



Wellington Primary

PE Curriculum

PE Curriculum Map

KS1

KS1 NC Objectives	<p>Pupils should 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.</p> <p>They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> * 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. 					
	Autumn Term		Spring Term		Summer Term	
Year 1	PE fundamentals Yoga	Dance Ball Skills	Gymnastics Team Building	Invasion Sending & Receiving	Net & Wall Striking & Fielding	Athletics Fitness
Year 2	PE fundamentals Yoga	Dance Ball Skills	Gymnastics Team Building	Invasion Sending & Receiving	Net & Wall Striking & Fielding	Athletics Fitness

KS2

KS2 NC Objectives	<p>Pupils should continue to apply and 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. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> * 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
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	Autumn Term		Spring Term		Summer Term	
Year 3	Netball	Team Building	Dance	Fitness	Rounders	Athletics
	Basketball	Dodgeball	Gymnastics	Yoga	Cricket	Tennis
Year 4	Tag Rugby	Team Building	Dance	Fitness	Rounders	Athletics
	Football	Dodgeball	Gymnastics	Yoga	Cricket	Tennis
Year 5	Netball	Team Building	Dance	Fitness	Rounders	Athletics
	Basketball	Dodgeball	Gymnastics	Yoga	Cricket	Tennis
Year 6	Tag Rugby	Team Building	Dance	Fitness	Rounders	Athletics
	Football	Dodgeball	Gymnastics	Yoga	Cricket	Tennis

PE Skills Progression KS1

	Year 1	Year 2
PE fundamentals	<p>Running – Explore changing direction and dodging. Discover how the body moves at different speeds.</p> <p>Balance- Move with some control and balance. Explore stability and landing safely.</p> <p>Jumping – Demonstrate control in take off and landing when jumping.</p> <p>Hopping- Begin to explore hopping in different directions.</p> <p>Skipping- Show co-ordination when turning a rope. Use rhythm to jump continuously in a French rope.</p>	<p>Running – Demonstrate balance when changing direction. Clearly show different speeds when running.</p> <p>Balance- Demonstrate balance when performing movements.</p> <p>Jumping – Demonstrate jumping for distance, height and in different directions.</p> <p>Hopping- Demonstrate hopping for distance, height and in different directions.</p> <p>Skipping- Explore single and double bounce when jumping in a rope.</p>
Yoga	<p>Balance- Perform balances and poses making their body tense, stretched and curled.</p> <p>Flexibility – Explore poses and movements that challenge their flexibility.</p> <p>Strength – Explore strength whilst transitioning from one pose to another.</p> <p>Mindfulness – Recognise their own feelings in response to a task or activity.</p>	<p>Balance- Remember, copy, and repeat sequences of linked poses.</p> <p>Flexibility – Show increased awareness of extension in poses.</p> <p>Strength – Demonstrate increased control in performing poses.</p> <p>Mindfulness – Explore controlling their focus and sense of calm.</p>
Dance	<p>Actions – Copy, remember and repeat the actions to represent a theme. Explore creating their own actions in relation to a theme.</p> <p>Dynamics – Explore varying speeds to represent an idea.</p> <p>Space and relationships – Explore pathways within their performances. Begin to explore actions and pathways with a partner.</p> <p>Performance – Begin to use counts within their performance.</p>	<p>Actions – Accurately remember, repeat and link actions to express an idea.</p> <p>Dynamics – Develop an understanding of dynamics.</p> <p>Space and relationships – Develop the use of pathways and travelling actions to include levels. Explore working with a partner in unison, matching and mirroring.</p> <p>Performance – Develop the use of facial expressions in their performance.</p>
Ball Skills	<p>Sending – Roll and throw with some accuracy towards a target.</p> <p>Catching - Begin to catch with two hands. Catch after a bounce.</p> <p>Tracking – Track a ball being sent directly.</p> <p>Dribbling - Begin to dribble with hands and feet.</p>	<p>Sending – Roll, throw and kick a ball to hit a target.</p> <p>Catching - Develop catching a range of objects with two hands. Catch with and without a bounce.</p> <p>Tracking – Consistently track and collect a ball being sent directly.</p> <p>Dribbling - Dribble a ball with hands and feet with some control.</p>
Gymnastics	<p>Shapes – Explore basic and still shapes straight, tuck, straddle, pike.</p> <p>Balances – Perform balances making their body tense, stretched and curled.</p> <p>Rolls – Explore barrel, straight and forward roll progressions.</p> <p>Jumps - Explore shape jumps including jumping off low apparatus.</p>	<p>Shapes – Explore using shapes in different gymnastic balances.</p> <p>Balances – Remember, repeat and link combinations of gymnastic balances.</p> <p>Rolls – Explore barrel, straight and forward roll and put into sequence work.</p> <p>Jumps - Explore shape jumps and take off combinations.</p>
Team Building	<p>Problem Solving – Suggest ideas in response to a task.</p> <p>Navigational skills- Follow a path and lead others.</p> <p>Communication – Communicate simple instructions and listen to others.</p>	<p>Problem Solving – Begin to plan, and with some success, apply strategies to overcome a challenge.</p>

	<p>Reflection- Identify when they were successful and make basic observations about how to improve.</p>	<p>Navigational skills- Understand how to use, follow and create a simple map/diagram. Communication – Work cooperatively with a partner and a small group. Reflection- Verbalise when they were successful and areas that they could improve.</p>
Invasion	<p>Sending & Receiving – Explore S&R with hands and feet to a partner. Dribbling- Explore dribbling with hands and feet. Attacking- Explore changing direction to move away from a partner. Defending- Explore tracking and move to stay with a partner. Space - Recognise good space when playing games.</p>	<p>Sending & Receiving – Developing S&R with increased control. Dribbling- Explore dribbling with hands and feet with increasing control on the move. Attacking- Developing moving into space away from defenders. Defending- Explore staying close to other players to try and stop them getting the ball. Space - Explore moving with a ball towards goal.</p>
Sending & Receiving	<p>Send – Begin to kick a ball, throw a ball to a partner and roll a ball towards a target. Receive – Begin to receive a ball with my feet. Catch a ball with some success. Track - Track a ball that is coming towards me.</p>	<p>Send – Throw and kick a ball to a partner with more accuracy. Roll a ball to hit a target. Receive – Begin to trap and cushion a ball that is coming towards me. Catch a ball passed to me, with and without a bounce Track – Track a ball and stop it using my hands and feet.</p>
Net & Wall	<p>Hitting – Explore hitting a dropped ball with a racket. Feeding - Throw a ball over a net to land into the court area. Rallying – Explore underarm rallying with a partner. Footwork - Use the ready position to move towards a ball.</p>	<p>Hitting – Develop hitting a dropped ball over a net. Feeding - Accurately underarm throw over a net to a partner. Rallying – Explore underarm rallying with a partner catching after one bounce. Footwork - Consistently use the ready position to move towards a ball.</p>
Striking & Fielding	<p>Striking- Explore striking a ball with their hand and equipment. Fielding- Develop tracking and retrieving a ball for their team. Throwing- Explore technique when throwing over and underarm. Catching - Develop coordination and technique when catching.</p>	<p>Striking- Develop striking a ball with their hand and equipment with some consistency. Fielding- Understand that there are different roles within a fielding team. Throwing- Develop coordination and technique when throwing over and underarm. Catching - Catch with two hands with some coordination and technique.</p>
Athletics	<p>Running- Explore running at different speeds. Jumping – Develop balance whilst jumping and landing. Explore hopping, jumping and leaping for distance. Explore throwing for distance and accuracy. Throwing - Explore throwing for distance and accuracy.</p>	<p>Running- Develop the sprinting action. Jumping – Developing jumping, hopping and skipping actions. Explore jumping safely for distance and height. Throwing – Develop overarm throwing for distance.</p>
Fitness	<p>Agility – Change direction whilst running. Balance- Explore balancing in more challenging activities with some success. Coordination – Explore coordination through the use of equipment. Speed- Explore running at different speeds. Strength – Explore exercises using their own body weight. Stamina - Explore moving for longer periods of time and identify how it makes them feel.</p>	<p>Agility – Demonstrate improved technique when changing direction on the move. Balance- Demonstrate increased balance whilst travelling along and over equipment. Coordination – Perform actions with increased control when co-ordinating their body with and without equipment. Speed- Can demonstrate running at different speeds. Strength – Demonstrate increased control in body weight exercises. Stamina – Show an ability to work for longer periods the move. of time.</p>

PE Skills Progression KS2

	Year 3	Year 4	Year 5	Year 6
Netball	<p>Sending and Receiving - Explore S&R abiding by the rule games.</p> <p>Attacking - Developing movement skills to lose a defender. Explore shooting actions in a range of invasion games.</p> <p>Defending - Track opponents to limit their scoring opportunities.</p> <p>Space - Develop moving with a ball towards goal with some control.</p>		<p>Sending and Receiving - Develop control when S&R under pressure.</p> <p>Attacking - Explore creating tactics with others and applying them to game situations.</p> <p>Defending - Develop tracking and marking with a variety of techniques and increased success.</p> <p>Space - Move to create space for themselves and others in their team.</p>	
Basketball	<p>Sending and Receiving - Explore S&R abiding by the rule games.</p> <p>Dribbling – Explore dribbling the ball abiding by the rules of the game under some pressure.</p> <p>Attacking - Developing movement skills to lose a defender. Explore shooting actions in a range of invasion games.</p> <p>Defending - Track opponents to limit their scoring opportunities.</p> <p>Space - Develop moving with a ball towards goal with some control.</p>		<p>Sending and Receiving - Develop control when S&R under pressure.</p> <p>Dribbling – Select and apply a variety of dribbling techniques to game situations.</p> <p>Attacking - Explore creating tactics with others and applying them to game situations.</p> <p>Defending - Develop tracking and marking with a variety of techniques and increased success.</p> <p>Space - Move to create space for themselves and others in their team.</p>	
Tag Rugby		<p>Sending and Receiving - Develop passing to a teammate using a variety of techniques appropriate to the game.</p> <p>Dribbling – Develop decision making around when to pass and when to shoot.</p> <p>Defending - Develop defending one on one and know when to win the ball.</p> <p>Space - Move into space to help their team keep possession and score goals.</p>		<p>Sending and Receiving - Develop making quick decisions about when, how and who to pass to.</p> <p>Dribbling – Explore creating attacking tactics with others in response to the game.</p> <p>Defending - Explore creating and applying defending tactics with others in response to the game.</p> <p>Space - Move to the correct space when transitioning from attack to defence.</p>
		<p>Sending and Receiving - Develop passing to a teammate using a variety of techniques appropriate to the game.</p>		<p>Sending and Receiving - Develop making quick decisions about when, how and who to pass to.</p>

<p>Football</p>		<p>Dribbling – Develop control whilst dribbling under pressure. Attacking - Develop decision making around when to pass and when to shoot. Defending - Develop defending one on one and know when to win the ball. Space - Move into space to help their team keep possession and score goals.</p>		<p>Dribbling –Dribbling Dribble consistently using a range of techniques with increasing control under pressure. Attacking - Explore creating attacking tactics with others in response to the game. Defending – Explore creating and applying defending tactics with others in response to the game. Space - Move to the correct space when transitioning from attack to defence.</p>
<p>Team Building</p>	<p>Problem Solving - Can plan and implement strategies to solve problems. Navigational Skills – Developing map reading skills. Communication – Can follow and give instructions and are accepting of other people’s ideas. Reflection - Can reflect on when and why they were successful at solving challenges.</p>	<p>Problem Solving - Plan independently and in small groups, implementing a strategy with increased success. Navigational Skills – Identify key symbols on a map and use a key to help navigate around a grid. Communication – Confidently communicate ideas and listen to others. Reflection - With increased accuracy, critically reflect on when and why they were successful at solving challenges.</p>	<p>Problem Solving - Explore tactical planning within a team to overcome increasingly challenging tasks. Navigational Skills – Develop navigational skills and map reading in increasingly challenging tasks including map orientation. Communication – Explore a variety of communication methods with increasing success. Reflection - Reflect on when they were successful at solving challenges and alter their methods in order to improve.</p>	<p>Problem Solving - Pool ideas within a group, selecting and applying the best method to solve a problem. Navigational Skills – Orientate a map efficiently to navigate around a course. Communication – Communication Inclusively communicate with others, share job roles and lead when necessary. Reflection - With increasing accuracy they reflect on when and how they were successful at solving challenges and alter their methods in order to improve.</p>
<p>Dodgeball</p>	<p>Throwing- Explore throwing at a moving target. Catching- Build the confidence to attempt catching in game situations.</p>	<p>Throwing- Throw with increasing accuracy and success in game situations. Catching- Catch with increasing consistency in game situations.</p>	<p>Throwing- Demonstrate clear technique when throwing under pressure. Catching- Demonstrate good technique and consistency in catching skills under pressure.</p>	<p>Throwing- Consistently make good decisions on who and when to throw at in order to get opponents out. Catching- Make quick decisions on when to catch and when to dodge.</p>
<p>Dance</p>	<p>Actions- Create actions in response to a stimulus individually and in groups. Dynamics- Use dynamics effectively to express an idea. Space & Relationships – Use directions to transition between formations. Develop an understanding of formations. Performance - Perform short, self-choreographed phrases showing and awareness of timing.</p>	<p>Actions- Respond imaginatively to a range of stimuli related to character and narrative. Dynamics- Change dynamics confidently within a performance to express changes in character. Space & Relationships – Confidently use changes in level, direction and pathway. Use action and reaction to represent an idea. Performance - Perform complex dances that communicate narrative and character well, performing clearly and fluently.</p>	<p>Actions- Choreograph planned dances by using, adapting and developing actions and steps from different dance styles. Dynamics- Confidently use dynamics to express different dance styles. Space & Relationships – Use direction and patterning to express different dance styles. Confidently use formations, canon and unison to express a dance idea. Performance - Perform dances expressively, using a range of performance skills, showing accuracy and fluency.</p>	<p>Actions- Show controlled movements which express emotion and feeling. Dynamics- Explore, improvise and combine movement dynamics to express ideas fluently, effectively on their own, with a partner or in a small group. Space & Relationships – Use a variety of basic compositional principles when creating their own dances. Performance - Demonstrate a clear understanding of timing in relation to the music and other dancers throughout their performance.</p>
	<p>Shapes – Explore matching and contrasting shapes.</p>	<p>Shapes – Develop the range of shapes they use in their sequences.</p>	<p>Shapes – Perform shapes consistently and fluently to a high standard, sometimes linked with other gymnastic actions.</p>	<p>Shapes – Combine and perform gymnastic shapes more fluently and effectively.</p>

<p>Gymnastics</p>	<p>Balances – Explore point and patch balances and transition smoothly into and out of them. Rolls- Develop the straight, barrel, and forward roll. Jumps - Develop stepping into shape jumps with control</p>	<p>Inverted Movements – Develop strength in bridge and shoulder stand. Balances – Develop control and fluency in individual and partner balances. Rolls- Develop the straight, barrel, forward and straddle roll and perform with increased control. Jumps - Develop control in performing and landing rotation jumps.</p>	<p>Inverted Movements – Explore progressions of a cartwheel. Balances – Explore symmetrical and asymmetrical balances. Rolls- Develop control and fluency in the straight, barrel, forward, straddle and backward roll. Jumps - Select a range of jumps to include in sequence work</p>	<p>Inverted Movements – Develop control in progressions of a cartwheel and a headstand. Balances – Explore counter balances and counter tension balances. Rolls- Develop fluency and consistency in the straddle, forward and backward roll. Jumps - Combine and perform a range of gymnastic jumps more fluently and effectively.</p>
<p>Fitness</p>	<p>Agility – Show balance when changing direction. Balance- Explore more complex activities which challenge balance. Coordination- Can coordinate their bodies with increased consistency in a variety of activities. Speed- Explore sprinting technique. Strength – Explore building strength in different muscle groups. Stamina - Explore using their breath to increase their ability to work for longer periods of time.</p>	<p>Agility – Show balance when changing direction at speed. Balance- Show control whilst completing activities which challenge balance. Coordination- Explore increased speed when coordinating their bodies. Speed- Demonstrate improved sprinting technique. Strength – Identify activities which help to strengthen different muscle groups. Stamina - Demonstrate using their breath to maintain their work rate.</p>	<p>Agility – Demonstrate improved body posture and speed when changing direction. Balance- Change their body position to maintain a controlled centre of gravity. Coordination- Demonstrate increased speed when coordinating their bodies. Speed- Identify the best pace for a set distance or time. Strength – Demonstrate increased technique in body weight exercises. Stamina - Use their breath to increase their ability to move for sustained periods of time.</p>	<p>Agility – Change direction with a fluent action and can transition smoothly between varying speeds. Balance- Show fluency and control when travelling, landing, stopping and changing direction. Coordination- Can coordinate a range of body parts with a fluent action at a speed appropriate to the challenge. Speed- Can adapt running technique to meet the needs of the distance. Strength – Can complete body weight exercises for increased repetitions, with control and fluency. Stamina - Use their breath to increase their ability to move for sustained periods of time.</p>
<p>Yoga</p>	<p>Balance -Demonstrate increased control when in poses and explore control in paired poses. Flexibility -Explore poses and movement in relation to their breath. Strength -Explore arm balances with some control. Mindfulness –Develop their ability to stay still and keep their focus.</p>	<p>Balance -Explore using their breath to maintain balance within a pose. Flexibility -Demonstrate increased extension in their poses. Strength -Demonstrate increased control and strength when in a pose. Mindfulness – Can engage in mindfulness activities with extreme focus.</p>	<p>Balance -Use their breath to maintain balance within a pose. Flexibility -Develop flexibility by connecting their movement with their breath. Strength -Demonstrate increased control and strength when in and transitioning between poses. Mindfulness – Understand that there are methods they can use to control how they feel.</p>	<p>Balance – Link combinations of poses for balance with increased control in transition. Flexibility – Confidently transition from one pose to another showing extension connected to their breath. Strength – Explore poses that challenge their strength and work to maintain increased control and strength when in and transitioning between poses. Mindfulness – Explore methods they can use to control how they feel with some success.</p>
<p>Rounders</p>	<p>Striking – Begin to strike a bowled ball using different equipment. Fielding – Explore bowling and fielding skills to include a two-handed pick up and long and short barriers.</p>	<p>Striking – Develop batting technique consistent with the rules of the game. Fielding – Develop bowling with some consistency, abiding by the rules of the game.</p>	<p>Striking – Explore defensive and driving hitting techniques and directional batting. Fielding – Develop over and underarm bowling technique. Select and apply long and short barriers appropriate to the situation.</p>	<p>Striking – Strike a bowled ball with increasing accuracy and consistency. Fielding – Consistently select and apply the appropriate fielding action for the situation.</p>

	<p>Throwing – Use overarm and underarm throwing in game situations.</p> <p>Catching - Catch with some consistency in game situations.</p>	<p>Throwing – Use overarm and underarm throwing with increased consistency in game situations.</p> <p>Catching - Beginning to catch with one and two hands with some consistency in game situations.</p>	<p>Throwing – Demonstrate clear technique when using a variety of throws under pressure.</p> <p>Catching - Explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations.</p>	<p>Throwing – Consistently make good decisions on who and when to pass to in order to get batters out.</p> <p>Catching - Consistently demonstrate good technique in catching skills under pressure.</p>
Cricket	<p>Striking- Begin to strike a bowled ball using different equipment.</p> <p>Fielding- Explore bowling and fielding skills to include a two-handed pick up and long and short barriers.</p> <p>Throwing- Use overarm and underarm throwing in game situations.</p> <p>Catching - Catch with some consistency in game situations.</p>	<p>Striking- Develop batting technique consistent with the rules of the game.</p> <p>Fielding- Develop bowling with some consistency, abiding by the rules of the game.</p> <p>Throwing- Use overarm and underarm throwing with increased consistency in game situations.</p> <p>Catching - Beginning to catch with one and two hands with some consistency in game situations.</p>	<p>Striking- Explore defensive and driving hitting techniques and directional batting.</p> <p>Fielding- Fielding Develop over and underarm bowling technique. Select and apply long and short barriers appropriate to the situation.</p> <p>Throwing- Demonstrate clear technique when using a variety of throws under pressure.</p> <p>Catching - Explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations.</p>	<p>Striking- Strike a bowled ball with increasing accuracy and consistency.</p> <p>Fielding- Consistently select and apply the appropriate fielding action for the situation.</p> <p>Throwing- Consistently make good decisions on who and when to pass to in order to get batters out.</p> <p>Catching - Consistently demonstrate good technique in catching skills under pressure.</p>
Athletics	<p>Running - Develop the sprinting technique and apply it to relay events.</p> <p>Jumping - Develop technique when jumping for distance in a range of approaches and take off positions.</p> <p>Throwing - Explore the technique for a pull throw.</p>	<p>Running - Develop an understanding of speed and pace in relation to distance. Develop power and speed in the sprinting technique.</p> <p>Jumping - Develop technique when jumping for distance.</p> <p>Throwing - Explore power and technique when throwing for distance in a pull and heave throw.</p>	<p>Running - Apply fluency and co-ordination when running for speed in relay changeovers. Effectively apply speeds appropriate for the event.</p> <p>Jumping - Develop power, control and consistency in jumping for distance. Explore technique and rhythm in the triple jump.</p> <p>Throwing - Develop technique and power in javelin and shot put.</p>	<p>Running - Demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique.</p> <p>Jumping - Develop power, control and technique in the triple jump.</p> <p>Throwing - Develop power, control and technique when throwing discus and shot put.</p>
Tennis	<p>Shots - Explore returning a ball using focus shots such as the forehand and backhand.</p> <p>Serving – Explore serving from an underarm serve.</p> <p>Rallying – Explore rallying with a forehand.</p> <p>Footwork - Consistently use and return to the ready position in between shots.</p>	<p>Shots - Demonstrate increased technique when using shots both cooperatively and competitively.</p> <p>Serving – Develop technique in serving underarm with increased consistency.</p> <p>Rallying –Develop rallying using both forehand and backhand with increased technique.</p> <p>Footwork - Begin to use appropriate footwork patterns to move around the court.</p>	<p>Shots - Develop the range of shots used in the games they play.</p> <p>Serving – Develop their range of serving techniques appropriate to the game they are playing.</p> <p>Rallying – Use a variety of shots to keep a continuous rally.</p> <p>Footwork - Demonstrate effective footwork patterns to move around the court.</p>	<p>Shots - Demonstrate increased success and technique in selecting and applying the appropriate shot for the situation.</p> <p>Serving – Serve accurately and consistently. Beginning to apply tactics to their serve.</p> <p>Rallying – Successfully apply a variety of shots to keep a continuous rally.</p> <p>Footwork - Demonstrate a variety of footwork patterns relevant to the game they are playing.</p>