



*Doing all the good we can*  
Physical Education Progression Overview

Year 1/2	Autumn A Why is Richmond Special?	Spring A What's it made of and why?	Summer A How do people tell their stories?	Autumn B How do I care for my body and mind?	Spring B What makes a good home?	Summer B Why is our environment precious?
	<ul style="list-style-type: none"> <li>• Make body curled, tense, stretched and relaxed</li> <li>• Control body when travelling and balancing</li> <li>• Copy sequences and repeat them</li> <li>• Roll, curl, travel and balance in different ways</li> </ul>	<ul style="list-style-type: none"> <li>• Perform own dance moves</li> <li>• Copy or make up a short dance</li> <li>• Move safely in a space</li> </ul>	<ul style="list-style-type: none"> <li>• Plan and perform a sequence of movements</li> <li>• Improve sequences based on feedback</li> <li>• Think of more than one way to create a sequence which follows some rules</li> </ul>	<ul style="list-style-type: none"> <li>• Change rhythm, speed, level and direction in dance</li> <li>• Make a sequence by linking sections together</li> <li>• Use danced to show a mood or feeling</li> </ul>	<ul style="list-style-type: none"> <li>• Throw underarm</li> <li>• Throw and kick in different ways</li> </ul>	<ul style="list-style-type: none"> <li>• Use hitting, kicking and or rolling in a game</li> <li>• Decide the best space to ne in during a game</li> <li>• Use a tactic in a game</li> <li>• Follow rules</li> </ul>
Year 3/4	Autumn A	Spring A	Summer A	Autumn B	Spring B	Summer B



*Doing all the good we can*  
Physical Education Progression Overview

	Why is Richmond special?	What is beneath us and why does it matter?	How do we get our message across?	How do I care for my body and mind?	Why is history worth knowing?	How can I have my say?
	<ul style="list-style-type: none"> <li>Follow a map in a familiar context</li> <li>Follow clues to follow a route</li> <li>Follow a route safely</li> <li>Follow a route within a time limit</li> </ul>	<ul style="list-style-type: none"> <li>Compare and contrast gymnastic sequences</li> <li>Recognise own improvement in a ball game</li> </ul>	<ul style="list-style-type: none"> <li>Throw and catch accurately with one hand</li> <li>Hit a ball accurately with control</li> <li>Vary tactics and adapt skills depending on what is happening in a game</li> <li>Be aware of space and use it to</li> </ul>	<ul style="list-style-type: none"> <li>Run at fast medium and slow speeds; changing speed and direction</li> <li>Take part in a relay, remembering when to run and what to do</li> <li>sprint over a short distance and show stamina when running over a long distance</li> <li>jump in different ways</li> </ul>	<ul style="list-style-type: none"> <li>Adapt sequences to suit different types of apparatus and criteria</li> <li>Explain how strength and suppleness affects performance</li> <li>Move in a controlled way</li> <li>Include chances of speed and</li> </ul>	<ul style="list-style-type: none"> <li>Provide support and advice to others in gymnastics and dance</li> <li>Be prepared to listen to the ideas of others</li> <li>Improvise freely and translate ideas from the stimulus into movement</li> <li>Share and create phrase</li> </ul>



*Doing all the good we can*  
Physical Education Progression Overview

			<p>support team-mates and to cause problem for the opposition</p> <ul style="list-style-type: none"> <li>• Know and use rules fairly</li> </ul>	<ul style="list-style-type: none"> <li>• throw in different ways and hit a target, when needed</li> </ul>	<p>direction in a sequence</p> <ul style="list-style-type: none"> <li>• Work with a partner to create repeat and improve a sequence with at least three phases</li> </ul>	<p>with a partner or small group</p> <ul style="list-style-type: none"> <li>• Remember and repeat dance perform phrases</li> <li>• Take lead when working with a partner or group</li> <li>• Use dance to communicate and idea</li> </ul>
Year 5/6	Autumn A	Spring A	Summer A	Autumn B	Spring B	Summer B



*Doing all the good we can*  
Physical Education Progression Overview

	Why is Richmond special?	Where does it come from and where does it go?	How do words make us feel?	How do I care for my body and mind?	What legacy will I leave behind?	What makes a colourful world?
	<ul style="list-style-type: none"> <li>Follow a map into an unknown location</li> <li>Use clues and a compass to navigate a route</li> <li>Change route to overcome a problem</li> <li>Use new information to change route</li> <li>Gain possession by</li> </ul>	<ul style="list-style-type: none"> <li>Pick up on something a partner does well and also on something that can be improved</li> <li>Know why own performance was better or not as good as their last</li> <li>Make complex,</li> </ul>	<ul style="list-style-type: none"> <li>Know which sports they are good at and find out how to improve further</li> <li>Controlled when taking off and landing</li> <li>Throw with increasing accuracy</li> </ul>	<ul style="list-style-type: none"> <li>Combine own work with that of others</li> <li>Sequences to specific timings</li> <li>Develop sequences in a specific style</li> <li>Choose own music and style</li> <li>Compose own dances in a creative way</li> <li>Perform dance to an accompaniment</li> </ul>	<ul style="list-style-type: none"> <li>Combine action, balance and shape</li> <li>Perform consistently to different audiences</li> </ul>	<ul style="list-style-type: none"> <li>Agree and explain rules to others</li> <li>Work as a team and communicate a plan</li> <li>Lead others in a game situation when the need arises</li> </ul>



*Doing all the good we can*  
Physical Education Progression Overview

	<p>working as a team and pass in different ways</p> <ul style="list-style-type: none"> <li>• Choose a specific tactic for defending and attacking</li> <li>• Use a number of techniques to pass, dribble and shoot</li> </ul>	<p>extended sequences</p> <ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Combine running and jumping</li> </ul>	<ul style="list-style-type: none"> <li>• Dance shows clarity, fluency, accuracy and consistency</li> </ul>		
--	---	---	---	--	--	--