



Cam Everlands PE Progression Grid

Football

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Skills	Ball Skills Feet Explore and develop moving with a ball using our feet Understand dribbling Develop dribbling against an opponent	Ball Skills Feet Develop moving the ball using the feet Apply dribbling into games Consolidate dribbling Explore kicking (passing) Apply kicking (passing) to score a point	Ball Skills Feet Develop dribbling/passing/receiving, keeping possession Combine dribbling, passing and receiving, keeping possession/to score a point Apply dribbling, passing and receiving as a team to score a point	Introduce/develop dribbling keeping control Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling	Refine dribbling Turning Refine passing and receiving Develop passing and dribbling creating space Introduce shooting	Refine dribbling and passing to maintain possession Introduce and develop defending Develop shooting Refine attacking skills, passing, dribbling and shooting, introduce officiating	Consolidate keeping possession, develop officiating Consolidate defending Organise formations and manage teams Organise formations decide tactics, manage reams and officiate games
Understanding	When, where and why we dribble a ball into space in order to avoid a defender. What controls means. Why it is important to keep the ball close to us when moving with the ball. How to control a ball using our feet. How to dribble the ball using our feet. How to stop the ball using our feet.	How we pass the ball using the inside of our foot. What the consequences are if we do not dribble into space or pass the ball accurately towards our target. How to dribble the ball using the inside and outside of our feet. Why we need to keep our head up when we are dribbling. Why we need to be accurate when kicking (passing) a ball.	What the consequences are in a game if our passes are inaccurate, intercepted by a defender or we lose possession of the ball. When to dribble or when to pass in order to keep possession of the ball. Why we need to be ready to receive the ball when it is passed to us. How to control a ball that is passed to us using our feet. Why we need communicate when passing.	How to adopt the correct technique when passing over a short distance. How to adopt the correct technique when dribbling. How to change direction keeping control of the ball. How to dribble the ball keeping possession to beat an opponent. When, where and why we should pass. How we can combine passing and dribbling to create space.	How to shoot using the correct technique. When to use a drag back during a game. When to shoot and where to shoot from. When to turn during a game. The different types of turns that can be used in a game including a Drag Back and Cruyff turn.	What the basic rules (laws) governing football are; including what the difference between a free kick and a penalty kick is. When, where and why we apply different methods of defending in order to prevent the attackers from scoring. How "man-to-man marking," is used during a game and when this is applied. The different methods of defending that we can use during a game. How to move the ball up the pitch, creating an attack that results in a successful shooting opportunity.	How to manage our team selecting players to play in certain positions and understand what skills and attributes are required to be successful in these positions. How different defending tactics can be applied during a game to prevent attacking opportunities. What are the consequences in a game of rushing into a tackle or miss-timing a tackle. How different attacking tactics can be applied during a game to create shooting opportunities.
Values		Gratitude, Curiosity, Fairness & Honesty	Courage, Empathy, Self Belief, Concentration & Imagination.	Cooperation, Encouragement, Problem Solving & Resilience	Decision Making, Responsibility, Communication Trust	Integrity, Resourcefulness, Self-Discipline & Reflection	Respect, self-motivation & evaluation.



Cam Everlands PE Progression Grid

Hockey

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Skills	Game for Understanding Taking turns/keeping the score Understanding and playing by the rules	Games For Understanding Understanding the principles of attack/defence Applying attacking/defending principles into a game Consolidate attacking/defending	Games For Understanding Attacking/defending as a team Understanding the transition between defence and attack Create and apply attacking/defensive tactics	Introduce dribbling; keeping control Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling Introduce shooting	Refine dribbling and passing Develop shooting; combine passing and dribbling to create shooting opportunities Develop passing and dribbling creating space for attacking opportunities Introduce defending; blocking and tackling	Develop defending; block and tackling Recap and refine dribbling and passing to create attacking opportunities Refine attacking skills, passing dribbling and shooting Refine defending skills developing transition from defence to attack	Consolidate keeping possession, develop officiating Consolidate defending Create, understand and apply attacking/defending tactics in game situations
Understanding	The unit of work will explore why we need to follow the rules and keep the score during a game. Pupils will learn how to apply very simple tactics for attacking and defending in games.	The unit of work will develop pupils' ability to apply the principles of attack vs defence, with a particular focus on creating simple attacking tactics in order to move the ball up the court, creating an attack that results in a shooting opportunity.	The unit of work will challenge pupils to create simple defending and attacking tactics, while continuing to develop an understanding of the transition from defence to attack. Pupils will apply these tactics as a team into games.	Explore how to apply the principles of attack vs defence, with a particular focus on passing and moving and dribbling. Pupils will learn how to keep possession and eventually score in order to win a modified game.	Develop pupils' ability to apply the principles of attack vs defence, with a particular focus on creating simple attacking tactics in order to move the ball up the court, creating an attack that results in a shooting opportunity.	Challenge pupils to develop an understanding of the rules of hockey and will start to take responsibility for officiating their own games. Pupils will be able to develop tactics for both attacking and defending and apply these successfully within their team.	Consistently apply effective attacking skills, applying decision making in order to keep possession and score. Pupils will in turn apply pressure when defending to regain possession effectively.
Values		Gratitude, Curiosity, Fairness & Honesty	Courage, Empathy, Self Belief, Concentration & Imagination.	Cooperation, Encouragement, Problem Solving & Resilience	Decision Making, Responsibility, Communication Trust	Integrity, Resourcefulness, Self-Discipline & Reflection	Respect, self-motivation & evaluation.



Cam Everlands PE Progression Grid

Netball

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Skills	Ball Skills Hands 1 Explore pushing and rolling Combine pushing and rolling	Ball Skills Hands 1 Introduce sending with control Introduce aiming with accuracy Introduce power and speed when sending a ball Introduce/develop stopping, combining sending skills Combine sending and receiving skills	Ball Skills Hands 1 Develop passing and receiving Combine passing and receiving, keeping possession Develop passing and receiving to score a point Combine passing and receiving to score a point	Introduce passing, receiving and creating space Develop/combine passing and moving Combine/develop passing and shooting	Refine passing and receiving Develop passing and dribbling creating space Develop passing, moving and shooting Refine passing and shooting Develop footwork	Refine passing and receiving Apply passing, footwork and shooting into mini games, introduce officiating Introduce defending Explore the function of other passing styles	Consolidate keeping possession, develop officiating Consolidate defending Create, understand and apply attacking/defending tactics in game situations
Understanding	The unit of work will explore different ways of using our hands to move with a ball, keeping control. Pupils will explore rolling, pushing and bouncing a ball with a partner.	The unit of work will develop pupils' sending and receiving skills, applying and developing understanding of where we send a ball and why. Pupils will combine their sending and receiving skills to keep possession. Pupils will explore stopping the ball.	The unit of work will challenge pupils to combine their developing dribbling, passing and receiving skills in order to keep possession and score a point. Pupils will apply these skills in teams in various games and activities.	The unit of work will explore how to apply the principles of attack vs defence, with a particular focus on passing and moving. Pupils will learn how to keep possession and eventually score in order to win a modified game.	The unit of work will develop pupils' ability to apply the principles of attack vs defence, with a particular focus on creating simple attacking tactics in order to move the ball up the court, creating an attack that results in a shooting opportunity.	The unit of work will challenge pupils to apply their prior learning of passing and moving to create attacks that result in a shooting opportunity. Pupils will be able to develop tactics for both attacking and defending and apply these successfully within their teams.	Pupils will consolidate their understanding of the principles of attack and defence. They will consistently apply a range of effective passes, in order to keep possession and score. Pupils will in turn apply pressure when defending to regain possession quickly.
Values		Gratitude, Curiosity, Fairness & Honesty	Courage, Empathy, Self Belief, Concentration & Imagination.	Cooperation, Encouragement, Problem Solving & Resilience	Decision Making, Responsibility, Communication Trust	Integrity, Resourcefulness, Self-Discipline & Reflection	Respect, self-motivation & evaluation.



Cam Everlands PE Progression Grid

Tag Rugby

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Skills	Ball Skills Hands 2 Explore throwing overarm and underarm Explore rolling, stopping a ball and catching	Ball Skills Hands 2 Introduce throwing with accuracy Apply throwing with accuracy in a team Introduce stopping a ball Develop sending (rolling) skills to score a point Consolidate sending and stopping to win a game	Ball Skills Hands 2 Develop underarm throwing Apply underarm throwing to win a game Apply underarm throwing to beat an opponent Introduce overarm throwing	Introduce moving with the ball, passing and receiving Introduce tagging Create space when attacking Develop passing and moving Combine passing/moving to create attacking opportunities	Develop passing, moving and creating space Apply learning to 3v3 mini games Develop defending in game situations Combine passing and moving to create an attack and score	Refine passing and moving to create attacking opportunities Explore different passes that can be used to outwit defenders Refine defending as a team Create and apply defending tactics. Develop officiating	Consolidate passing and moving Consolidate defending Create, understand and apply attacking/defending tactics in game situations Consolidate attacking and defending in min games
Understanding	The unit of work will explore the different ways of throwing, rolling and stopping a ball. Pupils will start to learn why we need to aim when we are throwing and understand how to be ready to catch too.	The unit of work will consolidate pupil's ability to accurately roll a ball towards a target. Pupils will combine their sending and stopping skills, applying their prior knowledge of where we send a ball and why to score points to beat an opponent.	The unit of work will challenge pupils to apply their understanding of underarm and overarm throwing to beat their opponents. Pupils will further extend their understanding of why we need to be accurate when we throw.	The unit of work will explore how to apply the principles of attack vs defence, with a particular focus on passing and moving to score a try. Pupils will develop their understanding of when, where and why they need to create space when they are attacking.	The unit of work will develop pupils' ability to apply the principles of attack vs defence. Pupils will combine passing and moving to develop ways of creating space to beat an opponent to score a try. Pupils will also develop tagging and to explore different ways the defending team can prevent the attackers from scoring.	The unit of work will challenge pupils to apply their prior learning of passing and moving, learning how to execute different passes and understanding where, when they are used in a game. Pupils will be able to develop tactics for both attacking and defending and apply these successfully within their team.	Pupils will consolidate their understanding of attacking and defending. Pupils will create tactics for both attack and defence and apply them into game situations, adapting them when necessary.
Values		Gratitude, Curiosity, Fairness & Honesty	Courage, Empathy, Self Belief, Concentration & Imagination.	Cooperation, Encouragement, Problem Solving & Resilience	Decision Making, Responsibility, Communication Trust	Integrity, Resourcefulness, Self-Discipline & Reflection	Respect, self-motivation & evaluation.

Cam Everlands PE Progression Grid



Cricket

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Skills	<p>Ball Skills Hands 2 Explore throwing overarm and underarm Explore rolling, stopping a ball and catching</p>	<p>Ball Skills Hands 2 Introduce throwing with accuracy Apply throwing with accuracy in a team Introduce stopping a ball Develop sending (rolling) skills to score a point Consolidate sending and stopping to win a game</p>	<p>Ball Skills Hands 2 Develop underarm throwing Apply underarm throwing to win a game Apply underarm throwing to beat an opponent Introduce overarm throwing</p>	<p>Understand the concept of batting and fielding Introduce throwing overarm Introduce throwing underarm Introduce catching Striking with intent</p>	<p>Develop an understanding of batting and fielding Introduce bowling underarm Develop stopping and returning the ball Develop retrieving and returning the ball Striking the ball at different angles and speeds</p>	<p>Refine batting, understand and develop batting and bowling tactics Refine fielding stooping, catching and throwing Combine bowling and fielding creating and applying tactics Introduce umpiring and scoring</p>	<p>Consolidate batting/fielding/bowling Create, understand and apply attacking/defensive tactics in game</p>
Understanding	<p>How we can use our bodies to throw? Why we need to aim when we are throwing. Why and when we need use our hands to stop a ball. How to use our hands to stop a ball. How to throw underarm. Understand why we need to use our hands to catch an object (ball or beanbag).</p>	<p>Why we need to throw with accuracy when throwing towards a target. Why we need to look at the target when throwing underarm. Where we send a ball and why, so we can score points and beat an opponent. How to use our bodies when aiming; using our non-throwing hand, pointing towards a target. When to use a long barrier to stop the ball. Where we send a ball and why, so we can score points and beat an opponent.</p>	<p>The consequences of throwing our object away from the target that we are aiming towards. Why we make a target with our hands when catching. How we can use our bodies to throw overarm for greater distance. What the differences are between 'batting' and 'fielding'.</p>	<p>How and why to throw a ball overarm with power and distance. How to catch a ball, adjusting the body and hand position when catching a high ball compared to a low ball. How to throw a ball overarm using the correct technique. Where to stand when we are fielding and have a clear understanding why we have chosen that particular position. How to outwit the fielding team by varying the speed and direction we strike the ball</p>	<p>How and when to use different ways of retrieving and returning the ball to prevent the batters from scoring runs. How to outwit the fielding team when batting by varying the speed and direction we strike the ball. How to bowl underarm, varying the speed at which we bowl depending on who is batting. Why we need to return the ball to the bowler or wicketkeeper quickly and accurately to prevent the batters from scoring runs.</p>	<p>Where and how to bowl in order to prevent the batters from scoring runs. How and why the role as a batter may change depending on the situation of the game. Where to strike the ball when we are batting depending on where the fielders are standing in order to score runs. How to create and apply simple fielding and batting tactics in order for their team to be successful. Where to strike the ball when we are batting depending on where the fielders are standing in order to score runs.</p>	<p>How to umpire and score in a mini game of cricket, applying the correct signals when umpiring. How and when to apply a range of fielding skills into mini games. Why we need to attack the ball when we are fielding and why when need to apply pressure to the batters</p>
Values		Gratitude, Curiosity, Fairness & Honesty	Courage, Empathy, Self Belief, Concentration & Imagination.	Cooperation, Encouragement, Problem Solving & Resilience	Decision Making, Responsibility, Communication Trust	Integrity, Resourcefulness, Self-Discipline & Reflection	Respect, self-motivation & evaluation.



Cam Everlands PE Progression Grid

Rounders

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Skills	<p>Ball Skills Hands 2 Explore throwing overarm and underarm Explore rolling, stopping a ball and catching</p>	<p>Ball Skills Hands 2 Introduce throwing with accuracy Apply throwing with accuracy in a team Introduce stopping a ball Develop sending (rolling) skills to score a point Consolidate sending and stopping to win a game</p>	<p>Ball Skills Hands 2 Develop underarm throwing Apply underarm throwing to win a game Apply underarm throwing to beat an opponent Introduce overarm throwing</p>	<p>Introduce to rounders Introduce overarm throwing Apply overarm and underarm throwing Introduce stopping the ball Application of stopping the ball in a game</p>	<p>Develop fielding bowling with a backstop Introduce batting; how Develop batting; where and why Introduce and apply basic fielding tactic</p>	<p>Develop fielding tactics maximising players Understand what happens if the batter misses the ball Refine fielding tactics, what players where? Applying tactics in mini games</p>	<p>Introduction to full rounders Consolidate fielding tactics Refine our understanding of what happens if the batter misses or hits the ball backwards Batting considerations</p>
Understanding	<p>The unit of work will explore the different ways of throwing, rolling and stopping a ball. Pupils will start to learn why we need to aim when we are throwing and understand how to be ready to catch too.</p>	<p>The unit of work will consolidate pupil's ability to accurately roll a ball towards a target. Pupils will combine their sending and stopping skills, applying their prior knowledge of where we send a ball and why to score points to beat an opponent.</p>	<p>The unit of work will challenge pupils to apply their understanding of underarm and overarm throwing to beat their opponents. Pupils will further extend their understanding of why we need to be accurate when we throw.</p>	<p>The unit of work will explore the concept of batting and fielding (attack and defence). Pupils will develop an understanding of the purpose of each team. Pupils will learn how to apply a variety of fielding skills such as throwing and stopping the ball to keep the batter's score low.</p>	<p>The unit of work will develop pupils' ability to apply the principles of attack vs defence, with a particular focus on the concept of batting. Pupils will continue to develop and apply a variety of fielding skills such as throwing and stopping the ball to keep the batter's score low.</p>	<p>The unit of work will challenge pupils to apply fielding tactics, exploring how we can maximise our fielding set up and get the most from our players, making it harder for the batting team. Pupils will be able to explore the skill set of each team and tactically select players to play in positions that utilise their skills.</p>	<p>Pupils will learn to consistently apply effective tactics for both batting and fielding. Pupils will utilise their prior knowledge of batting and fielding tactics and consider when, where and why they will apply these during a game.</p>
Values		<p>Gratitude, Curiosity, Fairness & Honesty</p>	<p>Courage, Empathy, Self Belief, Concentration & Imagination.</p>	<p>Cooperation, Encouragement, Problem Solving & Resilience</p>	<p>Decision Making, Responsibility, Communication Trust</p>	<p>Integrity, Resourcefulness, Self-Discipline & Reflection</p>	<p>Respect, self-motivation & evaluation.</p>



Cam Everlands PE Progression Grid

Tennis

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Skills	Ball Skills Hands 2 Explore throwing overarm and underarm Explore rolling, stopping a ball and catching	Rackets, Bats and Balls Develop pushing (dribbling) a ball with a racket: Introducing control. Explore hitting and develop pushing a ball (with a racket) towards a target. Explore hitting a ball (with a racket) with power	Rackets, Bats and Balls Hitting a ball (with a racket) with accuracy and power to beat an opponent. Combine hitting a ball (with a racket) with accuracy and power . Extend hitting the ball (with a racket) with accuracy. Explore pushing (dribbling) a ball with a racket. Refine pushing (dribbling) a ball with a racket.	Introduction tennis, outwitting an opponent Creating space to win a point Consolidate how to win a game introduce rackets Introduce the forehand	Developing the forehand Creating space to win a point using a racket Introduce the backhand Applying the forehand and backhand in game situations Applying the forehand and backhand creating space to win a point	Introduce/develop the volley Controlling the game from the serve Doubles, understanding and applying tactics to win a pint	Game application Game application, mixed ability doubles, round robin games
Understanding	How we can use our bodies to throw? Why we need to aim when we are throwing. Why and when we need use our hands to stop a ball. How to use our hands to stop a ball. How to throw underarm. Understand why we need to use our hands to catch an object (ball or beanbag).	The focus of the learning is for pupils to develop their ability to keep a ball controlled using a racket. Pupils will also explore and develop their hitting (pushing) skills using a ball and a racket accurately. Pupils will apply their understanding of accuracy and space in a variety of games.	The focus of the learning is for pupils to refine their understanding of how they can use their hitting (striking) skills to send the ball into space in order to win a game. Pupils will refine this understanding of why in certain games, hitting into space is essential in order to score points against the opposing team.	The unit of work will explore how to apply the principles of attack vs defence in order to win a game of tennis. Pupils will understand where and why we throw/hit the ball on the court and be introduced to basic shot techniques.	The unit of work will develop pupils' ability to apply the principles of attack vs defence in order to win a game of tennis. Pupils will create space to win points and apply the developing racket skills using forehand and backhand techniques.	The unit of work will challenge pupils to apply their prior learning of playing the ball into space. Pupils will begin to develop their ability to serve and to volley. Pupils will be able to create tactics in a doubles game in order to score points and win the game.	Pupils will learn to consistently apply effective shot techniques, applying decision making as to which shot to make and where to aim in order to score a point. Pupils will create, apply and evaluate tactics in singles and doubles games.
Values		Gratitude, Curiosity, Fairness & Honesty	Courage, Empathy, Self Belief, Concentration & Imagination.	Cooperation, Encouragement, Problem Solving & Resilience	Decision Making, Responsibility, Communication Trust	Integrity, Resourcefulness, Self-Discipline & Reflection	Respect, self-motivation & evaluation.



Cam Everlands PE Progression Grid

Communication & Tactics

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Skills						Orienteering Face orienteering Cone orienteering Point and return Point to point Timed course Orienteering competition	
Understanding						The unit of work will refine pupil's ability to apply effective teamwork through different problem-solving challenges. Throughout the unit, there will be a focus on pupils refining effective communication skills, essential to working within a team to complete the challenges.	
Values						Integrity, Resourcefulness, Self- Discipline & Reflection	

Cam Everlands PE Progression Grid



Gymnastics

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Skills	<p>High, Low, Over, Under Introduction to high, low, over and under Introduction to the apparatus</p>	<p>Wide, Narrow, Curled Introduction to wide, narrow and curled Transitioning between wide, narrow and curled movements Linking two movements together Body Parts Introduction to big/small body parts Combining big and small with wide, narrow and curled</p>	<p>Pathways & Linking Developing linking Linking on apparatus Jump, roll, balance sequences/on apparatus Creation of sequences Completion of sequences and performance</p>	<p>Introduction to symmetry Introduction to asymmetry Application of learning onto apparatus Sequence formation Sequence completion</p>	<p>Introduction to bridges Application of bridge learning onto apparatus Develop sequences with bridges Sequence formation Sequence completion</p>	<p>Introduction to counter balance Application of counter balance learning onto apparatus Sequence formation Counter Tension Sequence completion</p>	<p>Introduction to matching/mirroring Application of matching/mirroring learning onto apparatus Sequence development</p>
Understanding	<p>Why it is so important to move and balance like a 'Champion'. How to be creative on the apparatus, moving through, along, across, over and under a variety of apparatus. Why it is important to use the apparatus safely. How we can move our bodies in 'low' ways; slides, rolls (long, curled) hands and feet. How to create high and low balances 'shapes'. How we can move our bodies in 'high' ways; jumps, hops, skips, side steps and backwards.</p>	<p>How and where to use more than one piece of apparatus at the same time to create movements and balances. 'interesting' gymnastics. How to 'transition' between movements, adding movements together and transitioning between them. Why it is important to perform each movement and balance like a 'champion' and understand the difference between 'wide', 'narrow' and 'curled'. How to create 'Wide', 'Narrow' and 'Curled' balances (shapes) on the floor and on apparatus, using a variety of body parts. How to create 'Wide', 'Narrow' and 'Curled' movements on the floor and on apparatus, using a variety of body parts.</p>	<p>How to use a variety of apparatus when we are creating movement sequences. Why applying 'flow' as we link our movements together is so important. How to apply 'flow' to our movements, understanding that 'flow' means moving from one action to another without stopping. How to link movements and balances together, applying champion gymnastics criteria, on the floor and on apparatus.</p>	<p>How to peer and self assess, identifying strengths and weaknesses in our own and others' performances. Why it is so important to create 'excellent' movements and balances. How to execute balances and movements in both symmetrical and asymmetrical ways. What Symmetry and Asymmetry means. Why it is essential to explore a variety of movements to ascertain the best moves to allow for flow and interesting gymnastics for the sequence.</p>	<p>Why it is important to explore bridge balances and the ways we can move in and out of them over and under them, on the floor and on the apparatus. How to create sequences combining movements and bridge balances in pairs, applying flow and challenging their creativity. How to create a 'bridge balance' with a partner using different levels and different connection points. How to reflect and evaluate using their observations to make accurate improvements to our own and others performances.</p>	<p>How to create a sequence, by accurately combining movements and balances, with flow and accurate timings within the Counter Balance and Counter Tension theme. How to create and execute 'Counter Balances' and 'Counter Tension Balances' with a partner using a variety of levels and connection points. What 'Counter Balance' and 'Counter Tension' means, understanding the difference between them. How to include a change of speed in our movements</p>	<p>How to create a sequence of movements, bringing together a combination of both matching and mirroring movements, executed with accuracy and fluidity using a range of apparatus. What 'Mirroring' means. What 'Matching' movements mean. Why performing at and 'excellent' standard, with accurate timings and fluidity is so important.</p>
Values		Gratitude, Curiosity, Fairness & Honesty	Courage, Empathy, Self Belief, Concentration & Imagination.	Cooperation, Encouragement, Problem Solving & Resilience	Decision Making, Responsibility, Communication Trust	Integrity, Resourcefulness, Self-Discipline & Reflection	Respect, self-motivation & evaluation.



Cam Everlands PE Progression Grid

Athletics

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Skills	Locomotion: Walking/Jumping Explore/develop jumping Sustain walking	Locomotion: Running/Jumping Explore running Running for speed: Acceleration Explore running in a team Develop jumping Explore how jumping affects our bodies	Locomotion: Jumping Consolidate jumping Apply jumping into a game Explore jumping combinations Develop jumping combinations Dodging Explore dodging Develop dodging Apply dodging; Explore attacking and defending Apply dodging in teams	Explore running for speed Explore acceleration Introduce /develop relay: Running for speed in a team Throwing: Accuracy vs distance Standing long jump	Develop running at speed Exploring our stride pattern Exploring running at pace Understand and apply tactics when running for distance Javelin Standing triple jump	Finishing a race Evaluating our performance Sprinting: My personal best Relay changeovers Shot Put Introducing the hurdles	Running for speed competition Running for distance competition Throwing competition Jumping competition
Understanding	How to walk, swinging our arms with opposite arm and leg action. How to jump swinging our arms and bending our knees. Where to walk by staying in a space and why this is so important in a game scenario. Why jumping with the correct technique is so important.	Where to run by staying in a space and why this is so important in a game scenario. When and why we need to change speed when we are running in a game situation. How to run pumping our arms, using the balls of our feet and looking ahead. Why jumping and skipping with the correct technique is so important. How to jump skip with a step hop action, swinging our arms.	When and where we dodge, applying this into games. When to use a jumping skill in a game and why. How to link jumps together and execute them in combination. How to dodge. We keep our head up with a low body position, bending our knees, planting one foot on the floor, leaning our body to one side and then moving the other way quickly.	Why we have to accelerate at the start of a race. How to run for speed in a team, using a relay baton, holding our hands ready, palms upwards when waiting for the baton. How to throw for distance and why the correct technique is essential to send the object further. We throw and object sideways on, with our arm up and elbow bent above our shoulder. We release the object when it is just past our head. How to run when running for speed, creating a pumping action with our arms and elbows bent, springing off the balls of our feet.	Why we need to pace ourselves when running for distance. How to use our bodies to throw with greater distance. Why we need to increase our stride pattern to enable us to maintain our speed during the middle third of a race. How we can use our bodies to jump as far as possible, using a combination of jumps.	Why we need to maintain our speed until we cross the finish line. How to hurdle safely, applying the correct technique. How to evaluate our own and others sprinting technique making suggestions on how we can improve our own and others performance. When and where the changeovers take place on a curved track.	Why we need to apply accurate head, arm and foot technique to make ourselves run quicker. Why we need to select certain pupils for certain events in order for our team to be successful. How to transfer their body weight to push (put) the shot put and throw the javelin further.
Values		Gratitude, Curiosity, Fairness & Honesty	Courage, Empathy, Self Belief, Concentration & Imagination.	Cooperation, Encouragement, Problem Solving & Resilience	Decision Making, Responsibility, Communication Trust	Integrity, Resourcefulness, Self-Discipline & Reflection	Respect, self-motivation & evaluation.



Cam Everlands PE Progression Grid

Dance

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Skills	<p>Dinosaurs Moving with control Adding movements together Responding to rhythm in character Adding expression to our characters' (dinosaur) movements Performing with a partner Exploring relationships</p>	<p>Growing Responding to rhythm Introduction to motifs Creating motifs Creating movement sequences Relationships and Performance The Zoo Exploring expression Developing our movements, adding movements together Responding to a rhythm: Introducing partner work Exploring relationships within our motifs</p>	<p>Exploring Responding to stimuli Developing our motif with expression and emotion Applying choreography in our motifs Extending our motifs Sequences, relationships and performance</p>	<p>Weather</p>	<p>Cats</p>	<p>Greeks Exploring the Greeks using compositional principles Extending sequences with a partner using compositional principles Creating movement using improvisation where movement is reactive</p>	<p>Titanic Creating rhythmic patterns using our body Extending our choreography through controlled movements, character emotion and expression Explore the relationships between characters applying character emotion and expression Performance and reflection</p>
Understanding	<p>The unit or work will enable pupils to explore different movements using different parts of the body, adding emotion and expression as they become dinosaurs. Pupils will develop movement ideas in pairs while exploring the different relationships between dinosaurs.</p>	<p>Growing The unit of work will challenge pupils to respond to rhythm and patterns through their movements. Pupils will learn how to control and co-ordinate their bodies to perform a motif. In addition, pupils will explore various dynamics and movement qualities as they create movement patterns. The Zoo The unit of work will challenge pupils to respond to the stimulus (different zoo animals) using a range of different, controlled movements showing character expression. Pupils will learn how to co-ordinate and control their bodies to perform movements, creating a sequence.</p>	<p>The unit of work will develop pupil's ability to create and develop their characters, adding movements, expression and emotion to their performance. Pupils will be able to create a motif and will develop their motifs with a partner to include some different elements of choreography.</p>	<p>The unit of work will challenge pupils to respond to different stimuli, being able to add drama and emotion to the dance. Pupils will create a performance, which will include: stage presence, timing, rhythm and sustaining character.</p>	<p>The unit of work will challenge pupils to explore movement through improvisation, introducing unison and matching. Pupils will sustain their characters to add drama and emotion to the dance. Pupils will extend their dance skills by using more complex interacting movements, actions and incorporate apparatus.</p>	<p>The unit of work will challenge pupils to create movement using improvisation, to select and choreograph ideas into a sequence. Pupils will be able to use their bodies to perform technical movements with control and balance and good dynamics, concluding with an opening ceremony performance.</p>	<p>The unit of work will challenge pupils to recreate the story of The Titanic through controlled movements and balances. Pupils will perform choreographed movements and balances that incorporate emotion, expression and characterisation.</p>
Values		<p>Gratitude, Curiosity, Fairness & Honesty</p>	<p>Courage, Empathy, Self Belief, Concentration & Imagination.</p>	<p>Cooperation, Encouragement, Problem Solving & Resilience</p>	<p>Decision Making, Responsibility, Communication Trust</p>	<p>Integrity, Resourcefulness, Self-Discipline & Reflection</p>	<p>Respect, self-motivation & evaluation.</p>



Cam Everlands PE Progression Grid

Health, wellbeing and mindfulness

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Skills		Health and Wellbeing Introduce and explore agility Introduce and explore balance Introduce and explore coordination: Bouncing, rolling and throwing				Health Related Exercise Explore and understand cardio fitness Explore and understand flexibility fitness Explore and understand strength fitness	
Understanding		Aerobic exercise				The unit of work will ensure that all pupils understand the meaning of strength, flexibility and the cardiovascular elements of fitness. Pupils will perform cardio, flexibility and strength focused circuits developing their own fitness.	
Values		Gratitude, Curiosity, Fairness & Honesty				Integrity, Resourcefulness, Self-Discipline & Reflection	

Leadership

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Skills							
Understanding							The focus of the learning is for pupils to understand what makes an effective leader. By unpicking the 'STEP' principles, pupils will be able to apply their developing understanding as they lead others. Pupils will be able to identify the different attributes that make an effective leader.
Values							Respect, self-motivation & evaluation.



Cam Everlands PE Progression Grid

