



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 - Fundamental movements – hop, skip, jump - Throw/catch with bean bags and large soft balls - Develop ability to change direction and speed - Balance – balancing objects in a racket - How does physical activity affect our body? - Developing teamwork skills		Gymnastics - An understanding of the impact physical activity has on the body - Creating basic shapes – tuck, star, pike, straight, straddle - Individual and counter balances with partner. Invasion games - Develop control when dribbling, kicking, throwing and bouncing - Throwing and catching using different body parts		Athletics - Improving speed, agility and quickness - Developing cardiovascular endurance - Running with agility, balance and coordination Striking and fielding games - Controlling a ball when hitting it along the ground - Balancing a ball on a bat or a racquet Dance Funky Feet Music - Gross and fine motor skills - Agility, balance and coordination - Turn taking and working together - Moving creatively to different music	
	<u>Key Vocabulary</u>					

	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)  - Develop the ability to roll and catch a ball - Throw, roll or kick through gates to a partner with improving accuracy - Move and run into space Dance Musical Theatre (based on Introductory Stage Musical Theatre and Primary Theatre Craft) - Ball heel walks - Spring points - Hops in combination Rock 'n' Roll - Flick Tum Tee Tum - Flick Ticks - Twisty Walks - Hip Rocks	Gymnastics - Balance on 1 leg - Basic shapes - Rolls - Travel under, over and across - Basic jumps – one foot to one foot, one foot to two feet, two feet to one foot, two feet to two feet Net games - Travel whilst balancing a ball - Send a ball along the ground	Athletics  - Run, jump and throw - Jump with two feet - Run short distances Striking and fielding games - Underarm to a partner - Receiving the ball
	<u>Key Vocabulary</u> Underarm, jump, land, pass, catch, roll, balance, run, jog, anatomy (joints), presentation, importance of warm up and cool down (physical and vocal)		
2	Dance Cha Cha Cha - Rhythm – active listening so you can dance in time with the music - Basic - New York Zumba	Net games - Develop grip and stance - Send and receive a ball along the ground - Travel whilst balancing a ball - Hand and eye coordination to bounce and hit a ball - Understanding the different parts of racket	Gymnastics - Use equipment to create sequences - Partner balance with developing body tension - Weight transfer – front support, back support and side support - Link movements to create a sequence

	• Musical structure – chorus, verse bridge (used when creating routines) • Salsa – tap, 2 step, basic front, side and back • Cumbia Multi-skills (Invasion games) • Underarm and overarm throw • Using space in games • Understanding rules needed for the sporting activity • Developing teamwork skills		Athletics • Speed and direction change • Changing pace to perform different movements at different paces • Sprint start – body position needed • Running with a baton Striking and fielding games • Overarm bowl • Strike a ball off a tee • Perform underarm and overarm throw in static situations • Using a long barrier to stop a ball • Retrieving the ball
<u>Key Vocabulary</u> Underarm, jump, land, pass, catch, roll, balance, run, jog, teams, attack, defend, space, coordination, accents/emphasis, chorus/verse/instrumental			
3	Gymnastics • Plan sequences using varied apparatus • Continue to develop control with specific balances • Transfer weight under control Dance Country Dancing • Square Dancing – spatial awareness, finding place in the square • Do-Si-Do – steps broken down, improved and continued • Promenade – steps broken down, improved and continued	Invasion Games • Specific sports skills • Throw, catch and control • Understand what spatial awareness is • Understanding rules needed for the sporting activities Swimming • 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 <i>Aims and objectives for the end of KS2</i> 	Athletics • Javelin throw • Passing the baton on the move • Sprint technique to improve speed • Running with agility Striking and fielding games • Improve overarm throw accuracy and distance • Using a long barrier to stop a ball • Bat control – how to hold and stand with the bat 

	Rock 'n' Roll - Chasse and Rock – steps broken down, improved and continued - Toe Heel Swivel – steps broken down, improved and continued - Partners – spatial awareness and work in collaboration	Net games - Understanding the ready position - Using a forehand stroke to return the ball	
	<u>Key Vocabulary</u> 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	Dance Modern Jazz (based Primary Grade) - Expand and relax – steps broken down, improved and continued - Hand isolations – steps broken down, improved and continued - Triplets – steps broken down, improved and continued Musical Theatre (based on Stage One Musical Theatre and Grade One Theatre Craft) - Story telling through song and dance – using gestures and facial expression - Step ball change - Kicks Invasion games - Understanding and implementing rules - Applying tactics to games needed for the specific sporting activity	Swimming - 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 <i>Aims and objectives for the end of KS2</i> Gymnastics - Work collaboratively to perform balances and sequences - Provide constructive feedback to groups - Understand a wider range of themes for shapes and balances Net games - Return the ball after a bounce - Using a backhand stroke to return the ball - Develop the ability to perform both backhands and forehands	Athletics - Passing the baton on the move - Develop and improve sprint technique to improve speed Striking and fielding games - Underarm and overarm bowl to a partner - Strike the ball when bowled to them

	- Effectively attack and defend, understanding the differences between the two Circuits - Importance of warm-up and cool-down - Understanding body conditioning (endurance, resistance, high intensity, target strength building, muscular endurance) - Understanding the affects that circuit training has on anatomy and physiology Kingswood Colomendy - Outdoor and Adventurous activities 		
	<u>Key Vocabulary</u> 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)		
5	Gymnastics - Perform longer and more complex sequences - Develop the ability to link moves and balances smoothly - In sequences, include change in level, speed and direction Swimming - 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 <i>Aims and objectives for the end of KS2</i>	Dance Cha Cha Cha - Hand to Hand – steps broken down, improved and continued - Wepa Cha – steps broken down, improved and continued - Cuban Breaks – steps broken down, improved and continued Zumba - Reggaeton – stomp, knee lift, 2-step bounce - Merengue – march, 2-step, 6-count Beto shuffle - Samba – basic, whisk, volta, Botafoga	Athletics - Perform long jump and vertical jump, understanding how to improve performance - Passing baton on the move, increasing the speed that the skill is performed at - Develop power when throwing a javelin - Running over bigger distances – pacing, continuous training Striking and fielding games - Perform accurate overarm throws both in a static position and on the move - Basic fielding techniques – backing up, long barrier

		Country Dancing • Line Dancing • Grape vine • Pairs, working collaboratively with others Invasion games • Throwing and catching for points in modified games • Identifying tactics to improve performance needed for the specific sporting activities • Understanding and implementing rules • Lead warm-ups and understand the benefits Net games • Perform an overarm serve from the base line • Perform a volley shot in game situations	
	<u>Key Vocabulary</u> 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		
6	Swimming • 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 <i>Aims and objectives for the end of KS2</i> Invasion games • Perform different passing techniques needed for the specific sporting activities	Gymnastics • 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 • Understanding of the muscular system • Understanding of the skeletal system • How to improve strength and endurance	Athletics • Running over bigger distances – pacing, continuous training • Understand and perform triple jump • Be able to hurdle • Develop power when throwing a javelin Striking and fielding games • Tactical awareness – finding space, fielding positions • Improve consistency in catching • Link skills to competitive situations

	• Progressive play – overload, attack vs defence with attacking overload (3v2, 2v1) • Understand the impact possession has on a game • Develop self-led warm-ups • Understanding and implementing rules needed for the specific sporting activities • The benefit marking plays in invasions games – defensive statics	• Knowledge of isometric and plyometric exercises • Body tension and control • Flexion and extension of different muscles Net games • Using tactics against an opponent to successfully win a point • Use forehand, backhand, serve and volley in competitive situations Dance Rock ‘n’ Roll • Ponies – steps broken down, improved and continued • Lifts – partner work, coordination when combining with other steps • Turns – partner work, coordination when combining with other steps Zumba • Pop – step tap, turns, scoops, elevation • Flamenco – march, La Palmas, side travel, foot forward • Bhangra – bounce and shrug, knee lift Musical Theatre • Create routines with a theme • Spatial awareness • Use elements learnt in all previous year groups	Min-y-don - Outdoor and Adventurous activities such as orienteering and raft building 
<u>Key Vocabulary</u>			

	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
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