

## Power of PE Progression by unit and year group.

	Y1	Y2	Y3	Y4	Y5	Y6
<u><b>Athletics</b></u>	Introduction to Sprint/Hurdles/Jumping for distance/Throwing for distance	As above + basic relay technique	Develop technique of the above & introduce the <u>Chest Push &amp; Triple Jump</u> (Greater K + U of how to effectively complete techniques)	Develop technique of the above & introduce the <u>400m &amp; Bull nosed Javelin</u> (Greater K + U of how to effectively complete techniques)	Develop technique of the above & introduce the <u>600m &amp; Shotput</u> (Greater K + U of how to effectively complete techniques)	The children use their K + U to evaluate and improve the performance of their peers

<b><u>Badminton</u></b>	<b>Y1</b>	<b>Y2</b>	<b>Y3</b>	<b>Y4</b>	<b>Y5</b>	<b>Y6</b>
	Basic hand eye co-ordination, striking stationary objects (Multi-Skills & Striking & Fielding)	Basic hand eye co-ordination, striking objects with intention towards a rough area	Racquet familiarity & serving to a stationary target	Returning a travelling shuttlecock	Using developed skills to outwit an opponent (conditioned games)	Refine technique into specific shots (Forehand Overhead Drop and Clear)

<b><u>Basketball</u></b>	<b>Y1</b>	<b>Y2</b>	<b>Y3</b>	<b>Y4</b>	<b>Y5</b>	<b>Y6</b>
	Paired catching in an isolated environment	Throwing to a stationary target	Intro to dribbling/passing/shooting in isolated environments	Apply dribbling/passing/shooting in increasingly varied environments (I.e Dribbling to avoid, passing to outwit opponents)	Apply dribbling/passing/shooting in conditioned games & introduction to rebounding	Children learn the strengths/weaknesses of various tactics. Then select and apply to outwit an opponent

	Y1	Y2	Y3	Y4	Y5	Y6
<b><u>Cricket</u></b>	Paired catching in an isolated environment	Basic hand eye co-ordination, striking objects with intention towards a rough area	Introduction to correct fielding/bowling/batting technique in insolated enviroments	Develop fielding/bowling/batting skills in increasingly varied environments (Batting to Offside/Legside)	Refine batting technique to outwit opponents	Use tactics and refined technique to apply tactics to outwit opponents

	Y1	Y2	Y3	Y4	Y5	Y6
<b><u>Dance</u></b>	Enjoy moving to music!	Move to music whilst your friends watch!	With guidance, create a small dance routine	Understand how to use Canon/Unison in Dance & create a small routine containing it!	Define 'a' stimulus in dance. Create a dance routine with a clear stimulus with partial guidance	Experiment with 'group gestures' Create a dance routine with a clear stimulus with little to no guidance

<b><u>Football</u></b>	<b>Y1</b>	<b>Y2</b>	<b>Y3</b>	<b>Y4</b>	<b>Y5</b>	<b>Y6</b>
	Developing FUNdamentals of movement (Run, Stop, Jump)	Competent in the FUNdamentals of movement (Run, Stop, Jump). Apply to achieve success in a conditioned game	Shooting vs a Goalkeeper (no defender)	1 v 1 Outwitting an opponent to score	Small sided conditioned games (varied environment, children must apply a range of skills with team mates to be successful)	Select and apply skills and tactics to outwit opponent

	Y1	Y2	Y3	Y4	Y5	Y6
<b><u>Golf</u></b>	Basic hand eye co-ordination, striking stationary objects (Multi-Skills & Striking & Fielding)	Basic hand eye co-ordination, striking objects with intention towards a rough area	Intro to basic technique of putting/chipping	Applying basic techniques in a conditioned game of golf (simplistic holes, zero strategy required)	Use developed techniques to apply tactics (Face Off! = direct competition)	Use developed techniques to apply tactics (advanced holes)

<b><u>Gymnastics</u></b>	<b>Y1</b>	<b>Y2</b>	<b>Y3</b>	<b>Y4</b>	<b>Y5</b>	<b>Y6</b>
	Introduction to ways of travelling and simple balances	Develop ways to travel, balances, use of apparatus & intro to Mirror and Match	As above + Canon/Unison	Pupils use skills and knowledge to create routines as small groups with partial guidance	Pupils create gymnastic routines as small groups independently & intro to partner balances	Pupils create gymnastics routines as medium sized groups involving canon/unison, mirror/match, partner balances and apparatus w/ no guidance

<b><u>Handball</u></b>	<b>Y1</b>	<b>Y2</b>	<b>Y3</b>	<b>Y4</b>	<b>Y5</b>	<b>Y6</b>
	Paired catching in an isolated environment	Throwing to a stationary target	Throwing to outwit an opponent (1 v 1)	Attacking/Defending as a team (to outwit an opponent)	Attacking/Defending as an individual (to outwit an opponent)	Counter attacking with speed (in pairs or as team)

<b><u>High 5 netball</u></b>	<b>Y1</b>	<b>Y2</b>	<b>Y3</b>	<b>Y4</b>	<b>Y5</b>	<b>Y6</b>
	Paired catching in an isolated environment	Throwing to a stationary target	Adopt correct technique when shooting to a stationary target from a stationary position	Shooting from a variety positions – pass/receive/shoot	Shooting from a variety of positions against an opponent	Fastbreak! Apply all skills developed to score against the clock (Decisiveness)

<b><u>Hockey</u></b>	<b>Y1</b>	<b>Y2</b>	<b>Y3</b>	<b>Y4</b>	<b>Y5</b>	<b>Y6</b>
	Developing FUNdamentals of movement (Run, Stop, Jump)	Competent in the FUNdamentals of movement (Run, Stop, Jump). Apply to achieve success in a conditioned game	Push Pass as a group to evade a defender	Receive & pass to a precise target on the move	Receive, dribbling through and round obstacles and pass to a precise target whilst on the move	Conditioned games!

	Y1	Y2	Y3	Y4	Y5	Y6
<b><u>Orienteering</u></b>	'Obstacle Course' – Children develop their ability to understand the link between their position and details on a map	Musical Maps': Children develop their ability to 'thumb the map'	Using the compass outside to identify North	The Checkpoint game. Pupils use basic features on a map to compete	Name that feature': Children develop ability to use the key on the map	Full Orienteering competition: Using compass, features on a map and punching/marketing cards

	Y1	Y2	Y3	Y4	Y5	Y6
<b><u>Parkour</u></b>	Introduction to ways of travelling and simple balances (Gymnastics)	Develop ways to travel, balances, use of apparatus & intro to Mirror and Match (Gymnastics)	Develop The Freeze & Precision Jump	The Freeze & Precision Jump: Use these skills in a performance type by environment ( a Jam)	Develop Shoulder Roll	Develop Shoulder Roll: Use these skills in a performance type by environment ( a Jam)

<b><u>Rounders</u></b>	<b>Y1</b>	<b>Y2</b>	<b>Y3</b>	<b>Y4</b>	<b>Y5</b>	<b>Y6</b>
	Paired catching in an isolated environment	Basic hand eye co-ordination, striking objects with intention towards a rough area	Develop basic knowledge of rules & ability to run around the bases correctly	Developed fielding skills, long & short barrier – Apply in conditioned games	Develop bowling accuracy and intention – Apply in conditioned games	Developing communication and team work whilst fielding – Apply in conditioned games

<b><u>Tag</u></b>	<b>Y1</b>	<b>Y2</b>	<b>Y3</b>	<b>Y4</b>	<b>Y5</b>	<b>Y6</b>
-------------------	-----------	-----------	-----------	-----------	-----------	-----------

	Paired catching in an isolated environment	Throwing to a stationary target	Evading one opponent as a team of 5 or more	Evading two defenders/defending as a pair to cover space	'Miss' pass & 'Loop': Apply in a conditioned game	Décoy runs when attacking: Apply in a conditioned games
--	--	---------------------------------	---	--	--	---

	Y1	Y2	Y3	Y4	Y5	Y6
<b><u>Tag Rugby</u></b>	Basic hand eye co-ordination, striking stationary objects (Multi-Skills & Striking & Fielding)	Basic hand eye co-ordination, striking objects with intention towards a rough area	Hitting with precision to a stationary target from a stationary target	Hitting with control and accuracy in pairs: Increase in variables (moving ball)	Hitting with precision to a stationary target from a moving ball	Hitting to outwit an opponent from a moving ball

	Y1	Y2	Y3	Y4	Y5	Y6
<b><u>Tennis</u></b>	Basic hand eye co-ordination, striking stationary objects (Multi-Skills & Striking & Fielding)	Basic hand eye co-ordination, striking objects with intention towards a rough area	Hitting with precision to a stationary target from a stationary target	Hitting with control and accuracy in pairs: Increase in variables (moving ball)	Hitting with precision to a stationary target from a moving ball	Hitting to outwit an opponent from a moving ball