

Curriculum Progression Map 2020 2021



We want our curriculum to allow all children to develop their fundamental movement skills, to explore a range of new and traditional sports and games and to instil the importance of healthy, active styles in the hope that they will become healthy, active adolescents and adults. Through our engaging curriculum, all children participate in healthy competition and demonstrate their understanding of tactics in game-based situations, along with ensuring they develop the sporting attributes of resilience, determination and teamwork. Within our house system, all children develop a sense of belonging as they strive for success in a diverse array of sports in our house competitions. We also provide a range of extra-curricular opportunities for children to compete successfully for the school within inter-school competition; children are able to showcase their abilities at a higher standard and to progress their skills further.

Children will be taught using the EYFS Framework (Reception) and the Lancashire PE Scheme (Y1-Y6), supplemented with support and planning units from specialist teaching from external agencies (e.g. MoveMore). Pupils will experience many and wide ranging competitive sporting opportunities as they move through school (including multi-skills, gymnastics, football, tag-rugby, netball, dance, cross country, cricket, athletics, hockey and others)

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	PHYSICAL EDUCATION					
Gym						
Dance	Dance	Dance	Dance	Dance	Dance	Dance
Multi-Skills	Can I create dances activities using simple movement patterns. Including; travel, jump and balance?	Can I create routines and dances with varying; Speed, levels and direction?	Can I improvise freely on my own and with a partner, translating ideas from a stimulus into movement?	Can I explore and create characters and narratives in response to a range of stimuli?	Can I explore and improvise ideas for dances in different styles, working on my own, with a partner and in a group?	Can I perform dances expressively, using a range of performance skills, phrases, sections and whole dances?
Ball Games						
Balanceability						
Can I travel and negotiate space?						
Can I travel in a variety of ways including jumping, climbing and hopping?	Gymnastics Can I show control in my movements, sustaining a variety of balances for 3 seconds+	Gymnastics Can I combine movements together in a sequence including a range of balances, travels and jumps?	Gymnastics Can I perform dance phrases and dances that communicate character and narrative?	Gymnastics Can I create gymnastic sequences that meet a theme or set of conditions?	Gymnastics Can I combine and perform gymnastic actions, shapes, and balances and explore, improvise and combine movement ideas fluently and effectively?	Gymnastics Can I develop my own gymnastic sequences by understanding, choosing and applying a range of compositional principles?
Can I move energetically?						
Can I develop the skills of balance,	Multiskills					

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>agility and coordination?</p> <p>Can I throw and catch balls of a range of sizes?</p> <p>Can I kick a ball to a designated target?</p>	<p>Can I throw with some accuracy underarm and at an increasing distance overarm?</p> <p>Can I move in a variety of ways, including galloping, side stepping and skipping?</p>					
<p>Can I develop the skills of balance, agility and coordination?</p>						<p>Yoga</p> <p>Can I understand why exercise is good for my fitness, health and wellbeing?</p>
<p>Can I move using equipment in a variety of ways – e.g. balance bike.</p>	<p>Games skills</p> <p>Can I use an effective technique for running?</p>					
<p>Can I experience team games with rules and targets and understanding winning and losing.</p>	GAMES					
<p>Can I develop the skills of balance, agility and coordination.</p>	<p>Football</p> <p>Can I pass the ball accurately using the instep of my foot?</p>	<p>Football</p> <p>Can I strike the ball differently depending on whether I am shooting, passing or clearing the ball?</p>	<p>Football</p> <p>Can I show an awareness of tactics by passing the ball then moving into a space to provide a passing option for my team mate?</p>	<p>Football</p> <p>Can I develop my use of tactics for attacking and defending through organising an attacking formation and defending a player with the ball?</p>		
	<p>Ball skills</p> <p>Can I throw accurately underarm?</p>					
			<p>Netball</p>	<p>Netball</p>	<p>Netball</p>	<p>Netball</p>

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
			Can I accurately demonstrate a variety of passes?	Can I choose the most effective pass in a competitive situation?	Can I develop my tactical understanding of attacking by getting free from a marker and be available to receive a pass?	Can I develop my tactical awareness of attacking and defending by organising attacking strategies and effective marking of opponents?
						Ultimate Frisbee Can I adapt tactics from a familiar game to suit a new sport?
		Rugby Can I use dodging to sidestep an opponent?	Rugby Can I pass the ball backwards to a teammate?		Rugby Can I develop my tactical understanding of attacking by acting as a supporting runner for my team mate to pass to?	Rugby Can I develop my tactical awareness of attacking and defending by organising attacking and defensive lines?
				Basket ball Can I dribble the ball to beat an opponent?		
			Hockey Can I push pass the ball accurately to a partner and stop the ball?		Hockey Can I show an awareness of tactics by passing the ball then moving into a space to provide a passing option for my team mate?	Hockey Can I dribble the ball to successfully eliminate an opponent?
		Badminton		Badminton		

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
		Can I serve a shuttle underarm and maintain an overhead tap rally?		Can I serve a shuttle underarm and move to return the shuttle using an overhead shot?		
	Athletics Can I use an effective technique for running and do so at differing paces?	Athletics Can I jump from 2 feet over an increasing distance and land securely on 2 feet? Can I throw at an increasing distance overarm?	Athletics Can I use the correct technique when throwing two different pieces of athletic equipment?	Athletics Can I use a range of different throwing techniques?	Athletics Can I use a range of different throwing techniques effectively differentiated by the athletics event?	Athletics Can I develop improvements to achieve my personal best?
	Kick rounders Can I consistently stop and catch the ball?	Rounders Can I hit a ball that is bowled to me?	Rounders Can I demonstrate striking the ball and an accurate underarm throw?			Rounders Can I demonstrate the correct bowling technique and accurately bowl at an opponent?
				Cricket Can I strike the ball using the middle of the open face of the bat?	Cricket Can I explain or show where to strike the ball and throw the ball accurately to a member of my team?	Cricket Can I demonstrate an accurate underarm and/or overarm bowl with increasing accuracy and combine and perform skills in a competitive setting?
			Swimming Can I swim with some competence and confidence over a distance of 10 metres?	Swimming Can I use a range of strokes with some effectiveness to swim over a distance of 10 metres?		

By the time they leave Warden Hill in year 6, our children will:

- Have good hand/eye coordination. They can throw and catch a ball accurately. They can hit a ball with a bat or racket with precision.
- Understand the need for fair play in sport and uphold these principles.
- Understand the importance of teamwork. They have the skills needed to be a good team player.
- Understand the rules of a game and can follow these.
- Have a basic understanding of key sports: cricket, football, netball, tennis, athletics, gymnastics, dance, but also participate in a range of other sports, games and activities to develop their skills.
- Perform dance with imagination, creativity, expression and precision.
- Perform a range of rolls, balances, leaps, jumps and turns with tension and accuracy.
- Put together sequences of movements, which have fluidity and precision.
- Evaluate their own performance, and that of others, being constructive in their criticism and using this to improve performance.
- Understand how to run effectively, understanding how the different parts of the body work together.
- Develop their swimming capability, so that they have at least the basic skills needed to be safe in water.
- Use technical vocabulary with accuracy (e.g. forehand, backhand, volley)
- Develop their leadership skills within sport.

