

**Active Learning  
Curriculum Progression Map**

<u>Physical Education</u>						
<u>Reception</u>	<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
<b><u>Dance and Gymnastics</u></b>						
<p><b>ELG: Gross Motor Skills</b></p> <p>Make different body shapes.</p> <p>Demonstrate rhythm and the ability to coordinate body movement to a beat.</p> <p>Are able to travel in a variety of ways, including over, under and through apparatus.</p> <p>Show confidence when climbing or travelling along apparatus.</p> <p>Understand how to use apparatus safely, including adjusting speed and direction.</p>	<p>Copy and explore new ways of travelling, including rolling and jumping.</p> <p>Show a variety of basic movements, patterns and shapes.</p> <p>Link several movements together in a short sequence with control and coordination.</p> <p>Use various body parts to perform balances, individually and in pairs.</p> <p>Demonstrate how to use apparatus safely.</p>	<p>Show an understanding and use a variety of basic movements, patterns and shapes.</p> <p>Link several movements together with control and coordination and then transfer these safely onto apparatus, individually and with others.</p> <p>Demonstrate how to use apparatus safely.</p>	<p>Create and perform a range of movements with control and coordination.</p> <p>Create and adapt a sequence of movement, patterns and shapes.</p> <p>Perform a movement sequence which uses travelling, rolling, jumping, various balancing actions.</p> <p>Build confidence, resilience, muscle strength, balance, coordination and agility.</p> <p>Explain how to use more complex apparatus safely.</p>	<p>Know the difference between counter balance and counter tension.</p> <p>Create own counter balances.</p> <p>Perform various balancing, travelling and jumping techniques in isolation and in combination.</p> <p>Link various actions and movements with control and coordination.</p> <p>Create short movement sequences.</p> <p>Teach a short sequence to a partner, making simple</p>	<p>Know the difference between matched and mirrored shapes.</p> <p>Create own mirrored and matched shapes and perform these with a partner.</p> <p>Learn about new styles of dance and explore them individually and with others.</p> <p>Create and perform dances in a range of styles, developing their knowledge of dance.</p>	<p>Create longer, more complex movement sequences (up to 8 elements) which use contrasting actions, shapes, balances and dynamics.</p> <p>Begin to demonstrate fluency and control within a sequence.</p> <p>Adapt a movement sequence with a partner, including using apparatus safely.</p> <p>Create a movement sequence using movement and patterns based around a theme with specific components.</p>

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				assessments to improve performance.		
<b><u>Invasion Games</u></b>						
<p><b>ELG: Gross Motor Skills</b></p> <p>Perform the 5 fundamental movement skills:</p> <ul style="list-style-type: none"> <li>• Run</li> <li>• Jump</li> <li>• Throw</li> <li>• Kick</li> <li>• Catch</li> </ul> <p>Begin to play small-sided games with their peers.</p>	<p>Movement &amp; Multiskills</p> <p>Perform fundamental movement skills:</p> <ul style="list-style-type: none"> <li>• Running fast</li> <li>• Hopping</li> <li>• Skipping</li> <li>• Jumping</li> <li>• Under arm throw</li> <li>• Over arm throw</li> <li>• Rolling a ball</li> <li>• Bouncing a ball</li> <li>• Kicking a ball</li> <li>• Catching</li> </ul> <p>Aiming at various targets using a range of equipment.</p> <p>Begin to use simple tactics for attacking and defending.</p>	<p>Change speed and direction safely.</p> <p>Take part in team games.</p> <p>Develop simple tactics for attacking and defending (moving into space).</p> <p>Understand to pass to an opponent in a space</p>	<p>Perform a range of passes within a game.</p> <p>Use a variety of throws with accuracy and control.</p> <p>Stop and catch a ball consistently.</p> <p>Apply basic attacking and defending principles to an invasion game (creating space).</p>	<p>Develop attacking and defending principles to a game (including creating space).</p> <p>Use a variety of passes with accuracy.</p> <p>Vary responses to tactics, strategies and sequences used.</p>	<p>Successfully apply a range of passes to a competitive game.</p> <p>Apply various strategies within a game to outwit their opponent.</p> <p>Know how to apply tactics/strategies to individual and team based events.</p> <p>Create own team based competitive or cooperative activities which are challenging and fair</p>	<p>Demonstrate passing/catching a ball with consistency, accuracy and control.</p> <p>Apply a variety of strategies to improve their own and team's performance (passing to a player in space, passing the ball wide or deep).</p> <p>Participate in recognised activities and games with skill and precision.</p> <p>Demonstrate creative thinking when planning and analysing the use of tactics and strategy.</p>
<b><u>Net &amp; Wall Games</u></b>						
	Use an increasing amount of control and	Demonstrate how to hold a bat and strike	Strike a ball away from their opponent.	Use a forehand and backhand shot within a game.	Choose when to use a forehand and	Choose an appropriate tactics

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	<p>skill in throwing and catching activities.</p> <p>Apply throwing and catching activities to team-based games.</p>	<p>with it correctly and safely.</p> <p>Develop simple tactics within a game (throw/strike into a space).</p> <p>Use different shot types within a net or wall game.</p>	<p>Recognise where the space is and strike a ball towards the space.</p> <p>Recognise where to stand within a net or wall game.</p>	<p>Begin to anticipate where the ball is going when it is hit to them.</p> <p>Hit a ball to a partner and over a net</p>	<p>backhand confidently within a game.</p> <p>Move to where the ball is going when it is hit to them.</p> <p>Take part in a short rally with a partner.</p> <p>Use tactics within a net or wall game to outwit the opponent (e.g. knowing where to stand, striking a ball at different paces, lengths and directions).</p>	<p>and apply it within a net or wall game.</p> <p>Take part in a rally with a partner performing a variety of shots with consistency and control.</p> <p>Use a wide range of striking skills on both sides of their bodies to outwit their opponent.</p> <p>Demonstrate how to hold the equipment correctly.</p>
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<u>Physical Education</u>	<u>Striking and Fielding Games</u>		<p>Use different throwing and kicking techniques in individual or team-based games.</p>	<p>Strike a ball for distance.</p> <p>Strike the ball away from their opponent.</p> <p>Use a simple tactics within a striking and fielding game.</p>	<p>Strike a ball that has been thrown towards them.</p> <p>Strike a ball into a space.</p> <p>Throw a ball using underarm and overarm.</p> <p>Catch a ball within a game.</p>	<p>Recognise when to use and underhand or overarm throw and apply it within a striking and fielding game.</p> <p>Know and apply the ready position to catch a ball with increasing consistency and control.</p> <p>Throw a ball with increasing accuracy.</p>	<p>Bowl underarm</p> <p>Strike a ball off a tee</p> <p>Strike a bowled ball</p> <p>Field a ball and throw back overarm</p>	<p>Batters apply basic tactics (running quickly to score points, hitting the ball into space, away from the fielders).</p> <p>Fielders apply basic tactics (intercepting a ball that has been struck, different positions).</p> <p>Perform a variety of strike within a striking and fielding game.</p>
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<u>Physical Education</u>	<u>Athletics</u>	<p><b>ELG: Gross Motor Skills</b></p> <p>Perform a variety of skills:</p> <ul style="list-style-type: none"> <li>• Running</li> <li>• Hopping</li> <li>• Skipping</li> <li>• Jumping</li> <li>• Under arm throw</li> <li>• Over arm throw</li> </ul>	<p>Perform a variety of athletic based skills:</p> <ul style="list-style-type: none"> <li>• Running (at a variety of speeds)</li> <li>• Hopping and skipping</li> <li>• Jumping (for height or distance)</li> <li>• Under arm throw (for accuracy) and over arm throw (for distance)</li> </ul>	<p>Master and perform a variety of athletic skills with greater control and coordination.</p> <p>Run at pace with their head in a stable position and their arms driving forwards and backwards.</p> <p>Explain the differences in athletic equipment and how to use it.</p>	<p>Run at fast, medium and slow speeds.</p> <p>Use different take off and landings when jumping.</p> <p>Develop jumping for distance and height.</p> <p>Take part in a relay, remembering when to run and what to do.</p> <p>Throw a variety of objects, changing action for accuracy and distance.</p>	<p>Use various running speeds, where appropriate</p> <p>Master the use of different take off and landings when jumping.</p> <p>Master jumping for distance and height</p> <p>Throwing – push, pull and sling</p> <p>Hop, step and jump</p>	<p>Choose and maintain the best pace for a running event.</p> <p>Exchange a baton with success in relay.</p> <p>Show control at take-off in jumping activities.</p> <p>Perform jumps for height and distance using good technique.</p> <p>Show accuracy and good technique when throwing for distance.</p> <p>Understand how stamina and power help people to perform well in different athletic activities</p>	<p>Continue to develop athletic specific skills performing them with consistency, accuracy, confidence, control and speed</p> <p>Throwing – push, pull, sling and heave</p> <p>Jumping – standing long jump and triple jump</p> <p>Running – short and long distance</p> <p>Passing a baton in a relay</p>
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<p align="center"><u>Physical Education</u></p>	<p align="center"><u>Swimming</u></p>					<p>Swim using various aids over a distance of 10 metres.</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres without aids .</p> <p>Use a range of strokes effectively. Perform safe self-rescue in different water -based situations.</p> <p>Have a knowledge of water safety in various settings: beach, pool, canals and reservoirs.</p>	<p>Swim using various aids over a distance of 10 metres.</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres without aids .</p> <p>Use a range of strokes effectively. Perform safe self-rescue in different water -based situations.</p> <p>Have a knowledge of water safety in various settings: beach, pool, canals and reservoirs.</p>	<p>Swim using various aids over a distance of 10 metres.</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres without aids .</p> <p>Use a range of strokes effectively. Perform safe self-rescue in different water -based situations.</p> <p>Have a knowledge of water safety in various settings: beach, pool, canals and reservoirs.</p>

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<u>Physical Education</u>	<u>Outdoor and adventurous activity</u>			<p>Locate different features of a school site.</p> <p>Take part in simple trails.</p> <p>Communicate with a partner or small group.</p>	<p>Orientate a map of the school site</p> <p>Recognise particular features on a map of the school</p> <p>Use a control card</p> <p>Navigate a course safely</p>	<p>Travel and balance safely when carrying out challenges</p> <p>Demonstrate teamwork skills during planning, doing and reviewing</p>	<p>Know how to keep the map set or orientates when they move around a simple course</p> <p>Know the eight points of the compass</p> <p>Record information accurately at the control marker</p> <p>Navigate to a control marker on a score event course</p>	<p>To set a map using a compass</p> <p>To practise and refine thumbing the set map (orientated)</p> <p>To set a direction of travel from the map using a compass</p> <p>To follow instructions in order to complete an orienteering course</p>





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					<p>Generate as many ideas and options as possible to approach a task or problem, building on and combining these.</p> <p>Explain the importance of teamwork within a game.</p> <p>Follow the rules of a game.</p> <p>Is competitive and able to motivate others to perform to the best of their ability</p>	<p>Evaluate what they have learned.</p> <p>Know and apply the skills needed to work within a team.</p> <p>Is resilient and able to keep a team going in the face of adversity at all times</p>	<p>Compare their methods, techniques and performance with those of others.</p> <p>Evaluate the strengths and weaknesses in their own and others' outcomes.</p> <p>Is willing to listen and share ideas and act decisively</p>	
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