

PE Progression Map

End of EYFS

<p>Three and Four-Year-Olds</p>	<p>Physical Development</p>	<p>By the end of Nursery, children should be taught to:</p> <ul style="list-style-type: none"> •Can tell adults when hungry or tired or when they want to rest or play. •Observes the effects of activity on their bodies. •Understands that equipment and tools have to be used safely. •Gains more bowel and bladder control and can attend to toileting needs most of the time themselves. •Can usually manage washing and drying hands. •Dresses with help, e.g. puts arms into open-fronted coat or shirt when held up, pulls up own trousers, and pulls up zipper once it is fastened at the bottom. •Can tell adults when hungry or tired or when they want to rest or play. •Observes the effects of activity on their bodies. •Understands that equipment and tools have to be used safely. •Gains more bowel and bladder control and can attend to toileting needs most of the time themselves. •Can usually manage washing and drying hands. •Dresses with help, e.g. puts arms into open-fronted coat or shirt when held up, pulls up own trousers, and pulls up zipper once it is fastened at the bottom.
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<p>Reception</p>	<p>Physical Development</p>	<p>By the end of Reception, children should be taught to:</p> <p>Experiments with different ways of moving.</p> <ul style="list-style-type: none"> • 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. • Uses simple tools to effect changes to materials. • Handles tools, objects, construction and malleable materials safely and with increasing control. • Shows a preference for a dominant hand. • Begins to use anticlockwise movement and retrace vertical lines. • Begins to form recognisable letters. • Uses a pencil and hold
<p>Early Learning Goals</p>	<p>Moving and Handling</p> <p>Health and Self-Care</p>	<ul style="list-style-type: none"> • 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, including pencils for writing. • Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.

KS1 National Curriculum Expectations

Pupils should be taught how to:

- develop fundamental movement skills,
- become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- 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
- perform dances using simple movement patterns.

KS2 National Curriculum Expectations

Pupils should be taught how to:

- develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- enjoy communicating, collaborating and competing with each other.
- develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- use running, jumping, throwing and catching in isolation and in combination
- play 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
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- 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.
- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

Intent

We aim to provide a broad and balanced P.E. curriculum to aid children's increasing self-confidence in their ability to manage themselves and their bodies within a variety of movement situations. A balance of individual, team, co-operative and competitive activities aims to cater for individual pupil's needs and abilities.

At the heart of the PE curriculum lies inclusive practices, which enable children of all backgrounds and abilities to effectively participate in PE. Our curriculum is based on progressive learning objectives that, combined with varied and flexible teaching styles, endeavour to provide appropriate, stimulating, challenging and enjoyable learning situation for all pupils. The curriculum aims to promote an understanding of the many benefits of exercise, through a balanced range of relevant activities.

In addition to the importance placed on PE lessons, we also have a wider curriculum offer, which includes the opportunities for pupils to take part in extra-curricular sports and activity clubs and competitions. Daily physical activity and health enhancing activities also play a crucial role in our offer to pupils including active lessons, active break and lunchtimes and extra-curricular activities.



Implementation

At Cranberry Primary Academy, we are committed to providing outstanding PE provision. We employ a specialist Sports Coach, Mr Tinsley, who teaches PE to all classes throughout the school, in addition to weekly PE sessions taught by Class Teachers. Children also benefit from fortnightly specialist Outdoor Education lessons.

Pupils within EYFS undertake daily physical exercise within their teaching unit, through continuous provision, including the recent development of our outdoor area and woodland forest schools area. Cross-curricular links enable PE activities to take place during literacy and maths.

In KS1, the curriculum focuses on fundamental key skills to develop early stages of tactical awareness and physical fitness elements of agility, balance and coordination through the introduction. Curriculum content includes ball skills and team games, gymnastic and dance activities. Children are introduced to early stages of games, gymnastics, dance, outdoor and adventurous activities and athletics.

At KS2, pupils continue to apply and develop a range of skills to enable them to become successful games players, dancers, gymnasts and athletes. Lower Key Stage 2 develop the skills required for a range of games; while upper Key Stage 2 takes this further to allow access to varied games. We also enrich children's experiences through opportunities for outdoor and adventurous activities.

Wider Curriculum Offer

Children at Cranberry are given the opportunity to join a range of extra-curricular activities both during lunchtimes and after school. They range from traditional sports such as football and netball, and other sports such as dodgeball and hockey, to non-competitive physical activity clubs including yoga.

During lunchtimes, children in KS2 are given the opportunity to play the 'Sport of the Week', aiming to give children opportunities to experience a wide range of different sports whilst also developing leadership skills of the children running the sessions. Sportsmanship and team working skills are celebrated through weekly Sportsmanship Awards for each key stage, given to children who demonstrate excellent sportsmanship during Sport of the Week.

Furthermore, Children are given the opportunity to compete at various levels including personal best challenges in school and other intraschool challenges between houses, year groups and classes. We take part in many School Games events and currently hold the Platinum level School Games Mark for our participation in competitive sport.

Sports Council

At Cranberry, we have an active Sports Council and in Year 6; four children are elected to become Bronze Ambassadors. These children help to organise and run an extensive programme of inter house activities and competitions throughout the year. KS2 Sports Councillors are also given the opportunities to develop their leadership skills in Sports and Games, helping to run Sport of the Week, in addition to acting as representatives for their year groups during Sports Council Meetings. Furthermore, Playground leaders organise and lead playtime games for Key Stage 1.



Impact

As a result of a strong Physical Education curriculum and wider curriculum offer, Cranberry Primary Academy pupils will:

- Become skilful and intelligent performers
- Acquire and develop skills, performing with increasing physical awareness
- Learn how to select and apply skills, tactics and compositional ideas to suit activities that need different approaches and ways of thinking
- Develop their ideas in different ways
- Set targets for themselves and compete against others
- Understand what it takes to persevere, succeed and acknowledge others' success
- Respond to a variety of challenges
- Take the initiative, lead activity and focus on improving performances
- Develop competence to excel in a broad range of physical activities
- Lead healthy, active lives
- Develop positive attitudes to participation in physical activity
- Engage in competitive sports and activities
- Embed values like fairness and respect

Pupil's skills and knowledge in these areas will not only provide an excellent foundation for the next stage in their lives, but also increase their cultural capital potential in their future adulthoods.

Progression

Progression Journey: Dance

This unit links to the following strand of the NC:

KS1: perform dances using simple movement patterns.

KS2: perform dances using a range of movement patterns.



EYFS	1	2	3	4	5	6
Copy basic body actions and rhythms.	Copy, remember and repeat actions.	Copy, remember and repeat a series of actions.	Copy remember and perform a dance phrase.	Copy, remember and adapt set choreography.	Accurately copy and repeat set choreography in different styles of dance showing a good sense of timing.	Perform dances confidently and fluently with accuracy and good timing.
Choose and use travelling actions, shapes and balances.	Choose actions for an idea.	Select from a wider range of actions in relation to a stimulus.	Create short dance phrases that communicate an idea.	Choreograph considering structure individually, with a partner and in a group.	Choreograph phrases individually and with others considering actions, dynamics, space and relationships in response to a stimulus.	Work creatively and imaginatively individually, with a partner and in a group to choreograph longer phrases and structure dance considering actions, space, relationship and dynamics in relation to a theme.
Travel in different pathways using the space around them.	Use changes of direction, speed and levels with guidance.	Use pathways, levels, shapes, directions, speeds and timing with guidance.	Use canon, unison and formation to represent an idea.	Use action and reaction to represent an idea.	Confidently perform choosing appropriate dynamics to represent an idea.	Improvise and combine dynamics demonstrating an awareness of the impact on performance.
Begin to use dynamics and expression with guidance.	Show some sense of dynamic and expressive qualities.	Show a character through actions, dynamics and expression.	Match dynamic and expressive qualities to a range of ideas.	Change dynamics to express changes in character or narrative.	Use counts accurately when choreographing to perform in time with others and the music.	Use counts when choreographing and performing to improve the quality of work.
Begin to count to music.	Begin to use counts.	Use counts with help to stay in time with the music.	Use counts to keep in time with a partner and group.	Use counts when choreographing short phrases.		

Progression Journey: F.M.S through fundamentals, fitness and athletics

These units link to the following strands of the NC:

KS1: master basic movements including running, jumping and throwing.
 Develop balance, agility and co-ordination, and begin to apply these in a range of activities.

KS2: use running, jumping and throwing in isolation and in combination.
 Develop flexibility, strength, technique, control and balance.

EYFS	1	2	3	4	5	6
Run and stop with some control.	Attempt to run at different speeds showing an awareness of technique.	Show balance and co-ordination when running at different speeds.	Show balance, co-ordination and technique when running at different speeds, stopping with control.	Demonstrate how and when to speed up and slow down when running.	Run at the appropriate speed over longer distances or for longer periods of time.	Demonstrate a controlled running technique using the appropriate speed over longer distances or for longer periods of time.
Explore skipping as a travelling action.	Begin to link running and jumping movements with some control.	Link running and jumping movements with some control and balance.	Link running, hopping and jumping actions using different take offs and landing.	Link hopping and jumping actions with some control.	Show control at take-off and landing in more complex jumping activities.	Link running, jumping and hopping actions with greater control and co-ordination.
Jump and hop with bent knees.	Jump, leap and hop and choosing which allows them to jump the furthest.	Show hopping and jumping movements with some balance and control.	Jump for distance and height with an awareness of technique.	Jump for distance and height showing balance and control.	Perform a range of more complex jumps showing some technique.	Perform jumps for height and distance using good technique.
Throwing larger balls and beanbags into space.	Throw towards a target.	Change technique to throw for distance.	Throw a variety of objects, changing action for accuracy and distance.	Throw with some accuracy and power towards a target area.	Show accuracy and power when throwing for distance.	Show accuracy and good technique when throwing for distance.
Balance whilst stationary and on the move.	Show some control and balance when travelling at different speeds.	Show control and balance when travelling at different speeds.	Demonstrate balance when performing other fundamental skills.	Demonstrate good balance when performing other fundamental skills.	Demonstrate good balance and control when performing other fundamental skills.	Show fluency and control when travelling, landing, stopping and changing direction.
Change direction at a slow pace.	Begin to show balance and co-ordination when changing direction.	Demonstrates balance and co-ordination when changing direction.	Show balance when changing direction in combination with other skills.	Show balance when changing direction at speed in combination with other skills.	Demonstrate improved body posture and speed when changing direction.	Change direction with a fluent action and can transition smoothly between varying speeds.
Explore moving different body parts together.	Use co-ordination with and without equipment.	Perform actions with increased control when co-ordinating their body with and without equipment.	Can co-ordinate their bodies with increased consistency in a variety of activities.	Begin to co-ordinate their body at speed in response to a task.	Can co-ordinate a range of body parts at increased speed.	Can co-ordinate a range of body parts with a fluent action at a speed appropriate to the challenge.

Progression Journey: Games through ball skills, sending and receiving, invasion, target, net and wall, striking and fielding games

These units link to the following strands of the NC:

KS1: master basic movements including throwing and catching.

Participate in team games, developing simple tactics for attacking and defending.

KS2: 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

EYFS	1	2	3	4	5	6
Drop and catch with two hands.	Drop and catch a ball after one bounce on the move.	Dribble a ball with two hands on the move.	Dribble the ball with one hand with some control in game situations.	Link dribbling the ball with other actions with increasing control.	Use dribbling to change the direction of play with some control under pressure.	Use dribbling to change the direction of play with control under pressure.
Move a ball with feet.	Move a ball using different parts of the foot.	Dribble a ball with some success, stopping it when required.	Dribble a ball with feet with some control in game situations.	Change direction when dribbling with feet with some control in game situations.	Dribble with feet with some control under increasing pressure.	Use a variety of dribbling techniques to maintain possession under pressure.
Throw and roll a variety of beanbags and larger balls to space.	Throw and roll towards a target with some varying techniques.	Throw and roll towards a target using varying techniques with some success.	Use a variety of throwing techniques in game situations.	Use a variety of throwing techniques with increasing success in game situations.	Use a variety of throwing techniques with some control under increasing pressure.	Use a variety of throwing techniques including fake passes to outwit an opponent.
Kick larger balls to space.	Kick towards a stationary target.	Show balance when kicking towards a target.	Kick towards a partner in game situations.	Kick with increasing success in game situations.	Use a variety of kicking techniques with some control under increasing pressure.	Select and apply the appropriate kicking technique with control.
Stop a beanbag or large ball sent to them using hands.	Catch a beanbag and a medium-sized ball.	Catch an object passed to them, with and without a bounce.	Catch a ball passed to them using one and two hands with some success.	Catch a ball passed to them using one and two hands with increasing success.	Catch and intercept a ball using one and two hands with some success in game situations.	Catch and intercept a ball using one and two hands with increasing success in game situations.
Attempt to stop a large ball sent to them using feet.	Attempt to track balls and other equipment sent to them.	Move to track a ball and stop it using feet with limited success.	Receive a ball sent to them using different parts of the foot.	Receive a ball using different parts of the foot under pressure.	Receive a ball using different parts of the foot under pressure with increasing control.	Receive a ball with consideration to the next move.
Hit a ball with hands.	Strike a stationary ball using a racket.	Strike a ball using a racket.	Strike a ball with varying techniques.	Strike a ball using varying techniques with increasing accuracy.	Strike a ball using a wider range of skills. Apply these with some success under pressure.	Strike a ball using a wider range of skills to outwit an opponent. Apply these with increasing control under pressure.
Run and stop when instructed.	Run, stop and change direction with some balance and control.	Run, stop and change direction with balance and control.	Change direction with increasing speed in game situations.	Change direction to lose an opponent with some success.	Use a variety of techniques to change direction to lose an opponent.	Confidently change direction to successfully outwit an opponent.
Move around showing limited awareness of others.	Recognise space in relation to others.	Move to space to help score goals or limit others scoring.	Use space with some success in game situations.	Create and use space with some success in game situations.	Create and use space for self and others with some success.	Effectively create and use space for self and others to outwit an opponent.
Make simple decisions in response to a situation.	Begin to use simple tactics with guidance.	Use simple tactics.	Use simple tactics individually and within a team.	Use simple tactics to help their team score or gain possession.	Understand the need for tactics and can identify when to use them in different situations.	Work collaboratively to create tactics within their team and evaluate the effectiveness of these.

Progression Journey: **Body Management** through parkour, gymnastics, yoga

These unit link to the following strands of the NC:

KS1: master basic movements as well as developing balance, agility and co-ordination. KS2: develop flexibility, strength, technique, control and balance.

EYFS	1	2	3	4	5	6
Create shapes showing a basic level of stillness using different parts of their bodies.	Perform balances making their body tense, stretched and curled.	Perform balances on different body parts with some control and balance.	Complete balances with increasing stability, control and technique.	Use body tension to perform balances both individually and with a partner.	Show increasing control and balance when moving from one balance to another.	Combine and perform more complex balances with control, technique and fluency.
Begin to take weight on different body parts.	Take body weight on hands for short periods of time.	Take body weight on different body parts, with and without apparatus.	Demonstrate some strength and control when taking weight on different body parts for longer periods of time.	Demonstrate increasing strength, control and technique when taking own and others weight.	Use strength to improve the quality of an action and the range of actions available.	Demonstrate more complex actions with a good level of strength and technique.
Show shapes and actions that stretch their bodies.	Demonstrate poses and movements that challenge their flexibility.	Show increased awareness of extension and flexibility in actions.	Demonstrate increased flexibility and extension in their actions.	Demonstrate increased flexibility and extension in more challenging actions.	Use flexibility to improve the quality of the actions they perform as well as the actions they choose to link them.	Confidently transition from one action to another showing appropriate control and extension for the complexity of the action.
Copy and link simple actions together.	Remember, repeat and link simple actions together.	Copy, remember, repeat and plan linking simple actions with some control and technique.	Choose actions that flow well into one another both on and off apparatus.	Plan and perform sequences showing control and technique with and without a partner.	Create and perform more complex sequences of actions with a good level of quality, control and technique with and without a partner.	Plan and perform with precision, control and fluency, a sequence of actions including a wide range of skills.

Progression Journey: OAA through team building and OAA

These units link to the following strands of the NC:

KS1: participate in team games, developing simple tactics. KS2: take part in outdoor and adventurous activity challenges both individually and within a team.

EYFS	1	2	3	4	5	6
Follow simple instructions.	Follow instructions.	Follow instructions accurately.	Follow instructions from a peer and give simple instructions.	Accurately follow instructions given by a peer and give clear and usable instructions to a peer.	Use clear communication when working in a group and taking on different roles.	Communicate with others clearly and effectively when under pressure.
Share their ideas with others.	Begin to work with a partner and a small group.	Work co-operatively with a partner and a small group, taking turns and listening to each other.	Work collaboratively with a partner and a small group, listening to and accepting others' ideas.	Confidently communicate ideas and listen to others before deciding on the best approach.	Begin to lead others, providing clear instructions.	Confident to lead others and show consideration of including all within a group.
Explore activities making own decisions in response to a task.	Understand the rules of the game and suggest ideas to solve simple tasks.	Try different ideas to solve a task.	Plan and attempt to apply strategies to solve problems.	Plan and apply strategies to solve problems.	Plan and apply strategies with others to more complex challenges.	Use critical thinking skills to form ideas and strategies selecting and applying the best method to solve a problem.
Make decisions about where to move in space.	Copy a simple diagram/map.	Follow and create a simple diagram/map.	Orientate and follow a diagram/map.	Identify key symbols on a map and use a key to help navigate around a grid.	Orientate a map confidently using it to navigate around a course.	Confidently and efficiently orientate a map, identifying key features to navigate around a course.
Follow a path.						
Begin to identify personal success.	Identify own and others' success.	Understand when a challenge is solved successfully and begin to suggest simple ways to improve.	Reflect on when and why challenges are solved successfully and use others' success to help them to improve.	Watch, describe and evaluate the effectiveness of their team strategy, giving ideas for improvements.	Explain why a particular strategy worked and alter methods to improve.	Accurately reflect on when challenges are solved successfully and suggest well thought out improvements.

Progression Journey: **Swimming**

NC: All schools must provide swimming instruction either in key stage 1 or key stage 2.

Beginners

Submerge and regain feet in the water.

Breathe in sync with an isolated kicking action from poolside.

Use arms and legs together to move effectively across a short distance in the water.

Glide on front and back over short distances.

Float on front and back for short periods of time.

Confidently roll from front to back and then regain a standing position.

Developers

Confidently and consistently retrieve an object from the floor with the same breath.

Begin to co-ordinate breath in time with basic strokes showing some consistency in timing.

Demonstrate a fair level of technique, consistently co-ordinating the correct body parts in a range of strokes.

Combine gliding and floating on front and back over an increased distance.

Float on front and back using different shapes with increased control.

Comfortably demonstrate sculling head first, feet first and treading water.

Intermediate

Confidently combine skills to retrieve an object from greater depth.

Confidently co-ordinate a smooth and consistent breathing technique with a range of strokes.

Confidently demonstrate good technique in a wider range of strokes over increased distances.

Combine gliding and transitioning into an appropriate stroke with good control.

Confidently link a variety of floating actions together demonstrating good technique and control.

Select and apply the appropriate survival technique to the situation.

Progression Journey: SET

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

PE: Vocabulary Map

EYFS	KS1	KS2				
<p>General Vocabulary:</p> <ul style="list-style-type: none"> ▪ Run ▪ Jump ▪ Throw ▪ Catch ▪ Team ▪ Instructions ▪ Goal ▪ Points ▪ Follow 	<p>General Vocabulary:</p> <table style="width: 100%; border: none;"> <tr> <td style="vertical-align: top; width: 50%;"> <ul style="list-style-type: none"> • Team • Instructions • Follow • Challenge • Travelling • Pumping • Techniques • Sprinting • Accuracy • Overarm • Distance • Power • Strength • Sequence • Arch • Tuck • Crab • Movement </td> <td style="vertical-align: top; width: 50%;"> <ul style="list-style-type: none"> • Skills • Tactic • Goal • Points • Encouragement • Attack • Stretch • Muscles • Fitness • Defence • Action • Apparatus • Striking • Grasping • Fielder • Bowler • Bowling • Control </td> </tr> </table> <p style="margin-top: 20px;">*Please note that each unit covered will have topic specific vocabulary.</p>	<ul style="list-style-type: none"> • Team • Instructions • Follow • Challenge • Travelling • Pumping • Techniques • Sprinting • Accuracy • Overarm • Distance • Power • Strength • Sequence • Arch • Tuck • Crab • Movement 	<ul style="list-style-type: none"> • Skills • Tactic • Goal • Points • Encouragement • Attack • Stretch • Muscles • Fitness • Defence • Action • Apparatus • Striking • Grasping • Fielder • Bowler • Bowling • Control 	<p>General Vocabulary:</p> <table style="width: 100%; border: none;"> <tr> <td style="vertical-align: top; width: 50%;"> <ul style="list-style-type: none"> • Front Crawl • Stroke • Breaststroke • Back stroke • Butterfly • Straddle • Surface • Tumble-turn • Tread water • Depth • Bubbles Dive • Length • Width • Metre • Rhythm • Sink • Float • Deep • Stimuli/stimulus </td> <td style="vertical-align: top; width: 50%;"> <ul style="list-style-type: none"> • Fluency • Dynamics • Energy • Flow • Explosive • Jerky • Coaching • Feedback • Endurance • Resistance • Stamina • Resilience • Glide • Rotate • Shallow • Tuck • breath • Recurring idea (motif) </td> </tr> </table> <p style="margin-top: 20px;">*Please note that each unit covered will have topic specific vocabulary.</p>	<ul style="list-style-type: none"> • Front Crawl • Stroke • Breaststroke • Back stroke • Butterfly • Straddle • Surface • Tumble-turn • Tread water • Depth • Bubbles Dive • Length • Width • Metre • Rhythm • Sink • Float • Deep • Stimuli/stimulus 	<ul style="list-style-type: none"> • Fluency • Dynamics • Energy • Flow • Explosive • Jerky • Coaching • Feedback • Endurance • Resistance • Stamina • Resilience • Glide • Rotate • Shallow • Tuck • breath • Recurring idea (motif)
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Long Term Plan

	TERM 1		TERM 2		TERM 3	
Nursery <i>Nursery</i>	Introduction to PE : Unit 1	Fundamentals : Unit 1	Gymnastics : Unit 1	Dance : Unit 1	Games : Unit 1	Ball Skills : Unit 1
Reception <i>Reception 1, Reception 2</i>	Dance : Unit 2 Introduction to PE : Unit 1	Introduction to PE : Unit 2	Fundamentals : Unit 2	Gymnastics : Unit 2	Games : Unit 2	Ball Skills : Unit 2
Year 1 <i>Year 1 JM, Year 1 RC</i>	Fundamentals Gymnastics	Ball Skills Fitness	Sending and Receiving Target Games	Invasion Games Team Building	Athletics Dance	Net and Wall Games Striking and Fielding Games
Year 2 <i>Year 2 AA, Year 2 DH / DS</i>	Fundamentals Gymnastics	Ball Skills Net and Wall Games	Target Games Sending and Receiving	Invasion Games Swimming: Beginners Fitness	Athletics Team Building	Dance Striking and Fielding Games

<p>Year 3 <i>Year 3 LK, Year 3 MTH</i></p>	<p>Fundamentals Y3/4</p> <p>Tennis</p>	<p>Dodgeball</p> <p>Football</p>	<p>Dance</p> <p>Handball</p>	<p>Ball Skills Y3/4</p> <p>Gymnastics</p> <p>Swimming</p>	<p>Athletics</p> <p>Golf</p>	<p>Basketball</p> <p>Cricket</p>
<p>Year 4 <i>Year 4 CG, Year 4 JT / JN</i></p>	<p>Gymnastics</p> <p>Football</p>	<p>Fitness</p> <p>Dodgeball</p>	<p>Handball</p> <p>Tennis</p>	<p>Swimming</p> <p>Rugby</p> <p>Ball Skills Y3/4</p>	<p>Athletics</p> <p>Rounders</p>	<p>Cricket</p> <p>Dance</p>
<p>Year 5 <i>Year 5 LW, Year 5 MC</i></p>	<p>Gymnastics</p> <p>Football</p>	<p>Fitness</p> <p>Golf</p>	<p>Tennis</p> <p>Dodgeball</p>	<p>Swimming</p> <p>Dance</p> <p>Hockey</p>	<p>Athletics</p> <p>Rounders</p>	<p>Cricket</p> <p>Volleyball Y5/6</p>
<p>Year 6 <i>Year 6 LQ, Year 6 RS</i></p>	<p>Tennis</p> <p>Football</p>	<p>Dance</p> <p>Handball</p>	<p>Gymnastics</p> <p>Dodgeball</p>	<p>Yoga</p> <p>Swimming</p> <p>Badminton Y5/6</p>	<p>Athletics</p> <p>Rugby</p>	<p>Rounders</p> <p>Netball</p>