



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?
	<p>I know how to: <u>Gymnastics</u></p> <ul style="list-style-type: none"> • Make my body curled, tense, stretched and relaxed • Control my body when travelling and balancing • Copy sequences and repeat them • Roll, curl, travel and balance in different ways <p><u>Travelling – skills 2 play</u></p> <ul style="list-style-type: none"> • Attempt to run at different speeds, showing an awareness of technique 	<p>I know how to: <u>Dance</u></p> <ul style="list-style-type: none"> • Perform my own dance moves • Copy or make up a short dance • Move safely in a space <p><u>'Skills 2 Play'</u></p> <ul style="list-style-type: none"> • Kick towards a stationary target • Drop and catch a ball after one bounce on the move. • Move a ball using different parts of the foot 	<p>I know how to: <u>Gymnastics</u></p> <ul style="list-style-type: none"> • Plan and perform a sequence of movements • Improve sequences based on feedback • Think of more than one way to create a sequence which follows some rules • Take my body weight on different body parts with and without apparatus • To perform balances, with control, on apparatus 	<p>I know how to: <u>Dance</u></p> <ul style="list-style-type: none"> • Change rhythm, speed, level and direction in dance • Make a sequence by linking sections together • Use danced to show a mood or feeling <p><u>Travelling (locomotor)</u></p> <ul style="list-style-type: none"> • Show balance and co-ordination when running at different speeds 	<p>I know how to: <u>'Skills 2 play'</u></p> <ul style="list-style-type: none"> • Throw in different ways • Throw and roll towards a target using varying techniques with some success • kick in different ways • Show balance when kicking towards a stationary target 	<p>I know how to: <u>Basic invasion games</u></p> <ul style="list-style-type: none"> • Use hitting, kicking and/or rolling in a game • Decide the best space to be in during a game • Use a tactic in a game • Follow rules <p><u>Dance</u> select from a range of actions in relation to a stimulus use mirroring and unison when</p>



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	<ul style="list-style-type: none"> • Link running and jumping with some control • Show some control and balance when travelling at different speeds • Jump, leap and hop and know which will allow me to jump the furthest. <p><u>Fitness Circuits</u></p> <ul style="list-style-type: none"> • Perform actions with increased control when co-ordinating my body with and without equipment • Encourage others to keep trying • Show determination 	<ul style="list-style-type: none"> • Attempt to track a ball and other equipment send to me • Catch a beanbag and a medium-sized ball • Throw and roll towards and target with varying techniques 	<p><u>Athletics Sports Day</u></p> <ul style="list-style-type: none"> • To perform actions with increased control and co-ordination • Apply my throwing, catching and locomotor skills to Sports Day activities 	<ul style="list-style-type: none"> • Link running and jumping movements with some control and balance • Show control and balance when travelling at different speeds • Show hopping and jumping movements with some balance and control <p><u>Fitness Circuits</u></p> <ul style="list-style-type: none"> • Perform actions with increased control when co-ordinating my body with and without equipment 	<ul style="list-style-type: none"> • Move to track a ball and stop it using feet • Dribble a ball with two hands, on the move • Dribble a ball with my foot with some success, stopping when required • Catch an object passed to me, with and without a bounce <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • To roll in different ways • To create different shapes with my body 	<p>completing actions with a partner</p> <p><u>Athletics Sports Day</u></p> <ul style="list-style-type: none"> • To perform actions with increased control and co-ordination • Apply my throwing, catching and locomotor skills to Sports Day activities
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	when completing a task			<ul style="list-style-type: none"> Encourage others to keep trying Show determination when completing a task 	<ul style="list-style-type: none"> To jump and land with increased balance and control Copy, remember, repeat and plan linking simple actions with some control and technique 	
Year 3/4	Autumn A Why is Richmond special?	Spring A What is beneath us and why does it matter?	Summer A How do we get our message across?	Autumn B How do I care for my body and mind?	Spring B Why is history worth knowing?	Summer B How can I have my say?
	I know how to: <u>OAA</u> <ul style="list-style-type: none"> Follow a map in a familiar context Follow clues to follow a route Follow a route safely 	I know how to: <u>Gymnastics</u> <ul style="list-style-type: none"> Create a sequence Compare and contrast gymnastic sequences Provide support and advice to 	I know how to: <ul style="list-style-type: none"> Throw and catch accurately with one hand Hit a ball accurately with control Vary tactics and adapt 	I know how to: <ul style="list-style-type: none"> Run at fast medium and slow speeds; changing speed and direction Take part in a relay, remembering 	I know how to: <ul style="list-style-type: none"> Adapt sequences to suit different types of apparatus and criteria Explain how strength and suppleness 	I know how to: <ul style="list-style-type: none"> Provide support and advice to others in dance Be prepared to listen to the ideas of others Improvise freely and translate ideas from the



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<ul style="list-style-type: none"> Follow a route within a time limit <p><u>Fitness Frenzy Circuits</u></p> <ul style="list-style-type: none"> Encourage and motivate others to work to their person best Persevere when finding a challenge difficult co-ordinate my body with increased consistency in a variety of activities <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> Demonstrate some strength and control when taking weight on different body parts for longer periods of time Complete balances with increased stability, control and technique 	<p>others in gymnastics</p> <p><u>Games</u></p> <ul style="list-style-type: none"> Recognise own improvement in a ball game Can dribble a ball with feet with some control in a game Kick towards a partner in a game <p><u>(Bootcamp)</u></p> <p><u>Multi skills</u></p> <ul style="list-style-type: none"> Receive and send a ball Demonstrate balance when performing other fundamental skills. <p><u>Dance</u></p> <ul style="list-style-type: none"> Copy, remember and perform a dance phrase Create a short dance phrase 	<p>skills depending on what is happening in a game</p> <ul style="list-style-type: none"> Be aware of space and use it to support team-mates and to cause problem for the opposition Know and use rules fairly <p><u>Gymnastics (large equipment)</u></p> <ul style="list-style-type: none"> Demonstrate some strength and control when taking weight on different body parts for longer periods of time when 	<p>when to run and what to do</p> <ul style="list-style-type: none"> sprint over a short distance and show stamina when running over a long distance jump in different ways throw in different ways and hit a target, when needed <p><u>Fitness Frenzy Circuits</u></p> <ul style="list-style-type: none"> Encourage and motivate others to work to their person best Persevere when finding a challenge difficult 	<p>affects performance</p> <ul style="list-style-type: none"> Move in a controlled way Include chances of speed and direction in a sequence Work with a partner to create repeat and improve a sequence with at least three phases Demonstrate increase strengths, control and technique when taking own and others' weight on apparatus <p><u>Bootcamp</u></p> <ul style="list-style-type: none"> Encourage and motivate others 	<p>stimulus into movement</p> <ul style="list-style-type: none"> Share and create phrase with a partner or small group Remember and repeat dance perform phrases Take lead when working with a partner or group Use dance to communicate and idea <p><u>Tennis</u></p> <ul style="list-style-type: none"> Strike a ball with varying techniques and with increased accuracy towards a designated target <p><u>Athletics</u></p> <ul style="list-style-type: none"> Apply throwing skills to different activities
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	<p><u>Running</u></p> <ul style="list-style-type: none"> Show balance co-ordination and techniques when running at different speeds, stopping with control Show balance when changing direction in combination with other skills <p><u>Ball skills (throwing, catching and target practise).</u></p> <ul style="list-style-type: none"> Throw a variety of objects, changing action for accuracy and distance 	<p>that communicates an idea</p> <p><u>Tag rugby</u></p> <ul style="list-style-type: none"> Use simple tactics individually and within a team Change direction with increased some in a game situation <p><u>Basketball</u></p> <ul style="list-style-type: none"> Dribble a ball with one hand with some control <p><u>Golf</u></p> <ul style="list-style-type: none"> To strike a ball safely <p><u>Swimming</u></p> <ul style="list-style-type: none"> Submerge and regain feet in the water Use arms and legs together to move effectively across 	<p>using large apparatus</p> <ul style="list-style-type: none"> Use body tension to perform balances both individually and with a partner <p><u>Tennis</u></p> <ul style="list-style-type: none"> Strike a ball with varying techniques <p><u>Athletics</u></p> <ul style="list-style-type: none"> Apply throwing skills to different activities Jump for distance Jump for height Link running and jump <p><u>Cricket</u></p>	<p>Begin to co-ordinate my body at speed in response to a task</p> <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> Demonstrate some strength and control when taking weight on different body parts for longer periods of time Complete balances with increased stability, control and technique <p><u>Running</u></p> <ul style="list-style-type: none"> Demonstrate how and when to speed up and slow down when running Show balance 	<p>to work to their person best</p> <ul style="list-style-type: none"> Persevere when finding a challenge difficult co-ordinate my body with increased consistency in a variety of activities <p><u>Dance</u></p> <ul style="list-style-type: none"> To copy, remember and adapt set choreography Use actions and reactions to represent an idea <p><u>Tag rugby</u></p> <ul style="list-style-type: none"> Create and use space with some success in a game Change direct to lose an 	<ul style="list-style-type: none"> Jump for distance Jump for height Link running and jump <p><u>Cricket</u></p> <ul style="list-style-type: none"> Use a correct bowling technique with increased accuracy Hold a cricket bat safely Strike a ball using a cricket bat
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		<p>a short distance in the water</p> <ul style="list-style-type: none"> • Float on front and back for short periods of time. Glide on front and back over short distances. • Confidently roll from front to back and then regain a standing position. 	<ul style="list-style-type: none"> • Use a correct bowling technique • Hold a cricket bat 	<p>when changing direction at speed in combination with other skills</p> <p><u>Ball skills (throwing, catching and target practise).</u></p> <ul style="list-style-type: none"> • Throw with some accuracy and power towards a target area <p><u>Swimming</u></p> <ul style="list-style-type: none"> • Submerge and regain feet in the water • Use arms and legs together to move effectively across a short distance in the water • Float on front and back for short periods of time. Glide on 	<p>opponent with success</p> <p><u>Basketball</u></p> <ul style="list-style-type: none"> • Link dribbling a ball with other action with increased control <p><u>Golf</u></p> <ul style="list-style-type: none"> • To strike a ball safely towards a designated target 	
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				front and back over short distances. Confidently roll from front to back and then regain a standing position		
Year 5/6	Autumn A Why is Richmond special?	Spring A Where does it come from and where does it go?	Summer A How do words make us feel?	Autumn B How do I care for my body and mind?	Spring B What legacy will I leave behind?	Summer B What makes a colourful world?
	I know how to: <u>OAA</u> <ul style="list-style-type: none"> Follow a map into an unknown location Use clues and a compass to navigate a route Change route to overcome a problem Use new information to change route 	I know how to: <u>Gymnastics</u> <ul style="list-style-type: none"> Pick up on something a partner does well and also on something that can be improved Know why own performance was better or not as good as their last Make complex, extended sequences 	I know how to: <u>Athletics</u> <ul style="list-style-type: none"> Know which sports they are good at and find out how to improve further Controlled when taking off and landing Throw with increasing accuracy 	I know how to: <u>Dance</u> <ul style="list-style-type: none"> Combine my own work with that of others Sequences to specific timings Develop sequences in a specific style Choose own music and style Compose own dances in a creative way 	I know how to: <u>Gymnastics</u> <ul style="list-style-type: none"> Combine action, balance and shape Perform consistently to different audiences Combine and perform more complex 	I know how to: <u>Games</u> <ul style="list-style-type: none"> Agree and explain rules to others Work as a team and communicate a plan Lead others in a game situation when the need arises <u>Athletics</u>



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	<p><u>Hockey/Football/Netball/ dodgeball</u></p> <ul style="list-style-type: none"> Gain possession by working as a team and pass in different ways Choose a specific tactic for defending and attacking Use a number of techniques to pass, dribble and shoot Use dribbling to change the direction of play Dribble with feet with some control catch and intercept a ball Use a variety of kicking techniques Receive a pass using different parts of the foot Use a variety of throwing techniques under pressure 	<ul style="list-style-type: none"> Use strength to improve the quality of an action Show increased control and balance when moving from one balance to another <p><u>Tag rugby</u></p> <ul style="list-style-type: none"> Use a variety of techniques to change direction and lose an opponent Catch and pass with two hand accurately <p><u>Boxercise</u></p> <ul style="list-style-type: none"> Demonstrate good balance and control when performing other fundamental movement skills 	<ul style="list-style-type: none"> Combine running and jumping Perform a range of more complex jumps, showing some technique Show accuracy and power when throwing for distance Run at the appropriate speed over longer distances <p><u>Dance</u></p> <ul style="list-style-type: none"> Accurately copy n repeat a set of choreography in different styles of dance 	<ul style="list-style-type: none"> Perform dance to an accompaniment Dance shows clarity, fluency, accuracy and consistency <p><u>Hockey/Football/Netball/ dodgeball</u></p> <ul style="list-style-type: none"> Use dribbling to change the direction of play-with control, under pressure Dribble with feet using a variety of techniques, under pressure Catch and intercept a ball with increased success in a game Select and apply the appropriate kicking technique with control 	<p>balances with control and technique fluency</p> <ul style="list-style-type: none"> Demonstrate more complete actions with a good level of strength technique Plan an perform with precision, control and fluency, a sequence of actions including a wide range of skills <p><u>Tag rugby</u></p> <ul style="list-style-type: none"> Confidently change direction to successfully outwit an opponent 	<ul style="list-style-type: none"> Perform jumps for height and distance using good technique Show accuracy and good technique when throwing for distance Demonstrate a controlled running technique using appropriate speed over longer distances <p><u>Dance</u></p> <ul style="list-style-type: none"> Perform dances confidently and fluently with accuracy and good timing Work creatively and imaginatively, individually, with a partner or a group to choreograph
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	<p><u>Fitness circuits- personal best</u></p> <ul style="list-style-type: none"> Use different strategies to persevere to achieve my personal best Track, reflect and evaluate my performance both individually and in group 	<ul style="list-style-type: none"> Co-ordinate a range of body part at increased speed <p><u>Cricket</u></p> <ul style="list-style-type: none"> Strike a ball using varying techniques with increased accuracy To bowl using correct technique with increased accuracy 	<p>showing a good sense of timing</p> <ul style="list-style-type: none"> Choreograph phrases individually and with other, considering actions, dynamics, space and relationships in response to a stimulus <p><u>Rounders/tennis</u></p> <ul style="list-style-type: none"> Strike a ball using varying techniques with increased accuracy <p><u>Swimming</u></p> <ul style="list-style-type: none"> Confidently and consistently retrieve an object from 	<ul style="list-style-type: none"> Receive a pass using different parts of a foot, under pressure Use a variety of throwing techniques, including fake passes, to outwit an opponent <p><u>Fitness circuits- personal best</u></p> <ul style="list-style-type: none"> Use different strategies to persevere to achieve my personal best Track, reflect and evaluate my performance both individually and in group 	<ul style="list-style-type: none"> Catch and pass with two hand accurately <p><u>Boxercise</u></p> <ul style="list-style-type: none"> Show fluency and control when balancing, travelling, landing, stopping and changing direction Co-ordinate a range of body parts with a fluent action at a speed appropriate to the challenge <p><u>Cricket</u></p> <ul style="list-style-type: none"> Strike a ball using a wider range of skills to outwit an opponent 	<p>longer phases and consider actions and space in relation to a theme</p> <p><u>Rounders/Tennis</u></p> <ul style="list-style-type: none"> Strike a ball using a wider range of skills to outwit an opponent <p><u>Swimming</u></p> <ul style="list-style-type: none"> Confidently and consistently retrieve an object from the floor with the same breath Confidently co-ordinate a smooth and consistent breathing technique with a range of strokes Confidently demonstrate
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			<p>the floor with the same breath</p> <ul style="list-style-type: none"> • Confidently co-ordinate a smooth and consistent breathing technique with a range of strokes • Confidently demonstrate good technique in a wider range of strokes over increased distances <p>Select and apply the appropriate survival technique to the situation</p>		<ul style="list-style-type: none"> • To bowl using correct technique and vary my tactics to outwit an opponent 	<p>good technique in a wider range of strokes over increased distances</p> <ul style="list-style-type: none"> • Select and apply the appropriate survival technique to the situation
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