





Guilden Sutton Church of England Primary School

Love and Justice for All

Physical Education Whole School Curriculum Progression Map


Our Christian Values: WISDOM, JUSTICE, COMPASSION, LOVE, FORGIVENESS, FRIENDSHIP

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Multi-skills <ul style="list-style-type: none"> Fundamental movements – hop, skip, jump Throw/catch with bean bags and large soft balls Develop ability to change direction and speed Balance – balancing objects in a racket How does physical activity affect our body? Developing teamwork skills 		Gymnastics <ul style="list-style-type: none"> An understanding of the impact physical activity has on the body Creating basic shapes – tuck, star, pike, straight, straddle Individual and counter balances with partner. Invasion games <ul style="list-style-type: none"> Develop control when dribbling, kicking, throwing and bouncing Throwing and catching using different body parts 		Athletics <ul style="list-style-type: none"> Improving speed, agility and quickness Developing cardiovascular endurance Running with agility, balance and coordination Striking and fielding games <ul style="list-style-type: none"> Controlling a ball when hitting it along the ground Balancing a ball on a bat or a racquet Dance <p>Country Dancing</p> <ul style="list-style-type: none"> Circle dancing – teamwork and spatial awareness Skips Gallops <p>Modern Jazz (based on Preparatory Grade)</p>	


			<ul style="list-style-type: none"> • Use of breath – conscious breathing coordinating with movement • Directions – special awareness • Creative movement – confidence in our own body and how it moves
	<p><u>Key Vocabulary</u></p> <p>Jump, land, pass, catch, roll, balance, run, jog, combining movements to make a sequence, dance etiquette bow/curtsey to say thank you and goodbye</p>		
1	<p>Multi-skills (Invasion games) </p> <ul style="list-style-type: none"> • Develop the ability to roll and catch a ball • Throw, roll or kick through gates to a partner with improving accuracy • Move and run into space <p>Dance</p> <p>Musical Theatre (based on Introductory Stage Musical Theatre and Primary Theatre Craft)</p> <ul style="list-style-type: none"> • Ball heel walks • Spring points • Hops in combination <p>Rock 'n' Roll</p> <ul style="list-style-type: none"> • Flick Tum Tee Tum • Flick Ticks • Twisty Walks 	<p>Gymnastics</p> <ul style="list-style-type: none"> • Balance on 1 leg • Basic shapes • Rolls • Travel under, over and across • Basic jumps – one foot to one foot, one foot to two feet, two feet to one foot, two feet to two feet <p>Net games</p> <ul style="list-style-type: none"> • Travel whilst balancing a ball • Send a ball along the ground 	<p>Athletics </p> <ul style="list-style-type: none"> • Run, jump and throw • Jump with two feet • Run short distances <p>Striking and fielding games</p> <ul style="list-style-type: none"> • Underarm to a partner • Receiving the ball
	<p><u>Key Vocabulary</u></p> <p>Underarm, jump, land, pass, catch, roll, balance, run, jog, anatomy (joints), presentation, importance of warm up and cool down (physical and vocal)</p>		
2	<p>Dance</p> <p>Cha Cha Cha</p>	<p>Net games</p> <ul style="list-style-type: none"> • Develop grip and stance • Send and receive a ball along the ground • Travel whilst balancing a ball 	<p>Gymnastics</p> <ul style="list-style-type: none"> • Use equipment to create sequences • Partner balance with developing body tension

	<ul style="list-style-type: none"> • Rhythm – active listening so you can dance in time with the music • Basic • New York <p>Zumba</p> <ul style="list-style-type: none"> • Musical structure – chorus, verse bridge (used when creating routines) • Salsa – tap, 2 step, basic front, side and back • Cumbia <p>Multi-skills (Invasion games)</p> <ul style="list-style-type: none"> • Underarm and overarm throw • Using space in games • Understanding rules needed for the sporting activity • Developing teamwork skills 	<ul style="list-style-type: none"> • Hand and eye coordination to bounce and hit a ball • Understanding the different parts of racket 	<ul style="list-style-type: none"> • Weight transfer – front support, back support and side support • Link movements to create a sequence <p>Athletics</p> <ul style="list-style-type: none"> • Speed and direction change • Changing pace to perform different movements at different paces • Sprint start – body position needed • Running with a baton <p>Striking and fielding games</p> <ul style="list-style-type: none"> • Overarm bowl • Strike a ball off a tee • Perform underarm and overarm throw in static situations • Using a long barrier to stop a ball • Retrieving the ball
<p>Key Vocabulary</p> <p>Underarm, jump, land, pass, catch, roll, balance, run, jog, teams, attack, defend, space, coordination, accents/emphasis, chorus/verse/instrumental</p>			
<p>3</p>	<p>Gymnastics</p> <ul style="list-style-type: none"> • Plan sequences using varied apparatus • Continue to develop control with specific balances • Transfer weight under control <p>Dance</p> <p>Country Dancing</p> <ul style="list-style-type: none"> • Square Dancing – spatial awareness, finding place in the square 	<p>Invasion Games</p> <ul style="list-style-type: none"> • Specific sports skills • Throw, catch and control • Understand what spatial awareness is • Understanding rules needed for the sporting activities <p>Swimming</p> <ul style="list-style-type: none"> • Swim competently, confidently and proficiently over a distance of at least 25 metres • Use a range of strokes effectively 	<p>Athletics</p> <ul style="list-style-type: none"> • Javelin throw • Passing the baton on the move • Sprint technique to improve speed • Running with agility <p>Striking and fielding games</p> <ul style="list-style-type: none"> • Improve overarm throw accuracy and distance • Using a long barrier to stop a ball

	<ul style="list-style-type: none"> • Do-Si-Do – steps broken down, improved and continued • Promenade – steps broken down, improved and continued <p>Rock 'n' Roll</p> <ul style="list-style-type: none"> • Chasse and Rock – steps broken down, improved and continued • Toe Heel Swivel – steps broken down, improved and continued • Partners – spatial awareness and work in collaboration 	<ul style="list-style-type: none"> • Perform safe self-rescue in different water-based situations <p><i>Aims and objectives for the end of KS2</i></p> <p>Net games</p> <ul style="list-style-type: none"> • Understanding the ready position • Using a forehand stroke to return the ball 	<ul style="list-style-type: none"> • Bat control – how to hold and stand with the bat
<p><u>Key Vocabulary</u></p> <p>Underarm, jump, land, pass, catch, roll, balance, run, jog, teams, attack, defend, space, coordination, long barrier, chest pass, bounce pass, spatial awareness, lead/follow in partner work, anatomy (muscles)</p>			
<p>4</p>	<p>Dance</p> <p>Modern Jazz (based Primary Grade)</p> <ul style="list-style-type: none"> • Expand and relax – steps broken down, improved and continued • Hand isolations – steps broken down, improved and continued • Triplets – steps broken down, improved and continued <p>Musical Theatre (based on Stage One Musical Theatre and Grade One Theatre Craft)</p> <ul style="list-style-type: none"> • Story telling through song and dance – using gestures and facial expression • Step ball change • Kicks 	<p>Swimming</p> <ul style="list-style-type: none"> • Swim competently, confidently and proficiently over a distance of at least 25 metres • Use a range of strokes effectively • Perform safe self-rescue in different water-based situations <p><i>Aims and objectives for the end of KS2</i></p> <p>Gymnastics</p> <ul style="list-style-type: none"> • Work collaboratively to perform balances and sequences • Provide constructive feedback to groups • Understand a wider range of themes for shapes and balances <p>Net games</p> <ul style="list-style-type: none"> • Return the ball after a bounce 	<p>Athletics</p> <ul style="list-style-type: none"> • Passing the baton on the move • Develop and improve sprint technique to improve speed <p>Striking and fielding games</p> <ul style="list-style-type: none"> • Underarm and overarm bowl to a partner • Strike the ball when bowled to them

	<p>Invasion games</p> <ul style="list-style-type: none"> • Understanding and implementing rules • Applying tactics to games needed for the specific sporting activity • Effectively attack and defend, understanding the differences between the two <p>Circuits</p> <ul style="list-style-type: none"> • Importance of warm-up and cool-down • Understanding body conditioning (endurance, resistance, high intensity, target strength building, muscular endurance) • Understanding the affects that circuit training has on anatomy and physiology <p>Kingswood Colomendy (Outdoor and Adventurous activities) </p>	<ul style="list-style-type: none"> • Using a backhand stroke to return the ball • Develop the ability to perform both backhands and forehands 	
<p>Key Vocabulary</p> <p>Underarm, jump, land, pass, catch, roll, balance, run, jog, teams, attack, defend, space, coordination, long barrier, chest pass, bounce pass, spatial awareness, possession, space, body tension, stage chart, 7 dance elements (travel, turn, jump, balance, levels, gesture, musicality)</p>			
5	<p>Gymnastics</p> <ul style="list-style-type: none"> • Perform longer and more complex sequences • Develop the ability to link moves and balances smoothly • In sequences, include change in level, speed and direction <p>Swimming</p> <ul style="list-style-type: none"> • Swim competently, confidently and proficiently over a distance of at least 25 metres • Use a range of strokes effectively 	<p>Dance</p> <p>Cha Cha Cha</p> <ul style="list-style-type: none"> • Hand to Hand – steps broken down, improved and continued • Wepa Cha – steps broken down, improved and continued • Cuban Breaks – steps broken down, improved and continued <p>Zumba</p> <ul style="list-style-type: none"> • Reggaeton – stomp, knee lift, 2-step bounce 	<p>Athletics</p> <ul style="list-style-type: none"> • Perform long jump and vertical jump, understanding how to improve performance • Passing baton on the move, increasing the speed that the skill is performed at • Develop power when throwing a javelin • Running over bigger distances – pacing, continuous training <p>Striking and fielding games</p> <ul style="list-style-type: none"> • Perform accurate overarm throws both in a static position and on the move

	<ul style="list-style-type: none"> • Perform safe self-rescue in different water-based situations <p><i>Aims and objectives for the end of KS2</i></p>	<ul style="list-style-type: none"> • Merengue – march, 2-step, 6-count Beto shuffle • Samba – basic, whisk, volta, Botafoga <p>Country Dancing</p> <ul style="list-style-type: none"> • Line Dancing • Grape vine • Pairs, working collaboratively with others <p>Invasion games</p> <ul style="list-style-type: none"> • Throwing and catching for points in modified games • Identifying tactics to improve performance needed for the specific sporting activities • Understanding and implementing rules • Lead warm-ups and understand the benefits <p>Net games</p> <ul style="list-style-type: none"> • Perform an overarm serve from the base line • Perform a volley shot in game situations 	<ul style="list-style-type: none"> • Basic fielding techniques – backing up, long barrier
<p><u>Key Vocabulary</u></p> <p>Underarm, jump, land, pass, catch, roll, balance, run, jog, teams, attack, defend, space, coordination, long barrier, chest pass, bounce pass, spatial awareness, possession, space, body tension, pace, sequence, marking, hip action, arm-ography</p>			
<p>6</p>	<p>Swimming</p> <ul style="list-style-type: none"> • Swim competently, confidently and proficiently over a distance of at least 25 metres • Use a range of strokes effectively • Perform safe self-rescue in different water-based situations <p><i>Aims and objectives for the end of KS2</i></p>	<p>Gymnastics</p> <ul style="list-style-type: none"> • Improve the quality of transfer from one move to another • Feedback on how performances can be improved or adapted • Use contrasting actions, shapes, balances and dynamics in routines 	<p>Athletics</p> <ul style="list-style-type: none"> • Running over bigger distances – pacing, continuous training • Understand and perform triple jump • Be able to hurdle • Develop power when throwing a javelin <p>Striking and fielding games</p>

	<p>Invasion games</p> <ul style="list-style-type: none"> • Perform different passing techniques needed for the specific sporting activities • Progressive play – overload, attack vs defence with attacking overload (3v2, 2v1) • Understand the impact possession has on a game • Develop self-led warm-ups • Understanding and implementing rules needed for the specific sporting activities • The benefit marking plays in invasions games – defensive statics 	<p>Strength and Fitness</p> <ul style="list-style-type: none"> • Understanding of the muscular system • Understanding of the skeletal system • How to improve strength and endurance • Knowledge of isometric and plyometric exercises • Body tension and control • Flexion and extension of different muscles <p>Net games</p> <ul style="list-style-type: none"> • Using tactics against an opponent to successfully win a point • Use forehand, backhand, serve and volley in competitive situations <p>Dance</p> <p>Rock ‘n’ Roll</p> <ul style="list-style-type: none"> • Ponies – steps broken down, improved and continued • Lifts – partner work, coordination when combining with other steps • Turns – partner work, coordination when combining with other steps <p>Zumba</p> <ul style="list-style-type: none"> • Pop – step tap, turns, scoops, elevation • Flamenco – march, La Palmas, side travel, foot forward • Bhangra – bounce and shrug, knee lift <p>Musical Theatre</p> <ul style="list-style-type: none"> • Create routines with a theme 	<ul style="list-style-type: none"> • Tactical awareness – finding space, fielding positions • Improve consistency in catching • Link skills to competitive situations <p>Min-y-don - Outdoor and Adventurous activities such as orienteering and raft building</p> 
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| | | <ul style="list-style-type: none">• Spatial awareness• Use elements learnt in all previous year groups | |
| | <p><u>Key Vocabulary</u></p> <p>Underarm, jump, land, pass, catch, roll, balance, run, jog, teams, attack, defend, space, coordination, long barrier, chest pass, bounce pass, spatial awareness, possession, space, body tension, pace, sequence, marking, control, endurance, canon, unison, individual flair and style, transitions between movements</p> | | |