

PE Knowledge, Skills, Sequencing and Progression

| | EYFS | | Key Stage 1 | | Lower Key Stage 2 | | Upper Key Stage 2 | |
|--|--|--|---|--|---|--|---|--|
| Athletics | Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing | Master basic movements, eg running, jumping, throwing and catching and begin to apply these. | Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility and control in athletics. Compare performances to make improvements. | Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance in athletics. Compare their performances with previous ones and demonstrate improvements to achieve personal bests. | | | | |
| Gymnastics | Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, co-ordination and agility. | | Develop balance, agility and co-ordination. | | Develop flexibility and control in gymnastics. | | Develop flexibility, strength, technique, control and balance in gymnastics. | |
| Team Games | Start taking part in some group activities which they make up for themselves or in teams (DM3-4) | Participate in team games, developing simple tactics. | Play competitive games, modified as appropriate. Develop the skills needed for these such as attacking and defending. | | Play competitive games. | | Apply the principles of attacking and defending. | |
| Dance | Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. | | Perform dances using simple movements. | | Perform dances using a range of movement patterns. | | Perform dances using a range of movement patterns for specific purposes. | |
| Swimming | As above | Develop skills towards swimming competently, confidently using a range of strokes. | Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively. Perform safe self-rescue in different water-based situations. | | Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively. Perform safe self-rescue in different water-based situations. | | | |
| Outdoor and Adventurous activities. | | | | | Take part in outdoor and adventurous activity challenges both individually and within a team. | | Take part in outdoor and adventurous activity challenges both individually and within a team. | |
| Basic Skills | Further develop and refine a range of ball skills including throwing, catching, kicking, passing, batting and aiming. Develop confidence, competence, precision and accuracy when engaging with activities that involve a ball. | | Throw, kick and hit a ball in different ways. Choose appropriate rolling, kicking and hitting skills within games. | | Throw and catch a ball with control and accuracy. Strike a ball with control and accuracy. | | Use a variety of strokes confidently. Use a variety of techniques to pass a ball. | |

We use the Get Set 4 PE Knowledge and Skills Progression Ladders for the different aspects of PE.

PE Knowledge, Skills, Sequencing and Progression

Key Stage 1

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| <p style="text-align: center;">Athletics</p> <p>Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility and control in athletics. Compare performances to make improvements.</p> | <p style="text-align: center;">Gymnastics</p> <p>Develop balance, agility and co-ordination.</p> | <p style="text-align: center;">Team Games</p> <p>Play competitive games, modified as appropriate. Develop the skills needed for these such as attacking and defending.</p> | <p style="text-align: center;">Dance</p> <p>Perform dances using a range of movement patterns.</p> | <p style="text-align: center;">Swimming</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively. Perform safe self-rescue in different water-based situations.</p> | <p style="text-align: center;">Outdoor and Adventurous Activities</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p> | <p style="text-align: center;">Basic Skills</p> <p>Throw, kick and hit a ball in different ways. Choose appropriate rolling, kicking and hitting skills within games.</p> |
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Year A

| | Prior Learning | Intent (children will learn) | Unit | Sequence of Lessons WALT (children will...) | Vocabulary | Outcome / Composite |
|-----------------|---|--|------------------------|---|---|------------------------|
| Autumn A | Fundamentals EYFS Introduction to PE EYFS | Fundamentals Y1: Pupils will explore and develop the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. They will explore these skills in isolation as well as in combination. Y2: Pupils will be given opportunities to work with a range of different equipment | Fundamentals Y1 and Y2 | See GetSet4PE planning | Balance Dodge; Hop Jog; Jump Skip; Sprint | See GetSet4PE planning |
| | Dance EYFS (all) and Y2 (Y2s) | Dance: Pupils will explore travelling actions, movement skills and balancing. They will understand why it is important to count to music and use this in their dances. Pupils will copy and repeat actions linking them together to make short dance phrases. Pupils will work individually and with a partner to create ideas in relation to the theme. | Dance Y1 | See GetSet4PE planning | Balance Co-ordination Copy; Perform Shape; Travel | See GetSet4PE planning |
| | Gymnastics EYFS (all) and Y1 (Y2s) | Gymnastics: Pupils explore and develop basic gymnastic actions on the floor and using apparatus. They develop gymnastic skills of jumping, rolling, balancing and travelling individually and in combination to create short sequences and movement phrases. Pupils develop an awareness of compositional devices when creating sequences to include the use of shapes, levels and directions. | Gymnastics Y2 | See GetSet4PE planning | Balance Barrel roll Forwards roll Jump Shape Straight roll Travel | See GetSet4PE planning |
| Spring A | Introduction to PE EYFS Fundamentals EYFS, Y1 and Y2 Ball Skills EYFS Games EYFS | <p>Ball Skills Pupils will explore and develop their fundamental ball skills such as throwing and catching, rolling, hitting a target, dribbling with both hands and feet and kicking a ball. Pupils will be able to explore their own ideas in response to tasks.</p> <p>Invasion Y1: Pupils develop the basic skills required in invasion games such as sending, receiving and dribbling a ball. They develop their understanding of attacking and defending and what being 'in possession' means. They learn how to score points in these types of games and how to play to the rules.</p> <p>Invasion Y2: Pupils develop their understanding of invasion games and the principles of defending and attacking. They use and develop skills such as sending and receiving with both feet and hands, as well as dribbling with both feet and hands. They learn how to score points in these types of games and learn to play to the rules.</p> <p>Net and Wall: Pupils will be introduced to the basic skills required in Net and Wall games. They will develop throwing, catching and racket skills, learning to track and hit</p> | Ball Skills Y1 and Y2 | See GetSet4PE planning | Catch; Dribble Kick; Roll Throw; Track | See GetSet4PE planning |
| | | | Invasion Y1 | See GetSet4PE planning | Attack Catch Defend Dodge Dribble Kick Possession Space Throw | See GetSet4PE planning |
| | | | Invasion Y2 | See GetSet4PE planning | | See GetSet4PE planning |

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| | Net and Wall Y2 (Y2s) Fitness Y1 (Y2s) | a ball. They will learn to play against an opponent and over a net. They will begin to use rules and simple tactics when playing against a partner. Fitness: Pupils will take part in a range of fitness activities to develop components of fitness. Pupils will begin to explore and develop agility, balance, co-ordination, speed and stamina. Pupils will be given the opportunity to work independently and with others. | Net and Wall Y1 Fitness Y2 | See GetSet4PE planning See GetSet4PE planning | Catch Hit Throw Track Agility; Balance Co-ordination Skip; Speed Stamina Strength | See GetSet4PE planning See GetSet4PE planning | |
| Summer A | Introduction to PE EYFS Fundamentals EYFS, Y1 and Y2 Games EYFS Ball Skills EYFS, Y1 and Y2 Athletics Y1 (all) and Y1 (Y2s) | Send and Receive Y1: Pupils will develop their sending and receiving skills including throwing and catching, rolling, kicking, tracking and stopping a ball. Pupils will be given opportunities to work with a range of different sized balls. Y2: Pupils will also use equipment to send and receive a ball. Strike and Field: Pupils develop their basic understanding of striking and fielding games such as Rounders and Cricket. They learn skills including throwing and catching, stopping a rolling ball, retrieving a ball and striking a ball. They learn the rules of the game, how to score points and how to use simple tactics. Athletics: Pupils will develop skills required in athletic activities such as running at different speeds, changing direction, jumping and throwing. They will engage in performing skills and measuring performance, competing to improve on their own score and against others. | Send and Receive Y1 and Y2 Strike and Field Y1 and Y2 Athletics Y1 and Y2 Swimming Y2 | See GetSet4PE planning See GetSet4PE planning See GetSet4PE planning | Catch Kick; Roll Throw Track Bat; Bowl Catch; Retrieve Strike; Throw Track Agility Balance Hop; Jump Leap; Run Throw | See GetSet4PE planning See GetSet4PE planning See GetSet4PE planning | |
| Year B | | | | | | | |
| | Prior Learning | Intent (children will learn) | | Unit | Sequence of Lessons WALT (children will...) | Vocabulary | Outcome / Composite |
| Autumn B | Fundamentals EYFS Introduction to PE EYFS Dance EYFS (all) and Y2 (Y2s) | Fundamentals Y1: Pupils will explore and develop the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. They will explore these skills in isolation as well as in combination. Y2: Pupils will be given opportunities to work with a range of different equipment Dance: Pupils will explore space and how their body can move to express and idea, mood, character or feeling. They will expand their knowledge of travelling actions and use them in relation to a stimulus. They will build on their understanding of dynamics and expression. They will use counts of 8 consistently to keep in time with the music and a | Fundamentals Y1 and Y2 Dance Y2 | See GetSet4PE planning | WALT: Copy, repeat and create actions in response to a stimulus. WALT: copy, create and perform actions considering dynamics. WALT: create a short dance phrase with a partner showing clear changes of speed. | Balance Dodge; Hop Jog; Jump Skip; Sprint Copy Dynamics Perform; Speed Travel | See GetSet4PE planning To create and perform a dance |

PE Knowledge, Skills, Sequencing and Progression

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| | Gymnastics EYFS (all) and Y1 (Y2s) | <p>partner. Pupils will also explore pathways, levels, shapes, directions, speeds and timing.</p> <p>Gymnastics: Pupils explore and develop basic gymnastic actions on the floor and using low apparatus. Basic skills of jumping, rolling, balancing and travelling are used individually and in combination to create movement phrases. Pupils select their own actions to build short sequences and develop their confidence in performing. Pupils begin to understand the use of levels, directions and shapes when travelling and balancing.</p> | Gymnastics Y1 | <p>WALT: explore travelling movements and perform and link shapes.</p> <p>WLAT: perform balances and develop technique and control when performing shape jumps.</p> <p>WALT: develop technique in rolls and link actions to create a sequence.</p> | <p>Balance</p> <p>Control</p> <p>Jump</p> <p>Roll</p> <p>Sequence</p> <p>Shape</p> <p>Travel</p> | To create and perform a gymnastic sequence |
| Spring B | <p>Introduction to PE EYFS Fundamentals EYFS, Y1 and Y2</p> <p>Ball Skills EYFS</p> <p>Games EYFS</p> <p>Net and Wall Y1 (Y2s)</p> <p>Fitness Y2 (Y2s)</p> | <p>Ball Skills Pupils will explore and develop their fundamental ball skills such as throwing and catching, rolling, hitting a target, dribbling with both hands and feet and kicking a ball. Pupils will be able to explore their own ideas in response to tasks.</p> <p>Invasion Y1: Pupils develop the basic skills required in invasion games such as sending, receiving and dribbling a ball. They develop their understanding of attacking and defending and what being 'in possession' means. They learn how to score points in these types of games and how to play to the rules.</p> <p>Invasion Y2: Pupils develop their understanding of invasion games and the principles of defending and attacking. They use and develop skills such as sending and receiving with both feet and hands, as well as dribbling with both feet and hands. They learn how to score points in these types of games and learn to play to the rules.</p> <p>Net and Wall: Pupils will develop the basic skills involved in net and wall games. They will develop their understanding of the principles of net and wall games such as using the ready position to defend their space and sending the ball away from an opponent to maximise their chances of scoring.</p> <p>Fitness: Pupils develop their understanding of the benefits of exercise and a healthy lifestyle on their physical body, their mood and their overall health. They will work independently, in pairs and small groups to complete challenges</p> | <p>Ball Skills Y1 and Y2</p> <p>Invasion Y1</p> <p>Invasion Y2</p> <p>Net and Wall Y2</p> <p>Fitness Y1</p> | <p>See GetSet4PE planning</p> <p>See GetSet4PE planning</p> <p>See GetSet4PE planning</p> <p>See GetSet4PE planning</p> | <p>Catch; Dribble</p> <p>Kick; Roll</p> <p>Throw; Track</p> <p>Attack</p> <p>Catch</p> <p>Defend</p> <p>Dodge</p> <p>Dribble</p> <p>Kick</p> <p>Possession</p> <p>Space</p> <p>Throw</p> <p>Catch</p> <p>Hit</p> <p>Ready position</p> <p>Throw</p> <p>Agility; Balance</p> <p>Co-ordination</p> <p>Running</p> <p>Stamina</p> <p>Strength</p> | <p>See GetSet4PE planning</p> <p>See GetSet4PE planning</p> <p>See GetSet4PE planning</p> <p>See GetSet4PE planning</p> <p>See GetSet4PE planning</p> |
| Summer B | <p>Introduction to PE EYFS Fundamentals EYFS, Y1 and Y2</p> <p>Games EYFS</p> <p>Ball Skills EYFS, Y1 and Y2</p> <p>Athletics Y1 (all) and Y1 (Y2s)</p> | <p>Send and Receive Y1: Pupils will develop their sending and receiving skills including throwing and catching, rolling, kicking, tracking and stopping a ball. Pupils will be given opportunities to work with a range of different sized balls. Y2: Pupils will also use equipment to send and receive a ball.</p> <p>Strike and Field: Pupils develop their basic understanding of striking and fielding games such as Rounders and Cricket. They learn skills including throwing and catching, stopping a rolling ball, retrieving a ball and striking a ball. They learn the rules of the game, how to score points and how to use simple tactics.</p> <p>Athletics: Pupils will develop skills required in athletic activities such as running at different speeds, changing direction, jumping and throwing. They will engage in performing skills and measuring performance, competing to improve on their own score and against others.</p> | <p>Send and Receive Y1 and Y2</p> <p>Strike and Field Y1 and Y2</p> <p>Athletics Y1 and Y2</p> <p>Swimming Y2</p> | <p>See GetSet4PE planning</p> <p>See GetSet4PE planning</p> <p>See GetSet4PE planning</p> | <p>Catch</p> <p>Kick; Roll</p> <p>Throw</p> <p>Track</p> <p>Bat; Bowl</p> <p>Catch; Retrieve</p> <p>Strike; Throw</p> <p>Track</p> <p>Agility</p> <p>Balance</p> <p>Hop; Jump</p> <p>Leap; Run</p> <p>Throw</p> | <p>See GetSet4PE planning</p> <p>See GetSet4PE planning</p> <p>See GetSet4PE planning</p> |

PE Knowledge, Skills, Sequencing and Progression

PE Knowledge, Skills, Sequencing and Progression

Lower Key Stage 2

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|---|---|---|--|--|--|--|
| Athletics Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility and control in athletics. Compare performances to make improvements. | Gymnastics Develop flexibility and control in gymnastics. | Team Games Play competitive games, modified as appropriate. Develop the skills needed for these such as attacking and defending. | Dance Perform dances using a range of movement patterns. | Swimming Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively. Perform safe self-rescue in different water-based situations. | Outdoor and Adventurous Activities Take part in outdoor and adventurous activity challenges both individually and within a team. | Basic Skills Throw and catch a ball with control and accuracy. Strike a ball with control and accuracy. |
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Year A

| | Prior Learning | Intent (children will learn) | Unit | Sequence of Lessons WALT (children will...) | Vocabulary | Outcome / Composite |
|-----------------|---|---|-------------------|---|--|--|
| Autumn A | Fundamentals EYFS, Y1 and Y2 Ball Skills EYFS, Y1 and Y2 Games EYFS Invasion Y1 and Y2 | <p>Fundamentals: Pupils will develop the fundamental skills of balancing, running, jumping, hopping and skipping. Pupils will develop their ability to change direction with balance and control. They will be given the opportunity to explore how the body moves at different speeds as well as how to accelerate and decelerate.</p> <p>Football: Pupils will develop competencies in key skills and principles such as defending, attacking, sending, receiving and dribbling a ball.</p> | Fundamentals Y3/4 | See GetSet4PE planning | Balance Dodge; Hop Jump; Run | See GetSet4PE planning |
| | Net and Wall Y1 and Y2 (all) | <p>Netball: Pupils will develop competencies in key skills and principles such as defending, attacking, throwing, catching and shooting. They will learn to use a range of different passes in different situations to keep possession and attack towards goal and about defending and attacking play. They will learn key rules of the game such as footwork, held ball, contact and obstruction.</p> | Football Y3/4 | See GetSet4PE planning | Ball Control Dribble; Pass Receive; Track Turn | See GetSet4PE planning |
| | Tennis Y3 (Y4s) | <p>Tennis: Pupils develop the key skills required for tennis such as the ready position, racket control and forehand and backhand ground strokes. Pupils learn how to score points and how to use skills, strategies and tactics.</p> | Netball Y3.4 | See GetSet4PE planning | Attack; Catch Defend; Footwork Intercept; Pass Shoot; Throw | See GetSet4PE planning |
| | Swimming Y2 and Y3 (Y4s) | | Tennis Y4 | See GetSet4PE planning | Backhand Forehand Ready position | See GetSet4PE planning |
| Spring A | Fundamentals EYFS, Y1 and Y2 Ball Skills EYFS, Y1 and Y2 Games EYFS Invasion Y1 and Y2 | <p>Basketball: Pupils will develop competencies in key skills and principles such as defending, attacking, throwing, catching and dribbling. Pupils will learn to use attacking skills to maintain possession of the ball.</p> <p>Hockey: Pupils will learn to contribute to the game by helping to keep possession of the ball, use simple attacking tactics using sending, receiving and dribbling a ball. They will begin to think about defending and winning the ball.</p> | Basketball Y3/4 | See GetSet4PE planning | Catch Dribble Intercept Pass Receive Shoot Tackle Throw | See GetSet4PE planning See GetSet4PE planning |
| | | | Hockey Y3/4 | See GetSet4PE planning | | |
| | | | Dance Y3 | See GetSet4PE planning | | Balance; Canon Copy; Control |

PE Knowledge, Skills, Sequencing and Progression

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|-----------------|--|---|--|--|--|--|
| | Dance EYFS, Y1 and Y2 (all) and Y4 (Y4s) Gymnastics EYFS, Y1 and Y2 (all) and Y3 (Y4s) Swimming Y2 (Y3 children) | <p>Dance: Pupils create dances in relation to an idea including historical and scientific stimuli. Pupils work individually, with a partner and in small groups, sharing their ideas. Pupils develop their use of counting and rhythm. Pupils learn to use canon, unison, formation and levels in their dances.</p> <p>Gymnastics: Pupils create more complex sequences. They learn a wider range of travelling actions and include the use of pathways. They develop more advanced actions such as inverted movements and explore ways to include apparatus. They work independently and in collaboration with a partner to create and develop sequences.</p> | Gymnastics Y4 Swimming (Y3 children) | See GetSet4PE planning | Direction; Dynamics Formation Pathways Perform; Unison Balance; Barrel roll Bridge; Forward roll; Rotation Shoulder stand Straight roll Straddle roll | See GetSet4PE planning See GetSet4PE planning |
| Summer A | Fundamentals EYFS, Y1 and Y2 Games EYFS Ball Skills EYFS, Y1 and Y2 Strike and Field Y1 and Y2 Send and Receive Y1 and Y2 Athletics Y1 and Y2 | <p>Cricket: Pupils learn how to strike the ball into space so that they can score runs. When fielding, they learn how to keep the batters' scores low. Pupils learn to strike a ball and trying to avoid fielders, so that they can run between wickets to score runs.</p> <p>Rounders: Pupils learn how to score points by striking a ball into space and running around cones or bases. When fielding, they learn how to play in different fielding roles. They focus on developing their throwing, catching and batting skills.</p> <p>Athletics: Pupils will develop basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing.</p> | Cricket Y3/4 Rounders Y3/4 Athletics Y3 and Y4 | See GetSet4PE planning See GetSet4PE planning See GetSet4PE planning | Batting Catching Overarm bowl Overarm throw Retrieve Tracking Underarm bowl Underarm throw Jump Pacing Pull throw Push throw Sprint Technique | See GetSet4PE planning See GetSet4PE planning See GetSet4PE planning |
| Year B | | | | | | |
| | Prior Learning | Intent (children will learn) | Unit | Sequence of Lessons WALT (children will...) | Vocabulary | Outcome / Composite |
| Autumn B | Fundamentals EYFS, Y1 and Y2 Ball Skills EYFS, Y1 and Y2 Games EYFS Invasion Y1 and Y2 Net and Wall Y1 and Y2 (all) | <p>Fundamentals: Pupils will develop the fundamental skills of balancing, running, jumping, hopping and skipping. Pupils will develop their ability to change direction with balance and control. They will be given the opportunity to explore how the body moves at different speeds as well as how to accelerate and decelerate.</p> <p>Football: Pupils will develop competencies in key skills and principles such as defending, attacking, sending, receiving and dribbling a ball.</p> <p>Netball: Pupils will develop competencies in key skills and principles such as defending, attacking, throwing, catching and shooting. They will learn to use a range of different passes in different situations to keep possession and attack towards goal and about defending and attacking play. They will learn key rules of the game such as footwork, held ball, contact and obstruction.</p> | Fundamentals Y3/4 Football Y3/4 Netball Y3.4 | See GetSet4PE planning See GetSet4PE planning See GetSet4PE planning | Balance Dodge; Hop Jump; Run Ball Control Dribble; Pass Receive; Track Turn Attack; Catch Defend; Footwork Intercept; Pass Shoot; Throw | See GetSet4PE planning See GetSet4PE planning See GetSet4PE planning |

PE Knowledge, Skills, Sequencing and Progression

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|-----------------|---|---|---|--|---|--|
| | Tennis Y3 (Y4s) Swimming Y2 and Y3 (Y4s) | Tennis: Pupils develop the key skills required for tennis such as the ready position, racket control and hitting a ball Pupils learn how to score points and how to use skills, simple strategies and tactics. | Tennis Y4 Swimming (Y4 children) | See GetSet4PE planning | Backhand Forehand Ready position | See GetSet4PE planning |
| Spring B | Fundamentals EYFS, Y1 and Y2 Ball Skills EYFS, Y1 and Y2 Games EYFS Invasion Y1 and Y2 | Basketball: Pupils will develop competencies in key skills and principles such as defending, attacking, throwing, catching and dribbling. Pupils will learn to use attacking skills to maintain possession of the ball. Hockey: Pupils will learn to contribute to the game by helping to keep possession of the ball, use simple attacking tactics using sending, receiving and dribbling a ball. They will begin to think about defending and winning the ball. | Basketball Y3/4 Hockey Y3/4 | See GetSet4PE planning See GetSet4PE planning | Catch Dribble Intercept Pass Receive Shoot Tackle; Throw | See GetSet4PE planning See GetSet4PE planning |
| | Dance EYFS, Y1 and Y2 (all) and Y3 (Y4s) | Dance: Pupils focus on creating characters and narrative through movement and gesture. They gain inspiration from a range of stimuli, working individually, in pairs and small groups. | Dance Y4 | See GetSet4PE planning | Balance; Canon Character; Control Dynamics; Formation Perform; Space Structure Technique Unison | See GetSet4PE planning |
| | Gymnastics EYFS, Y1 and Y2 (all) and Y4 (Y4s) | Gymnastics: Pupils focus on improving the quality of their gymnastic movements. They develop the basic skills of rolling, jumping and balancing and use them individually and in combination. Pupils develop their sequence work, collaborating with others to use matching and contrasting actions and shapes and develop linking sequences smoothly with actions that flow. | Gymnastics Y3 | See GetSet4PE planning | Balance; Barrel roll; Forward roll Rhythmic gymnastics Star jump; Straight roll; Tuck jump | See GetSet4PE planning |
| | Swimming Y2 (Y3 children) | | Swimming (Y3 children) | | | |
| Summer B | Fundamentals EYFS, Y1 and Y2 Games EYFS Ball Skills EYFS, Y1 and Y2 Strike and Field Y1 and Y2 Send and Receive Y1 and Y2 | Cricket: Pupils learn how to strike the ball into space so that they can score runs. When fielding, they learn how to keep the batters' scores low. Pupils learn to strike a ball and trying to avoid fielders, so that they can run between wickets to score runs. Rounders: Pupils learn how to score points by striking a ball into space and running around cones or bases. When fielding, they learn how to play in different fielding roles. They focus on developing their throwing, catching and batting skills. | Cricket Y3/4 Rounders Y3/4 | See GetSet4PE planning See GetSet4PE planning | Batting Catching Overarm bowl Overarm throw Retrieve Tracking Underarm bowl Underarm throw | See GetSet4PE planning See GetSet4PE planning |
| | Athletics Y1 and Y2 | Athletics: Pupils will develop basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. | Athletics Y3 and Y4 | See GetSet4PE planning | Jump Pacing Pull throw Push throw Sprint Technique | See GetSet4PE planning |
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PE Knowledge, Skills, Sequencing and Progression

Upper Key Stage 2

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| <p>Athletics</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Develop flexibility, strength, technique, control and balance in athletics.</p> <p>Compare their performances with previous ones and demonstrate improvements to achieve personal bests.</p> | <p>Gymnastics</p> <p>Develop flexibility, strength, technique, control and balance in gymnastics.</p> | <p>Team Games</p> <p>Play competitive games.</p> <p>Apply the principles of attacking and defending.</p> | <p>Dance</p> <p>Perform dances using a range of movement patterns for specific purposes.</p> | <p>Swimming</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>Use a range of strokes effectively.</p> <p>Perform safe self-rescue in different water-based situations.</p> | <p>Outdoor and Adventurous Activities</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p> | <p>Basic Skills</p> <p>Use a variety of strokes confidently.</p> <p>Use a variety of techniques to pass a ball.</p> |
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Year A

| | Prior Learning | Intent (children will learn) | Unit | Sequence of Lessons WALT (children will...) | Vocabulary | Outcome / Composite |
|-----------------|--|---|--|--|--|--|
| Autumn A | <p>Fundamentals EYFS, Y1, Y2, Y3/4</p> <p>Ball Skills EYFS, Y1 and Y2 Games EYFS</p> <p>Invasion Y1 and Y2</p> <p>Football Y3/4</p> <p>Netball Y3/4</p> <p>Gymnastics EYFS, Y1, Y2, Y3 and Y4 (all) and Y5 (Y6s)</p> <p>Net and Wall Y1 and Y2</p> <p>Tennis Y3 and Y4</p> | <p>Football: Pupils will improve their defending and attacking play, developing further knowledge of the principles and tactics of each. Pupils will begin to develop consistency and control in dribbling, passing and receiving a ball. They will also learn the basics of goalkeeping.</p> <p>Netball: Pupils will develop defending and attacking play during even-sided 5-a-side netball, learning to use a range of different passes to keep possession and attack towards a goal. Pupils will be encouraged to work collaboratively to think about how to use skills, strategies and tactics to outwit the opposition. They will start to show control and fluency when passing, receiving and shooting the ball. They will learn key rules of the game.</p> <p>Gymnastics: Pupils use their knowledge of compositional principles e.g. how to use variations in level, direction and pathway, how to combine and link actions, how to relate to a partner and apparatus, when developing sequences. They develop performance skills considering the quality and control of their actions.</p> <p>Badminton: Pupils focus on developing the skills they need to play continuous rallies. They will learn about the ready position, racket control, serving and hitting over a net and how to use these skills to make the game difficult for their opponent.</p> | <p>Football Y5/6</p> <p>Netball Y5/6</p> <p>Gymnastics Y6</p> <p>Badminton Y5/6</p> | <p>See GetSet4PE planning</p> <p>See GetSet4PE planning</p> <p>See GetSet4PE planning</p> <p>See GetSet4PE planning</p> | <p>Ball control</p> <p>Contact</p> <p>Dribbling</p> <p>Footwork</p> <p>Goalkeeping</p> <p>Obstruction</p> <p>Passing</p> <p>Receiving</p> <p>Space</p> <p>Tracking</p> <p>Turning</p> <p>Backward roll</p> <p>Bridge; Cartwheel</p> <p>Counter balance</p> <p>Counter tension</p> <p>Forward roll</p> <p>Handstand</p> <p>Headstand</p> <p>Shoulder stand</p> <p>Straddle roll</p> <p>Vault</p> <p>Backhand;</p> <p>Footwork</p> <p>Forehand; Grip</p> <p>Ready position</p> <p>Serve; Tactics</p> | <p>See GetSet4PE planning</p> <p>See GetSet4PE planning</p> <p>See GetSet4PE planning</p> <p>See GetSet4PE planning</p> |

PE Knowledge, Skills, Sequencing and Progression

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|-----------------|---|---|---------------------|--|---|--------------------------------|
| Spring A | Fundamentals EYFS, Y1, Y2 and Y3/4 Ball Skills EYFS, Y1 and Y2 Games EYFS Invasion Y1 and Y2 Basketball Y3/4 Hockey Y3/4 Dance EYFS, Y1, Y2, Y3 and Y4 (all) and Y6 (Y6s) | <p>Basketball: Pupils will develop key skills and principles such as defending, attacking, throwing, catching, dribbling and shooting. Pupils will learn to use attacking skills to maintain possession as well as defending skills to gain possession.</p> | Basketball Y5/6 | See GetSet4PE planning | Attack Catch Defend Dodge Dribble Intercept Pass Possession Receive Shoot Space Strategy Tackle Throw | See GetSet4PE planning |
| | | <p>Hockey: Pupils improve their defending and attacking skills playing even-sided games. They start to show control and fluency in dribbling, sending and receiving a ball in a small game situation and under some pressure. Pupils will be encouraged to think about how to use tactics and collaborate with others to outwit their opposition.</p> | Hockey Y5/6 | See GetSet4PE planning | | See GetSet4PE planning |
| | | <p>Tag Rugby: Pupils will develop key skills and principles such as defending, attacking, throwing, catching, running and dodging. When attacking, pupils will support the ball carrier using width and drawing defence. When defending, pupils learn how to tag, how to track and slow down an opponent, working as a defensive unit. They will play collaboratively and will be encouraged to think about how to use skills, strategies and tactics.</p> | Tag Rugby Y5/6 | See GetSet4PE planning | | See GetSet4PE planning |
| | | <p>Dance: Pupils will focus on developing an idea or theme into dance choreography. They will work in pairs and groups using different choreographing tools to create dances and will have opportunities to choreograph, perform and provide feedback on dance. Pupils think about how to use movement to convey ideas, emotions, feelings and characters.</p> | Dance Y5 | See GetSet4PE planning | Canon Character Dynamics Emotion Formation Matching Mirroring Transitions Unison | See GetSet4PE planning |
| Summer A | Fundamentals EYFS, Y1 and Y2 Games EYFS Ball Skills EYFS, Y1 and Y2 Strike and Field Y1 and Y2 Send and Receive Y1 and Y2 Cricket Y3/4 Rounders Y3/4 Athletics Y1, Y2, Y3 and Y4 | <p>Cricket: Pupils develop the range and quality of striking and fielding skills and their understanding of cricket. They learn how to play the different roles of bowler, wicket keeper, fielder and batter.</p> | Cricket Y5/6 | See GetSet4PE planning | Batting; Fielding Long barrier Overarm bowl Overarm throw Retrieving Short barrier Tracking Underarm bowl Underarm throw Fling throw Jumping Pacing Relay Sprinting Technique Pull throw Push throw | See GetSet4PE planning |
| | | <p>Rounders: Pupils develop the quality and consistency of their fielding skills and understanding of when to use them such as throwing underarm and overarm, catching and retrieving a ball. They learn how to play the different roles of bowler, backstop, fielder and batter and to apply tactics in these positions.</p> | Rounders Y5/6 | See GetSet4PE planning | | See GetSet4PE planning |
| | | <p>Athletics: Pupils are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. Y5: running over longer distances, sprinting, relay, triple jump, shot put and javelin. Y6: long distance running, sprinting, triple jump, discus and shot put.</p> | Athletics Y5 and Y6 | See GetSet4PE planning | | See GetSet4PE planning |
| Year B | | | | | | |
| | Prior Learning | Intent (children will learn) | Unit | Sequence of Lessons WALT (children will...) | Vocabulary | Outcome / Composite |

PE Knowledge, Skills, Sequencing and Progression

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|------------------------|---|--|---|---|---|---|
| <p>Autumn B</p> | <p>Fundamentals EYFS, Y1, Y2, Y3/4 Ball Skills EYFS, Y1 and Y2 Games EYFS Invasion Y1 and Y2 Football Y3/4 Netball Y3/4</p> <p>Gymnastics EYFS, Y1, Y2, Y3 and Y4 (all) and Y6 (Y6s)</p> <p>Net and Wall Y1 and Y2 Tennis Y3 and Y4</p> | <p>Football: Pupils will improve their defending and attacking play, developing further knowledge of the principles and tactics of each. Pupils will begin to develop consistency and control in dribbling, passing and receiving a ball. They will also learn the basics of goalkeeping.</p> <p>Netball: Pupils will develop defending and attacking play during even-sided 5-a-side netball, learning to use a range of different passes to keep possession and attack towards a goal. Pupils will be encouraged to work collaboratively to think about how to use skills, strategies and tactics to outwit the opposition. They will start to show control and fluency when passing, receiving and shooting the ball. They will learn key rules of the game.</p> <p>Gymnastics: Pupils create longer sequences individually, with a partner and a small group. They learn a wider range of actions such as inverted movements to include cartwheels and handstands. They explore partner relationships such as canon and synchronisation and matching and mirroring. Pupils develop performance skills considering the quality and control of their actions.</p> <p>Badminton: Pupils focus on developing the skills they need to play continuous rallies. They will learn about the ready position, racket control, serving and hitting over a net and how to use these skills to make the game difficult for their opponent.</p> | <p>Football Y5/6</p> <p>Netball Y5/6</p> <p>Gymnastics Y5</p> <p>Badminton Y5/6</p> | <p>See GetSet4PE planning</p> <p>See GetSet4PE planning</p> <p>See GetSet4PE planning</p> <p>See GetSet4PE planning</p> | <p>Ball control Contact Dribbling Footwork Goalkeeping Obstruction Passing Receiving Space Tracking Turning</p> <p>Asymmetrical Backward roll Bridge; Cartwheel Forward roll Shoulder stand Straddle roll Straight roll Symmetrical</p> <p>Backhand; Footwork Forehand; Grip Ready position Serve; Tactics</p> | <p>See GetSet4PE planning</p> <p>See GetSet4PE planning</p> <p>See GetSet4PE planning</p> <p>See GetSet4PE planning</p> |
| <p>Spring B</p> | <p>Fundamentals EYFS, Y1, Y2 and Y3/4 Ball Skills EYFS, Y1 and Y2 Games EYFS Invasion Y1 and Y2 Basketball Y3/4 Hockey Y3/4</p> <p>Dance EYFS, Y1, Y2, Y3 and Y4 (all) and Y5 (Y6s)</p> | <p>Basketball: Pupils will develop key skills and principles such as defending, attacking, throwing, catching, dribbling and shooting. Pupils will learn to use attacking skills to maintain possession as well as defending skills to gain possession.</p> <p>Hockey: Pupils improve their defending and attacking skills playing even-sided games. They start to show control and fluency in dribbling, sending and receiving a ball in a small game situation and under some pressure. Pupils will be encouraged to think about how to use tactics and collaborate with others to outwit their opposition.</p> <p>Tag Rugby: Pupils will develop key skills and principles such as defending, attacking, throwing, catching, running and dodging. When attacking, pupils will support the ball carrier using width and drawing defence. When defending, pupils learn how to tag, how to track and slow down an opponent, working as a defensive unit. They will play collaboratively and will be encouraged to think about how to use skills, strategies and tactics.</p> <p>Dance: Pupils learn different styles of dance, working individually, as a pair and in small groups and thinking about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts. Pupils develop an awareness of the historical and cultural origins of different dances. Pupils will be provided with the opportunity to create and perform their work.</p> | <p>Basketball Y5/6</p> <p>Hockey Y5/6</p> <p>Tag Rugby Y5/6</p> <p>Dance Y6</p> | <p>See GetSet4PE planning</p> <p>See GetSet4PE planning</p> <p>See GetSet4PE planning</p> <p>See GetSet4PE planning</p> | <p>Attack Catch Defend Dodge Dribble Intercept Pass Possession Receive Shoot Space Strategy Tackle Throw</p> <p>Canon; Character Dynamics Emotion Formation Matching Mirroring; Space Structure</p> | <p>See GetSet4PE planning</p> <p>See GetSet4PE planning</p> <p>See GetSet4PE planning</p> <p>See GetSet4PE planning</p> |

PE Knowledge, Skills, Sequencing and Progression

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| | | | | | Transitions Unison | |
| Summer B | <p>Fundamentals EYFS, Y1 and Y2 Games EYFS Ball Skills EYFS, Y1 and Y2 Strike and Field Y1 and Y2 Send and Receive Y1 and Y2 Cricket Y3/4 Rounders Y3/4</p> <p>Athletics Y1, Y2, Y3 and Y4</p> | <p>Cricket: Pupils develop the range and quality of striking and fielding skills and their understanding of cricket. They learn how to play the different roles of bowler, wicket keeper, fielder and batter.</p> <p>Rounders: Pupils develop the quality and consistency of their fielding skills and understanding of when to use them such as throwing underarm and overarm, catching and retrieving a ball. They learn how to play the different roles of bowler, backstop, fielder and batter and to apply tactics in these positions.</p> <p>Athletics: Pupils are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. Y5: running over longer distances, sprinting, relay, triple jump, shot put and javelin. Y6: long distance running, sprinting, triple jump, discus and shot put.</p> | <p>Cricket Y5/6</p> <p>Rounders Y5/6</p> <p>Athletics Y5 and Y6</p> | <p>See GetSet4PE planning</p> <p>See GetSet4PE planning</p> <p>See GetSet4PE planning</p> | <p>Batting; Fielding Long barrier Overarm bowl Overarm throw Retrieving Short barrier Tracking Underarm bowl Underarm throw</p> <p>Fling throw Jumping Pacing Relay Sprinting Technique Pull throw Push throw</p> | <p>See GetSet4PE planning See GetSet4PE planning</p> <p>See GetSet4PE planning</p> |