



Glen Hills Primary School Progression Map – PE Sports



A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

Our curriculum for Physical Education aims to ensure that all pupils:

- develop competence to excel in a comprehensive range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

UNITS	SPORTS					
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
INVASION	Learning the basic skills: Sending and receiving. Dribbling	Improving the basic skills: Sending and receiving Dribbling Shooting and scoring Finding space	Recapping basic skills. Beginning to transfer skill to the games.	Hockey, football, tag rugby.	Football, Tag-Rugby, Netball	Basketball, Handball, , Hockey
NET/WALL	Learning the basics of hitting objects using equipment.	Learning the basics of hitting objects using equipment.	Introduction to tennis and tennis skills.	Tennis skills and modified games.	Introduction to Badminton Progressing to badminton games.	Tennis skills More advanced skills of serving and tactics. Tennis games.
ATHLETICS	Walking / running	Run with a good	Adjust running pace	Select pupils compete	Speed, agility and	Continue to improve

	<p>changing direction</p> <p>Jumping with accuracy</p> <p>Roll a ball and Throwing with accuracy</p>	<p>posture and controlled</p> <p>Different types of jump and linking jumps.</p> <p>Continue to develop throwing accuracy.</p> <p>Start to pace themselves for longer runs.</p> <p>Use their skills in competition setting.</p>	<p>smoothly using a good technique.</p> <p>Sprint and change direction quickly</p> <p>Hop, skip and jump with control and speed.</p> <p>Aim and throw in different ways at a target.</p> <p>Understand what pace is and use this well.</p> <p>Begin to understand the relay.</p> <p>Perform in a competitive situation.</p>	<p>at a local event.</p>	<p>technique running.</p> <p>Improving power and technique in jumping and throwing.</p> <p>To master the baton exchange in a relay.</p> <p>Select pupils compete at a local event</p>	<p>stamina for long distances.</p> <p>To improve reaction speed for races.</p> <p>Use all previous skills in competition style sessions.</p> <p>Select pupils compete at a local event</p>
STRIKING/FIELDING	Basic Striking and fielding skills	Striking and fielding skills Moving onto T-ball games.	T-ball and modified rounders.	Intro to Cricket	Cricket and modified rounders	Rounders Cricket
DANCE	Begin to perform dances using simple movement patterns.	Begin to perform dances using simple movement patterns.	Perform dances using a range of movement patterns to different genres of music.	Perform group and solo dances using a range of movement patterns.	Develop their knowledge of dance techniques, use a range of movement patterns to perform and improve their	Pupils to choreograph and perform their own dances using skills learnt throughout Key Stage 2.

					own dances.	
GYMNASTICS	Start to develop fundamental movement skills, have a broad range of opportunities to extend their agility, balance and coordination, individually and with others.	Start to develop fundamental movement skills, have a broad range of opportunities to extend their agility, balance and coordination, individually and with others.	Continue to develop flexibility, strength, technique, control and balance through floor exercises, body management tasks and using a range of equipment. Start to compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Continue to develop flexibility, strength, technique, control and balance through floor exercises, body management and using a range of equipment including the large apparatus. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Increase their flexibility, strength, technique, control and balance through floor exercises, body management and a range of equipment including the spring board. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Master their flexibility, strength, technique, control and balance through floor exercises, body management and a range of equipment. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
SWIMMING	N/A	N/A	N/A	Swim for the year and work towards N.C requirements: swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and	N/A	Any pupils that need extra lessons to make the 25 meters goal and other requirements.

				breaststroke] Perform safe self-rescue in different water-based situations.		
OTHERS			OOA and team building games.		OOA	NFL Flag Football. OOA