



## Long Term Progression

### PE

<p>Our children will:</p> <ul style="list-style-type: none"> <li>- learn, think, develop confidence, have a sense of well-being and make decisions</li> <li>- be physically competent, active and competitive</li> <li>- develop emotionally and socially, be involved and engaged, lead a healthy and active lifestyle</li> </ul>	<p>We use the PE Hub scheme to teach PE. We teach PE every half term. KS2 pupils go swimming for one half term.</p>
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	<b>Athletic Activity</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>Invasion Games</b>	<b>Net/Wall Games</b>	<b>Striking And Fielding Games</b>	<b>OAA</b>
<b>Reception</b>	<p>Balance obstacle course. Work with others to move through hoops. Reach, stretch, retrieve objects. Steps, strides, bounce, hop, bridges and tunnels. Travel over apparatus.</p> <p>Twist, turn, roll. Coordinate and control limbs. Run and jump in time to music. Agility, balance, coordination obstacle course. Perform basic actions with others.</p>	<p>Refines shapes and jumps to improve coordination. Experiment with egg &amp; log roll. Recognise pathways and direction. Points and patches to develop body tension. Link basic movements and use start and finish position. Learning and repeating actions through circle dance. Perform to the count of 8. Copy and repeat 4 actions. Perform an African dance motif.</p>	<p>Adapt instructions to physical actions. Develop take-off and landing position for jumps. Transferring and moving small equipment. Moving through and under apparatus. Copying and repeating actions. Refines shapes and jumps to improve coordination. Experiment with egg &amp; log roll. Recognise pathways and direction. Points and patches to develop body tension. Link basic movements and use start and finish position.</p>	<p>Coordinate limbs to carry out defined movements and actions. Replicate bilateral movements. Make contact with ball with legs and feet. Practice hop, step, jump sequence. Play parachute games. Move small objects using dominant and non-dominant hand. Push, hit, dribble. Use a baton to steer objects. Roll, spin, rotate, throw and catch hoops.</p>	<p>Coordinate limbs to carry out defined movements and actions. Replicate bilateral movements. Make contact with ball with legs and feet. Practice hop, step, jump sequence. Play parachute games. Move small objects using dominant and non-dominant hand. Push, hit, dribble. Use a baton to steer objects. Roll, spin, rotate, throw and catch hoops.</p>	<p>Coordinate limbs to carry out defined movements and actions. Replicate bilateral movements. Make contact with ball with legs and feet. Practice hop, step, jump sequence. Play parachute games. Move small objects using dominant and non-dominant hand. Push, hit, dribble. Use a baton to steer objects. Roll, spin, rotate, throw and catch hoops.</p>	<p>Work as an individual and part of a group to match. Keep heart rate high. Travel and follow travel trails as and individual. Work cooperatively to form shapes. Move along a pathways/trail with partner. Work with partner to form jumping patterns. Respond to visual cues. Compete as a team to complete an obstacle relay.</p>
<b>Year 1</b>	<p>Starting and stopping at speed. Show power in run, use arms. Take off on two feet.</p>	<p>Exploring storytelling through dance. Use a theme to create a dance. Develop actions to express friendship.</p>	<p>Carry equipment safely. Hurdle step take off. Perform egg roll and log roll. Explore body tension.</p>	<p>Send to targets. Catch and intercept. Bounce ball to self. Defend a target. Attack and defend as a pair. Communicate with partner.</p>	<p>Sliding and receiving a ball/beanbag. Explore different ways of sending a ball. Moving towards and returning balls. Scoring points against opposition. Attempt to hit a ball.</p>	<p>Use a range of throwing and rolling skills. Return a ball to a base/zone. Work with others to stop players scoring runs. Self-feed and hit a ball.</p>	<p>Follow simple instructions. Recognise, remember, and match some symbols. Perform physically challenging actions.</p>

	<p>Use leading arm to throw. Compete in relay teams. Perform agile movements. Work for sustained periods of time. Negotiate obstacles. Jumping and bounding. Run from different starting positions.</p>	<p>Dance with start middle and end. Perform with feeling. Perform actions to nursery rhymes. March in time. Move and turn as a group. Perform simple cannon and in rounds.</p>	<p>Linking movements. Rock, spin, turn. Move on, off, over. Point balances h,y, front/back support</p>	<p>Compete in a basic tournament 2v2.</p>	<p>Basic rally with slow moving objects (balloon). Feeding the ball over a net. Track balls. Develop core strength to send objects from a sitting, kneeling, and standing position</p>	<p>Run between bases to score points.</p>	<p>Follow a movement pattern with others. Take part in competitive races and work with a partner. Undertake simple speed stack arrangements.</p>
<p><b>Year 2</b></p>	<p>Aware of others when running in space. Create more power with legs and apply to agility test. Select best throw for conditioned games. Perform some static and dynamic balances. Explore their emotions around different challenges. Attempt more accuracy in throws. Perform under pressure. Explore breathing techniques.</p>	<p>Dance in solo and duet. Explore creative footwork. Discuss how a dance can develop. Respond to visual stimulus. Comment on contrasting actions. Use the theme of a clockface to develop a dance. Perform 'freestyle' moves. Perform a motif to music. Explore movement pathways.</p>	<p>Use start &amp; finish shapes. Power in jumping. Levels and speed. Rhythm in performing. Body management in a range of actions. Arabesque, bridge, japana</p>	<p>Kick with inside of foot and stop ball with feet. Control a ball. Bounce the ball to send it. Bounce a ball to begin to dribble. Throw/send a variety of equipment. Pass and move. Intercepting in a game. Play goalkeeper.</p>	<p>Identify the dominant and non-dominant side. Use basic serving rules in a game. Able to self-feed a ball to a partner using a racquet. Develop agility in isolated challenges. Develop the ready position to receive a ball. Play a variety of roles in a simple game. Throw into space to make it difficult for opponent to return. Play out a point from a serve.</p>	<p>Hit with bats (some still hitting with hands). Use kicking to send a ball and score points. Use underarm bowling. Play as part of a team. Run to 'safety'. Outwit bowler and hot to space. Move in line to stop ball.</p>	<p>Use equipment in unconventional ways. Build on speed stack skills. Compose a small group movement pattern. Participate in blindfold activities. Introduce the principle of map keys and use in a simple way</p>
<p><b>Year 3</b></p>	<p>Combination jumps. Recognising and performing different paced runs. Approaching hurdles. Pull action when throwing.</p>	<p>Perform a jazz square. Perform 2 contrasting characters. Communicate ideas as part of a group.</p>	<p>Contrasting shapes, body control when rolling. Partner unison. Patterns. Fluency in movement. Half lever. Bouncing, smooth</p>	<p><b>General</b> - Dribbling, passing in pairs. Defensive positioning. Building an attack. Finding space to receive the ball. Shot, pass, dribble theory.</p>	<p><b>Tennis</b> – Ready position. Hot to different areas of court. Perform a forehand shot. Move towards the ball to return. Serve with some accuracy to targets.</p>	<p><b>General</b> – Bowl with some accuracy and consistency. Use the long barrier to collect a rolling ball / collect and return a moving ball.</p>	<p>Use non-verbal communication effectively. Develop further simple map reading skill. Respond to and resolve problems as a team.</p>

	<p>Skipping technique. Recording scores accurately.</p>	<p>Use a prop in a 4-action dance phrase. Discuss examples of professional work. Create your own floor patterns. Create longer dance phrases by linking shorter ones. Introduce start and endings to dances. Perform in solo, duet and group. Apply feedback to improve own performance.</p>	<p>transitions and extension.</p>	<p><b>Basketball</b> – Jump Ball, 2 handed shot. Defensive body position.</p> <p><b>Football</b> – Using inside and outside of foot, trapping.</p> <p><b>Tag Rugby</b> – Ball handling. Running past defenders. Evading taggers and tag protocol.</p>			<p>Participate in trust activities. Plan on route map.</p>
<p><b>Year 4</b></p>	<p>Aiming at targets. Accelerating over short distances. Taking off from run with one foot to increase distance. Sling action when throwing. Perform baton exchanges</p>	<p>Develop dance freeze frames. Perform a slide and roll. Replicate a set phrase. Work collaboratively to sequence movements. Create a 5-action routine. Use formations to tell a story. Perform without prompts. Use devices to manipulate movements. Perform contact work as a group. Identify strengths in their performance.</p>	<p>Cartwheel progressions. Using STEP. Judging. Changes in speed. Shoulder roll. Shoulder stand. Showing flow. Fitness through tabattas.</p>	<p><b>General</b> – Passing over longer distances, use some marking technique and introduce some defending principles.</p> <p><b>Hockey</b> – Push pass, slap pass, straight dribble, stopping and turning with the ball.</p> <p><b>Netball</b> – Protecting the ball, basic shooting, playing within 3rds, 1 to 1 marking, pivoting, preliminary moves</p>	<p><b>Badminton</b> - Underarm forehand shot. Overhead/clearance shot. Introducing backhand. Practice racquet handling skills with trick shots. Explain different scoring scenarios. Developing singles play.</p>	<p><b>General</b> – Directing hit to score runs. Attempt to stop a bouncing ground ball with some success.</p> <p><b>Cricket</b> – Anticipate when to run to score singles. Bowl overarm from a stationary position. Attempt a pull shot in a game. Intercept the ball with one hand.</p>	<p>Recognise compass points. Use a compass. Follow a course. Work cooperatively with a partner to follow a map and solve problems. Recognise a range of standard map symbols. Evaluate their own success</p>