



PE Intent: At Aston and Cote CE Primary our high-quality PE curriculum is designed to inspire all pupils to develop and excel in a wide range of physical activities. It promotes a healthy and active lifestyle through engaging in competitive sports and other physically demanding activities, which allows the children to aspire to work to their full potential, both physically and mentally. Opportunities to compete in sports and other physical activities also form part of our Christian ethos by enabling children to become the people God created them to be by growing their talents in sports and physical activity.

Substantive Concept/ Strand- Invasion Games

	EYFS	Key stage 1	Lower key stage 2	Upper key stage 2
Topic		Large Ball Skills	Netball/Hockey	Netball/Hockey
National Curriculum Objective		<ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. participate in team games. developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending 	
Skill		<ul style="list-style-type: none"> walk, jog, hop, skip, jump. Select good movers and explain why. accept challenges. be safe in a lesson. throwing and catching. throw and kick in games. selecting how to strike a ball. move and stop in play. explore ways to strike a ball. move and stop safely while moving. demonstrate throwing and catching. Move into space in games 	<ul style="list-style-type: none"> apply throwing and catching techniques whilst moving control a ball in a game situation pass accurately using correct technique. pass using different techniques recognise attacking and defending learn basic evading skills understand marking and react to an attack. 	<ul style="list-style-type: none"> show confidence in using ball skills in various ways, and can link these together effectively. e.g. dribbling, bouncing, kicking implement attacking and defensive tactics in a game. consistently use skills with coordination, control and fluency. execute a variety of passes consistently. confidently use evading skills receive and control the ball in a variety of techniques

Aston and Cote Church of England School- Progression Map- Physical Education



			<ul style="list-style-type: none"> work as part of a team and know how to help and encourage others talk about and use tactics to be put into a game give and act on effective feedback 	<ul style="list-style-type: none"> take part in competitive games with a strong understanding of tactics and composition show leadership qualities to support and encourage choose appropriate vocabulary to evaluate performance
Substantive Concept/ Strand- Gymnastics				
	EYFS	Key stage 1	Lower key stage 2	Upper key stage 2
Topic		Travelling, shapes, balances	Jumps, rolls, balances	Individual and group sequences
National Curriculum Objective		<ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities 	<ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] 	
Skill		<ul style="list-style-type: none"> to perform a variety of jumps, rolls and balances. make a short sequence. jump and land safely from a range of different heights. recognise star, pencil, tuck, straddle shapes use a range of body parts when travelling. recognise a variety of jumps, rolls and balances. how to travel safely 	<ul style="list-style-type: none"> perform a variety of complex sequences alone and with a partner use apparatus safely perform leaps as part of a sequence use appropriate PE vocabulary in lessons apply my knowledge of rolls, jumps, balances and ways of travelling to work in a controlled, safe manner perform jumps, rolls and balances in star, pencil, tuck, straddle shape 	<ul style="list-style-type: none"> adapt sequences to suit different types of apparatus perform original sequences with enthusiasm, precision, fluidity and balance turn and spin with control perform a range of leaps perform mirrored balances using apparatus or a partner consistently show body tension whilst performing balances and movements perform given positions accurately perform a wide range of rolls accurately

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			<ul style="list-style-type: none">perform jump from increasingly great heighthold own body weight in various balances using good body tensionable to choose an appropriate group or partner to work withrespond to and give appropriate feedback	<ul style="list-style-type: none">create a complex sequence on my own or with a partner/groupdemonstrate sound understanding of gymnastic performance.evaluate my own and others performances			
Substantive Concept/ Strand- Dance							
	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Topic		Spring dance/ Maypole (barbers pole)	Spring dance/ Maypole (Single plait)	Spring dance/ Maypole (Double plait)	Spring dance/ Maypole (Spiders web)	Spring dance/ Maypole (Gypsy's tent)	Spring dance/ Maypole (The chrysanthemum)
National Curriculum Objective		<ul style="list-style-type: none">master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activitiesperform dances using simple movement patterns.	<ul style="list-style-type: none">develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]perform dances using a range of movement patterns				
Skill		<ul style="list-style-type: none">know what a sequence is.perform dances using simple movements.copy dance moves.perform a basic sequence.skip in time to musicwork well independently.	<ul style="list-style-type: none">work with partners to create, repeat and improve a sequence in unisoncreate a variety of shapes with my bodyuse movements to communicate or express an ideademonstrate rhythm and spatial awareness	<ul style="list-style-type: none">perform movements and routines with originality and expressionmove imaginatively and appropriately to a range musicmove accurately to the beatreplicate quickly what I have seen			

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			<ul style="list-style-type: none">perform with distinct and expressive movementsperform a routine with control, energy and flairchoose an appropriate group or partner to work withevaluate a performance and refine accordingly	<ul style="list-style-type: none">lead groups and perform with high levels of energyadapt performances to incorporate equipmentperform consistently to different audiencesdevelop sequences in a specific style and link them to timingsanalyse, modify and refine my own routine and critique that of others			
Substantive Concept/ Strand- Net/Wall							
	EYFS	Key stage 1		Lower key stage 2		Upper key stage 2	
Topic		Racket skills	Racket skills	Tennis	Tennis	Tennis	Tennis
National Curriculum Objective		<ul style="list-style-type: none">master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities		<ul style="list-style-type: none">use running, jumping, throwing and catching in isolation and in combinationplay competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending			
Skill		<ul style="list-style-type: none">demonstrate ready positionhold and use racket safelythrow at a target and catch mostly accuratebegin striking a large ball forehand on the floorstrike a small ball in airmove into space during game situations		<ul style="list-style-type: none">apply throwing and catching techniques whilst movinguse backhand to hit moving ballhit a moving ball using forehand with controlhit a volley with increased controlserve a ball underarm with increasing accuracychoose appropriate footwork		<ul style="list-style-type: none">keep a rally going over a prolonged period of timeconsistently show accuracy using a combination of forehand and backhand shotsconsistently show accuracy when using a volleyreact well to changing situationsserve a ball overarm with increasing power and accuracy	

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				<ul style="list-style-type: none">• react quickly to play the best shot possible• use a racket/bat and ball accurately• talk about and use tactics to be put into a game		<ul style="list-style-type: none">• demonstrate fluency in footwork• consistently select the correct shot in any given situation• use skills and knowledge to effectively win game	
Vocabulary							
Substantive Concept/ Strand- striking							
	EYFS	Key stage 1		Lower key stage 2		Upper key stage 2	
Topic		Striking skills	Striking skills	Cricket/ rounders	Cricket/ rounders	Cricket/ rounders	Cricket/ rounders
National Curriculum Objective		<ul style="list-style-type: none">• master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities		<ul style="list-style-type: none">• use running, jumping, throwing and catching in isolation and in combination• play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending			
Skill		<ul style="list-style-type: none">• strike the ball using appropriate equipment: tennis racket, paddle bats• strike a stationary ball with a bat• throw and catch a variety of different objects: beanbags, balls, javelin etc.• throw at a target and catch accurately.• use striking, throwing, kicking or rolling a game.• move in space during game situations		<ul style="list-style-type: none">• hit a static ball using correct technique• hit a moving ball using correct technique• hit a bouncing ball consistently with control• bowl using underarm technique• apply throwing and catching techniques whilst moving• catch a small ball• control a ball in a game situation• throw the ball overarm in the correct situation		<ul style="list-style-type: none">• bowl the ball using overarm technique with increasing accuracy• use the correct technique when throwing and stopping a ball• transfer from stop to throw quickly• use the correct technique when striking a ball• use appropriate equipment to strike the ball• accurately strike the ball into space	

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				<ul style="list-style-type: none">• use a bat and ball accurately• hit a ball in an intended direction with power• demonstrate effective fielding skills consistently• talk about and use tactics to be put into a game	<ul style="list-style-type: none">• able to throw and catch in isolation and combination• use skills and knowledge to effectively win games• compare and comment on skills to support creation of new games• make suggestions as to what resources can be used to differentiate a game		
Substantive Concept/ Strand-							
	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Topic		Athletics	Athletics	Sportshall Athletics	Sportshall Athletics	Sportshall Athletics	Sportshall Athletics
National Curriculum Objective		<ul style="list-style-type: none">• master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities		<ul style="list-style-type: none">• develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]• compare their performances with previous ones and demonstrate improvement to achieve their personal best.			
Skill		<ul style="list-style-type: none">• bend knees before jumping.• use arms when jumping• hop consistently• start to throw overarm• chest push a ball• show different agility patters: skipping, high knees, side steps• run at different paces.		<ul style="list-style-type: none">• jog and sprint for set distances• adapt my pace to different conditions• perform jumping technique with precision (standing long jump, standing triple jump)• demonstrate accuracy in throwing and catching activities• use correct technique to achieve maximum power when throwing both overarm and chest push		<ul style="list-style-type: none">• exercise demonstrating stamina for longer periods of time• show agility at a variety of speeds and directions• sustain an appropriate pace for a range of races (e.g. sprint, long distance, cross country)• consistently show power and effective technique when jumping, throwing and sprinting	

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			<ul style="list-style-type: none">• show agility and balance during sessions• develop and apply baton passing techniques	<ul style="list-style-type: none">• make use of momentum when throwing• perform a variety of jumps fluently (standing long jump, standing triple jump, vertical jump)• demonstrate a strong desire to improve• know how to measure performances independently• evaluate the performance of others and suggest improvements			
Substantive Concept/ Strand- Multiskills & OAA							
	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Topic				Team building skills	Team building skills	Team building/ orienteering	Team building/ orienteering
National Curriculum Objective				<ul style="list-style-type: none">• take part in outdoor and adventurous activity challenges both individually and within a team• compare their performances with previous ones and demonstrate improvement to achieve their personal best.			
Skill				<ul style="list-style-type: none">• develop communication skills• develop strong listening skills• use simple maps• begin to plan what to do when set challenges or problems• discuss and work cooperatively with others in a group• take on different jobs/roles in a group• demonstrate an understanding of how to stay safe in outdoor situations	<ul style="list-style-type: none">• know what to do in new situations• understand a map as a representation of simple features• identify key features on a simple map• use a simple map to follow a route• understand and use compass points and bearings• be a leader and work well in different roles plan and use		

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					different solutions to solve a problem		
Substantive Concept/ Strand- Real PE Skills							
	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
National Curriculum Objective	<ul style="list-style-type: none">master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activitiesparticipate in team games, developing simple tactics for attacking and defendingperform dances using simple movement patterns.			<ul style="list-style-type: none">use running, jumping, throwing and catching in isolation and in combinationplay competitive games, and apply basic principles suitable for attacking and defendingdevelop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]compare their performances with previous ones and demonstrate improvement to achieve their personal best.			
Sticky Knowledge/ Retrieval	<p>Stance</p> <ul style="list-style-type: none">Keep feet a shoulder width apart and knees bent.Keep weight on balls of feet.Keep back straight, head up and look forward. <p>Footwork</p> <ul style="list-style-type: none">Keep head up and back straight.Work off balls of feet looking straight ahead.Bend knees to push off and land. <p>Floorwork</p> <ul style="list-style-type: none">Keep hands in line with shoulders and knees in line with hips (mini-front support).Keep hands in line with shoulders and knees in line with hips (mini-back support).Point fingers towards feet in the mini-back support. <p>Seated balance</p> <ul style="list-style-type: none">Keep weight going through your bottom.Keep tummy tight (core muscles) and back straight.Keep head up and breathe throughout. <p>Ball skills</p> <ul style="list-style-type: none">Move the ball with fingertips.Focus on maintaining good balance throughout.Perform movements smoothly and then gradually increase speed.			<p>Stance</p> <ul style="list-style-type: none">Keep feet a shoulder width apart and knees bent.Keep weight on balls of feet.Keep back straight, head up and look forward at a focus point. <p>Footwork</p> <ul style="list-style-type: none">Keep head up and back straight.Work off balls of feet and increase speed when ready.Bend knees and use arms to help you balance. <p>Floorwork</p> <ul style="list-style-type: none">Keep back straight and flat.Keep legs straight and stretched out.Keep hands in line with shoulders and complete slowly. <p>Seated balance</p>		<p>Stance</p> <ul style="list-style-type: none">Keep feet a shoulder width apart and bend knees.Keep head up looking forwardUse smooth, controlled movements by twisting body to catch the ball. <p>Footwork</p> <ul style="list-style-type: none">Keep head up and back straight throughout.Keep feet close to the ground as you move.Bend knees and use arms to help you balance. <p>Floorwork</p> <ul style="list-style-type: none">Keep back straight and flat/ tummy up.Keep legs straight and stretched out and breathe slowly.Keep core muscles tight and posture aligned. <p>Seated balance</p>	

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	<p>Ball chasing</p> <ul style="list-style-type: none"> Start quickly and accelerate by pushing hard with feet. Drive arms from 'hips to lips' to help you accelerate. Keep watching the ball and concentrate on timing so you arrive at the right time. <p>Sending and receiving</p> <ul style="list-style-type: none"> Explore and experiment with the speed you send the ball. Move feet to get in line with the ball when receiving. Try to have 'soft hands' when catching. Keep eyes focused on the ball. <p>Reaction and response</p> <ul style="list-style-type: none"> Start quickly and accelerate by pushing off hard with feet. Take up ready position with knees bent and feet apart (front to back). Bend knees to help you slow down. <p>Jumping and landing</p> <ul style="list-style-type: none"> Swing arms to help gain height and use them to help balance on landing. Bend knees on take-off and landing. Try to land softly without noise. <p>1 leg balance</p> <ul style="list-style-type: none"> Keep head up and still. Keep tummy (core muscles) tight and back straight. Use arms to help you balance. <p>Counter balance</p> <ul style="list-style-type: none"> Keep tummy (core muscles) tight and body straight throughout. Hold with straight arms when leaning back. Hold on to partner's forearms and maintain a long base. <p>Dynamic balance on a line</p> <ul style="list-style-type: none"> Work off the balls of feet. 	<ul style="list-style-type: none"> Keep tummy tight (core muscles) and back straight. Use arms to help maintain balance. Keep head up and breathe throughout. <p>Ball skills</p> <ul style="list-style-type: none"> Move the ball with fingers, avoiding it touching body. Focus on maintaining good balance and looking straight ahead throughout. Perform movements smoothly and then gradually increase speed. <p>Ball chasing</p> <ul style="list-style-type: none"> Accelerate by pushing off hard with feet and driving arms from 'hips to lips'. Bend knees as you allow the ball to go through your legs. Keep watching the ball and concentrate on timing so you arrive at the right time. Move feet quickly to get in the collecting position in good time. <p>Sending and receiving</p> <ul style="list-style-type: none"> Vary the speed you send the ball to find which is most effective. Watch the ball and move feet to get in line with the ball when receiving. Keep eyes focused on the ball. 	<ul style="list-style-type: none"> Keep legs, back and arms straight. Use smooth, controlled movements. Keep core muscles tight. <p>Ball skills</p> <ul style="list-style-type: none"> Keep ball moving and away from body. Keep head up, looking forward. Concentrate on performing the movements smoothly to begin with and then gradually increase their speed. <p>Ball chasing</p> <ul style="list-style-type: none"> Start quickly by pushing off hard with feet and by driving arms ('hips to lips'). Slow down to get into position. Run well past the ball to give you more time. Get into a stable position as early as you can. Move feet quickly to get into the collecting position. <p>Sending and receiving</p> <ul style="list-style-type: none"> Explore the strength of your throw to work out how much force is needed. Take up a balanced position, making sure hands are in a good ready position. Try repeating several times. <p>Reaction and response</p>
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Aston and Cote Church of England School- Progression Map- Physical Education



	<ul style="list-style-type: none"> • Keep head still and look forward. • Use arms to help you move and balance as you walk (opposite arm and leg). 	<ul style="list-style-type: none"> • Use backswing and follow through when striking/ kicking. <p>Reaction and response</p> <ul style="list-style-type: none"> • Start quickly and accelerate by pushing off hard with feet and looking forwards. • Take up a ready position with knees bent and feet apart (front to back). • Bend the knee on 'catching leg' and take weight back to enable you to stop quickly. (core muscles) tight and back straight. <p>Jumping and landing</p> <ul style="list-style-type: none"> • Swing arms to help gain height and use them to help balance on landing. • Keep head up on landing. • Bend knees on landing. <p>1 leg balance</p> <ul style="list-style-type: none"> • Look forward and imagine a focus point. • Use your arms to help you balance. • Keep your tummy (core muscles) tight and back straight. <p>Counter balance</p> <ul style="list-style-type: none"> • Keep tummy (core muscles) tight and body straight throughout. • Hold with straight arms when leaning back. 	<ul style="list-style-type: none"> • In the ready position, start quickly and accelerate by pushing off hard with feet. • React and move early to give you time to get balanced. • Extend front leg across body and bend knees to enable you to stop quickly and get into balanced position. <p>Jumping and landing</p> <ul style="list-style-type: none"> • Swing arms to help gain height and use them to help balance on landing. • Bend knees on take-off and landing. • Land softly on balls of feet without noise, facing forward. <p>1 leg balance</p> <ul style="list-style-type: none"> • Keep your tummy (core muscles) tight. • Use your arms to help you balance. • Use smooth, controlled movements. <p>Counter balance</p> <ul style="list-style-type: none"> • Keep core muscles tight. • Keep body straight, looking at partner throughout, and hold balance. • Start by leaning in and then slowly lean back using smooth, controlled movements. <p>Dynamic balance on a line</p> <ul style="list-style-type: none"> • Keep head still and back straight.
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		<ul style="list-style-type: none"> Hold on to partner's forearms and keep a short base. <p>Dynamic balance on a line</p> <ul style="list-style-type: none"> Keep tummy (core muscles) tight and back straight. Keep head still and look forward. Use arms to help you move and balance as you walk, bringing them from 'hips to lips'. 	<ul style="list-style-type: none"> Use arms to help you move and balance as you walk, bringing them from 'hips to lips'. Practise the movement slowly at first movements.
Skill	<p>Stance</p> <p>Stand on low beam with good stance for 10 seconds with...</p> <ul style="list-style-type: none"> both feet facing forwards. feet still. minimum wobble (control). <p>Footwork</p> <ol style="list-style-type: none"> Combine side-steps with 180° front pivots off either foot with... Combine side-steps with 180° reverse pivots off either foot with... Skip with knee and opposite elbow at 90° angle with... Hopscotch forwards and backwards, hopping on the same leg (right and left) with... <ul style="list-style-type: none"> balance and control throughout. fluent, smooth movements. movements performed in both directions/on both sides. <p>Floorwork</p> <ol style="list-style-type: none"> Place cone on back and take it off with other hand in mini-front support with... Hold mini-back support position with... Place cone on tummy and take it off with other hand in mini-back support with... <ul style="list-style-type: none"> balance maintained throughout. 	<p>Stance</p> <ol style="list-style-type: none"> Receive a small force from various angles with... Raise alternate feet 5 times with... Raise alternate knees 5 times with... Catch ball at chest height and throw it back with... <ul style="list-style-type: none"> both feet facing forwards. balance maintained throughout. minimum wobble (control). <p>Footwork</p> <ol style="list-style-type: none"> Hopscotch forwards and backwards, alternating hopping leg each time with... Move in a 3-step zigzag pattern forwards with... Move in a 3-step zigzag pattern backwards with... <ul style="list-style-type: none"> balance and control throughout. fluent and smooth movements. 	<p>Stance</p> <p>On a line/low beam:</p> <ol style="list-style-type: none"> Raise alternate knees to opposite elbow 5 times with... Catch large ball thrown at knee height and above head with... Catch large ball thrown away from body with... Catch small ball thrown close to and away from body with... <ul style="list-style-type: none"> balance maintained throughout. minimum wobble (control). good posture (head up/back straight). <p>Footwork</p> <ol style="list-style-type: none"> Combine 3-step zigzag patterns with cross-over (swerve) when changing lead leg with... Move in 3-step zigzag pattern, with knee raise across body just before changing lead leg and direction with...



	<ul style="list-style-type: none"> • correct position held by keeping back straight. • control when changing balance/position. <p>Seated balance</p> <ol style="list-style-type: none"> 1. Pick up a cone from one side, swap hands and place it on the other side. with... 2. Return the cone to the opposite side with... <ul style="list-style-type: none"> • feet and hands off the floor throughout. • minimum wobble. • balance held without strain. <p>Ball skills</p> <ol style="list-style-type: none"> 1. Sit and roll a ball up and down legs and round upper body using 1 hand with... 2. Stand and roll a ball up and down legs and round upper body using 1 hand with... <ul style="list-style-type: none"> • ability to move the ball in both directions. • control of the ball maintained throughout. • smooth movements with the ball. <p>Ball chasing</p> <ol style="list-style-type: none"> 1. Start in seated/lying position, throw a bouncing ball, chase and collect it in balanced position facing opposite direction with... 2. Start in seated/lying position, chase a bouncing ball fed by a partner and collect it in balanced position facing opposite direction with... <ul style="list-style-type: none"> • control when starting and stopping quickly. • timing and movement to get in the right position. • balance/control when collecting the ball. <p>Sending and receiving</p> <ol style="list-style-type: none"> 1. Throw tennis ball, catch rebound with same hand after 1 bounce with... 2. Throw tennis ball, catch rebound with same hand without a bounce with... 3. Throw tennis ball, catch rebound with other hand after 1 bounce with... 	<ul style="list-style-type: none"> • movements performed in both directions/on both sides. <p>Floorwork</p> <ol style="list-style-type: none"> 1. Hold full front support position with... 2. Lift 1 arm and point to the ceiling with either hand in front support with... 3. Transfer cone on and off back in front support with... <ul style="list-style-type: none"> • balance maintained throughout. • correct position held by keeping back straight. • control when changing balance/position. <p>Seated balance</p> <ol style="list-style-type: none"> 1 Pick up a cone from one side and place it on the other side with same hand with... 2. Return it to the opposite side using the other hand with... 3. Sit in a dish shape and hold it for 5 seconds with... <ul style="list-style-type: none"> • feet and hands off the floor throughout. • minimum wobble. • balance held without strain. <p>Ball skills</p> <p>In 20 seconds or less: 1. Stand with legs apart and move a ball around 1 leg 16 times (right and left leg) with...</p>	<ol style="list-style-type: none"> 3. Move in 3-step zigzag pattern, lifting foot up behind just before changing lead leg and direction with... <ul style="list-style-type: none"> • smooth, controlled movements. • fluency and rhythm. • movements performed in both directions/on both sides <p>Floorwork</p> <ol style="list-style-type: none"> 1. Transfer tennis ball on and off back in a front support with... 2. Transfer cone on and off tummy in back support with... 3. Transfer tennis ball on and off tummy in back support with... <ul style="list-style-type: none"> • good posture straight back. • balance held without strain. • control while transferring objects. <p>Seated balance</p> <p>In a seated position:</p> <ol style="list-style-type: none"> 1. Reach and pick up cone an arms distance away, swap hands and place it on the other side (both directions) with... 2. Reach and pick up cone an arms distance away and place it on the other side using same hand (both directions) with... 3. Hold a V-shape with straight arms and legs for 10 seconds with... <ul style="list-style-type: none"> • feet and hands off the floor throughout. • minimum wobble. • balance held without strain.
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	<p>4. Throw tennis ball, catch rebound with other hand without a bounce with...</p> <p>5. Strike large, soft ball along ground with hand 5 times in a rally with...</p> <ul style="list-style-type: none"> • accuracy when sending. • appropriate power/weight when sending. • a good position when receiving. <p>Reaction and response From 1, 2 and 3 metres: 1. React and catch tennis ball dropped from shoulder height after 1 bounce with...</p> <ul style="list-style-type: none"> • quick reaction. • quick, controlled movement. • control when slowing down after catch. <p>Jumping and landing 1. Jump from 2 feet to 2 feet with quarter turn in both directions with...</p> <p>2. Stand on a line and jump from 2 feet to 1 foot and freeze on landing (on either foot) with...</p> <ul style="list-style-type: none"> • good take off and height. • balance and control on landing. • soft landings. <p>1 leg balance On both legs: 1. Stand still for 30 seconds with...</p> <p>2. Complete 5 mini-squats with...</p> <ul style="list-style-type: none"> • minimum wobble (control). • standing foot still. • non-standing foot off the floor. <p>Counter balance in pairs 1. Hold on and, with a long base, lean back, hold balance and then move back together with...</p> <p>2. Hold on with 1 hand and, with a long base, lean back, hold balance and then move back together with...</p> <ul style="list-style-type: none"> • balance maintained throughout. • smooth, controlled movements. 	<p>2. Move a ball round waist 17 times with...</p> <p>3. Stand with legs apart and move a ball around alternate legs 16 times with...</p> <ul style="list-style-type: none"> • control of the ball maintained throughout. • ability to complete challenges in both directions consistently and smoothly. • smooth movements with the ball. <p>Ball chasing 1 Chase a large rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction with...</p> <p>2. Chase a large bouncing ball, let it roll through legs and then collect it in balanced position facing the opposite direction with...</p> <p>3. Complete above challenges with tennis ball with...</p> <ul style="list-style-type: none"> • control when starting and stopping quickly. • timing and movement to get in the right position. • balance/control when collecting the ball. <p>Sending and receiving 1. Strike a ball with alternate hands in a rally with...</p> <p>2. Kick a ball with the same foot with...</p>	<p>Ball skills In 20 seconds or less: 1. Stand with legs apart and move ball in figure of 8 around both legs 12 times with...</p> <p>2. Move ball around waist into figure of 8 around both legs 10 times with...</p> <p>3. Move ball around waist and then around alternate legs 12 times with...</p> <p>4. Stand with legs apart and perform 24 criss-crosses, with and then without a bounce with...</p> <ul style="list-style-type: none"> • smooth movements with the ball. • ability to complete challenges in both directions consistently and smoothly. • fluidity when changing hands. <p>Ball chasing 1. Roll and chase large ball, stopping it with knee sideways onto ball (long barrier position) facing opposite direction with...</p> <p>2. Perform above challenge with tennis ball with...</p> <p>3. Roll and chase large ball, stopping it with head in front support position facing opposite direction with...</p> <ul style="list-style-type: none"> • ability to turn over either shoulder. • timing to get in the right position. • balance/control when collecting the ball. <p>Sending and receiving</p>
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	<ul style="list-style-type: none"> coordinated movements with partner. <p>Dynamic balance</p> <ol style="list-style-type: none"> Walk fluidly, lifting knees to 90° with... Walk fluidly, lifting heels to bottom with... <ul style="list-style-type: none"> smooth, controlled movements and minimum wobble. balance maintained on the line. opposite arm and leg moving forwards. 	<ol style="list-style-type: none"> Kick a ball with alternate feet. Roll 2 balls alternately using both hands, sending 1 as the other is returning with... <ul style="list-style-type: none"> accuracy and weight when sending. a good position when receiving. fluency/rhythm throughout <p>reaction and response</p> <p>From 1, 2 and 3 metres: 1. React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg with...</p> <ul style="list-style-type: none"> quick reaction. quick, controlled movement. control when slowing down after catch. <p>Jumping and landing</p> <ol style="list-style-type: none"> Jump from 2 feet to 2 feet with 180° turn in either direction with... Complete a tucked jump. Complete a tucked jump with 180° turn in either direction with... <ul style="list-style-type: none"> good take off and height. balance and control on landing. soft landings. <p>1 leg balance</p> <p>On both legs: 1. Stand still for 30 seconds with eyes closed with...</p> <ol style="list-style-type: none"> Complete 5 squats with... Complete 5 ankle extensions with... <ul style="list-style-type: none"> minimum wobble (control). 	<ol style="list-style-type: none"> Alternately throw and catch 2 tennis balls against a wall with... Throw 2 tennis balls against a wall and catch them with opposite hand (cross-over) with... Throw 2 tennis balls against a wall in a circuit, in both directions with... <ul style="list-style-type: none"> accuracy and weight of throws. fluency/rhythm throughout. a good position when receiving <p>reaction and response</p> <p>From 1, 2 and 3 metres: 1. React and step across body, bring hand across body and catch tennis ball after 1 bounce with...</p> <ul style="list-style-type: none"> quick reaction and good acceleration. quick, controlled movement. balance and control after catch. <p>Jumping and landing</p> <ol style="list-style-type: none"> Jump 2 feet to 2 feet forwards, backwards and side-to-side with... Hop forward and backwards, freezing on landing with... Jump 1 foot to other forwards and backwards, freezing on landing with... Hop sideways, raising knee and freezing on landing with... Jump 1 foot to other sideways, raising knee and freeze on landing with... <ul style="list-style-type: none"> good take off and height.
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		<ul style="list-style-type: none"> • smooth, controlled movements. • non-standing foot off the floor. <p>Counter balance</p> <ol style="list-style-type: none"> 1. Hold on and, with a short base, lean back, hold balance and then move back together with... 2. Hold on with 1 hand and, with a short base, lean back, hold balance and then move back together with... 3. Perform above challenges with eyes closed with... <ul style="list-style-type: none"> • balance maintained throughout. • smooth, controlled movements. • coordinated and controlled movements with partner. <p>Dynamic balance</p> <ol style="list-style-type: none"> 1. March, lifting knees and elbows up to a 90° angle with... 2. Walk fluidly with heel to toe landing with... 3. Walk fluidly, lifting knees and using heel to toe landing with... <ul style="list-style-type: none"> • smooth, controlled movements and minimum wobble. • balance maintained on the line. • opposite arm and leg moving forwards smoothly. 	<ul style="list-style-type: none"> • balance and control on landing. • soft and controlled landings. <p>1 leg balance</p> <p>On both legs:</p> <ol style="list-style-type: none"> 1. Stand still on uneven surface for 30 seconds with... 2. Stand still on uneven surface for 30 seconds with eyes closed with... 3. Complete 10 squats into ankle extensions with... 4. Complete 5 squats with eyes closed with... <ul style="list-style-type: none"> • stability. • smooth, controlled movements. • consistent performance. <p>Counter balance</p> <ol style="list-style-type: none"> 1. Stand on 1 leg holding with 1 hand, lean back, hold balance and then move back together with... 2. Stand on 1 leg while holding on to partner's opposite foot with... <ul style="list-style-type: none"> • balance maintained throughout. • smooth, controlled movements. • coordinated movements with partner. <p>Dynamic balance</p> <ol style="list-style-type: none"> 1. Walk fluidly, forwards and backwards, lifting heel to bottom, knees up and heel to toe landing with...
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			<p>2. Lunge walk forwards (heel to bottom, knees up, extend leg, sink hips, heel to toe landing) with...</p> <p>3. Lunge walk forwards, bringing opposite elbow up to a 90° angle with...</p> <ul style="list-style-type: none"> balance maintained on the line. opposite arm and leg driving forwards. fluidity and minimum wobble.
Vocabulary	<p>Stance Stance, balance, ball, line, heel, low beam, stand</p> <p>Footwork Fluency, gallop, side-step, control, hop, skip, directions, forwards, backwards, 180°- half turn, combine, opposite, half turn, pivot, elbow, hopscotch, 90° - quarter turn</p> <p>Floorwork mini-front support, position, reach round, hold, cone, mini-back support, maintain, tummy, balance</p> <p>Seated balance Seated, balance, wobble, position, touching, control, cone, return, core, swap, opposite, muscles</p> <p>Ball skills Along, hand, roll, around, right, upper body, legs, down, stand, up</p> <p>Ball chasing Roll, collect, chase, seated, position, accelerate, lying, bouncing</p> <p>Sending and receiving Roll, partner, ready position, rebound, backswing, power, weight, strike, along the ground, catch, rally, bounce, throw, soft hands</p> <p>Reaction and response React, shoulder height, catch, bounce, quickly, ready position, dropped, accelerate</p>	<p>Stance Maintain, angles, force, raising</p> <p>Footwork Alternating, pattern, 3 step, speed, zigzag, increase</p> <p>Floorwork full front support position, point, transfer</p> <p>Seated balance Dish, straight, shape, hold</p> <p>Ball skills Tummy, around, alternate, apart, height</p> <p>Ball chasing hips to lips, driving arms</p> <p>sending and receiving alternately, same foot, position, kick, return, accuracy</p> <p>reaction and response weight, catching leg, feet apart</p> <p>Jumping and Landing <ul style="list-style-type: none"> straight, dynamic, balls of feet, momentum </p> <p>1 leg balance</p>	<p>Stance Opposite, thrown, knee height, posture</p> <p>Footwork knee raise, fluent, consistent, maximum speed, rhythm, perform, across</p> <p>Floorwork back support, strain, control, posture, stretched</p> <p>Seated balance arm's distance, stability, performance, V-shape, repeatable, strain</p> <p>Ball skills Waist, criss-cross catches, bounce, direction, figure of 8, complete, fluidity</p> <p>Ball chasing long barrier, topping, knee sideways</p> <p>sending and receiving cross-over, opposite, consistency, circuit, fluency, repeatable</p> <p>Reaction and response pushing off hard, extend, react</p> <p>Jumping and landing</p>

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	Jumping and landing Width, take-off, balance, jump, swing, height, control, landing (soft) 1 leg balance back (body), challenging, wobble, muscles, straight, core muscles, nonstanding, balance, control, tight, mini-squat, freeze, dominant (non) Counter balance Toes, rock, lean, side-to-side, long base, hold balance, long base, core muscles Dynamic balance Minimum, line, wobble, backwards, fluidity, maintain, heels, forwards, 90°, lifting			focus ,point, support (with and without), static, improve, heel raises, practise, feedback Counter balance short base, forearm, perform, coordinated Dynamic balance marching action, heel to toe landing, hips to lips			Maintain, forwards, freeze, backwards, side-to-side, maintain 1 leg balance Movement, repeatable, smooth, uneven, maintain, ankle extension, controlled Counter balance Controlled, counterbalance, movements Dynamic balance heel to bottom, extend, lunge, 90° angle, sink hips, driving
Substantive Concept/ Strand- swimming							
	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Topic			Swimming	Swimming	Swimming	Swimming	Swimming
National Curriculum Objective			<ul style="list-style-type: none">swim competently, confidently and proficiently over a distance of at least 25 metresuse a range of strokes effectively [for example, front crawl, backstroke and breaststroke]perform safe self-rescue in different water-based situations.				
Skill			<ul style="list-style-type: none">Learn to pace oneself for exerciseDevelop basic swimming strokesDevelop breathing techniquesGain confidence in water	<ul style="list-style-type: none">pace oneself in order to take full part in physical activityswim 10 - 20 metres without helpDevelop a wider range of strokes e.g. front crawl, backstroke and breaststrokeknow and do what is required to improve		<ul style="list-style-type: none">Pace oneself in order to take part in physical activityswim 25 metres without helpuse a range of strokes effectively e.g. front crawl, backstroke and breaststrokeBreath effectively in different strokesperform safe self-rescue in different water based situationsknow and do what is required to improveknow that swimming makes breathing different	

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