

Physical Education Progression Pathway

Broad substantive concepts to be revisited throughout the pathway

Components of fitness (Fundamental Fitness)	Performing Skills and Techniques	Sequential movements (Gymnastics/Dance)	Tactics for Success	Ethics and Fair play
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Year Group	Big Question	EYFS and KS1 Knowledge and Interpretation Progression	Vocabulary	Meaningful Examples	Opportunities for Spiritual Development
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Nursery		<ul style="list-style-type: none"> • Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. • Go up steps and stairs, or climb up apparatus, using alternate feet. • Skip, hop, stand on one leg and hold a pose for a game like musical statues. • Use large-muscle movements to wave flags and streamers, paint and make marks. • Start taking part in some group activities which they make up for themselves, or in teams. • Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm. • Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width. • Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. • Start taking part in some group activities which they make up for themselves, or in teams. • Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel. • Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks. 	<p>Sliding, Shuffling, Rolling, Crawling, Walking, High, Low, Climbing, Balance, Stretch, Lines, circles, Sliding, Roll, Crawl Feelings, Happy, Sad, Rhythm, Beat, Move, Copy Forwards, Backwards Quick, Slow, High, Low, Slow, Fast, Shuffling, Rolling, Running, Jumping, Skipping, Throw, Catch,</p>	<p>Multi-skills Athletics Dance</p>	<p>Team spirit Taking turns Considering the needs of others</p>
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Reception		<ul style="list-style-type: none"> • Revise and refine the fundamental movement skills they have already acquired: -rolling - crawling - walking - jumping - running - hopping - skipping – climbing • Progress towards a more fluent style of moving, with developing control and grace. Practise these skills alone and in groups. • Allow for time to be still and quiet. Suggestion: looking up at the sky, or sitting or lying in a den. • Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. • Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines. • Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, co-ordination and agility. • Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - healthy eating - toothbrushing - sensible amounts of 'screen time' - having a good sleep routine - being a safe pedestrian • Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. • Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical 	<p>Straight, Pike, Tuck, Straddle, Star, Shape, Curl, Position, Body parts, Travel, Slither, Gallop, Shuffle, Roll, crawl Balance, Lines, Circles, Body Parts, crawl Actions - lead, follow copy Body parts Co-operation - share, wait, before, after. Direction – forwards, backwards, sideways Feeling - happy, excited, sad Body actions e.g. stretching, curling, reaching, twisting, turning Movement - strong, gentle, heavy, floppy Space - between, through, above. Beat, Rhythm, Walking, Running, Throwing, Fast slow, Catching, Rolling, Space, Pushing, Patting, Kicking, Bounce, Control, Co-ordination, Bounce, Body parts, Slithering, Shuffling, Crawling, Jumping, Skipping, Sliding, Large, Small</p>	<p>Multi-skills Athletics Dance</p>	<p>Taking turns Fair and unfair Encouraging others</p>
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		<p>disciplines including dance, gymnastics, sport and swimming.</p> <ul style="list-style-type: none"> Combine different movements with ease and fluency. 			
Year 1	<p>What is agility? How might we use this skill in sport?</p>	<ul style="list-style-type: none"> Demonstrate changes of direction, levels and speed. Displays development in the fundamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination). Show an awareness of how the body functions/changes during exercise. Throw and catch displaying a degree of competency, in isolation and in varied environments. Repeat and Perform sequences of simple movements. Uses fundamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination) to achieve success in competitive environments, individually and as a team. With guidance participate displaying respect, fair play and working well with others. 	<p>Stretch, Balance, Tension, Zig-zag, Travelling, Rolls – teddy bear, log roll, Jumping, Climbing, Repeat, Sequence, Space, Perform, Adapt, Direction, Speed, Sequence Levels – high, low Shapes – Pike, Star, Straddle, Straight, Tuck, Landing, Like, Dislike, Improve, Arm up, Cool down, Like, Dislike, Improve Health and fitness – warm up/ cool down, Movement, Pattern, Rhythm, Steps, Stimuli Travel and stillness - gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue Direction - forwards, backwards, sideways Space - near, far, in and out, on the spot, own, beginning, middle end Mood and feelings - happy, angry, calm, excited, sad, lonely Body actions Running, Jumping, Skipping, Galloping, Direction, Forwards, Backwards, Sideways Throwing, Underarm, Overarm, Chest, Bounce, Pass, Receive, Control, Position, Space, Opposite team, Co-ordination, Participate, Team, Score, Levels ,high, medium, low Speed - fast, slow Pathways - curved,</p>	<p>Football Dance Multi-skills Gymnastics Striking and fielding Athletics</p>	<p>Playing competitive sports and encouraging others. Playing fairly and following rules. Understanding rules are there to help</p>
Year 2	<p>What is coordination? When</p>	<ul style="list-style-type: none"> Demonstrate changes of direction, speed and levels during performances or in competitive environments. 	<p>Speed, Compose, Movements, Position, Extend, Travel, Combinations, Demonstrate, Repeat,</p>	<p>Football Multi-skills Gymnastics</p>	<p>Playing competitively and encouraging others.</p>

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	would you use this skill in sport?	<ul style="list-style-type: none"> • Competent in the Fundamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination). • Show an awareness of how the body functions/changes during exercise. • Throw and catch displaying a developing degree of competency, in isolation and in ever-increasing competitive environments. • Repeat and perform sequences of varied movements. • Use Fundamentals of movement to employ simple tactics in varied environments. • With guidance, can model to others how to display respect, fair play and working well with others. 	Create, Stretch, Point, Balance, Level, Tension, Smooth, Sequence, Control, Pathways, Rolls Shapes – pike, star, straddle, top to toe, tuck Health and fitness – warm up/ cool down, Movement, Pattern, Rhythm, Steps, Stimuli Travel and stillness - gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue, Direction - forwards, backwards, sideways Space - near, far, in and out, on the spot, own, beginning, middle end Mood and feelings - happy, angry, calm, excited, sad, lonely Body actions Levels high, medium, low Speed - fast, slow Pathways - curved, zigzag Co-ordination, Copy, Like, Dislike, Avoiding, Accuracy, Rolling, Striking, Under arm, Overarm throw, Chest pass, Bounce pass, Bouncing, Catching, Free space, Own space, Opposite, Team, Rebound, Follow, Aiming, Speed, Direction, Passing, Controlling, Shooting, Scoring, Participate, Coordination, Technique, Combinations, Rules, Tactics, Performance	Striking and fielding Athletics Dance	Recognising strengths of others and building a team
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Year Group	Big Question	KS2 Knowledge and Interpretation Progression	Vocabulary	Meaningful Examples	Opportunities for Spiritual Development
Year 3	What is invasion? How can this help us in	<ul style="list-style-type: none"> • Demonstrate developed changes of direction, speed & levels in competitive environments or during performances. • Competent in the FUNdamentals of 	Flow, Explosive Symmetrical Asymmetrical Combination Evaluate Improve Stretch Refine Adapt Contrasting Curled Stretched	Street Dance Football Multi-skills Cricket	Learning about a range of sports played and some of the rules. Recognising when

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	games?	<p>movement (Jog, Sprint, Hop, Weight on Hands, Jump, Balance & Coordination).</p> <ul style="list-style-type: none"> • Demonstrates a clear understanding of how the body changes/functions during exercise. • Throw and catch displaying with accuracy, in isolation and varied environments. • Plan, perform and repeat sequences of movements in a group. • Moves in a fluent and expressive manner. • Use an increasing range of Fundamentals of movement to employ simple tactics in ever-increasing competitive environments (individually and team activities). • Shows an ever-growing display and understanding of fair play, respect and working well with others. 	<p>Suppleness Strength Inverted Jump Land Over Under Agility Strength, Technique, Control Balance Evaluate Improve Shapes - tuck, straddle, pike, arch, back support, Create Combination Sequence Space Improvisation Repetition Adapt Motifs Pattern Movement Evaluate Improve Agility Flexibility Strength Control Balance Stimulus Rhythm Timing Perform Health and fitness – warm up/ cool down/ heart rate, Defending Attacking Travel Bouncing Control Possession Co-ordination Co-operation Scoring Batting Space Pass Dribble Team Points Goals Rules Tactics Fielding Bowler Wicket Innings Rounder Backstop Court Target Net Striking Pitch, Running Speed Throw Skip Aim Bounce Jump Leap Hop Target Overarm Underarm Walking Jogging Baton Relay Take off Landing</p>	<p>Athletics Basketball</p>	<p>rules have been kept and broken. Ensuring all children are encouraged to stay healthy and make good choices for themselves and others</p>
Year 4	What is overloading? How can this help us in games?	<p>Utilise changes of direction, speed and levels to succeed during performances in games and competition.</p> <ul style="list-style-type: none"> • Demonstrates a developed understanding of how the body changes/functions during exercise. • Can adapt throwing technique to ensure success in a variety of activities (distance, accuracy, control) • Change running styles according to distance, with the intention of beating personal bests. • Plan, perform & repeat sequences of movements, experimenting with ways of 	<p>Degrees Balance Forwards Backwards Combine Rotation Against Towards Across Evaluate Improve Height Strength Suppleness Stamina Speed Level Wide Tucked Straight Twisted Constructive Points Twist Turn Safety Refine Agility Strength, Technique, Control Balance Evaluate Improve Shapes - Health and fitness – tuck, straddle, pike, arch, back support, Front support, shoulder stand, bridge Partner balances level 1 – steps, knees, thighs, shoulders, counter</p>	<p>Badminton Hockey Parkour Multiskills Dance Gymnastics Cricket Golf High-5</p>	<p>Understanding respect in sports and showing respect to others. Knowing about achievements made by others linked to sports. Balancing teams so all gifts and talents are considered and there is a clear sense of fairness. Knowing that winning is not always the most</p>

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		<p>travelling and complex movements.</p> <ul style="list-style-type: none"> • Create movements that convey a clear stimulus, refining these movements into sequences. • Uses fundamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination) to achieve success in competitive environments, individually and as a team. • Displays an understanding of fair play, working well with others and leading a small group to demonstrate similar values. 	<p>balance, Spatial awareness Repeat Dance Character Repetition Action Reaction Pattern Movement Evaluate Improve Agility Flexibility Strength, Technique, Control Balance Combination Stimulus Motifs Dynamics Perform Timing, Possession Scoring Space Pass/send/receive Dribble Travel Team Striking Bowling Throwing Fielding Combinations Co - ordination Fluency Co -operation Competition Technique Partner Points Goals Rules Tactics Batting Fielding Bowler Wicket Tee Base Boundary Innings Rounder Backstop Court Target Net Defending Hitting Stance Offside Pitch, Running Technique Pace Accuracy Power Throw High Low Skip Aim Fast Slow Bounce Jump Leap Hop Run Target Overarm Underarm Walking Jogging Accelerate Baton Relay Push Take off Landing,</p>		important thing.
Year 5	Passing and retrieving: how might you attack the opposition ?	<ul style="list-style-type: none"> • Uses knowledge of the relationship between the body and exercise to improve various fitness components such as agility, balance, flexibility, co-ordination and cardiovascular endurance to succeed in performance and competition. • Utilise knowledge of technique to perform at an optimum level in different types of throw, jump and run. • Compose creative and imaginative dance sequences with a clear stimulus, performing expressively and precisely. 	<p>Dynamics Combination Contrasting Control Mirroring Matching Accurately Refine Evaluate Asymmetry Performance Create Symmetry Refinements Assessment Suppleness Strength Muscles Joints Explore Rotation Spin Turn Shapes – tuck, straddle, pike, arch, back support, Front support, shoulder stand, bridge Partner balances level 2 - ankles, high legs, high knees, thighs without support, Landing Take-off</p>	<p>Street Dance Basketball Badminton Golf Handball Athletics Gymnastics</p>	<p>Developing a clear sense of justice linked to sports. Understanding that sports can be fun all and you do not have to be involved in particular clubs to exercise and keep healthy. Develop positive mental attitude</p>

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		<ul style="list-style-type: none"> • Create complex and well executed sequences containing a variety of gymnastic components. • Field, defend and attack tactically by anticipating the direction of play. • Utilise new skills in competitive situations, as an individual or part of a team. • Displays a developing understanding of fair play, working well with others and leading a medium-sized group to demonstrate shared values. 	<p>Flight Agility Strength, Technique, Control Balance Evaluate Improve Shapes Health and fitness – warm up/ cool down/ heart rate/ pulse/ recovery, Dance phrase Technique Formation Pattern Rhythm Expression Improvisation Modify Pace Timing Action Reaction Motif Dynamics Interpret Exploration Agility Flexibility Combination Strength Technique Control Balance Evaluate Improve Timing Perform, Possession Speed Direction Range of techniques Combinations Competition Tactics Co-operation Create Control Decisions Passing Dribbling Shooting Shield ball Support Marking Repossession Attackers Defenders Team play Batting Fielding Bowler Wicket Tee Base Boundary Innings Rounder Backstop Court Target Net Defending Hitting Stance Offside Pitch Forehand Backhand Volley Overhead Singles Doubles Rall, Pull Accuracy Technique Distance Sprint Steady pace Accuracy Height Record Joints Rhythm Leading leg Measure Underarm Overarm Jogging Walk Hurdles Landing Control Preferred Landing foot Time Stamina Obstacles Stance Approach Speed Relay Strength, Technique, Control Balance Evaluate</p>		through active lifestyles.
Year 6	How might agility and speed be	<ul style="list-style-type: none"> • Uses well-developed knowledge of the relationship between the body and exercise to improve all fitness components such as 	<p>Co-operate Audience, Elements Twist Refine Aesthetically Criteria Extension Tension Inverted Judge Dynamics</p>	Multi-skills Basketball Badminton	Understand the importance of healthy choices for mind and

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	<p>used to create space?</p>	<p>agility, balance, flexibility, co-ordination and cardiovascular endurance to succeed in performance and competition.</p> <ul style="list-style-type: none"> Utilise knowledge of technique to perform at an optimum level in different types of throwing, jumping and running (sprints, middle distance and hurdles). Compose and perform creative and imaginative dance sequences with a clear stimulus, performing expressively and precisely. Create complex, demanding and well executed sequences containing a variety of gymnastic components. Field, defend and attack tactically by anticipating and reacting to the direction of play. Utilise new skills in competitive situations, as an individual or part of a team. Displays a developing understanding of fair play, working well with others and leading a large group to demonstrate shared values. 	<p>Combination Canon Counter-tension Counter-balance Criteria Performance Imaginative Parallel Creativity Flight Timing Agility Strength, Technique, Control Balance Evaluate Improve Shapes – tuck, straddle, pike, arch, back support, Front support, shoulder stand, bridge, Level 3 partner balances – angle, lunge, feet, high thighs, straddle lift, trunk Health and fitness – warm up/ cool down/ heart rate/ pulse/ recovery, Fluency Travelling Technique Formation Pattern Rhythm Variation Improvisation Unison Canon Action Reaction Motif Dynamics Phrase Interpret Exploration Agility Flexibility Combination Strength, Technique, Control Balance Evaluate Improve Timing Perform, Dance style Dance phrase, Control Accuracy Technique Combinations Co-operation Tactics Composition Fluency Create Rules Keeping possession Passing range Decisions Dribbling Shooting Shield ball Width Depth Support Marking Covering Repossession Attackers Defenders Marking Team play Batting Fielding Bowler Wicket Tee Base Boundary Innings Rounder Backstop Court Target Net Defending Hitting Stance Offside Pitch Forehand Backhand Volley Overhead Singles Doubles Rally, Distance Measure Height Target Pacing Rhythm</p>	<p>Golf Handball Athletics Gymnastics Street Dance</p>	<p>body as you grow up and continue into adulthood. Recognise when sports people have shown respect. Challenge disrespect in sports.</p>
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			Obstacles Leading leg Hurdles Throwing Speed Accuracy Take off Stamina Time Release Performance Accuracy Take off Distance Target Time Position Measure Control Height Run up Hurdles Strength, Technique, Control Balance Evaluate Improve		
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Swimming Knowledge and Skill Progression
Show movements in water with one stroke when swimming.
Swim 25m unaided, proficiently in one stroke.
Swim proficiently for a period of 25m unaided, using more than one stroke.
Swim 25-50m unaided while demonstrating a proficiency in a range of strokes at the surface and below.
Swim 50m fluently with a variation of controlled strokes (breast stroke, front and back.)
Swim 100m fluently with a variation of controlled strokes (breast stroke, front and back).