

PE Knowledge Progression Curriculum Map (1 bespoke phrase statement)  
**(Brackets are sports coach led sessions)**

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Fundamental skills (Physical Literacy) "Learn to move in different ways."	Sports Hall athletics/ multi skills (Physical Literacy) "Move confidently in a range of ways, safely negotiating space."	Gymnastics (Physical Literacy) "Use a range of equipment."	Games - Kicking (Football focus) (Physical Literacy) "Show awareness of space, of themselves and of others."	Athletics (Physical Literacy) "Shows increasing control over an object in pushing, patting, throwing, catching or kicking it."	Games - Throwing and catching (Physical Literacy) "Show good control and co-ordination in large and small movements."
Year 1	Net / Wall games "To be able to perform basic movements (running, jumping, hopping etc.); to be able to throw and catch a beanbag and send an object by rolling it with some accuracy."	Outdoor Adventure Activities (Indoor Dance) "To be able to perform basic simple movements."	Fitness for Fun (Gymnastics) "To travel in simple ways using simple movements, perform basic shapes and perform simple individual balances."	Invasion Games "Use skills in different ways in different games."	Athletics - Sports Day Practice "Master basic movements including running, jumping, throwing and catching."	Striking/ Fielding Games "Participate in team games, developing simple tactics for attacking and defending."
Year 2	Net / Wall games "To be able to throw and catch a small ball; send an object with accuracy by"	Outdoor Adventure Activities (Indoor Dance) "To be able to perform a simple"	Fitness for Fun (Gymnastics) "To be able to balance confidently on a piece of"	Invasion Games "React to situations in a way that supports teammates and makes it difficult for opponents."	Athletics - Sports Day Practice "Develop balance, agility and co-ordination, and begin"	Striking/ Fielding Games "Participate in team games, developing tactics for attacking and defending."

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	rolling it and start to develop spatial awareness within a game situation.”	sequence containing simple balances.”	apparatus and make up a basic sequence linking balances and jumps.”		to apply these in a range of activities.”	
Years 3	<p>Net Wall Games</p> <p>“To be able to send and receive an object with accuracy; keep possession of an object when not under pressure; strike a ball and begin to develop fielding skills.”</p>	<p>Outdoor Adventure Activities (Indoor Dance)</p> <p>“Perform movements based around a stimulus give.”</p>	<p>Fitness for Fun (Gymnastics)</p> <p>“To be able to link shapes and partner balances within a sequence and hold and control different balances in the air.”</p>	<p>Invasion Games</p> <p>“Use a range of skills that enable them to keep possession and control of the ball and make progress towards a goal, on their own and with others.”</p>	<p>Athletics - Sports Day Practice</p> <p>“Use different techniques, speeds and effort to meet challenges set for throwing, running and jumping.”</p>	<p>Striking/ Fielding Games</p> <p>“Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.”</p>
Year 4	<p>Net Wall Games</p> <p>“To be able to send and receive an object within a game situation to keep possession of the object; use any piece of equipment to send an object accurately;</p>	<p>Outdoor Adventure Activities (Indoor Dance)</p> <p>“To take part in outdoor and adventurous activity individually.”</p> <p>“To be able to</p>	<p>Fitness for Fun (Gymnastics)</p> <p>“To be able to perform more complex sequences in a pair or small group and use a variety of equipment within a sequence.”</p>	<p>Invasion Games (Swimming)</p> <p>“To be able to swim confidently over a distance of at least 25m using a variety of stroke and to perform safe self-rescue in different water-based situations.”</p>	<p>Athletics - Sports Day Practice</p> <p>“Demonstrate different combinations of throws, jumps and runs, showing control coordination and consistency.”</p>	<p>Striking/ Fielding Games</p> <p>“Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.”</p>

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	strike a ball accurately and to field within a game situation."	perform movements within a sequence to create mood."		"Use a range of techniques and tactics when playing team games."		
Years 5	<p>Badminton (Net Wall Games)</p> <p>"To be able to send and receive an object and use it to gain an advantage to keep possession within a competitive situation; keep control of any object, using any piece of equipment to gain an advantage in a game situation and strike a ball accurately in a competitive situation."</p>	<p>Outdoor Adventure Activities (Indoor Dance)</p> <p>"To take part in outdoor and adventurous activity individually."</p> <p>"To be able to create a sequence of movements based on a character."</p>	<p>Fitness for Fun (Gymnastics)</p> <p>"To be able to perform weight on their hands in a controlled way and combine travel and dynamic balances in unison or canon throughout a sequence."</p>	<p>Basketball (Invasion Games)</p> <p>"Play invasion games, using all the ball skills they have learned."</p>	<p>Athletics - Sports Day Practice</p> <p>"To take part in outdoor and adventurous activity within a team, developing navigation skills."</p>	<p>Rounders (Fencing)</p> <p>"Develop basic team games and rules. Passing the ball with increasing accuracy, control and speed."</p> <p>"Practising balance, footwork, and simple attacking and defending moves while developing focus and respect for their opponent."</p>

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<p>Year 6</p>	<p>Volleyball (Net Wall Games)</p> <p>"To be able to send and receive an object within a competitive situation to outwit an opponent; strike a ball accurately to gain an advantage in a competitive situation and use tactics in fielding to gain an advantage."</p>	<p>Dance (Outdoor Adventure Activities)</p> <p>"To take part in outdoor and adventurous activity individually."</p> <p>"To be able to perform a complex sequence including levels, mood, characters and be able to analyse their own and their peers performance."</p>	<p>Gymnastics (Fitness for Fun)</p> <p>"To be able to perform sequences using symmetry and asymmetry at different levels using a range of equipment."</p>	<p>Swimming (Invasion Games - Football)</p> <p>"Perform all the skills they have learned with accuracy, confidence and control."</p>	<p>Athletics - Sports Day Practice</p> <p>"To take part in outdoor and adventurous activity both individually and with a team and to navigate a map and take leadership of a small group of children."</p>	<p>Rounders (Cricket)</p> <p>"Strategy with attacking and defending by using team work, communication and spatial awareness."</p>
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