



# Meadow Primary School Progression Map



Subject: P.E

## Intent

In PE, we provide engaging and challenging activities that help to inspire children of all different levels to be active and to lead healthy lives. We aim to grow the whole child through our PE curriculum, by focusing on a wide variety of skills and knowledge that will help children to develop: physically, mentally and socially. We ensure that all children are given a range of competitive opportunities and other activities that will build character and help to embed our Meadow Values of: honesty, friendship, respect, teamwork, perseverance and responsibility.

Autumn	EYFS	Key Stage 1		Key Stage 2			
	Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Knowledge	Playground Games, swimming and Dance Negotiating space Team work	Yoga  Gymnastics	Gymnastics  Yoga	Autumn 1 Rugby/Dance Autumn 2 Dance/Football/Understanding the rules of the games.	Netball Circuits Hockey Dance	Line Dancing Basketball Circuits Rugby	Hockey Gym equipment/ Circuits Gymnastics
Skills	Experiments with different ways of moving. Jumps off an object and lands appropriately. Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. Travels with confidence and skill around, under, over and through balancing and climbing equipment. Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.	To hold a position/balance for increasing amounts of time To learn breathing techniques To create routines using balances they have learned	Movement, travelling using different positions. Gymnastic positions, pike, tuck, straddle. Balance. Create routines using all the skills above. Yoga poses, breathing and mindfulness Team work traits developed Tuck/pike/straddle Log roll/egg roll. Master basic movements including running and jumping, as well as developing balance, agility and co-ordination, and begin to apply these in a range of Activities.	Learning how to outwit their opponents and score when playing invasion games. Developing skills in finding and using space. Using a range of equipment including throwing, catching, kicking and striking skills. Controlling the ball when turning Children to consistently demonstrate the four core skills of Tag Rugby... Running/Tackling/Chasing/ passing	Learn simple attacking tactics using a range of equipment. Start to organise themselves to defend their goals. Start by playing small, uneven-sided games, and move on to even-sided games. Learn how to strike or hit the ball into spaces so they can score in different ways. When fielding, they learn how to work together to keep the batters score down. Using our body to strengthen, coordinate and balance. Teaching our minds to be calm.	Learn the different passes (including the lateral pass in rugby). Develop attacking and defending skills. Improve co-ordination when practicing footwork. Learn how to control the ball and then strike it to shoot. Think carefully about the use of space in small-sided games. Play small-sided games, applying the skills they have learnt. Learn a sequence of traditional line dancing moves and perform. Use different equipment for strength, balance and co-ordination in order to improve their performance over a period of time.	Develop the range and quality of their skills through accuracy of bowling. Develop catching skills when fielding and being backstop. Develop accuracy and power when batting. Developing tactics for keeping possession. To attack using correct tackling skills. To apply the best formation when defending. Use a range of passes successfully. Shoot at a target accurately. Retain the ball and create scoring opportunities. Use different equipment for strength, balance and co-ordination in order to improve their performance over a period of time. Use variation in speed, level and direction. Combining and linking a sequence of actions. Linking apparatus and equipment for appropriate moves and sequences.

Spring	EYFS	Key Stage 1		Key Stage 2			
	Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Knowledge	<b>Gymnastics and Yoga</b>  Negotiating space  Health and Safety  Mindfulness	Dance  Throwing and catching  Scatter ball	<b>Dance- linked to world book day-</b> Snail on a whale  <b>Football</b>	<b>Spring 1</b> <b>Circuits</b> <b>Basketball</b>  <b>Spring 2</b> <b>Gymnastics</b> <b>Athletics</b>	<b>Athletics</b> <b>Yoga</b> <b>Cricket</b> <b>OAA</b>	Athletics Rounders Outdoor gym Tennis	Dance - Lindy Hop Yoga
Skills	Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.	Team work Simple gripping and holding skills and correct wrist position. Combining movements fluidly to create a routine	Understand the changes that happen to the body when we exercise. To explore movement to music and body shapes. Participate in team games, developing simple tactics for attacking and defending. Perform dances using simple movement patterns.	Develop strength, balance and coordination through personal challenges. Basic running, jumping and throwing. Setting distances for running and time that use different styles of running, jumping and throwing. To hold a position/balance for increasing amounts of time To learn breathing techniques To create routines using balances they have learned.	Create sequences that include changes of level and speed, and focus on using different body shapes. Work with a partner or in small group, additionally incorporating hand apparatus. Develop good basic running, jumping and throwing techniques. Set challenges for distance and time that involve using different styles and combination of running, jumping and throwing. Develop strength, balance and coordination through personal challenges.	Improve movement skills, co-ordination and speed. Increase balance and spatial awareness. Improve hand-eye co-ordination. Demonstrate dexterity and endurance. Use different equipment for strength, balance and co-ordination in order to improve their performance over a period of time. Apply movements and techniques in competitive context. Execute 3 different jumps. Learn the most effective way of throwing overarm. Use forward/ back serves passes. Learn hit/return ball Move with agility. Team games – learn rules. Hitting/fielding skills.	Compose and perform a variety of dance moves.  Evaluate performances. Create a sequence.  To focus on the present moment.  To create a variety of yoga poses. Improve core strength.

Summer	EYFS	Key Stage 1		Key Stage 2			
	Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Knowledge	<b>Sports Day, Multi skills and swimming</b>  Team work  Sportsmanship  Turn taking  Athletics/rules of athletics	Team games  Athletics/Sports Day games	Athletics  Netball - Invasion games	<b>Summer 1 Rounders QAA</b>  <b>Summer 2 Yoga Athletics</b>	<b>Circuits Athletics OAA Gymnastics</b>	Yoga Astronaut Football Cricket	Rounders
Skills	Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.	Working together Start positions and following basic movements Building confidence and trust in themselves and their peers	Look at range of running/ jumping and throwing skills. Build up stamina for a longer run. Look at the skills of defend and attacking – space.	Develop the range and quality of their skills through accuracy of bowling. Develop catching skills when fielding and being backstop. Develop accuracy and power when batting. Basic running, jumping and throwing. Setting distances for running and time that use different styles of running, jumping and throwing.	<b>See previous</b>  Work individually or with a team to solve challenges.	Move with agility. Team games – learn rules. Hitting/fielding skills. Learning to bowl with increasing accuracy. Use variation in speed, level and direction. To create a variety of yoga poses. Improve core strength. Improve movement skills, co-ordination and speed. Increase balance and spatial awareness. Improve hand-eye co-ordination. Demonstrate dexterity and endurance. Football skills dribbling, shooting, passing and defending.	Develop the range and quality of their skills through accuracy of bowling. Develop catching skills when fielding and being backstop. Develop accuracy and power when batting. Improve performance. Apply movements in competitive context. Receive with speed and precision. Execute 3 different jumps. Apply techniques in a competitive environment. Use different equipment for strength, balance and co-ordination in order to improve their performance over a period of time.

## Impact (End Points)

EYFS	Key Stage 1		Key Stage 2			
Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>In Reception, children can indecently get changed. Children can talk about the effect of exercise on their body. Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively.</p>	<p>Year 1 children should be able to confidently work as part of a team. They should be able to balance on one foot and on a mat and hold a position. They should be able to combine basic positions/ movements to create a routine.</p>	<p>Year 2 children will know the basic balances and rolls in gymnastics. They will understand how important exercise is and the impact on their body. They will know how to play a variety of games. They can move in response to music planning a dance sequence</p>	<p>A Year 3 child will have developed strength, balance and coordination through personal challenges. Have knowledge of ball skills, throwing, passing and catching. Will be able to successfully take part in team games with a clear understanding of the rules.</p>	<p>Year 4 children can take part in invasion games starting to use skills to attack and defend when appropriate.</p> <p>Children have developed their balance, coordination and strength through yoga, dance, circuits and gymnastics.</p>	<p>Year 5 children have developed even further their understanding of attacking and defending when playing invasion games.</p> <p>They have worked independently and with others to develop their creativity and strength through dance and yoga.</p> <p>To increase their strength and stamina through circuit training.</p>	<p>Year 6 children have experienced a wide range of physical activities, with a deeper understanding of their enjoyment levels, strengths and development points.</p>

In line with the National Curriculum, by the end of Key Stage 2, the aim is for all children to be able to swim confidently and know how to be safe in and around water. Children should be taught the following key requirements:

- Swim competently, confidently and proficiently over a distance of at least 25m.
- Use a range of strokes effectively.
- Perform safe self-rescue in different water-based situations.

Swimming is taught in Reception and Key Stage 1, in our school swimming pool. Meadow will be using the SPM to provide additional top-up swimming lessons to pupils who have not been able to meet the national curriculum requirements for swimming and water safety after the delivery of core swimming and water safety lessons.

At Meadow, our swimming lessons will be guided by the Swim England, Learn to Swim stages 1-7. The swimming awards are divided into progressive stages, teaching all the necessary skills needed in order to achieve the three key requirements. They make up the core, national syllabus of learning to swim for primary school aged children.

<https://www.swimming.org/learntoswim/swim-england-learn-to-swim-awards-1-7/>