

St Luke's RC Primary School

PE - Curriculum Progression

Year 1	Gymnastics/ Creativity	Multiskills	Invasion Games	Net and Wall	Striking and Fielding	Athletics
	<ul style="list-style-type: none"> To make my body curled, tense stretched and relaxed. To control my body when travelling (turning, rolling, climbing, swinging and jumping) and balancing. To show contrasts (eg: small / tall, straight / curved, wide / narrow). To jump in a variety of ways and land with some control, coordination and balance. To copy sequences and repeat them. To roll, curl, travel and balance in different ways. To use equipment safely. To move to music. 	<ul style="list-style-type: none"> To walk, run, hop, skip, zigzag, side-step showing control. To copy actions. To move with control & care. To develop skills of travelling, sending, receiving, dodging and awareness of space with a partner. To use a variety of games equipment. To use equipment safely. To repeat actions & skills. To develop simple games in partners. 	<ul style="list-style-type: none"> To move and stop safely. To throw and kick in different ways. To move with control & care. To throw & catch with both hands. To walk, run, hop, skip, zigzag, side-step showing control. <p>Fundamentals of movement – travel, send, receive and strike through basketball, football and hockey.</p>	<ul style="list-style-type: none"> To hit a ball with a bat. To move with control & care. To move and stop safely. To use a variety of games equipment. To use equipment safely. <p>Fundamentals of movement – travel, send, receive and strike through tennis.</p>	<ul style="list-style-type: none"> To throw & catch with both hands. To move with control & care. To use a variety of games equipment. To use equipment safely. <p>Fundamentals of movement – send, receive and strike through cricket and tri golf.</p>	<ul style="list-style-type: none"> To walk, run, hop, skip, zigzag, side-step showing control. To move with control & care. To move and stop safely. <p>Fundamentals of movement - travel and send through running, jumping and throwing.</p>

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PE - Curriculum Progression

Year 2	Gymnastics/ Creativity	Multiskills	Invasion Games	Net and Wall	Striking and Fielding	Athletics
	<ul style="list-style-type: none"> To work on my own and with a partner. To copy and remember actions. To hold a position whilst balancing on different points of my body. To climb safely on large equipment. To stretch and curl to develop increasing flexibility. To jump in a variety of ways and land with increasing control, coordination and balance. To adapt and improve skills of travelling (turning, rolling, climbing, swinging and jumping). To plan and perform a sequence of movements. To link activities on the floor and apparatus. To think of more than one way to create a sequence which follows some rules. 	<ul style="list-style-type: none"> To develop skills of travelling, sending, receiving, dodging and awareness of space with other players. To confidently use a range of games equipment. To develop simple games in groups. To copy and remember actions. To develop simple games. To talk about what is different from what I did and what someone else did. 	<ul style="list-style-type: none"> To use kicking or throwing in a game. To follow rules. To decide the best space to be in during a game. To develop a simple understanding of defence and attacking tactics. To use one tactic in a game. <p>Fundamentals of movement – travel, send, receive and strike through basketball, football, hockey and benchball.</p>	<ul style="list-style-type: none"> To use hitting in a game. To follow rules. To decide the best space to be in during a game. To use one tactic in a game. <p>Fundamentals of movement – travel, send, receive and strike through tennis.</p>	<ul style="list-style-type: none"> To use hitting, throwing and/or rolling in a game. To follow rules. To decide the best space to be in during a game. To use one tactic in a game. <p>Fundamentals of movement – send, receive and strike through cricket and tri golf.</p>	<ul style="list-style-type: none"> To walk, run, hop, skip, zigzag, side-step showing control. To run at fast, medium and slow speeds. To take part in races. To combine jumps. <p>Fundamentals of movement - travel and send through running, jumping and throwing.</p>

Year 3	Gymnastics/ Creativity	Invasion Games	Net and Wall	Striking and Fielding	Athletics
	<ul style="list-style-type: none"> To improve traveling in a range of ways (rolling, jumping and swinging), and balancing. To introduce changing speed, direction and shape to sequences. To adopt sequences to suit different types of apparatus (combination of floor and benches/platform) and criteria. To develop an understanding of different actions to link sequences. To explain how strength and suppleness affect performance. To perform and remember sequences with control. To compare and contrast gymnastic sequences. To share and create phases with a partner and small group. 	<ul style="list-style-type: none"> To throw and catch with control. To hit with control. To attempt to intercept a pass. To move to get away from a defender. To know and use rules fairly. To be aware of space and use it to support team-mates and to cause problems for the opposition. To show some understanding of how strategies and tactics can be used. To experience simplified versions of different types of games. <p>Fundamental movement skills – link and combine actions learnt in KS1 in preparation for sports specific skills. Experience modified versions of small sided games through</p>	<ul style="list-style-type: none"> To hit with control. To know and use rules fairly. To be aware of space and use it to support team-mates and to cause problems for the opposition. To experience simplified versions of different types of games. <p>Fundamental movement skills – link and combine actions learnt in KS1 in preparation for sports specific skills. Experience modified versions of small sided games through tennis.</p>	<ul style="list-style-type: none"> To use kicking in a game. To throw and catch with control. To kick with control. To attempt to intercept a pass. To move to get away from a defender. To know and use rules fairly. To be aware of space and use it to support team-mates and to cause problems for the opposition. To experience simplified versions of different types of games. <p>Fundamental movement skills – link and combine actions learnt in KS1 in preparation for sports specific skills. Experience modified versions of small sided games through cricket and rounders.</p>	<ul style="list-style-type: none"> To run at fast, medium and slow speeds; changing speed and direction. To take part in a relay, remembering when to run and what to do. To begin to understand accuracy when throwing. To begin to understand measurements of time and distance. <p>Fundamental movement skills – link and combine actions learnt in KS1 in preparation for sports specific skills. Experience modified versions of athletic events including running, jumping and throwing.</p>

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		basketball, handball, football and hockey.			
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Year 4	Gymnastics/ Creativity	Invasion Games	Net and Wall	Striking and Fielding	Athletics
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St Luke's RC Primary School

PE - Curriculum Progression

	<ul style="list-style-type: none"> To work in a controlled way with balance, coordination and agility. To perform leaping and jumping with control. To confidently travel in a range of ways. To include a change of speed and direction. To include a range of shapes. To work with a partner to create, repeat and improve a sequence with at least three phases. To use dance to communicate an idea. 	<ul style="list-style-type: none"> To catch with one hand. To throw and catch accurately. To hit a ball accurately with control. To vary tactics and adapt skills depending on what is happening in a game. To keep possession of the ball. To experience simplified versions of different types of games. <p>Fundamental movement skills – link and combine actions learnt in KS1 in preparation for sports specific skills. Experience modified versions of small sided games through handball, benchball, football and hockey.</p>	<ul style="list-style-type: none"> To hit a ball accurately with control. To vary tactics and adapt skills depending on what is happening in a game. To experience simplified versions of different types of games. <p>Fundamental movement skills – link and combine actions learnt in KS1 in preparation for sports specific skills. Experience modified versions of small sided games through tennis.</p>	<ul style="list-style-type: none"> To catch with one hand. To throw and catch accurately. To hit a ball accurately with control. To vary tactics and adapt skills depending on what is happening in a game. To keep possession of the ball. To experience simplified versions of different types of games. <p>Fundamental movement skills – link and combine actions learnt in KS1 in preparation for sports specific skills. Experience modified versions of small sided games through cricket and rounders.</p>	<ul style="list-style-type: none"> To run over a long distance. To sprint over a short distance. To throw in different ways and begin to be accurate. To hit a target. To understand measurements of time and distance. <p>Fundamental movement skills – link and combine actions learnt in KS1 in preparation for sports specific skills. Experience modified versions of athletic events including running, jumping and throwing.</p>
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PE - Curriculum Progression

Year 5						
	Gymnastics/ Creativity	Invasion Games	Net and Wall	Striking and Fielding	Athletics	Swimming
	<ul style="list-style-type: none"> To begin to have whole body control. To make complex extended sequences using controlled travelling and balancing and combinations of apparatus. To begin to select relevant actions when linking movements. To combine action, balance and shape. To perform consistently to different audiences. To experience working within prescribed areas. To consider scoring systems. To start showing imagination and creativity in choreography. To show clarity, fluency, accuracy and consistency. 	<ul style="list-style-type: none"> To strike, throw and kick an object into an open space. To choose a tactic for defending & attacking. To use a number of techniques to pass, dribble and shoot. To gain possession by working as a team. To pass in different ways. To experience small sided and modified competitive versions of different games. To work within prescribed areas. To consider and use rules. To begin to use scoring systems. <p>Sports specific skills – focusing on leadership, tactics and rules through netball, lacrosse, football and hockey.</p>	<ul style="list-style-type: none"> To strike an object into an open space. To choose a tactic for defending & attacking. To use a number of techniques to pass. To pass in different ways. To experience small sided and modified competitive versions of different games. To work within prescribed areas. To consider and use rules. To begin to use scoring systems. <p>Sports specific skills – focusing on leadership, tactics and rules through volleyball.</p>	<ul style="list-style-type: none"> To strike and throw an object into an open space. To choose a tactic for defending & attacking. To pass in different ways. To experience small sided and modified competitive versions of different games. To work within prescribed areas. To consider and use rules. To begin to use scoring systems. <p>Sports specific skills – focusing on leadership, tactics and rules through cricket, rounders and softball.</p>	<ul style="list-style-type: none"> To be controlled when taking off and landing. To throw with accuracy. To combine running and jumping. To understand measurements of time and distance, applying them to their performances. <p>Sports specific skills – focusing on leadership, tactics and rules through different athletic events including running, jumping and throwing.</p>	<ul style="list-style-type: none"> To swim competently, confidently and proficiently over a distance of at least 25 metres. To use a range of strokes effectively (for example, front crawl, backstroke and breaststroke). To perform safe self-rescue in different water-based situations.

St Luke's RC Primary School

PE - Curriculum Progression

Year 6	Gymnastics/ Creativity	Invasion Games	Net and Wall	Striking and Fielding	Athletics	Outdoor Adventurous Activities
	<ul style="list-style-type: none"> To combine my work with that of others. To have whole body control. To create complex extended sequences using controlled travelling and balancing and combinations of apparatus. To select relevant actions when linking movements. To combine action, balance and shape. To perform consistently to different audiences. To work within prescribed areas, planning apparatus and layouts. To choose own music. To link sequences to specific timings. To use scoring systems. To show imagination and creativity in choreography to improve performance. 	<ul style="list-style-type: none"> To transfer skills and movements across a range of activities and sports. To lead others in a game situation. To experience small sided and modified competitive versions of different games. To work within prescribed areas. To understand, use and explain rules. To use scoring systems and umpire. To make a team and communicate a plan. <p>Sports specific skills – focusing on leadership, tactics and rules through netball, lacrosse, football and hockey.</p>	<ul style="list-style-type: none"> To transfer skills and movements across a range of activities and sports. To lead others in a game situation. To make a team and communicate a plan. To experience small sided and modified competitive versions of different games. To work within prescribed areas. To understand, use and explain rules. To use scoring systems and umpire. To make a team and communicate a plan. <p>Sports specific skills – focusing on leadership, tactics and rules through volleyball.</p>	<ul style="list-style-type: none"> To make a team and communicate a plan. To transfer skills and movements across a range of activities and sports. To lead others in a game situation. To experience small sided and modified competitive versions of different games. To work within prescribed areas. To understand, use and explain rules. To use scoring systems and umpire. To make a team and communicate a plan. <p>Sports specific skills – focusing on leadership, tactics and rules through cricket, rounders and softball.</p>	<ul style="list-style-type: none"> To demonstrate stamina. To throw accurately. To link together actions so that they flow in running, jumping and throwing activities. To understand measurements of time and distance, applying them to their performances and performances of others. <p>Sports specific skills – focusing on leadership, tactics and rules through different athletic events including running, jumping and throwing.</p>	<ul style="list-style-type: none"> Improve skills of safety outdoors. To plan, record, navigate and evaluate outdoors. To experience OAA in familiar/unfamiliar environments. To develop responding to challenges in different environments. To use appropriate equipment and understanding safety.

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