

Whole School Curriculum Map and Progression Skills for PE

Year Group		Summer 1	Summer 2
EYFS	PPA	Cricket (with some Rounders)	
	PE	Athletics	
	Agility	Gymnastics	
Year 1	PPA	Cricket (with some Rounders)	
	PE	Athletics	
	Agility	Gymnastics	
Year 2	PPA	Cricket (with some Rounders)	
	PE	Athletics	
	Agility	Gymnastics	
Year 3	PPA	Cricket (with some Rounders)	
	PE	Athletics	
	Agility	Gymnastics	
Year 4	PPA	Cricket (with some Rounders)	
	PE	Athletics	
	Agility	Gymnastics	
Year 5	PPA	Cricket (with some Rounders)	
	PE	Athletics	
	Agility	Gymnastics	
Year 6	PPA	Cricket (with some Rounders)	
	PE	Athletics	
	Agility	Gymnastics	

Gymnastics Skill Progression

Gym Sessions	Skills	NC Goals
EYFS	Learn the basic jumps and rolls to perform a simple gymnastics routine <ul style="list-style-type: none"> • Star, pencil, turn and tuck jump • Forward, teddy rolls 	To develop balance and co-ordination To master basic movements and apply these in a range of activities.
Year 1	Suggest ways to warm up and cool down before and after exercise; • jump onto equipment; • suggest how they could improve their movements; • move at varying speeds; • move at high, low and medium levels; • make contrasting movements; • do a teddy bear roll; • remember and perform a movement sequence in reverse; • move with flow.	To develop balance and co-ordination To master basic movements and apply these in a range of activities.
Year 2	egg roll and come up to standing; • sideways shoulder roll; • forward roll without the head touching the mat; • forward roll from standing or squat positions back to a standing or squat position; • balance on one small point; • support a partner to balance; • straight jump and run and jump from a springboard; • move from a backwards bridge shape into a forwards bridge shape; • execute a full back bend bridge; • do an unsupported handstand; • go from a handstand into a forward roll; • move into a handstand from different positions; • create a movement sequence that reflects a theme; • describe how their performance has improved over time; • move with greater control and coordination	To develop flexibility, strength, technique, control and balance. To compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Year 3	To develop flexibility, strength, technique, control and balance. - To introduce rhythmic gymnastics and use ribbons carefully while dancing -To be able to think of a movement and incorporate a hoop, ball, ribbon -To perform a simple 5 piece rhythmic gymnastics routine -To know the importance of exercise	To compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Year 4	To develop flexibility, strength, technique, control and balance. - To introduce rhythmic gymnastics and use ribbons carefully while dancing -To be able to think of a movement and incorporate a hoop, ball, ribbon -To perform a simple 5 piece rhythmic gymnastics routine -To know the importance of exercise	To develop flexibility, strength, technique, control and balance.
Year 5	To develop flexibility, strength, technique, control and balance. - To introduce rhythmic gymnastics and use ribbons carefully while dancing -To be able to think of a movement and incorporate a hoop, ball, ribbon -To perform a simple 5 piece rhythmic gymnastics routine -To know the importance of exercise	To develop flexibility, strength, technique, control and balance.
Year 6	To develop flexibility, strength, technique, control and balance. - To introduce rhythmic gymnastics and use ribbons carefully while dancing -To be able to think of a movement and incorporate a hoop, ball, ribbon -To perform a simple 5 piece rhythmic gymnastics routine -To know the importance of exercise	To develop flexibility, strength, technique, control and balance.

Athletics

Age group / Programme Stage	Skills	NC Goals
EYFS and Year 1	Recognise and describe the effects of exercise on the body. To learn running posture and sprinting	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities ♣

	To begin running longer distances and develop stamina and pace	participate in team games, developing simple tactics for attacking and defending
Year 2	<p>To be able to demonstrate the correct running posture, speed and power when running a short distance.</p> <ul style="list-style-type: none"> - To maintain stamina when running long distance - To understand the correct grip and technique when throwing a javelin - To be able to perform speed bounce for 20 seconds, without stopping - Understand the basic elements of the standing long jump. - Recognise and describe the effects of exercise on the body. 	<p>♣ use running, jumping, throwing and catching in isolation and in combination ♣ play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p>
Year 3	<p>To be able to run over a short distance and change direction quickly.</p> <ul style="list-style-type: none"> - To be able to maintain a good running technique when sprinting over obstacles. - To pass a relay baton at speed using a 'place pass' into the hand. - Learn how to combine a hop, step and jump to perform standing triple jump. - To be able to maintain good stamina for long periods of a time. Eg long distance running, speed bounce etc - To be able to explain why physical activity is good for their health, 	<p>♣ use running, jumping, throwing and catching in isolation and in combination ♣ play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p>

	fitness and well-being.	
Year 4	<p>To be able to sprint, with constant speed and power, over 100m</p> <ul style="list-style-type: none"> - Demonstrate the ability to accelerate from a static position - Identify and demonstrate stamina, explaining its importance for runners - Demonstrate stamina when doing speed bounce (30seconds) - Perform an effective standing long jump. - Perform a standing triple jump with increased confidence. - To be able to developing throwing skills (javelin, hammer, discus) - Measure and record the stance of their throws. - To understand the need for warming up and working on body strength, tone and flexibility. 	<p>♣ use running, jumping, throwing and catching in isolation and in combination ♣ play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p>
Year 5 and 6	<p>To be demonstrate the correct technique for the hammer thrown, discus and javelin</p> <ul style="list-style-type: none"> - Demonstrate endurance and stamina over long distance in order to maintain a sustained run. - Demonstrate stamina when doing speed bounce (30seconds) - To be able to run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern. - Master the technique for the standing vertical jump, long jump and triple jump - Show the current running technique over short and long distances 	<p>♣ use running, jumping, throwing and catching in isolation and in combination ♣ play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p>

Cricket

Age group / Programme Stage	Skills	NC Goals
Lower Primary : EYFS, Year 1 Year 2	I can roll the ball with control I can demonstrate an underarm throw with accuracy To be able to hit the ball with a bat. To be able to show an understanding of the rules	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities ♣ participate in team games, developing simple tactics for attacking and defending
Lower Primary : Year 2	To be able to catch a ball with the correct technique I can bowl underarm towards a target with control. I can demonstrate the long barrier position I can throw the ball overarm confidently I can hold a bat correctly and hit the ball of the tee with control Take part in a batting and fielding game	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities ♣ participate in team games, developing simple tactics for attacking and defending
Year 3	To hold a cricket bat correctly -To learn batting control -To develop catching skills/use fielding skills to stop the ball effectively -Understand the role of a back stop/wicket keeper. -Accurately throw overarm at a target from a stationary position -To have a basic understanding of the rules of Cricket	♣ use running, jumping, throwing and catching in isolation and in combination ♣ play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Year 4	To practice and consolidate catching/fielding skills -To retrieve and throw a ball with accuracy -Understand the mechanics of bowling -Accurately throw overarm at a target from a moving position.	♣ use running, jumping, throwing and catching in isolation and in combination ♣ play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey,

	<ul style="list-style-type: none"> -To develop power and direction of the ball using the full face of the bat -Develop understand of Cricket rules -Practise and consolidate areas of strength and improve areas for development 	netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Year 5	<ul style="list-style-type: none"> -To develop control and direction when batting -To improve accuracy in overarm bowling -To improve skills of catching on the move -Use a variety of effective throwing techniques to return the ball to a bowler -Collaborate with a team to choose, use and adapt rules in games -Recognise how some aspects of fitness apply to cricket, e.g. power, flexibility and cardiovascular endurance 	♣ use running, jumping, throwing and catching in isolation and in combination ♣ play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Year 6	<ul style="list-style-type: none"> -Attempt a range of recognised shots in isolation and in competitive scenarios -Can confidently undertake the positions of batter, bowler and fielder -Use a range of tactics for attacking and defending in the role of bowler, batter and fielder -To apply, with consistency, cricket rules -To identify their own and others strengths and areas for improvement 	♣ use running, jumping, throwing and catching in isolation and in combination ♣ play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending