

Whitegate Primary and Nursery School

Progression Map

PE



At Whitegate, we follow the guidance of the National Curriculum, however, we make some alterations to suit our context and overall intent. In short, we match the curriculum but exceed the breadth. At our school, we recognise the importance of PE for a healthy body and a healthy mind and see it as a vital part of the curriculum. We aim to offer a wide range of sports opportunities for our children ranging from PE taught within classroom time to after school clubs such as Dance, Hockey and Change for Life. We follow national curriculum guidelines for physical education to ensure that all pupils;

- Develop competence to excel in a broad range of physical activities,
 - Are physically active for sustained periods of time,
 - Engage in competitive sports and activities,
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- Lead healthy and active lives

Within the school, we provide a broad and balanced PE curriculum that includes units such as:

- Dance and movement
- Gymnastics
- Team and invasion games – Kwik cricket, kick rounders, rounders, netball, basketball, tag rugby and tennis
- Indoor and Outdoor athletics and fitness
- Swimming for KS1 and KS2 pupils.

We recognise the importance of promoting physical activity beyond the confines of our school by encouraging and promoting talent and participation in sports festivals, local leagues and citywide sports competitions. Last year, we competed in the football league, indoor athletics and gymnastics competitions and dance festivals. We will continue to encourage our pupils to participate in a wide variety of sporting competitions this year.

Colour Coding of the Progression Map

The year group to which the objectives relate.	An area which is repeated across multiple year groups.	An area which is repeated in one year group.	An area that children will be coming across for the first time.
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Nursery

**Early Learning Goals (taken from Development Matters Guidance)
30 – 50 months**

Moving and Handling

Children can move freely with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. They mount stairs, steps or climbing equipment using alternate feet. They can run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles and can stand momentarily on one foot when shown. They are able to catch a large ball.

Foundation

Early Learning Goals (taken from Development Matters Guidance)

Moving and Handling

Children experiment with different ways of moving and can jump off an object and land appropriately. They negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. Children are able to travel with confidence and skill around, under, over and through balancing and climbing equipment as well as showing increasing control over an object in pushing, patting, throwing, catching or kicking it. They show good control and coordinate in large and small movements and are able to move confidently in a range of ways.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sporting Focus	Gymnastics	Gymnastics with apparatus	Ball Skills	Cosmic Yoga	Team Games	Sports Day Events
Skills and Knowledge Gained	Familiarising themselves with the available space around them, exploring different ways to move and practising balance skills.	Using benches for balance and jumping to lower/higher levels. Creating apparatus circuits and practising different types of rolls.	Rolling, throwing and catching a ball. Dribbling and kicking a ball and using these skills in ball games.	Following a sequence of lessons, children follow and repeat yoga.	Learning some basic skills of working as a team, such as a passing a ball to more than one person (in a variety of ways).	Practising running, jumping, hurdle races, egg and spoon, obstacle race, long distance running and shot-put throws.

Year 1

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sporting Focus	Team Game: Football	Dance and Movement	Athletics	Bat or Racket Game: Tennis	Health and Fitness	Invasion Game: Dodgeball
Skills and Knowledge Gained	To learn how to correctly kick and stop a moving ball.	To use hall space effectively and be aware of their surroundings. To use different movement speeds and body heights.	An introduction to athletics sports events including how to perform each event and any rules associated with them.	To learn how to correctly hold a tennis racket and begin to pass the ball accurately between a partner and themselves.	Understand how exercise affects the body, discussing changes to the body and the importance of being active.	To learn how to correctly throw a ball towards a target. Building on previous knowledge of space around the hall.

Year 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sporting Focus	Bat or Racket Game: Table Tennis	Dance and Movement through Gymnastics	Hockey	Invasion Game: Bench ball	Health and Fitness	Athletics
Skills and Knowledge Gained	To learn how to correctly hold a table tennis bat and begin to pass the ball accurately between a partner and themselves, eventually including a net to pass the ball over.	Building on learning from Year 1 but incorporating aspects of balance and speed.	To learn how to correctly hold a hockey stick, pass and stop a moving ball.	Building accuracy of throwing a ball towards a target. Team tactics are introduced into a game.	Continuing to focus on how exercise effects the body, discussing changes to the body and how we can make healthier choices.	Continuing to explore athletic sporting events, how to perform in each event and any associated rules.

Year 3

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sporting Focus	Invasion Game: Handball	Team Game: Kick Rounders	Swimming and Dance	Swimming and Athletics	Health and Fitness	Ball and Racket Game: Kwik Cricket
Skills and Knowledge Gained	To learn how to work together as a team, introducing the concept of tactics.	To learn the rules of rounders-based games and implement them in lessons. Continue to refine previously learnt bat and ball skills.	To begin exploring movement to beats. Thinking about how movements are performed in time with the rhythm of the music. <i>Swimming lessons are delivered by the local swimming teachers and content is dependent upon the results of an assessment of children's swimming abilities.</i>	Explore a wide range of athletic events, including indoor athletics. Building up techniques for individual sports and begin to give peer feedback.	Building up strategies and physical activities that require no equipment. Discussing 'better' alternative options.	Develop the skills needed to play the game such as holding the bat correctly and bowling a ball. Learning the basic rules needed to play a game of Kwik Cricket.

Year 4

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sporting Focus	Gymnastics	Bat or Racket Game: Tennis	Sports Hall Athletics	Team Game: Basketball	Health and Fitness	Invasion Game: Tag Rugby
Skills and Knowledge Gained	Focusing on core strength movements and practising sequenced routines.	Focusing on building their knowledge of rules around the game, working towards competitive rallies.	Beginning to add an element of competition. Competing against peers in a range of athletic events.	Building up a variety of passing skills such as chest, bounce and shoulder and knowing when to use the appropriate pass. Focus on dribbling and shooting accuracy as well as tactics and teamwork, ensuring that the basic rules are understood.	Tracking fitness results by competing an initial assessment, working physically and comparing end results.	Building up tactics as a team. Developing knowledge of the rules and implementation of the game. Adapting catching and throwing skills to a different ball shape.

Year 5

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sporting Focus	Sports Hall Athletics	Team Game: Netball	Bat or Racket Game: Badminton	Movement using Gymnastics and Dance	Health and Fitness	Invasion Game: Hockey
Skills and Knowledge Gained	Deepening previous years knowledge. Recording and comparing scores in events.	Learning the rules, understanding positions and focusing on teamwork.	Holding the racket correctly, understanding the rules and playing competitively.	Focusing on different gymnastic floor routines to perform to an audience.	Tracking and comparing fitness results. Learning about changes to the body as we grow and how to make positive choices.	Deepening previous learning with a focus on passing and receiving and tactics and rules within competitive games.

Year 6

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sporting Focus	Swimming and Team Game: Football	Swimming and Sports Hall Athletics	Movement Using Gymnastics and Dance	Invasion Game: Volleyball	Health and Fitness	Bat or Racket Sport: Rounders
Skills and Knowledge Gained	Deepening previous skills focusing on passing, stopping, throwing the ball, team positions and competitive games.	Recording, comparing and adapting to improve results.	Focusing on producing different gymnastics floor routines to perform to an audience.	Adapting and building on previous ball skills and team work. Working as a team, scoring each other's games.	Tracking and comparing fitness results. Assessing fitness against the previous years, evaluating if they're making positive choices.	Deepening previous rounders experience. Practising bat and ball, bowling and fielding skills. Playing competitive team games in a league.