Part 1 Progression of skills Part 2 Progression

Locomotion: Walking

Explore/develop walking Explore walking in different pathways Sustain walking Explore marching Apply walking into a game

Locomotion: Jumping

Explore/develop jumping Apply jumping into a game Jumping for distance Explore jumping high Explore hopping

Ball Skills Hands 1

Explore pushing Explore rolling Explore bouncing Explore bouncing into space Combine pushing and rolling Combine rolling. pushing and bouncing

Ball Skills Feet

Explore moving with a ball using our feet Develop moving with a ball using our feet Understand dribbling Develop dribbling against an opponent

Ball Skills Hands 2

Explore throwing overarm Explore throwing underarm Explore rolling Explore stopping a ball Explore catching

Locomotion: Running Explore running

Apply running into a game Explore running at different speeds Running for speed: Acceleration Explore running in a team Consolidate running, apply running into a competitive game

Locomotion: Jumping

Recap jumping Develop jumping Explore how jumping affects our bodies Explore skipping Apply skipping and

jumping into a game

Ball Skills Hands 1 Introduce sending

(bouncing) 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 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 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

Part 3

of skills

of skills

Locomotion: Dodging

Explore dodging Develop dodging Apply dodging: Explore attacking and defending Apply dodging in teams

Locomotion: Jumpina

Consolidate jumping Apply jumping into a game Linking jumping Explore jumping combinations Develop jumping combinations

Ball Skills Hands 1 Develop dribbling/passing

and receiving Combine dribbling, passing and receiving, keeping possession Develop dribbling/passing and receiving to score a point Combine dribbling, passing and

receiving 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

Ball Skills Hands 2

Consolidate pupils application and understanding of underarm throwing Applying the underarm and overarm throw to win a game Applying the underarm throw to beat an opponent







Part 1 Progression of skills

High, Low, Over, Under

Introduction to high, low, over and under Introduction to the apparatus Applying high and low on apparatus

Moving (Gymnastics)

Explore moving and making shapes using different body parts Explore moving in different directions Explore big and small ways of moving and making shapes

Moving in pairs

Creating shapes in pairs

Body Parts

Introduction to big/small

body parts

Combining big and small with

wide, narrow and curled

Transition between wide narrow

and curled using big and small

body parts

Adding (linking)

movements together

Creating our own movements Creating simple movement

sequences Responding in movement to words and music

Nursery Rhymes

Moving in sequence

Exploring contrasting tempos

Exploring character

movements

Ourselves

Moving in sequence Responding in movement to words and music

Moving with props and contrasting tempos

Creating their own movements

Exploring opposites and creating simple movement sequences

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

Part 2 Progression

of skills

Wide, Narrow, Curled

Introduction to wide, narrow and curled Exploring the difference between wide, narrow and curled

Transitioning between wide, narrow and curled movements

Linking two movements together

The Zoo

Exploring expression

Developing our movements, adding movements together

Responding to a rhythm: Introducing partner work Creating an animal sequence motifs

> Exploring relationships within our motifs

Growing

Responding to rhythm

Developing the growing plant 'dance'

Introduction to motifs
Creating motifs

Creating movement sequences

Relationships and performance

Heroes

Performing movements in sequence

Creating movements that represent superpowers

Creating movements that represent a superhero rescuing/saving, someone/something

Real life heroes: Exploring character movements

Part 3

Progression of skills

Linking

Developing linking
Linking on apparatus
Jump, roll, balance sequences/on
apparatus
Creation of sequences
Completion of sequences and

performance

Pathways

Explore/develop zig-zag pathways/on apparatus Explore/develop curved pathways/on apparatus Creation of pathway sequences Completion of pathways

sequences and performance

Exploring

Responding to stimuli
Developing our motif with
expression and emotion
Applying choreography
in our motifs
Extending our motifs

Sequences, relationships and performance

Water

Responding to stimuli
Developing whole group
movement

Improvisation and physical descriptions Creating contrasting movement sequences Sequences, relationships and performance

Mr Candy's Sweet Factory

Exploring expression

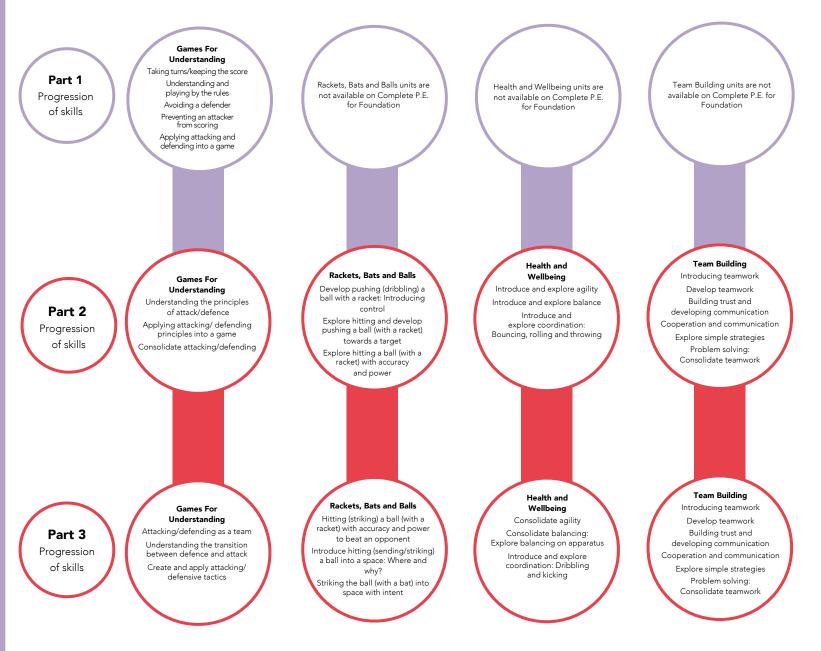
Linking movements together
Creating a motif with
characterisation, expression and
emotion

Extending our motifs with different dynamics (fast and slow)













Progression of skills

Basketball

Introduce dribblina: keeping control Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling

Introduce shooting

Dodgeball

Developing changing direction

Introduce throwing with accuracy

Introduce catching Develop moving, changing direction at speed

Combine throwing and dodging

Football

Introduce/develop dribbling keeping control

Introduce passing and receiving Combine dribbling and passing to create space

Develop passing, receiving and dribbling

Handball

Introduce passing, receiving and creating space

Develop passing and moving Combine passing and moving Introduce shooting

> Develop passing and shooting

Hockey

Introduce dribbling; keeping control

Introduce passing and receiving Combine dribbling and passing to create space

Develop passing, receiving and dribbling Introduce shooting

Part 5

Progression of skills

Basketball

Refine dribbling Refine passing and receiving Refine passing and dribbling creating space Refine passing and dribbling creating shooting opportunities

Dodgeball

Introduce jumping and ducking

Develop throwing with accuracy and power over an increased distance

Develop catching Consolidate dodging, jumping and ducking into games Combine dodging, catching

and throwing

Football

Refine dribblina Turning creating space Refine passing and receiving Develop passing and dribbling

creating space Introduce shooting

Handball

Refine passing and receiving Develop passing and

Develop passing, moving and shooting Combine passing and shooting

Introduce defending

Refine dribbling and passing Develop shooting; combine passing and dribbling to create shooting opportunities

Hockey

Develop passing and dribbling creating space for attacking opportunities

> Introduce defending; blocking and tackling

Part 6

Progression of skills

Basketball

Introduce marking

Recap and refine dribbling and passing to create attacking opportunities

Develop marking

Refine shooting Refine attacking skills, passing, dribbling and shooting introduce officiating

Dodgeball

Introduce blocking

Consolidate catching Understand where we throw and why we need to throw with accuracy and power

Explore basic attacking and defending tactics

Football

Refine dribbling and passing to maintain possession

Introduce and develop defending

Develop shooting Refine attacking skills, passing, dribbling and shooting. introduce officiating

Handball

Consolidate passing and receiving

Explore the function of other passes

Develop defending

Develop passing and creating space, introduce officiating Refine shooting

Hockey

Develop defending; block and tacking

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

Part 7

Progression of skills

Basketball

Consolidate keeping possession, develop officiating

Consolidate defending

Create, understand and apply attacking tactics in game situations

Create, understand and apply defending tactics in game situations

Dodgeball

Consolidate/understanding attacking and defending tactics

Transition between attack and defence

> Applying the rules: Officiating games

Managing tactics and officiate games

Football

Consolidate keeping possession, develop officiating

Consolidate defending Organise formations and mange teams

Organise formations decide tactics, manage reams and officiate games

Handball

Consolidate keeping possession, develop officiating

Consolidate defending understand and apply defending tactics in game situations

Consolidate defensive tactics; understand and apply defensive tactics in game scenarios

Hockey

Consolidate keeping possession, develop officiating

Consolidate defending

Create, understand and apply attacking/defending tactics in game situations





Progression of skills

Nethal

Introduce passing, receiving and creating space Develop/combine passing and moving

Combine/develop passing and shooting

Tag Rugby

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

Tag Rugby

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

Cricket

Understand the concept of batting and fielding Introduce throwing overarm

Introduce throwing underarm Introduce catching Striking with intent

Rounders

Introduce to rounders
Introduce overarm throwing
Apply overarm and
underarm throwing
Introduce stopping the ball
Application of stopping the
ball in a game

Tennis

Introduction tennis, outwitting an opponent Creating space to win a point Consolidate how to win a game introduce rackets

Introduce the forehand

Part 5

Progression of skills

Netball

Refine passing and receiving

Develop passing and dribbling

creating space

Develop passing, moving and shooting

Refine passing and shooting

Develop footwork

Develop an understanding of batting and fielding Introduce bowling underarm Develop stopping and returning the ball Develop retrieving and returning the ball

Cricket

Develop retrieving and returning the ball Striking the ball at different angels and speeds

Rounders

Develop fielding bowling with a backstop Introduce batting; how Develop batting; where and why Introduce and apply basic fielding tactics

Tennis

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

Part 6

Progression of skills

Part 7

Progression

of skills

Netball

Refine passing and receiving

Apply passing, footwork and shooting into mini games, introduce officiating

Introduce defending

Explore the function of other passing styles

Tag Rugby
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

Cricket

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

Rounders

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

Tennis

Introduce/develop the volley

Controlling the game from the serve

Doubles, understanding and applying tactics to win a pint

Netball

Consolidate keeping possession, develop officiating

Consolidate defending

Create, understand and apply attacking/defending tactics in game situations

Tag Rugby

Consolidate passing and moving

Consolidate defending

Create, understand and apply attacking/defending tactics in game situations

Consolidate attacking and defending in min games

Cricket

Consolidate batting/ fielding/bowling

Create, understand and apply attacking/defensive tactics in game

Rounders

Introduction to full rounders

Consolidate fielding tactics

Refine our understanding of what happens if the batter misses or hits the ball backwards

Batting considerations

Tennis

Game application

Game application, mixed ability doubles, round robin games







Progression of skills

Communication & Tactics

Creating and applying Simple tactics

Developing leadership

Developing communication as a team / collaborate effectively as a team

> Create defending and attacking tactics as a team

Symmetry & Asymmetry

Introduction to symmetry Introduction to asymmetry Application of learning onto apparatus Sequence formation

Sequence completion

Athletics Explore running

for speed Explore acceleration Introduce /develop relay: Running for speed in a team

Throwing: Accuracy vs distance Standing long jump

Wild Animals

Responding to stimuli Developing character dance into a motif

Developing sequences with a partner in character that show relationships

Extending sequences with a partner in character

Weather

Responding to stimuli, extreme weather

Developing thematic dance into a motif

Extending dance to create sequences with a partner

Developing sequences with a partner

Part 5

Progression of skills

Problem Solving

Benches and mats challenge Round the clock card challenge

The pen challenge The river rope challenge Caving challenges

Bridges

Introduction to bridges Application of bridge learning onto apparatus Develop sequences with bridges Sequence formation

Sequence completion

Athletics

Develop running at speed Exploring our stride pattern Exploring running at pace Understand and apply tactics when running for distance

> Javelin Standing triple jump

Cats

Responding to stimuli working together Extending sequences with a partner in character Exploring two contrasting Relationships and interlinking dance moves

Space Extending sequences with a partner in character

Developing sequences with a partner in character that show relationships and interlinking dance moves

Sequences, relationships, choreography and performance

Part 6

Progression of skills

Orienteering

Face orienteering Cone orienteering Point and return Point to point Timed course

Orienteering competition

Counter Balance & Counter Tension

Introduction to counter balance Application of counter balance learning onto apparatus Sequence formation Counter Tension

Sequence completion

Athletics

Finishing a race Evaluating our performance Sprinting: My personal best Relay changeovers Shot Put Introducing the hurdles

Greeks

Exploring the Greeks using compositional principles

Extending sequences with a partner using compositional principles

Creating movement using improvisation where movement is reactive

The Circus

Developing character

Creating movements to represent different characters and performers in a 19th Century circus

> Extending our Performance apparatus linked to the variety of performers

Part 7

Progression of skills

Leadership

Understanding what makes an effective leader

Communicating as a leader Introducing the STEP principle: Space, Task, Equipment

and People

Matching & Mirroring

Introduction to matching/mirroring Application of matching/mirroring

learning onto apparatus Sequence development

Athletics

Running for speed competition

Running for distance competition

Throwing competition Jumping competition

Carnival

Performing with technical control and rhythm in a group

Creating rhythmic patterns using the body

Experiencing dance from a different culture

Chorographical elements including still imagery

movements linked to 19th Century prejudices

incorporating props and

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





Progression of skills

Witches and Wizards

Responding to stimuli Developing characters and extending the story

> Creating motifs with a partner in character Developing characterisation

Health. Wellbeing & Mindfulness

Exploring relaxation techniques

Applying relaxation techniques and using them effectively

Performing balanced meditative

Using props to help us balance in our meditative poses

Boccia

Exploring sending Sending the ball: Understanding why we need to be accurate Sending the ball: Developing our sending technique and understanding of accuracy Introduce scoring in Boccia

Badminton units are not available on Complete P.E. for Year 3

Part 5

Progression of skills

World War II

Explore the behaviours of people in 1939

Creating sequences in small group sthat show character emotion

Creating movements that interconnect

Health, Wellbeing & Mindfulness

Creating movements to help express ourselves and our emotions.

Using mime to manage positive and negative emotions

Using mediative poses to help control and manage our emotions

Boccia

Consolidating sending with accuracy in Boccia: Sending with pace and speed

Tactical Play: Applying accuracy into our Boccia games

in Boccia

Badminton units are not available on Complete P.E. for Year 4

Tactical Play: Defending

Part 6

Progression of skills

Part 7

Progression

of skills

Greeks

Exploring the Greeks using compositional principles

Extending sequences with a partner using compositional principles

Creating movement using improvisation where movement is reactive

Health Related

Exercise Explore and understand

cardio fitness Explore and understand flexibility fitness

Explore and understand strength fitness

Boccia

Sending the ball: Develop our understanding why we need to be accurate Sending the ball: Refine our sending technique and understanding of accuracy Sending the ball: Applying accuracy in teams

Badminton

Exploring different forehand /backhand shots

Applying different forehand/backhand shots to win a point

Consolidate outwitting an opponent

Doubles: Understanding and applying tactics to win a point

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

Health Related Exercise

Develop a secure understanding of cardio fitness

Develop a secure understanding of flexibility fitness

Develop a secure understanding of strength fitness

Boccia

Creating and applying basic tactics: Coaching and officiating Boccia games Level 1 Competition: Pairs Boccia

> Level 1 Competition: Team Boccia

Badminton

Introduction to badminton: Outwitting an opponent Introduce the forehand and backhand Applying the forehand and backhand: Creating space to win a point Controlling the game from the serve





