



*Curriculum overview for
parents and carers*



PE

Summary of key PE learning for Reception to Year 6.



Whitfield St James' uses Get Set 4 PE as the vehicle for delivering its PE curriculum and devise its long-term plan from the units set out below to ensure coverage of the national curriculum. Each unit will last half a term, and two units (typically indoor and outdoor) will be covered each half term. In lessons, teachers share both the learning objective and 'Whole Child Objectives' with the class before leaving the classroom for the lesson.

Our PE lessons are active, inclusive and focused on developing physical literacy, teamwork and confidence. Lessons should follow a clear structure: warm-up, skill development, application, cool down and review.

Please see below the curriculum maps for each key stage -

EYFS curriculum map

Program me 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Intro to PE Unit 1	Ball skills Unit 1	Dance Unit 1	Fundamentals Unit 1	Games Unit 1	Gymnastics Unit 1
Program me 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Intro to PE Unit 2	Ball skills Unit 2	Dance Unit 2	Fundamentals Unit 2	Games Unit 2	Gymnastics Unit 2

KS1 curriculum map

This curriculum map is very skill based, a sport might be too much at this age of development, but start to introduce sports to them. For example, sending a ball with your foot is a skill seen in football, being able to throw and catch is used in a variety of sports. Make sure the children start to become aware when they might see these skills.

Look at what sports are taught in KS2 to help guide the skills taught.

Program me 1 2024/25	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Outdoor	Ball skills	Sending and receiving	Net and wall games	Invasion games	Athletics	Striking and fielding
Indoor	Fundamentals	Team building	Gymnastics	Dance	Fitness	Yoga

Program me 2 2025/26	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Outdoor	Balls skills	Sending and receiving	Target games	Invasion games	Athletics	Striking and fielding
Indoor	Fundamentals	Team building	Gymnastics	Dance	Yoga	Fitness

KS2 curriculum map

PROGRAMME 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Outdoor	Tag rugby Invasion	Dodgeball and Ball skills (year 3/4)	Basketball Invasion	Outdoor Adventurous activities (OAA)	Athletics	Cricket Strike/field
Indoor	Team building	Yoga	Fitness	Dance	Gymnastics	

PROGRAMME 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Outdoor	Netball Invasion	Tennis Net and wall	Football Invasion	Hockey invasion	Athletics	Rounders Strike/field
Indoor	Team building	Yoga	Fitness	Gymnastics	Dance	



Skills

Athletics Progression Ladder



Knowledge

Running: demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique.
Jumping: develop power, control and technique in the triple jump.
Throwing: develop power, control and technique when throwing discus and shot put.

Year
6

Running: understand that I need to prepare my body for running and know the muscle groups I will need to use.
Jumping: understand that a run up builds speed and power and enables me to jump further.
Throwing: understand that I need to prepare my body for throwing and know the muscle groups I will need to use.
Rules: understand and apply rules in events that pose an increased risk.

Running: apply fluency and co-ordination when running for speed in relay changeovers. Effectively apply speeds appropriate for the event.
Jumping: explore technique and rhythm in the triple jump.
Throwing: Develop technique and power in javelin and shot put.

Year
5

Running: understand that taking big consistent strides will help to create a rhythm that allows me to run faster. Understand that keeping a steady breath will help me when running longer distances.
Jumping: know that if I drive my knees high and fast I can build power and therefore distance in my jumps.
Throwing: know how to transfer my weight in different throws to increase the distance.
Rules: understand and apply rules in a variety of events using official equipment.

Running: develop an understanding of speed and pace in relation to distance. Develop power and speed in the sprinting technique.
Jumping: develop technique when jumping for distance.
Throwing: explore power and technique when throwing for distance in a pull and heave throw.

Year
4

Running: understand that I need to pace myself when running further or for a long period of time. Understand that a high knee drive, pumping my arms and running on the balls of my feet gives me power.
Jumping: understand that transferring weight will help me to jump further.
Throwing: understand that transferring weight will help me to throw further.
Rules: know and understand the rules to be able to manage our own events.

Running: develop the sprinting technique and apply it to relay events.
Jumping: develop technique when jumping for distance in a range of approaches and take off positions.
Throwing: explore the technique for a pull throw.

Year
3

Running: understand that leaning slightly forwards helps to increase speed. Leaning my body in the opposite direction to travel helps to slow down.
Jumping: know that if I jump and land quickly it will help me to jump further.
Throwing: understand that the speed of the movement helps to create power.
Rules: know the rules of the event and begin to apply them.

Running: develop the sprinting action.
Jumping: develop jumping, hopping and skipping actions. Explore safely jumping for distance and height.
Throwing: develop overarm throwing for distance.

Year
2

Running: know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster.
Jumping: know that swinging my arms forwards will help me to jump further.
Throwing: know that I can throw in a straight line by pointing my throwing hand at my target as I let go of the object.
Rules: know how to follow simple rules when working with others.

Running: explore running at different speeds.
Jumping: develop balance whilst jumping and landing. Explore hopping, jumping and leaping for distance.
Throwing: explore throwing for distance and accuracy.

Year
1

Running: understand that if I swing my arms, it will help me to run faster.
Jumping: know that landing on the balls of my feet helps me to land with control. Understand that if I bend my knees, it will help me to jump further.
Throwing: know that stepping forward with my opposite foot to hand will help me to throw further.
Rules: know that rules help us to play fairly.

Running: explore running and stopping safely.
Jumping: explore jumping and hopping safely.
Throwing: explore throwing to a target.

EYFS

Running: know that I use big steps to run and small steps to stop. Know that moving into space away from others helps to keep me safe.
Jumping: know that bending my knees will help me to land safely.
Throwing: understand that bigger targets are easier to hit.
Rules: know that rules help us to stay safe.





Skills

Ball Skills Progression Ladder

Knowledge



Sending: show good technique when sending a ball with increasing control, accuracy and consistency under pressure. Catching: demonstrate increasing consistency of catching under pressure in a variety of game situations. Tracking: demonstrate a wider range of techniques when tracking a ball under pressure Dribbling: dribble consistently using a range of techniques with increasing control under pressure.	Year 6	Sending: understand and make quick decisions about when, how and who to pass to. Catching: know how to catch a ball for different situations, considering trajectory, speed, height and size of the ball. Tracking: know how to track a ball for different situations, considering trajectory, speed, height and size of the ball. Dribbling: choose the appropriate skill for the situation under pressure e.g. a V dribble in basketball to keep the ball away from a defender.
Sending: demonstrate clear technique when sending a ball under pressure. Catching: demonstrate good technique under pressure. Tracking: demonstrate a range of techniques when tracking and collecting a ball. Dribbling: dribble with some control under pressure. All Y5 & 6 Games Units	Year 5	Sending: know that controlling a ball before sending it will allow me to send it accurately. Catching: understand when to use different types of catching. Tracking: know that tracking a ball will help me to collect/stop/receive it quickly and successfully. Dribbling: know that dribbling in different directions will help me to lose a defender in game situations.
Sending: accurately use a range of techniques to send a ball to a target. Catching: catch different sized objects with increasing consistency with one and two hands. Tracking: consistently track a ball sent directly and indirectly. Dribbling: dribble a ball with increasing control and co-ordination.	Year 4	Sending: know that I can use a variety of ways to send the ball and it may depend on the situation e.g. distance, speed, if there is a defender. Catching: know to adjust my hands to the height of the ball. Tracking: know that tracking a ball is an important skill used in games activities and be able to give examples of this. Dribbling: know that dribbling with soft hands/touches will help me to keep control.
Sending: send a ball with accuracy and increasing consistency to a target. Catching: catch a range of objects with increasing consistency. Tracking: track a ball not sent directly. Dribbling: dribble a ball with hands and feet with control.	Year 3	Sending: know that pointing my hand/foot to my target on release will help me to send a ball accurately. Catching: know to move my feet to the ball. Tracking: know that using a ready position will help me to react to the ball. Dribbling: know that dribbling is an attacking skill used in games which helps us to move towards a goal or away from defenders.
Sending: roll, throw and kick a ball to hit a target. Catching: develop catching a range of objects with two hands. Catch with and without a bounce. Tracking: consistently track and collect a ball being sent directly. Dribbling: explore dribbling with hands and feet with increasing control on the move.	Year 2	Sending: know that stepping with opposite foot to throwing arm will help me to balance. Catching: know to use wide fingers and pull the ball in to my chest to help to securely catch. Tracking: know that it is easier to move towards a ball to track it than chase it. Dribbling: know to keep my head up when dribbling to see space/opponents.
Sending: roll and throw with some accuracy towards a target. Catching: begin to catch with two hands. Catch after a bounce. Tracking: track a ball being sent directly. Dribbling: explore dribbling with hands and feet.	Year 1	Sending: know to face my body towards my target when rolling and throwing underarm to help me to balance. Catching: know to watch the ball as it comes towards me. Tracking: know to move my feet to get in the line with the ball. Dribbling: know that moving with a ball is called dribbling.
Sending: explore sending an object with hands and feet. Catching: explore catching to self and with a partner. Tracking: explore stopping a ball with hands and feet. Dribbling: explore dropping and catching with two hands and moving a ball with feet.	EYFS	Sending: know to look at the target when sending a ball. Catching: know to have hands out ready to catch. Tracking: know to watch the ball as it comes towards me and scoop it with two hands. Dribbling: know that keeping the ball close will help with control.

Skills

Dance Progression Ladder

Knowledge



Actions: show controlled movements which express emotion and feeling. Dynamics: explore, improvise and combine dynamics to express ideas fluently and effectively on my own, with a partner or in a small group. Space and relationships: use a variety of compositional principles when creating my own dances. Performance: demonstrate a clear understanding of timing in relation to the music and other dancers throughout my performance.	Year 6	Actions: understand that actions can be improved with consideration to extension, shape and recognition of intent. Dynamics: understand that selecting a variety of dynamics in my performance can help to take the audience on a journey through my dance idea. Space and relationships: know that combining space and relationships with a prop can help me to express my dance idea. Performance: understand how a leader can ensure our dance group performs together. Strategy: know that if I keep in character throughout, it will help me to express an atmosphere or mood that can be interpreted by the audience.
Actions: choreograph dances by using, adapting and developing actions and steps from different dance styles. Dynamics: confidently use dynamics to express different dance styles. Space: confidently use direction and patterning to express different dance styles. Relationships: confidently use formations, canon and unison to express a dance idea. Performance: perform dances expressively, using a range of performance skills, showing accuracy and fluency.	Year 5	Actions: understand that different dance styles utilise selected actions to develop sequences in a specific style. Dynamics: understand that different dance styles utilise selected dynamics to express mood. Space: understand that space relates to where my body moves both on the floor and in the air. Relationships: understand that different dance styles utilise selected relationships to express mood. Performance: understand what makes a performance effective and know how to apply these principles to my own and others' work. Strategy: know that if I use dance principles it will help me to express an atmosphere or mood.
Actions: respond imaginatively to a range of stimuli related to character and narrative. Dynamics: change dynamics confidently within a performance to express changes in character. Space: confidently use changes in level, direction and pathway. Relationships: use action and reaction to represent an idea. Performance: perform complex dances that communicate narrative and character well, performing clearly and fluently.	Year 4	Actions: understand that some actions are better suited to a certain character, mood or idea than others. Dynamics: understand that some dynamics are better suited to a certain character, mood or idea than others. Space: understand that space can be used to express a certain character, mood or idea. Relationships: understand that some relationships are better suited to a certain character, mood or idea than others. Performance: know that being aware of other performers in my group will help us to move in time. Strategy: know that I can select from a range of dance techniques to translate my idea.
Actions: create actions in response to a stimulus individually and in groups. Dynamics: use dynamics effectively to express an idea. Space: use direction to transition between formations. Relationships: develop an understanding of formations. Performance: perform short, self-choreographed phrases showing an awareness of timing.	Year 3	Actions: understand that sharing ideas with others enables my group to work collaboratively and try ideas before deciding on the best actions for our dance. Dynamics: understand that all actions can be performed differently to help to show effect. Space: understand that I can use space to help my dance to flow. Relationships: understand that 'formation' means the same in dance as in other activities such as football, rugby and gymnastics. Performance: understand that I can use timing techniques such as canon and unison to create effect. Strategy: know that if I show sensitivity to the music, my performance will look more complete.
Actions: accurately remember, repeat and link actions to express an idea. Dynamics: develop an understanding of dynamics. Space: develop the use of pathways and travelling actions to include levels. Relationships: explore working with a partner using unison, matching and mirroring. Performance: develop the use of facial expressions in my performance.	Year 2	Actions: know that sequencing actions in a particular order will help me to tell the story of my dance. Dynamics: understand that I can change the way I perform actions to show an idea. Space: know that I can use different directions, pathways and levels in my dance. Relationships: know that using counts of 8 will help me to stay in time with my partner and the music. Performance: know that using facial expressions helps to show the mood of my dance. Strategy: know that if I practice my dance, my performance will improve.
Actions: copy, remember and repeat actions to represent a theme. Create my own actions in relation to a theme. Dynamics: explore varying speeds to represent an idea. Space: explore pathways within my performance. Relationships: begin to explore actions and pathways with a partner. Performance: perform on my own and with others to an audience.	Year 1	Actions: understand that actions can be sequenced to create a dance. Dynamics: understand that I can create fast and slow actions to show an idea. Space: understand that there are different directions and pathways within space. Relationships: understand that when dancing with a partner, it is important to be aware of each other and keep in time. Performance: know that standing still at the start and at the end of the dance lets the audience know when I have started and when I have finished. Strategy: know that if I use exaggerated actions, it helps the audience to see them clearly.
Actions: explore how my body moves. Copy basic body actions and rhythms. Dynamics: explore actions in response to music and an idea. Space: begin to explore pathways and the space around me and in relation to others. Performance: perform short phrases of movement in front of others.	EYFS	Actions: understand that I can move my body in different ways to create interesting actions. Dynamics: understand that I can change my action to show an idea. Space: know that if I move into space, it will help to keep me and others safe. Performance: know that when watching others I sit quietly and clap at the end. Strategy: know that if I use lots of space, it helps to make my dance look interesting.

Skills

Fitness Progression Ladder

Knowledge



Agility: change direction with a fluent action and transition smoothly between varying speeds.
Balance: show fluency and control when travelling, landing, stopping and changing direction.
Co-ordination: co-ordinate a range of body parts with a fluent action at a speed appropriate to the challenge.
Speed: adapt running technique to meet the needs of the distance.
Strength: complete body weight exercises for increased repetitions with control and fluency.
Stamina: use my breath to increase my ability to move for sustained periods of time.

Year
6

Agility: demonstrate improved body posture and speed when changing direction.
Balance: change my body position to maintain a controlled centre of gravity.
Co-ordination: demonstrate increased speed when co-ordinating my body.
Speed: apply the best pace for a set distance or time.
Strength: demonstrate application of explosive strength to other skills.
Stamina: use a steady pace to be able to move for sustained periods of time.

Year
5

Agility: show balance when changing direction at speed.
Balance: show control whilst completing activities which challenge balance.
Co-ordination: explore increased speed when co-ordinating my body.
Speed: demonstrate improved sprinting technique.
Strength: develop building strength in different muscle groups.
Stamina: demonstrate using my breath to maintain my work rate.

Year
4

Agility: show balance when changing direction.
Balance: explore more complex activities which challenge balance.
Co-ordination: co-ordinate my body with increased consistency in a variety of activities.
Speed: explore sprinting technique.
Strength: explore building strength in different muscle groups.
Stamina: explore using my breath to increase my ability to work for longer periods of time.

Year
3

Agility: demonstrate improved technique when changing direction on the move.
Balance: demonstrate increased balance whilst travelling along and over equipment.
Co-ordination: perform actions with increased control when co-ordinating my body with and without equipment.
Speed: demonstrate running at different speeds.
Strength: demonstrate increased control in body weight exercises.
Stamina: show an ability to work for longer periods of time.

Year
2

Agility: change direction whilst running.
Balance: explore balancing in more challenging activities with some success.
Co-ordination: explore co-ordination when using equipment.
Speed: explore running at different speeds.
Strength: explore exercises using my own body weight.
Stamina: explore moving for longer periods of time and identify how it makes me feel.

Year
1

Agility: explore changing direction safely.
Balance: explore balancing whilst stationary and on the move.
Co-ordination: explore moving different body parts together.
Speed: explore moving and stopping with control.
Strength: explore taking weight on different body parts.
Stamina: explore moving for extended periods of time.

Fundamentals Unit 1 & 2
Gymnastics Unit 1 & 2

EYFS

Agility: understand that agility requires speed, strength, good balance and co-ordination.
Balance: know where and when to apply force to maintain control and balance.
Co-ordination: understand that co-ordination also requires good balance and know how to achieve this.
Speed: know that speed can be improved by training and know which speed to select for the distance.
Strength: understand that I can build up my strength by practicing in my own time.
Stamina: know which exercises can develop stamina and understand that it can be improved by training over time.

Agility: understand that to change direction I push off my outside foot and turn my hips.
Balance: understand that dynamic balances are harder than static balances as my centre of gravity changes.
Co-ordination: understand that people will have varying levels of co-ordination and that I can get better with practice.
Speed: understand that taking big consistent strides will help to create a rhythm that allows me to run faster.
Strength: moving quickly with the maximum force will get the maximum amount of power, distance or speed.
Stamina: understand that keeping a steady breath will help me to move for longer periods of time.

Agility: know that keeping my elbows bent when changing direction will help me to stay balanced.
Balance: understand that I need to squeeze different muscles to help me to stay balanced in different activities.
Co-ordination: understand that if I begin in a ready position I can react quicker.
Speed: understand that a high knee drive, pumping my arms and running on the balls of my feet gives me power.
Strength: understand that strength comes from different muscles and know how I can improve my strength.
Stamina: understand that I need to pace myself when running further or for a long period of time.

Agility: understand how agility helps us with everyday tasks.
Balance: understand how balance helps us with everyday tasks.
Co-ordination: understand how co-ordination helps us with everyday tasks.
Speed: understand that leaning slightly forwards helps to increase speed. Leaning my body in the opposite direction to travel helps to slow down.
Strength: know that when completing strength activities, they need to be performed slowly and with control to help me to stay safe.
Stamina: understand how stamina helps us in other life activities.

Agility: know using small quick steps helps me to change direction.
Balance: understand that I can squeeze my muscles to help me to balance.
Co-ordination: understand that some skills require me to move body parts at different times such as skipping.
Speed: know that I take shorter steps to jog and bigger steps to run.
Strength: know that strength helps us with everyday tasks such as carrying our school bag.
Stamina: know that I need to run slower if running for a long period of time.

Agility: understand that bending my knees will help me to change direction.
Balance: know that looking ahead will help me to balance.
Co-ordination: know that using the opposite arm to leg at the same time helps me to perform skills such as running and throwing.
Speed: understand that if I swing my arms, it will help me to run faster.
Strength: understand that exercise helps me to become stronger.
Stamina: understand that when I move for a long time it can make me feel hot and I breathe faster.

Agility: know that moving into space away from others helps to keep me safe.
Balance: know that I can hold my arms out to help me to balance.
Co-ordination: know that moving my arms and legs at the same time helps me to walk, run and jump.
Speed: know that I use big steps to run and small steps to stop.
Strength: understand that I can hold my weight on different parts of my body.
Stamina: understand that moving for a long time can make me feel tired.

Fundamentals Progression Ladder

Skills

Running: change direction with a fluent action. Transition smoothly between varying speeds.
Balancing: show fluency and control when travelling, landing, stopping and changing direction.
Jumping and hopping: demonstrate good technique when jumping and hopping for distance and height. Fluently link jumps together.
Skipping: consistently show a range of skills when skipping in a rope.



Year
6

Running: demonstrate improved body posture and balance when changing direction. Accelerate and decelerate appropriately for the situation.
Balancing: consistently demonstrate good balance when performing other fundamental skills.
Jumping and hopping: demonstrate good technique and co-ordination when linking jumps.
Skipping: show a range of skills when skipping in a rope.

Year
5

Running: change direction quickly under pressure. Demonstrate when and how to accelerate and decelerate.
Balancing: demonstrate good balance and control when performing other fundamental skills.
Jumping and hopping: link hopping and jumping actions with other fundamental skills.
Skipping: consistently skip in a rope.



Year
4

Running: change direction. Show an increase and decrease in speed.
Balancing: demonstrate balance when performing other fundamental skills.
Jumping and hopping: link jumping and hopping actions.
Skipping: jump and turn a skipping rope.

Year
3

Running: demonstrate balance when changing direction. Clearly show different speeds when running.
Balancing: demonstrate balance when performing movements.
Jumping: demonstrate jumping for distance, height and in different directions.
Hopping: demonstrate hopping for distance, height and in different directions.
Skipping: explore single and double bounce when jumping in a rope.

Year
2

Running: explore changing direction and dodging. Discover how the body moves at different speeds.
Balancing: move with some control and balance. Explore stability and landing safely.
Jumping: demonstrate control in take off and landing when jumping.
Hopping: begin to explore hopping in different directions.
Skipping: show co-ordination when turning a rope. Use rhythm to jump continuously in a French rope.

Year
1

Running: explore running and stopping. Explore changing direction safely.
Balancing: explore balancing whilst stationary and on the move.
Jumping: begin to explore take off and landing safely.
Hopping: explore hopping on both feet.
Skipping: explore skipping as a travelling action.



EYFS

Knowledge

Running: know that running develops stamina and speed and both can be improved with practice over time. Understand that agility requires speed, strength, good balance and co-ordination.
Balancing: know that balance underpins many skills in PE and everyday life and this feels different in different situations.
Jumping and hopping: understand when to jump for height or jump for distance in different activities and what to do to achieve this.
Skipping: understand that skipping helps to develop co-ordination, stamina and balance.



Running: understand that to change direction, I push off my outside foot and turn my hips.
Balancing: understand that balance is a skill used in many different activities and everyday life.
Jumping and hopping: understand that there are different techniques for different situations.
Skipping: understand that people will have varying levels of skipping ability and that I can get better with practice.

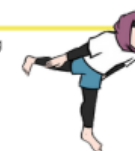
All Y5 and Y6 activities

Running: know that keeping my elbows bent when changing direction will help me to stay balanced.
Balancing: understand that I need to squeeze different muscles to help me to stay balanced in different activities.
Jumping and hopping: know that swinging my non-hopping foot helps to create momentum.
Skipping: understand that keeping my chest up helps me to stay balanced.

Running: understand that leaning slightly forwards helps to increase speed. Leaning my body in the opposite direction to travel helps to slow down. Understand how agility helps us with everyday tasks.
Balancing: understand how balance helps us with everyday tasks.
Jumping and hopping: know that if I jump and land quickly, it will help me to jump further.
Skipping: understand that I should turn the rope from my wrists with wide hands to create a gap to step through.

Running: know that bending my knees helps me to stop in a balanced position. Know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster.
Balancing: understand that squeezing my muscles helps me to balance.
Jumping: know that swinging my arms forwards will help me to jump further.
Hopping: know that if I look straight ahead it will stop me falling over when I land.
Skipping: know that I should swing opposite arm to leg to help me balance when skipping without a rope.

Running: understand that bending my knees will help me to change direction. Understand that if I swing my arms, it will help me to run faster.
Balancing: know that looking ahead will help me to balance. Know that landing on my feet helps me to balance.
Jumping: know that landing on the balls of my feet helps me to land with control.
Hopping: know that I should hop with a soft bent knee.
Skipping: know that I should use the opposite arm to leg when I skip. Know that jumping on the balls of my feet helps me to keep a consistent rhythm.



Running: know that I use big steps to run and small steps to stop. Know that moving into space away from others helps to keep me safe.
Balancing: know that I can hold my arms out to help me to balance.
Jumping: know that bending my knees will help me to land safely.
Hopping: understand that I use one foot to hop.
Skipping: know that if I hop then step that will help me to skip.



Skills

Gymnastics Progression Ladder

Knowledge



Shapes: combine and perform gymnastic shapes more fluently and effectively.
Inverted movements: develop control in progressions of a handstand, cartwheel, bridge and shoulder stand.
Balances: explore counter balance and counter tension.
Rolls: develop fluency and consistency in the straddle, forward and backward roll.
Jumps: combine and perform a range of gymnastic jumps more fluently and effectively.

Year
6

Shapes: know which shapes to use for each skill.
Inverted movements: understand that spreading my weight across a base of support will help me to balance.
Balances: know where and when to apply force to maintain control and balance.
Rolls: understand that I can use momentum to help me to roll and where that momentum comes from.
Jumps: understand that taking off from two feet will give me more height and therefore more time in the air.
Strategy: know that if I use changes in formation it will help to make my sequence look interesting.

Shapes: perform shapes consistently and fluently linked with other gymnastic actions.
Inverted movements: develop bridge and shoulder stand, explore progressions of a cartwheel.
Balances: explore symmetrical and asymmetrical balances.
Rolls: develop control in the straight, barrel, forward, straddle and backward roll.
Jumps: select a range of jumps to include in sequence work.

Year
5

Shapes: understand that shapes underpin all other skills.
Inverted movements: understand that sometimes I need to move slowly to gain control and other times I need to move quickly to build momentum.
Balances: understand how to use contrasting balances to make my sequences look interesting.
Rolls: understand that I need to work within my own capabilities and this may be different to others.
Jumps: understand that I can use jumps to link actions and changing the shape of these will make my sequence look interesting.
Strategy: know that if I use different pathways, it will help to make my sequence look interesting.

Shapes: develop the range of shapes I use in my sequences.
Inverted movements: develop strength in bridge and shoulder stand.
Balances: develop control and fluency in individual and partner balances.
Rolls: develop the straight, barrel, forward and straddle roll and perform them with increased control.
Jumps: develop control in performing and landing rotation jumps.

Year
4

Shapes: understand how shapes can be used to improve my sequence.
Inverted movements: know that inverted movements are actions in which my hips go above my head.
Balances: know how to keep myself and others safe when performing partner balances.
Rolls: understand that I can keep the shape of my roll using body tension.
Jumps: know that I can control my landing by landing toes first, looking forwards and bending my knees.
Strategy: know that if I use different directions it will help to make my sequence look interesting.

Shapes: explore matching and contrasting shapes.
Balances: explore point and patch balances and transition smoothly into and out of them.
Rolls: develop the straight, barrel, and forward roll.
Jumps: develop stepping into shape jumps with control.

Year
3

Shapes: understand how to use body tension to make my shapes look better.
Balances: understand that I can make my balances look interesting by using different levels.
Rolls: understand the safety considerations when performing more difficult rolls.
Jumps: understand that I can change the take off and shape of my jumps to make them look interesting.
Strategy: know that if I use different levels it will help to make my sequence look interesting.

Shapes: explore using shapes in different gymnastic balances.
Balances: remember, repeat and link combinations of gymnastic balances.
Rolls: explore barrel, straight and forward roll and put into sequence work.
Jumps: explore shape jumps and take off combinations.

Year
2

Shapes: know that some shapes link well together.
Balances: understand that squeezing my muscles helps me to balance.
Rolls: understand that there are different teaching points for different rolls.
Jumps: understand that looking forward will help me to land with control.
Strategy: know that if I use shapes that link well together, it will help my sequence to flow.

Shapes: explore basic shapes straight, tuck, straddle, pike.
Balances: perform balances making my body tense, stretched and curled.
Rolls: explore barrel, straight and forward roll progressions.
Jumps: explore shape jumps, including jumping off low apparatus.

Year
1

Shapes: understand that I can improve my shapes by extending parts of my body.
Balances: know that balances should be held for 5 seconds.
Rolls: know that I can use different shapes to roll.
Jumps: know that landing on the balls of my feet helps me to land with control.
Strategy: know that if I use a starting and finishing position, people will know when my sequence has begun and when it has ended.

Shapes: show contrast with my body including wide/narrow, straight/curved.
Balances: explore shapes in stillness using different parts of my body.
Rolls: explore rocking and rolling.
Jumps: explore jumping safely.

EYFS

Shapes: understand that I can make different shapes with my body.
Balances: know that I should be still when holding a balance.
Rolls: know that I can change my body shape to help me to roll.
Jumps: know that bending my knees will help me to land safely.
Strategy: know that if I hold a shape and count to five people will see it clearly.





Invasion Games Progression Ladder

(invasion, handball, netball, basketball, football, rugby and hockey)



Skills

Knowledge

Sending & receiving: s&r consistently using a range of techniques with increasing control under pressure. Dribbling: dribble consistently using a range of techniques with increasing control under pressure. Space: move to the correct space when transitioning from attack to defence or defence to attack and create and use space for self and others. Attacking: confidently change direction to lose an opponent Defending: use a variety of defending skills (tracking, interception) in game situations.	Year 6	Sending & receiving: understand and make quick decisions about when, how and who to pass to. Dribbling: choose the appropriate skill for the situation under pressure e.g. a V dribble in basketball to keep the ball away from a defender. Space: understand that transitioning quickly between attack and defence will help my team to maintain or gain possession. Tactics: know how to create and apply a tactic for a specific situation or outcome. Rules: understand, apply and use rules consistently in a variety of invasion games whilst playing and officiating.
Sending & receiving: develop control when s&r under pressure. Dribbling: dribble with some control under pressure. Space: explore moving to create space for themselves and others in their team. Attacking: use a variety of techniques to lose an opponent e.g. change of direction or speed. Defending: develop tracking and marking with increased success. Explore intercepting a ball using one and two hands.	Year 5	Sending & receiving: know that not having a defender between myself and a ball carrier enables me to s&r with better control. Dribbling: know that dribbling in different directions will help to lose a defender. Space: know that by moving to space even if not receiving the ball will create space for a teammate. Tactics: understand the need for tactics and identify when to use them in different situations. Rules: understand and apply rules in a variety of invasion games whilst playing and officiating.
Sending & receiving: develop passing techniques appropriate to the game with increasing success. Catch and receive a ball with feet/object with increasing success. Dribbling: link dribbling the ball with other actions and change direction whilst dribbling with some control. Space: develop moving into space to help my team. Attacking: change direction to lose an opponent with some success. Defending: develop defending one on one and begin to intercept.	Year 4	Sending & receiving: know that cushioning a ball will help me to control it when receiving it. Dribbling: know that protecting the ball as I dribble will help me to maintain possession. Space: know that moving into space will help my team keep possession and score goals. Attacking: recognise when to pass and when to shoot. Defending: know when to mark and when to attempt to win the ball. Tactics: know that applying attacking tactics will help to maintain possession and score goals. Know that applying defending tactics will help to deny space, gain possession and stop goals. Rules: know and understand the rules to be able to manage our own game.
Sending & receiving: explore s&r abiding by the rules of the game. Dribbling: explore dribbling the ball abiding by the rules of the game under some pressure. Space: develop using space as a team. Attacking: develop movement skills to lose a defender. Explore shooting actions in a range of invasion games. Defending: develop tracking opponents to limit their scoring opportunities.	Year 3	Sending & receiving: know that pointing my hand/foot/stick to my target on release will help me to send a ball accurately. Dribbling: know that dribbling is an attacking skill which helps us to move towards a goal or away from defenders. Space: know that by spreading out as a team, we move the defenders away from each other. Attacking and defending: know my role as an attacker and defender. Tactics: know that using simple tactics will help my team to achieve an outcome e.g. we will each mark a player to help us to gain possession. Rules: know the rules of the game and begin to apply them.
Sending & receiving: developing s&r with increased control. Dribbling: explore dribbling with hands and feet with increasing control on the move. Space: explore moving into space away from others. Attacking: developing moving into space away from defenders. Defending: explore staying close to other players to try and stop them getting the ball. Sending and Receiving Unit	Year 2	Sending & receiving: know to control the ball before sending it. Dribbling: know that keeping my head up will help me to know where defenders are. Space: know that moving into space away from defenders helps me to pass and receive a ball. Attacking: know that when my team is in possession of the ball, I am an attacker and we can score. Defending: know that when my team is not in possession I am a defender and we need to try to get the ball. Know that standing between the ball and the attacker will help me to stop them from getting the ball. Tactics: understand and apply simple tactics for attack and defence. Rules: know how to score points and follow simple rules.
Sending & receiving: explore s&r with hands and feet to a partner. Dribbling: explore dribbling with hands and feet. Space: recognise good space when playing games. Attacking: explore changing direction to move away from a partner. Defending: explore tracking and moving to stay with a partner. Sending and Receiving Unit	Year 1	Sending & receiving: know to look at my partner before sending the ball. Dribbling: know that moving with a ball is called dribbling. Space: understand that being in a good space helps us to pass the ball. Attacking: know that being able to move away from a partner helps my team to pass me the ball. Defending: know that staying with a partner makes it more difficult for them to receive the ball. Tactics: know that tactics can help us when playing games. Rules: know that rules help us to play fairly.
Sending & receiving: explore s&r with hands and feet using a variety of equipment. Dribbling: explore dropping and catching with two hands and moving a ball with their feet. Space: recognise their own space. Attacking & defending: explore changing direction and tagging games.	EYFS	Sending & receiving: know to look at the target when sending a ball and watch the ball to receive it. Dribbling: know that keeping the ball close will help with control. Space: know that being in a space gives me room to play. Attacking & defending: know that there are different roles in games. Tactics: make simple decisions in response to a task. Rules: know that rules help us to stay safe.



Skills

Net and Wall Games Progression Ladder

(net and wall, tennis, volleyball and badminton)



Knowledge

Shots: demonstrate increased success and technique in a variety of shots.
Serving: serve accurately and consistently.
Rallying: successfully apply a variety of shots to keep a continuous rally.
Footwork: demonstrate a variety of footwork patterns relevant to the game I am playing.



Shots: develop the range of shots used in a variety of games.
Serving: develop the range of serving techniques appropriate to the game.
Rallying: use a variety of shots to keep a continuous rally.
Footwork: demonstrate effective footwork patterns to move around the court.

Shots: demonstrate technique when using shots playing co-operatively and beginning to execute this competitively.
Rallying: develop rallying using both forehand and backhand with increased technique.
Footwork: begin to use appropriate footwork patterns to move around the court.

Shots: explore returning a ball using shots such as the forehand and backhand.
Rallying: explore rallying using a forehand.
Footwork: consistently use and return to the ready position in between shots.



Hitting: develop hitting a dropped ball over a net.
Feeding: accurately underarm throw over a net to a partner.
Rallying: explore underarm rallying with a partner catching after one bounce.
Footwork: consistently use the ready position to move towards a ball.

Sending and Receiving Unit

Hitting: explore hitting a dropped ball with a racket.
Feeding: throw a ball over a net to land into the court area.
Rallying: explore sending a ball with hands and a racket.
Footwork: use the ready position to move towards a ball.

Sending and Receiving Unit

Hitting: explore hitting a ball with hands and pushing with a racket.
Feeding and rallying: explore sending and tracking a ball with a partner.
Footwork: explore changing direction, running and stopping.

Ball Skills Unit 1 & 2

Games Unit 1 & 2

Year
6

Shots: understand the appropriate skill for the situation under pressure e.g. choosing to play the ball short over the net, if I have just moved my opponent to the back of the court.
Serving: begin to apply tactics when serving e.g. aiming to serve short on the first point and then long on the second point.
Rallying: understand how to play different shots depending on if a rally is co-operative or competitive.
Footwork: know that using the appropriate footwork will help me to react to a ball quickly and give me time to prepare to play a shot.
Tactics: understand when to apply some tactics for attacking and/or defending.
Rules: understand, apply and use rules consistently in a variety of net and wall games whilst playing and officiating.

Year
5

Shots: know which skill to choose for the situation e.g. a volley if the ball is close to the net.
Serving: know that serving is how to start a game or rally and use the rules applied to the activity for serving.
Rallying: know that playing the appropriate shot will help to keep the rally going. Know that control is more important than power to keep a rally going.
Footwork: know that using small, quick steps will allow me to adjust my stance to play a shot.
Tactics: understand the need for tactics and identify when to use them in different situations.
Rules: understand and apply rules in a variety of net and wall games whilst playing and officiating.

Year
4

Shots: understand when to play a forehand and a backhand and why.
Rallying: know that moving my feet to the ball will help me to hit in a more balanced position, therefore increasing the accuracy of my shot.
Footwork: know that getting my feet in the right position will help me to balance before playing a shot.
Tactics: know that applying attacking tactics will help me to score points and create space. Know that applying defending tactics will help me to deny space, return a ball and limit points.
Rules: know and understand the rules to be able to manage our own game.

Year
3

Shots: know that pointing the racket face/my hand where I want the ball to go and turning my body will help me to hit accurately.
Rallying: know that hitting towards my partner will help them to return the ball easier and keep the rally going.
Footwork: know that moving to the middle of my court will enable me to cover the most space.
Tactics: know that using simple tactics will help to achieve an outcome e.g. if we spread out, we can cover more space.
Rules: know the rules of the game and begin to apply them.

Year
2

Hitting: know to watch the ball as it comes towards me to help me to prepare to hit it.
Feeding: know to place enough power on a ball to let it bounce once but not too much so that my partner can't return it.
Rallying: know that sending the ball towards my partner will help me to keep a rally going.
Footwork: know that using a ready position helps me to react quickly and return/catch a ball.
Tactics: understand that applying simple tactics makes it difficult for my opponent.
Rules: know how to score points and follow simple rules.

Year
1

Hitting: know to use the centre of the racket for control.
Feeding: know to use an underarm throw to feed to a partner.
Rallying: know that throwing/hitting to my partner with not too much power will help them to return the ball.
Footwork: know that using a ready position will help me to move in any direction.
Tactics: know that tactics can help us to be successful when playing games.
Rules: know that rules help us to play fairly.

EYFS

Hitting: know to point my hand/object at my target when hitting a ball.
Feeding and rallying: know to look at the target when sending a ball and watch the ball to receive it.
Footwork: know to use big steps to run and small steps to stop.
Tactics: make simple decisions in response to a task.
Rules: know that rules help us to stay safe.



Skills

OAA Progression Ladder

Knowledge



Problem solving: pool ideas within a group, selecting and applying the best method to solve a problem.
Navigational skills: orientate a map efficiently to navigate around a course with multiple points.
Communication: inclusively communicate with others, share job roles and lead when necessary.

Year
6

Problem solving: understand that being able to solve problems is an important life skill.
Navigational skills: understand why having good navigational skills are important.
Communication: know that good communication skills are key to solving problems and working effectively as a team.
Reflection: with increasing accuracy, reflect on when and how I am successful at solving challenges and alter my methods in order to improve.
Rules: understand the rules and think creatively to solve the challenge whilst abiding by the rules.

Problem solving: explore tactical planning within a team to overcome increasingly challenging tasks.
Navigational skills: develop navigational skills and map reading in increasingly challenging tasks.
Communication: explore a variety of communication methods with increasing success.

Year
5

Problem solving: recognise that there may be more than one way to solve a challenge and that trial and error may help to guide me to the best solution.
Navigational skills: use a key to identify objects and locations.
Communication: know to be descriptive but concise when giving instructions e.g. 'two steps to the left'.
Reflection: reflect on when I am successful at solving challenges and alter my methods in order to improve.
Rules: know that abiding by rules will enable my classmates to complete the course e.g. not moving controls.

Problem solving: plan independently and in small groups, implementing a strategy with increased success.
Navigational skills: identify key symbols on a map and follow a route.
Communication: confidently communicate ideas and listen to others.



Year
4

Problem solving: know that discussing the advantages and disadvantages of ideas will help to guide us to a conclusion about which idea to use.
Navigational skills: understand how to use a key and use the cardinal points on a map to orientate it.
Communication: understand that there are different types of communication and that I can communicate without talking.
Reflection: with increased accuracy, critically reflect on when and why I am successful at solving challenges.
Rules: understand the importance of working with integrity.

Problem solving: discuss how to follow trails and solve problems. Work with others to select appropriate equipment for the task.
Navigational skills: identify where I am on a simple map. Use and begin to create simple maps and diagrams and follow a trail.
Communication: follow and give instructions and accept other peoples' ideas.

Year
3

Problem solving: know that trying ideas before deciding on a solution will help us to come up with the best idea.
Navigational skills: know to hold the map so that the items on the map match up to the items that have been placed out.
Communication: know to take turns when giving ideas and not to interrupt each other.
Reflection: reflect on when and why I am successful at solving challenges.
Rules: know that using the rules honestly will help to keep myself and others safe.

Problem solving: begin to plan and apply strategies to overcome a challenge.
Navigational skills: follow and create a simple diagram/map.
Communication: work co-operatively with a partner and a small group.

Year
2

Problem solving: know that listening to each other's ideas might give us an idea we hadn't thought of.
Navigational skills: understand that the map tells us what to do.
Communication: know to use encouraging words when speaking to a partner or group to help them to trust me.
Reflection: verbalise when I am successful and areas that I could improve.
Rules: know how to follow and apply simple rules.

Team Building Unit

Problem solving: suggest ideas in response to a task.
Navigational skills: follow a path and lead others.
Communication: communicate simple instructions and listen to others.



Year
1

Problem solving: know that working collaboratively with others will help to solve challenges.
Navigational skills: know that deciding which way to go before starting will help me.
Communication: know that using short instructions will help my partner e.g. start/stop.
Reflection: identify when I am successful and make basic observations about how to improve.
Rules: know that rules help us to play fairly.

Team Building Unit

Problem solving: explore activities where I have to make my own decisions.
Navigational skills: explore moving in space and following a path.
Communication: develop confidence in expressing myself.

EYFS

Problem solving: make simple decisions in response to a task.
Navigational skills: know that moving into space away from others will help me to stay safe. Know to leave a gap when following a path will help me to stay safe.
Communication: know that talking with a partner will help me to solve challenges e.g. 'let's go to the green hoop next'.
Reflection: begin to identify when I am successful.
Rules: know that rules help us to stay safe.



Intro to PE Unit 1 & 2

Games Unit 1 & 2



Skills

Parkour Progression Ladder

Knowledge



Locomotion: use momentum from a roll to move smoothly into the next action, showing rhythm and fluidity in transitions.
Jumping and landing: to explore Tic-Tacs with more elevation.
Vaulting: vault over consecutive obstacles with control, using appropriate power and speed to maintain momentum.
Balance: balance on higher/smaller/further away obstacles on the balls of feet.

Locomotion: explore with movement patterns, hanging, climbing, swinging.
Jumping and landing: develop jumping onto smaller bases and less stable areas.
Vaulting: explore movement over obstacles with quick transitional movements for speed.
Balance: explore balancing and movement in overcoming consecutive obstacles safely.

Locomotion: explore different transitional moves
Jumping and landing: develop landing to prevent injury.
Vaulting: experiment with adding half and full twists to vaults.
Balance: explore with landing on small areas and balancing to change direction.

Locomotion: experiment with a variety of movement patterns.
Jumping and landing: explore different landing patterns, 2-2, 1-1 etc..
Vaulting: explore going over low level obstacles using hands and feet.
Balance: balance on low level apparatus with 1 and 2 feet.



Locomotion: demonstrate balance when changing direction. Clearly show different speeds when running.
Jumping and landing: explore shape jumps and take off combinations.
Vaulting: demonstrate increased control in body weight exercises.
Balance: demonstrate balance when performing movements.
Fitness, Fundamentals, Gymnastics, Yoga

Locomotion: explore changing direction and dodging. Discover how the body moves at different speeds.
Jumping and landing: demonstrate control in take off and landing when jumping.
Vaulting: explore exercises using my own body weight.
Balance: move with some control and balance. Explore stability and landing safely.
Fitness, Fundamentals, Gymnastics, Yoga

Locomotion: explore running and stopping. Explore changing direction safely.
Jumping and landing: explore jumping safely.
Vaulting: explore taking weight on different body parts.
Balance: explore shapes in stillness using different parts of my body.



Year
6

Locomotion: understand how momentum from a roll can help with rhythm and fluidity.
Jumping and landing: know that using my arms will give me more elevation to my jump.
Vaulting: know that using my momentum helps me keep speed and flow through each vault.
Balance: know where and when to apply force to maintain control and balance on less stable obstacles.
Strategy: know that reviewing my performance helps me improve my flow and movement.

Year
5

Locomotion: understand that strong foot placement and arm swings will aid my ability to climb up or move across obstacles.
Jumping and landing: know that landing on the balls of my feet with bent knees and arms out to stay balanced and precise.
Vaulting: know that looking ahead to the next obstacle will help my performances flow.
Balance: understand that staying balanced and in control helps me link movements safely and without stopping.
Strategy: know that I can help myself and others learn and stay safe by taking on different roles.

Year
4

Locomotion: know that adding transitional moves like steps and turns will help with fluidity.
Jumping and landing: know how to roll over my shoulder not my head to protect myself on harder surfaces.
Vaulting: understand how adding turning to my vaults not only helps with my transitions but also adds flair to my routine.
Balance: know that tightening core muscles will keep my body position stable.
Strategy: know that adding in directional changes will make my routine more creative.

Year
3

Locomotion: understand that exploring the space I am in involves being safe in my movements.
Jumping and landing: know to keep my head up, arms out stretched with bent knees to soften any landings.
Vaulting: know that putting my hand on the obstacle first helps me balance before I lift my feet.
Balance: know to keep my head up and back straight. Looking forward not down.
Strategy: know that setting equipment in a space lets me move safely and smoothly.

Year
2

Locomotion: know that bending my knees helps me to stop in a balanced position. Know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster.
Jumping and landing: understand that looking forward will help me to land with control.
Vaulting: know that strength helps us with everyday tasks such as carrying our school bag.
Balance: understand that squeezing my muscles helps me to balance.
Strategy: know that taking turns on equipment helps to keep me safe.

Year
1

Locomotion: understand that bending my knees will help me to change direction. Understand that if I swing my arms, it will help me to run faster.
Jumping and landing: know that landing on the balls of my feet helps me to land with control.
Vaulting: understand that exercise helps me to become stronger.
Balance: know that looking ahead and landing on my feet helps me to balance.
Strategy: know that listening to the rules of how to use equipment helps to keep me safe.

EYFS

Locomotion: know that I use big steps to run and small steps to stop. Know that moving into space away from others helps to keep me safe.
Jumping and landing: know that bending my knees will help me to land safely.
Vaulting: understand that I can hold my weight on different parts of my body.
Balance: know that it is easier to balance using more parts of my body than fewer parts.
Strategy: know that moving into space away from others helps to keep me safe.



Skills

Striking and Fielding Progression Ladder (striking and fielding, cricket and rounders)

Knowledge



Striking: strike a bowled ball with increasing accuracy and consistency.
Fielding: use a wider range of fielding skills with increasing control under pressure.
Throwing: consistently demonstrate good technique in throwing skills under pressure.
Catching: consistently demonstrate good technique in catching skills under pressure.



Year
6

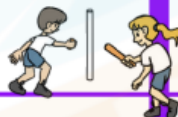
Striking: explore defensive and driving hitting techniques and directional batting.
Fielding: develop over and underarm bowling technique. Develop long and short barrier and two handed pick up.
Throwing: demonstrate good technique when using a variety of throws under pressure.
Catching: explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations.

Year
5

Striking: develop batting technique with a range of equipment.
Fielding: develop bowling with some consistency, abiding by the rules of the game.
Throwing: use overarm and underarm throwing with increased consistency in game situations.
Catching: begin to catch with one and two hands with some consistency in game situations.

Year
4

Striking: begin to strike a bowled ball after a bounce with different equipment.
Fielding: explore bowling to a target and fielding skills to include a two-handed pick up.
Throwing: use overarm and underarm throwing in game situations.
Catching: catch with some consistency in game situations.



Year
3

Striking: develop striking a ball with their hand and equipment with some consistency.
Fielding: develop tracking a ball and decision making with the ball.
Throwing: develop co-ordination and technique when throwing over and underarm.
Catching: catch with two hands with some co-ordination and technique.

Year
2

Sending and Receiving Unit

Striking: explore striking a ball with their hand and equipment.
Fielding: develop tracking and retrieving a ball.
Throwing: explore technique when throwing over and underarm.
Catching: develop co-ordination and technique when catching.

Sending and Receiving Unit

Striking: explore sending a ball to a partner.
Fielding: explore tracking and stopping a rolling ball.
Throwing and catching: explore rolling, throwing and catching using a variety of equipment.

Games Unit 1 & 2

Ball Skills Unit 1 & 2



Year
1

EYFS

Striking: understand that the momentum and power for striking comes from legs as well as arms.
Fielding: know which fielding action to apply for the situation.
Throwing and catching: consistently make good decisions on who to throw to and when to throw in order to get batters out. Know that accuracy, speed and consistency of throwing and catching will help to limit a batter's score.
Tactics: understand and apply some tactics in the game as a batter, bowler and fielder.
Rules: understand, apply and use rules consistently in a variety of striking and fielding games whilst playing and officiating.

Striking: understand that stance is important to allow me to be balanced as I hit.
Fielding: know that backing up a fielder as a ball is being thrown will help to increase the chances of fielding successfully.
Throwing: understand where to throw the ball in relation to where a batter is.
Catching: understand when to use a close catch technique or deep catch technique.
Tactics: understand the need for tactics and identify when to use them in different situations.
Rules: understand and apply rules in a variety of striking and fielding games whilst playing and officiating.

Striking: know that using the centre of the bat will provide the most control and accuracy.
Fielding: know that it is easier to field a ball that is coming towards me rather than away so set up accordingly.
Throwing: know that keeping my elbow high and stepping with my opposite foot will help to increase the power.
Catching: know to track the ball as it is thrown to help to improve the consistency of catching.
Tactics: know that applying attacking tactics will help to score points and avoid getting out. Know that applying defending tactics will help to deny space, get opponents out and limit points.
Rules: know and understand the rules to be able to manage our own game.

Striking: know that striking to space away from fielders will help me to score.
Fielding: know to look at where a batter is before deciding what to do. Know to communicate with teammates before throwing them a ball.
Throwing: understand that being balanced before throwing will help to improve the accuracy of the throw.
Catching: know to move my feet to the ball.
Tactics: know that using simple tactics will help my team to achieve an outcome e.g. we will spread out to deny space.
Rules: know the rules of the game and begin to apply them.

Striking: understand the role of a batter. Know that striking quickly will increase the power.
Fielding: understand that there are different roles within a fielding team. Know to move towards the ball to collect it to limit a batter's points.
Throwing: know that stepping with opposite foot to throwing arm will help me to balance.
Catching: know to use wide fingers and pull the ball in to my chest to help me to securely catch.
Tactics: understand and apply simple tactics for attack (batting) and defence (fielding).
Rules: know how to score points and follow simple rules.



Striking: understand that the harder I strike, the further the ball will travel.
Fielding: know that throwing the ball back is quicker than running with it.
Throwing: know which type of throw to use to throw over longer distances.
Catching: know to watch the ball as it comes towards me.
Tactics: know that tactics can help us when playing games.
Rules: know that rules help us to play fairly.

Striking: know to point my hand at my target when striking a ball.
Fielding: know to scoop a ball with two hands.
Throwing and catching: know to point my hand at my target when throwing. Know to have hands out ready to catch.
Tactics: make simple decisions in response to a task.
Rules: know that rules help us to stay safe.



Skills

Target Games Progression Ladder

(target games, golf and dodgeball)

Knowledge



Get Set 4
Education

Throwing: throw with increasing control under pressure. Catching (dodgeball): catch with increasing control under pressure. Striking: use a variety of striking techniques with control and under pressure.		Year 6	Throwing: know who to throw at and when to throw in order to get opponents out. Catching (dodgeball): know that I need to make quick decisions on if to catch or if to dodge the ball. Striking: know which skill to select for the situation. Tactics: know how to create and apply a tactic for a specific situation or outcome. Rules: understand, apply and use rules consistently in a variety of target games whilst playing and officiating.
Throwing: demonstrate clear technique and accuracy when throwing at a target. Catching (dodgeball): demonstrate good technique and consistency in catching skills. Striking: develop a wider range of striking techniques and begin to use them under pressure.		Year 5	Throwing: know to aim low to make it difficult for an opponent to catch. Catching (dodgeball): know to stay towards the back of the court area to give me more time to catch. Striking: know that aligning my body and equipment before striking will help me to be balanced. Tactics: understand the need for tactics and identify when to use them in different situations. Rules: understand and apply rules in a variety of target games whilst playing and officiating.
Throwing: throw with increasing accuracy at a target. Catching (dodgeball): catch with increasing consistency. Striking: strike a ball with increasing consistency.		Year 4	Throwing: know that one handed throws are used for speed and accuracy. Know that keeping my elbow high and stepping with my opposite foot will help to increase the power. Catching (dodgeball): know that moving my feet to a ball and pulling it in to my chest will help me to catch more consistently. Striking: know that using a smooth action will help to increase accuracy. Tactics: know that applying attacking tactics will help me to score points and get opponents out. Know that applying defending tactics will help me to stay in the game. Rules: know and understand the rules to be able to manage our own game.
Throwing: explore throwing at a moving target. Catching (dodgeball): begin to catch whilst on the move. Striking: begin to strike a ball with accuracy and balance.		Year 3	Throwing: know to throw slightly ahead of a moving target. Catching (dodgeball): know that beginning in a ready position will help me to react to the ball. Striking: know that using a bigger swing will give me more power. Tactics: know that using simple tactics will help my team to achieve an outcome e.g. spread out so that we are harder to aim for. Rules: know the rules of the game and begin to apply them.
Throwing overarm: develop co-ordination and technique when throwing overarm towards a target. Throwing underarm: develop co-ordination and technique when throwing underarm towards a target. Striking: develop striking a ball with equipment with some consistency. Sending and Receiving Unit		Year 2	Throwing: know that stepping with opposite foot to throwing arm will help you to balance. Striking: know to finish with my object/hand pointing at my target. Tactics: understand and apply simple tactics. Rules: know how to score points and follow simple rules.
Throwing overarm: explore technique when throwing overarm towards a target. Throwing underarm: explore technique when throwing underarm towards a target. Sending and Receiving Unit		Year 1	Throwing: know which type of throw to use for distance and accuracy. Know that my body position will affect the accuracy of my throw. Tactics: know that tactics can help us when playing games. Rules: know that rules help us to play fairly.
Throwing: explore throwing using a variety of equipment. Catching: explore catching using a variety of equipment. Fundamentals Unit 1 & 2 Games Unit 1 & 2 Ball Skills Unit 1 & 2		EYFS	Throwing: know to point my hand at my target when throwing. Catching: know to have hands out ready to catch. Tactics: make simple decisions in response to a task. Rules: know that rules help us to stay safe.



Yoga Progression Ladder



Skills

Knowledge

Balance: link combinations of poses for balance with increased control in transition. Flexibility: confidently transition from one pose to another showing extension connected to breath. Strength: explore poses that challenge my strength and work to maintain increased control and strength when in and transitioning between poses. Strategy: explore methods to control how I feel with some success.	Year 6	Balance: know where and when to apply force to maintain control and balance. Flexibility: know which of my muscles require more practice to increase my flexibility. Strength: understand that I can build up my strength by practicing in my own time. Strategy: identify times in my everyday life when mindfulness activities would be helpful for my wellbeing.
Balance: use my breath to maintain balance within a pose and when transitioning from one pose to another. Flexibility: develop flexibility by connecting movement with breath. Strength: demonstrate increased control and strength when holding and transitioning between poses. Strategy: explore methods I can use to control how I feel.	Year 5	Balance: understand that I need to ground contact points and spread weight evenly across them to maintain balance. Flexibility: understand that I can improve my flexibility when moving with my breath. Strength: know that different poses will use different muscles to hold them and begin to know names of some muscle groups. Strategy: understand that there are different techniques I can use to control how I feel.
Balance: explore using my breath to maintain balance within a pose. Flexibility: demonstrate increased extension in poses. Strength: demonstrate increased control and strength when in a pose. Strategy: engage with mindfulness activities with increased focus. 	Year 4	Balance: understand that if I move with my breath, it will help me to balance. Flexibility: understand which body parts I am trying to extend in different poses. Strength: understand that people have different levels of strength. Strategy: understand that mindfulness is a personal journey. 
Balance: demonstrate increased control when in poses. Flexibility: explore poses and movement in relation to my breath. Strength: explore balances showing some stability. Strategy: develop my ability to stay still and keep my focus.	Year 3	Balance: understand that if I use the whole of the body part in contact with the floor, it will help me to balance. Flexibility: know that if I move as I breathe out, I can stretch a little bit further. Strength: understand that I need to use different body parts and muscles for different poses. Strategy: know that I can use my breath to focus.
Balance: remember, copy, and repeat sequences of linked poses. Flexibility: show increased awareness of extension in poses. Strength: demonstrate increased control in performing poses. Strategy: explore controlling my focus and sense of calm. 	Year 2	Balance: understand that I can squeeze my muscles to help me to balance. Flexibility: know that flexibility helps us to stretch our muscles and increase the movement in our joints. Strength: know that strength helps us with everyday tasks such as carrying our school bag. Strategy: understand that I can use yoga to make me feel calm.
Balance: perform balances and poses making my body tense, stretched and curled. Flexibility: explore poses and movements that challenge my flexibility. Strength: explore strength whilst transitioning from one pose to another. Strategy: recognise my own feelings in response to a task or activity.	Year 1	Balance: know that if I focus on something still, it will help me to balance. Flexibility: know that yoga helps to improve flexibility which we need in everyday tasks. Strength: know that I can use my strength to move slowly and with control. Strategy: understand that yoga can make me feel happy.
Balance: explore shapes in stillness using different parts of my body. Flexibility: explore shapes and actions to stretch my body. Strength: explore taking weight on different body parts. Strategy: explore my own feelings in response to an activity or task. 	EYFS	Balance: know that it is easier to balance using more parts of my body than fewer parts. Flexibility: know that I can make my body longer by reaching out with my arms and legs. Strength: understand that I can hold my weight on different parts of my body. Strategy: understand how movement makes me feel. 

Fundamentals Unit 1 & 2

Gymnastics Unit 1 & 2

Progression Journey: SET



	EYFS	1 2	3 4	5 6
SOCIAL	Take turns. Learn to share equipment with others. Share their ideas with others.	Encourage others to keep trying. Talk to a partner about their ideas and take turns to listen to each other. Work with a partner and small group to play games and solve challenges.	Encourage and motivate others to work to their personal best. Work with others to achieve a shared goal. Work with others to self manage games.	Share ideas with others and work together to decide on the best approach to a task. Lead others and show consideration of including all within a group. Communicate with others clearly and effectively.
EMOTIONAL	Try again if they do not succeed. Practise skills independently. Confident to try new tasks and challenges.	Show determination to continue working over a longer period of time. Determined to complete the challenges and tasks set. Explore skills independently before asking for help. Confident to share ideas, contribute to class discussion and perform in front of others.	Persevere when finding a challenge difficult. Understand what their best looks like and they work hard to achieve it. Begin to use rules showing awareness of fairness and honesty. Show an awareness of how other people feel.	Understand what maximum effort looks and feels like and show determination to achieve it. Use different strategies to persevere to achieve personal best. Compete within the rules showing fair play and honesty when playing independently. Confident to attempt tasks and challenges outside of their comfort zone.
THINKING	Begin to identify personal success. Choose own movements and actions in response to simple tasks e.g. choosing to travel by skipping. Begin to provide simple feedback saying what they liked or thought was good about someone else's performance.	Make decisions when presented with a simple challenge. E.g. move to an open space towards goal. Begin to select and apply skills to use in a variety of differing situations. E.g. choose to use a balance on their bottom on a wider piece of apparatus. Provide feedback beginning to use key words from the lesson.	Pupils make quicker decisions when selecting and applying skills to a situation. E.g. who to pass to and where to move. Select and apply from a wider range of skills and actions in response to a task. Provide feedback using key terminology.	Reflect and evaluate their performances both as a group and as an individual and suggest areas for improvement. Recognise and explain their thought process when playing games or completing tasks. E.g. I moved here because my teammate was over there. Identify their own and others' strengths and areas for development providing sensitive feedback and can suggest ways to improve. Select and apply appropriate skills for the situation when under pressure.

Vocabulary Pyramid

Athletics

Y6

discus
explosive
filing
grip

maximum
meet
pattern
phase

release
rhythm
stance
strategy

Y5

approach
changeover
consistent

dominant
drive
field

force
javelin
momentum

shot put
track

Y4

heave
launch
measure

official
officiate

pace
record
stamina

stride
transfer of weight

Y3

accuracy

baton
event

personal best
power

relay
speed

strength
technique

Y2

aim

distance

far

height

landing

sprint

take off

Y1

control
further

leap

overarm

quickly

time

underarm

walk

EYFS

balance
bend
direction

fast
hop
jog

jump
land
rules

run
safe
safely

slow
space
stop

target
throw

- Ball Skills
- Fundamentals
- Games

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Vocabulary Pyramid

Ball Skills

Y4

cushion
decision

momentum
pressure

react

Y3

accurate
block

opponent
personal best

possession
power

technique

Y2

collect

prepare

receive

release

touch

Y1

control

ready
position

soft

swing

track

underarm

EYFS

ball

catch

hit

partner
points

ready
roll

run
score

target
throw

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Vocabulary Pyramid

Dance

Y6

aesthetic
express
freeze frame
inspiration
mood
refine
rehearse
stimulus
style

Y5

choreograph
choreography
collaboratively
genre
motif
posture
quality
transition

Y4

action and reaction
flow
order
performance
phrase
relationship
represent
rhythm
structure

Y3

canon
explore
extend
feedback
formation
interact

Y2

create
dynamics
expression
matching
mirroring
perform
speed
unison

Y1

balance
beat
copy
fast
level
pathway
pose
timing

EYFS

action
counts
direction
finish position
high
low
move
quickly
shape
slowly
space
start position
travel

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Vocabulary Pyramid

Fitness

Y6

abdominals
analyse
calves
engage
quadriceps
rhythm

Y5

consistent
drive
measure
motivate
persevere
power
stable

Y4

accelerate
decelerate
dynamic
react
record
static

Y3

agility
co-ordination
control
progress
stamina
strength
technique

Y2

speed
sprint
steady
time
tired

Y1

active
bones
brain
breathing
calm
exercise
healthy
heart
memory
mood
muscles
quick
strong

EYFS

balance
bend
copy
fast
hold
hop
jump
land
run
safely
slow
space
squeeze
still
stop
travel

Gymnastics
Fundamentals

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Vocabulary Pyramid

Fundamentals



Y4

accelerate momentum stability
decelerate react

Y3

agility control technique
co-ordination rhythm

Y2

hurdle speed sprint take off weight

Y1

dodge jog ready position skip swing

EYFS

balance bend crawl direction fast hop jump land rules run safely slide slow space stop travel



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Vocabulary Pyramid

Gymnastics



Y6

aesthetics counter tension handstand
competent engage progression
contrasting execution refine
counter balance flight structure
vault

Y5

asymmetrical canon extension observe symmetrical
cartwheel identify performance synchronisation
decide mirroring quality stable transition

Y4

bridge inverted perform shoulder stand wrist grip
fluidly momentum rotation stability

Y3

body tension extend landing position patch
contrast flow match point take off

Y2

link pathway pike sequence straddle tuck

Y1

action control direction level speed

EYFS

around balance copy land over roll shape star
balance hold jump rock squeeze still straight travel
bend



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Vocabulary Pyramid

Invasion Games

Y6

abide appropriate consecutive dictate
assess consistently draw transition
ball side contest definite extend turnover
react

Y5

angle close down drive situation stance
ball carrier create maintain sporting behaviour
barrier dominant rebound sportsmanship

Y4

accelerate delay limit offside pressure tackle
cushion deny momentum onside protect timing
decision gain obstruct option support

Y3

accurate court opposition referee tournament
communicate intercept pitch teamwork umpire
control invasion receiver technique

Y2

attack opponent send teammate
defend possession shoot
goalkeeper receive tactic

Sending and Receiving

Y1

attacker defender dodge goal mark track

Sending and Receiving

EYFS

aim direction kick partner points safely stop win
bounce dribble land pass rules score team
catch jump lose path run space throw

• Ball Skills
• Fundamentals
• Games

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Vocabulary Pyramid

Net and Wall Games

Y6

abide appropriate footwork placement service
direct doubles limit prepare stance
doubles opposing recover thrust

Y5

adjust baseline create groundstroke readjust situation
communicate cushion non-dominant release sportsmanship
consecutive dominant grip pressure serve technique

Y4

alternate compete continuous extend reflect
co-operative contact deny receiver swing

Y3

backhand control court forehand opposition react
competition co-operation face opponent rally tactic

Y2

defend receive trap
against quickly return

Sending and Receiving

Y1

net racket ready position track underarm

Sending and Receiving

EYFS

aim direction partner run space throw
catch hit points safely stop win
lose rules score target

• Ball Skills
• Fundamentals
• Games

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Vocabulary Pyramid

OAA

Y6

adhere contribute evaluate location
approach determine inclusive

Y5

cardinal points critical thinking strategy
compromise landmark verbal
concise negotiate visual

Y4

effectively leader orientate role
key navigate reflect

Y3

collaborate course honest route tactics trust
compass discuss interrupt symbol teamwork

Y2

communicate map successful
include solve support

Team Building

Y1

challenge instructions listen share
co-operate lead plan talk

Team Building

EYFS

backwards forwards path safely sideways stop
direction partner rules score space team

• Introduction to PE
• Games

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Vocabulary Pyramid

Parkour

Y6

absorb competent extension refine
aesthetics dismount flight structure
appropriate execution

Y5

collaboratively elevate observe power
consecutive horizontal performance vertical
drive identify

Y4

adapt flair fluidly precision rotation
decide flow momentum quadrupedal stability
transitions

Y3

balance landing position pattern take off
control obstacle securely vault

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Vocabulary Pyramid

Striking and Fielding Games

Y6

abide
appropriate
assess

collaborate
consecutive
consistently

Y5

backing up
close catch

deep catch
long barrier

situation
stance

Y4

compete
cushion

decision
limit

momentum
pressure

retrieve

Y3

accuracy
caught out

grip
no ball

run out
short barrier

strike
technique

tournament
umpire

wicket

Y2

backstop
collect

runs
stump

tactics
teammate

Sending and Receiving

Y1

batter
batting
bowl

bowler
fielder
fielding

hit
out
overarm

ready position
track
underarm

Sending and Receiving

EYFS

aim
catch
direction

jump
land
lose

partner
pass
points

rules
run
safely

score
space
stop

team
throw
win

• Ball Skills
• Fundamentals
• Games

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Vocabulary Pyramid

Target Games

Y6

abide
anticipate

appropriate
assess

collaborate
trajectory

Y5

align
angle

fake
force

officiate
par

situation
stance

Y4

adjust
avoid

cushion
decision

relaxed
support

Y3

agility
caught out

chip
communicate

drive
grip

hit out
opposition

power
putt

tactic
technique

tournament

Y2

accurate
ahead

opponent
release

strike
teammate

Sending and Receiving

Y1

balance
distance

further
overarm

swing
underarm

Sending and Receiving

EYFS

aim
ball
bounce

catch
caught
dribble

hit
jog
jump

lose
partner
points

ready
roll
rules

run
safely
score

space
stop
target

team
throw
win

• Ball Skills
• Fundamentals
• Games

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Vocabulary Pyramid

Yoga



Y6

collaborate engage expand fluidly salutation

Y5

concentrate connect exhale inhale maintain muscles posture quality transition

Y4

gratitude lengthen notice stable wellbeing

Y3

base contact control extend hinge link mindfulness relax tilt

Y2

choose create flexibility flow perform strength

Y1

breath feel focus listen pose stretch

EYFS

balance bend copy fast hold safely shape slow space squeeze still stop straight

• Fundamentals
• Gymnastics