

Nailsworth C of E Primary School

Together, inspired by the challenge...

P.E.



Physical Education Curriculum Progression Map

Intent

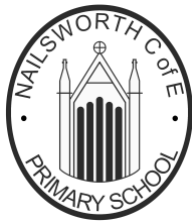
At Nailsworth C of E Primary School we deliver high quality physical education that inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. We provide rich opportunities for pupils to become physically confident in a way which supports their health and fitness and develops values such as fairness, respect and perseverance.

[National Curriculum Physical Education Programmes of Study](#)

Our school is situated in large grounds and children are supported to take full advantage of this, using our Multi-Use-Games-Area, netball and football pitches as well as accessing the nature garden and our large playing field. Children participate in unique experiences, such as our whole school triathlon in PE lessons. Forest Green Rovers is situated next to the school and the opportunity to work with players and coaches is embraced.

Implementation

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Negotiate a variety of spaces and obstacles safely, with consideration for themselves and others Demonstrate, balance, and coordination when playing	Perform dances using simple movement patterns Use basic movements including running, jumping, throwing and catching (through fitness, athletics, games)	Master basic movements including running, jumping, throwing and catching (fitness, athletics, games)	Use running, jumping, catching and throwing in isolation and in combination (fitness, athletics, games) Play competitive games, applying principles of play (football, tag rugby, netball, tennis & cricket)	Use running, jumping, catching and throwing in combination and with accuracy and consistency (fitness, athletics, games) Play competitive games, applying basic principles of strategy (football, tag rugby, netball, tennis & cricket)	Employ competence and skill in a range of competitive games, applying technical principles and tactics of play (basketball, tag rugby, netball, tennis & hockey) Evaluate flexibility, strength, technique, control and balance and how to improve (athletics, gymnastics, fitness)	Employ competence and skill in a range of competitive games, applying technical principles and tactics of play (basketball, tag rugby, netball, tennis & hockey) Evaluate flexibility, strength, technique, control and balance and how to improve (athletics, gymnastics, fitness) Master running, jumping, catching and throwing in isolation and in combination



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EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Develop and practice movement skills Catching, running, jumping, dancing, hopping, skipping and climbing.</p> <p>Jog for 2 minute episodes continuously without stopping.</p>	<p>Develop balance, agility and co-ordination, and begin to apply these in a range of activities (multi-skills, gym, athletics)</p> <p>Participate in team games, developing simple tactics for attacking and defending</p> <p>Jog for 3 minute episodes continuously, without stopping</p> <p>Develop swimming and aquatic skills.</p>	<p>Develop balance, agility and co-ordination, and begin to apply these in a range of activities – (gymnastics and games)</p> <p>Jog for 4 minute episodes continuously, without stopping</p> <p>Participate dynamically in team games, developing simple tactics for attacking and defending (multi-skills, games, fundamentals)</p> <p>Swim to 10 meters, developing aquatic skills.</p>	<p>Develop flexibility, strength, technique, control and balance (athletics, gymnastics, fitness)</p> <p>Jog for 5 minute episodes continuously, without stopping</p> <p>Swim to 15 metres using at least 2 strokes and developing self-rescue skills.</p>	<p>Develop flexibility, strength, technique, control and balance on and off apparatus (gymnastics, fitness)</p> <p>Jog for 6 minute episodes continuously, without stopping</p> <p>Compare their performances to achieve personal bests</p> <p>Swimming to 20 metres using at least three strokes and developing self-rescue skills</p> <p>Identify how the body changes before and after exercising.</p>	<p>Master running, jumping, catching and throwing in isolation and in combination</p> <p>Take part in outdoor & adventurous activities (PGL)</p> <p>Compare performances to improve performance (gym, dance, fitness)</p> <p>Jog for 7 minute episodes continuously, without stopping</p> <p>Identify the importance of fitness for a healthy body</p> <p>Swim to 25 metres using at all 4 strokes and developing self-rescue skills.</p>	<p>Take part in outdoor & adventurous activities (PGL) both individually and within a team.</p> <p>Be physically active for sustained periods. Jog for 8 minute episodes continuously, without stopping.</p> <p>Evaluate performances to improve performance (gym, dance, fitness)</p> <p>Describe important key aspects of fitness; identify different types of fitness e.g. speed, stamina, suppleness & strength</p> <p>Swim to 25 metres and beyond, using all 4 strokes, and perform competent self-rescue skills</p> <p>Perform dances using a range of movement patterns that link movements in sequence and rhythm to music.</p>





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Impact

By the end of Year 6 children will be able to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending
- use flexibility, strength, technique, control and balance
- 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.

Swimming and water safety

Children will have been taught how to:

- 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.

