



# All Saints' C. of E. Primary School

## PE Curriculum Map / Skills progression

	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Athletics	Movement and balance skills Moving in a specific direction Avoiding obstacles Recognising a beginning and end of a track Running, skipping, hopping, jumping Wacky races Obstacles course Outdoor provision; wheeled apparatus	Strength, balance and co-ordination Running, skipping, hopping, jumping Staying in a lane Obstacle courses Track races Basic relays	Basic movements; running, jumping Relay handovers Standing long jump Obstacle courses for different movements Throwing and jumping games with a target Relay races (circular)	Basic movements; running, jumping Relay handovers Run and jump Obstacle courses with movement transitions Throwing and jumping – measure and improve Relay races (straights)	Running, jumping in isolation and in combination Relay handovers Run and jump from a specific position Link running and jumping activities with some fluency and consistency  Control movements and body actions in response to specific instructions  Jump for height and distance with control and balance Run at different speeds according to event and instruction  Throw a variety of objects using different recognised throws Throw more accurately and over greater distances	Running, jumping in isolation and in combination Relay handovers Run and jump from a specific position improving on personal bests Show differences between sprinting and running speeds over a variety of distances  Throw a variety of objects demonstrating accuracy i.e. object landing in throwing zone  Perform a range of jumps with consistency, sometimes approaching jump with a run up  Compete in running, jumping and throwing activities and compare their own performance with previous	Running, jumping in isolation and in combination Relay handovers Sequence 2 movements including running, skipping, hopping and jumping Sustain pace over shorter and longer distances such as running 100m and running for 2 minutes  Explore a range of baton handling activities and attempt to receive in restricted area  Perform a range of jumps in different activities  Demonstrate a range of throwing actions using different equipment with some consistency and control	Running, jumping in isolation and in combination Relay handovers Sequence 3 movements e.g. triple jump Record accurately scores given in variety events Demonstrate accuracy and good technique when throwing for distance Show good technique and control for jumping activities  Use skill and knowledge of activity to confidently teach and lead others  Choose appropriate run up distance as an individual for athletic jumps  Use appropriate pace for different running distances
Games	Skip, hop, stand on one leg Take part in group games Develop ball skills Rolling to a partner Bouncing and catching a large ball Basketballs and soft dodgeballs (rolling and throwing) Taking turns in a game e.g. circle passing/bouncing	Ball skills – throwing, catching, kicking, passing, batting and aiming Bouncing, throwing and catching with a partner Kicking to a target/partner Using a bat to control the bat (hitting and stopping) Basketballs and footballs for kicking and catching Basic team games such as 5-a-side football/netball Adjusted cricket	Throwing and catching Team games Tactics for attacking and defending Throwing and catching with accuracy to a partner/target Understand man marking Begin in engage in a team game Throwing/catching games to a group (extend from 1:1) Marking tactics through small group games Adapted team games – football/netball/basketball etc	Throwing and catching Team games Tactics for attacking and defending Throwing and catching with accuracy to a team member Knowing when to anticipate receiving the ball Understand attacking/defending positions in games Group throwing games to anticipate catching without warning Playing attacking/defending roles in small group games Engaging in a competitive game	Running, jumping, throwing and catching in isolation and in combination Play competitive games Attacking and defending Improve dribbling a ball with feet and hands, keeping ball under control. Make a series of passes to team mates moving towards a scoring area. Show some signs of using a chest pass and overhead pass. Know where space is and try to move into it. Mark another player and defend when needed. Playing attacking/defending roles in small group games Engaging in a competitive game Playing organised team games- football/netball/basketball etc	Running, jumping, throwing and catching in isolation and in combination Play competitive games Attacking and defending Make decisions regarding which is the best type of pass to use. Identify space to move into and show a clear target to receive a pass. Mark another player and begin to attempt interceptions. Know where positions are allowed on a court/pitch Playing attacking/defending roles in small group games Engaging in a competitive game Playing organised team games- football/netball/basketball etc	Running, jumping, throwing and catching in isolation and in combination Play competitive games Attacking and defending Lose a defender to receive a pass. Defend a player and make some successful interceptions when playing as a team. Develop tactics as a team. Develop awareness of footwork rules for some games. Chose correct passes consistently in a game situation. Playing attacking/defending roles in small group games Engaging in a competitive game Playing organised team games- football/netball/basketball etc	Running, jumping, throwing and catching in isolation and in combination Play competitive games Attacking and defending Know which pass is best to use and when to use it in a game. Use landing foot to change direction to lose a defender. Draw defender away to create space for self or team. Position body to defend effectively, making successful interceptions. Play effectively in attack and defence. Score points against opposition. Playing attacking/defending roles in small group games Engaging in a competitive game Playing organised team games- football/netball/basketball etc
Dance	Wave flags and streamers Use and remember sequences and patterns of movement Move body to the beat of the music Follow movement patterns from an adult Use equipment/props to follow a movement pattern Copy/repeat simple dance routines Free movement to music; continuous provision	Combine different movements with ease and fluency Tap and move body to beat/rhythm Follow a routine from an adult Explore and share personal movements Create a routine in a group Perform group routines Follow a set dance routine Free movement to music; continuous provision	Simple movement patterns Move body in different ways to music Follow a dance routine Choreograph a simple dance routine as a group Perform group routines Learn a set routine Free movement to music with specific movement patterns to include Perform to a larger audience	Simple movement patterns Move body in appropriate ways to music Follow a dance routine Choreograph a simple dance routine and teach to a group Perform group/individual routines Learn a set routine Create a routine with personal movements Perform to a larger audience	Perform dances using a range of movement patterns Perform group/individual routines Respond to music in time & rhythm. Respond to music to express a variety of moods & feelings. Learn a set routine Create a routine with personal movements Perform to a larger audience	Perform dances using a range of movement patterns Be able to respond to stimuli in innovative ways creating complex sequences with a partner or group. Perform clear & fluent dance sequences that show understanding of stimuli. Start to understand canon, unison, mirror and side by side. Learn a set routine	Perform dances using a range of movement patterns Show fluency & control in chosen dances in response to stimuli. Perform fluent dances with characteristics of different styles/eras. Adapt & refine (in pair/group), dances that vary direction, pace & rhythm. Learn a set routine	Perform dances using a range of movement patterns Create & perform dances in a variety of styles consistently. Be aware of & use musical structure, rhythm & mood & can dance accordingly. Use appropriate criteria & terminology to evaluate performances Learn a set routine Create a routine with personal

# All Saints' C. of E. Primary School



		Perform a set routine to a larger audience		solo or in a group	solo or in a group	Create a routine with personal movements Perform to a larger audience solo or in a group	Create a routine with personal movements Perform to a larger audience solo or in a group	movements Perform to a larger audience solo or in a group
Swimming			Build confidence in water by putting body and face underwater Understand the dangers of water Explore water safety Blow bubbles in water to encourage head submerging Practice how to get help when in danger Float and control body movements in water	Build confidence in water by safely exploring greater depths Float with control Explore stroke techniques with guidance from an adult Submerging games e.g. collect the hoop/object from the bottom Float and tread water Practice strokes across a shorter distance	Use a range of strokes effectively To develop basic pool safety skills and confidence in water. To develop travel in vertical or horizontal position and introduce floats. To develop push and glide techniques, any kick action on front and back with or without support aids. To develop entry and exit techniques and a range of float positions Submerging games e.g. collect the hoop/object from the bottom Float and tread water Practice strokes across a longer distance	Use a range of strokes effectively To develop entry and exit techniques and a range of float positions. To show breath control. Be confident in deep water. Confident to tread water for 30 seconds. Submerging games e.g. collect the hoop/object from the bottom Float and tread water Practice strokes across a pool length distance	Swim competently, confidently and proficiently over a distance of 25 metres Perform safe self-rescue in different water-based situations Perform sitting and standing dives, surface and feet first dives. Create a warm up game as part of a team. Show stamina in chosen stroke over 50m. Swim front crawl head out technique. Throw a large ball within a team game while treading water. Submerging games e.g. collect the hoop/object from the bottom Float and tread water Practice strokes across a distance of 25 metres	Swim competently, confidently and proficiently over a distance of 25 metres Perform safe self-rescue in different water-based situations Show stamina in chosen stroke over 100m+. Swim front crawl head out technique. Throw a large ball within a team game while treading water Swim 15 meters using a range of strokes on their front and back. State the correct actions they would take if they saw a swimmer in difficulty. Submerging games e.g. collect the hoop/object from the bottom Float and tread water Practice strokes across a distance of 25 metres
Outdoor and adventure	Go up steps/climb apparatus using alternate feet Collaborate with others to move a large item Balance on a range of items Balance on one leg Move heavy items with others to create a course/role play Outdoor provision; climbing and balancing apparatus, large items e.g tyres, beams	Outdoor apparatus Balance and move on one leg Create structures by moving a range of heavy items Swing and hang confidently from overhead apparatus e.g monkey bars Outdoor provision; range of climbing frames, large loose parts for rolling/ carrying/ balancing	Understand the purpose of a map Draw information from a map such as familiar landmarks Map jigsaws	Draw information from a map of a familiar location e.g. mapping their route to school Use a map to navigate a new route of a familiar location School site map plotting	Individual and group activities Orientate themselves with increasing confidence and accuracy around a short trail. Identify and use effective communication to begin to work as a team. Identify symbols used on a key. Map with route	Individual and group activities Orientate themselves accurately around a short trail. Create a short trail for others with a physical challenge. Start to recognise features of an orienteering course. Communicate clearly with other people in a team, and with other teams Map without route	Individual and group activities Start to orientate themselves with increasing confidence and accuracy around an orienteering course. Design an orienteering course than can be followed and offers some challenge to others. Begin to use navigation equipment to orientate around a trail. Use clear communication to effectively complete a particular role in a team Orienteering – local area	Individual and group activities Orientate themselves with confidence and accurately around an orienteering course when under pressure. Design an orienteering course that is clear to follow and offers challenge to others. Use navigation equipment (maps, compasses) to improve the trail. Work effectively as part of a team, demonstrating leadership skills when necessary Orienteering – local area
Gymnastics	Movement and balance skills Decide which physical skills are most appropriate (e.g. crawl, walk, run) Select appropriate movements for an obstacle Balance on a range of beams Explore basic rolling techniques Wall bars Rolling and moving on ground level Obstacle course; continuous provision and playground	Rolling, crawling, walking, jumping, running, hopping, skipping, climbing Know when it is appropriate to change own movement style to manage an obstacle Balance in different ways on apparatus Follow adult modelling to explore rolling techniques Wall bars and balance beams Obstacle courses and playground apparatus	Balance, agility and co-ordination Adjust movements for different apparatus Roll with accuracy Jump and land safely Start to follow a routine with 2 or more movements Wall bars Rolling techniques Set routines to combine movements Climbing apparatus inside and	Balance, agility and co-ordination Move confidently and safely in a range of ways Roll with accuracy Dismount and land jumps safely and with technique Explore new ways to move on familiar apparatus Complete a routine with 3 or more movements Wall bars Set routines to follow	Flexibility, strength, technique, control and balance Use a greater number of own ideas for movement in response to a task.  Combine arm actions with skips, leaps, steps, jumps & spins in travel.  Know principles of balance and apply them on floor & apparatus.	Flexibility, strength, technique, control and balance Share ideas and give positive criticism and advice to self & others.  Create & perform matching / mirroring sequences explaining how it could be improved.  Perform at least 3 different rolls (shoulder, forward, back) with some control.	Flexibility, strength, technique, control and balance Combine own work with that of others, identifying strengths & weaknesses.  Include change of speed, direction and shape in movements.  Follow a set of 'rules' to produce a sequence.	Flexibility, strength, technique, control and balance Select a suitable routine to perform to different audiences. Transfer sequences from floor to apparatus.  Perform 6-8 part floor sequence as individual, pair & small group to a piece of music.  Demonstrate paired and group balances in sequence.

All Saints’ C. of E. Primary School



		Rolling; forward roll, teddy bear...	out	Climbing apparatus inside and out	Wall bars Set routines to follow Climbing apparatus inside and out	Link a roll with travel and balance using floor and apparatus with good body control. Wall bars Set routines to follow Climbing apparatus inside and out	Create mirror/ matching/ cannon (pair) sequence varying dynamics/ levels/ direction etc. Wall bars Set routines to follow Climbing apparatus inside and out	Wall bars Set routines to follow Climbing apparatus inside and out
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Activities

NC aims

Skills