> <li>• Hand to Hand</li> <li>• Wepa Cha</li> <li>• Cuban Breaks</li> </ul> <p>Zumba</p> <ul style="list-style-type: none"> <li>• Reggaeton</li> <li>• Merengue</li> <li>• Samba</li> </ul> <p><b>Invasion games</b></p> <ul style="list-style-type: none"> <li>• Throwing and catching for points</li> <li>• Identifying tactics to improve performance</li> <li>• Understanding and implementing rules</li> <li>• Lead warm-ups and understand the benefits</li> </ul> <p><b>Net games</b></p> <ul style="list-style-type: none"> <li>• Serve from the base line</li> <li>• Perform a volley shot in game situations</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Perform long jump and vertical jump, understanding how to improve performance</li> <li>• Passing baton on the move</li> <li>• Develop power when throwing a javelin</li> <li>• Middle distance running – pacing</li> </ul> <p><b>Striking and fielding games</b></p> <ul style="list-style-type: none"> <li>• Perform accurate overarm throws</li> <li>• Basic fielding techniques – backing up, long barrier</li> </ul>
<p><b><u>Key Vocabulary</u></b></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>			

<p><b>6</b></p>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>Use a range of strokes effectively</li> <li>Perform safe self-rescue in different water-based situations</li> </ul> <p><i>Aims and objectives for the end of KS2</i></p> <p><b>Invasion games</b></p> <ul style="list-style-type: none"> <li>Perform different passing techniques</li> <li>Progressive play</li> <li>Understand the impact possession has on a game</li> <li>Develop self-led warm-ups</li> <li>Understanding and implementing rules</li> <li>Marking</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>Improve the quality of transfer from one move to another</li> <li>Feedback on how performances can be improved or adapted</li> <li>Use contrasting actions, shapes, balances and dynamics in routines</li> </ul> <p><b>Strength and Fitness</b></p> <ul style="list-style-type: none"> <li>Muscular system</li> <li>Skeletal system</li> <li>How to improve strength and endurance</li> <li>Isometric and plyometric exercises</li> <li>Body tension and control</li> <li>Flexion and extension of different muscles</li> </ul> <p><b>Net games</b></p> <ul style="list-style-type: none"> <li>Using tactics against an opponent</li> <li>Use forehand, backhand, serve and volley in competitive situations</li> </ul> <p><b>Dance</b></p> <p>Country Dancing</p> <ul style="list-style-type: none"> <li>Line Dancing</li> <li>Grape vine</li> <li>Pairs</li> </ul> <p>Musical Theatre (based on Stage 2 of Musical Theatre and Grade 3 Theatre Craft)</p> <ul style="list-style-type: none"> <li>Off balance holds</li> <li>Rhythm work</li> <li>Group patterns, canon/unison etc</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>Pace for longer distance runs</li> <li>Understand and perform triple jump</li> <li>Be able to hurdle</li> <li>Develop power when throwing a javelin</li> </ul> <p><b>Striking and fielding games</b></p> <ul style="list-style-type: none"> <li>Tactical awareness</li> <li>Improve consistency in catching</li> <li>Link skills to competitive situations</li> </ul> <p>Min-y-don (<b>Outdoor and Adventurous activities</b>)</p> 
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Rock 'n' Roll

- Ponies
- Lifts
- Turns

Zumba

- Pop
- Flamenco
- Bhangra

**Key Vocabulary**

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