

# GCPS PE Curriculum Overview

## Statement of intent

At Greenlands, we understand the impact that PE can have on our mental, emotional, social and physical well being. We believe a high quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities.

We aim to provide a broad balanced and relevant curriculum that meets the needs of the National Curriculum and provide pupils with appropriate challenge and acceptable risk. We focus on promoting values including respect, trust, compassion, resilience and perseverance. These are all values needed in PE. Our whole curriculum is designed to promote physical learning. We are committed to promoting one hour of physical activity per day at home and school. We do this through our PE provision, extra curricular sport, engaging lunch time activities, an active curriculum and holiday clubs.



Susan Cornwell

'Here To Learn Happily'

## PE Curriculum Document

## Key Stage One

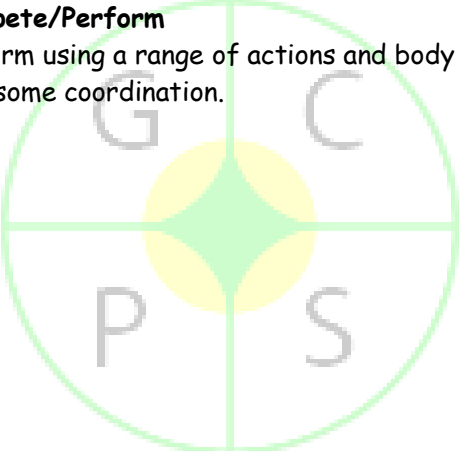
## Overarching skills


**Acquiring and developing skills**  
 Can they copy actions?  
 Can they repeat actions and skills?  
 Can they move with control and care?

**Evaluating and Improving**  
 Can they talk about what they have done?  
 Can they describe what other people did?


**Health and Fitness**  
 Can they describe how their body feels before, during and after an activity?

	Gymnastics	Dance	Invasion Games	Striking and fielding	Athletics	OAA
<b>Year 1 Skills progression</b>	<p><b>Gymnastics Skills</b>            Create and perform a movement sequence.            Copy actions and movement sequences with a beginning, middle and end.            Link two actions to make a sequence.            Recognise and copy contrasting actions (small/tall, narrow/wide). Travel in different ways, changing direction and speed. Hold still shapes and simple balances.</p>	<p><b>Dance Skills</b>            Copy and repeat actions.            Put a sequence of actions together to create a motif.            Vary the speed of their actions.            Use simple choreographic devices such as unison, canon and mirroring.            Begin to improvise independently to create a simple dance.  <b>Compete/Perform</b></p>	<p><b>Striking and Hitting a Ball</b>            Use hitting skills in a game. Practise basic striking, sending and receiving.  <b>Throwing and Catching a Ball</b>            Throw underarm and overarm. Catch and bounce a ball. Use rolling skills in a game. Practise accurate throwing and consistent catching.  <b>Travelling with a Ball</b>            Travel with a ball in different ways. Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency.  <b>Passing a Ball</b>            Pass the ball to another player in a game. Use kicking skills in a game.  <b>Using Space</b>            Use different ways of travelling in different directions or pathways. Run at different speeds.            Begin to use space in a game.</p>	<p><b>Running</b>            Vary their pace and speed when running.            Run with a basic technique over different distances.            Show good posture and balance.            Jog in a straight line.            Change direction when jogging.            Sprint in a straight line.            Change direction when sprinting.            Maintain control as they change direction when jogging or sprinting.  <b>Jumping</b></p>		

<p>Carry out simple stretches.</p> <p>Carry out a range of simple jumps, landing safely. Move around, under, over, and through different objects and equipment.</p> <p>Begin to move with control and care. <b>Rolls</b></p> <p>Log roll (controlled)</p> <p>Curled side roll (egg roll) (controlled)</p> <p>Teddy bear roll (controlled)</p> <p><b>Jumps</b></p> <p>Straight jump Tuck jump Jumping jack Half turn jump Cat spring</p> <p><b>Vault</b></p> <p>Straight jump off springboard</p> <p><b>Handstands, Cartwheels and Round-offs</b></p> <p>Bunny hop</p> <p>Front support wheelbarrow with partner</p>	<p>Perform using a range of actions and body parts with some coordination.</p> <p>Begin to perform learnt skills with some control.</p> <p><b>Evaluate</b></p> <p>Watch and describe performances. Begin to say how they could improve</p>	<p><b>Attacking and Defending</b></p> <p>Begin to use the terms attacking and defending. Use simple defensive skills such as marking a player or defending a space. Use simple attacking skills such as dodging to get past a defender.</p> <p><b>Tactics and Rules</b> Follow simple rules to play games, including team games. Use simple attacking skills such as dodging to get past a defender. Use simple defensive skills such as marking a player or defending a space.</p> <p><b>Compete/Perform</b></p> <p>Perform using a range of actions and body parts with some coordination.</p>	<p>Perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot. Perform a short jumping sequence. Jump as high as possible. Jump as far as possible. Land safely and with control. Work with a partner to develop the control of their jumps.</p> <p><b>Throwing</b></p> <p>Throw underarm and overarm. Throw a ball towards a target with increasing accuracy. Improve the distance they can throw by using more power.</p>	
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	<p><b>Travelling and Linking Actions</b> Tiptoe, step, jump and hop Hopscotch Skipping Gallop</p> <p><b>Shapes and Balances</b> Standing balances Kneeling balances Pike, tuck, star, straight, straddle shapes</p> <p><b>Compete/Perform</b> Perform using a range of actions and body parts with some coordination. Begin to perform learnt skills with some control.</p>					
	<b>Gymnastics</b>	<b>Dance</b>	<b>Invasion Games</b>	<b>Striking and fielding</b>	<b>Athletics</b>	<b>OAA</b>
<b>Year 2 Skills progression</b>	<p><b>Gymnastics Skills</b> Copy, explore and remember actions and movements to create their own sequence. Link actions to make a sequence. Travel in a variety of ways, including rolling. Hold a still shape whilst balancing on different</p>	<p><b>Dance skills</b> Copy, remember and repeat actions. Create a short motif inspired by a stimulus. Change the speed and level of their actions. Use simple choreographic devices such as</p>	<p><b>Striking and Hitting a Ball</b> Strike or hit a ball with increasing control. Learn skills for playing striking and fielding games. Position the body to strike a ball.</p> <p><b>Throwing and Catching a Ball</b> Throw different types of equipment in different ways, for accuracy and distance. Throw, catch and bounce a ball with a partner. Use throwing and catching skills in a game. Throw a ball for distance. Use hand-eye coordination to control a ball. Vary types of throw used.</p>	<p><b>Running</b> Run at different paces, describing the different paces. Use a variety of different stride lengths. Travel at different speeds. Begin to select the most suitable pace and speed for distance. Complete an obstacle course. Vary the</p>		

	<p>points of the body. Jump in a variety of ways and land with increasing control and balance. Climb onto and jump off the equipment safely. Move with increasing control and care.</p> <p><b>Rolls</b> Log roll (controlled) Curled side roll (egg roll) (controlled) Teddy bear roll (controlled) Rocking for forward roll Crouched forward roll</p> <p><b>Jumps</b> Straight jump Tuck jump Jumping jack Half turn jump Cat spring Cat spring to straddle Vault Hurdle step onto springboard Straight jump off springboard Tuck jump off springboard</p> <p><b>Handstands, Cartwheels and Round-offs</b></p>	<p>unison, canon and mirroring. Use different transitions within a dance motif. Move in time to music. Improve the timing of their actions.</p> <p><b>Compete/Perform</b> Perform sequences of their own composition with coordination. Perform learnt skills with increasing control. Compete against self and others.</p> <p><b>Evaluate</b> Watch and describe performances and use what they see to improve their own performance. Talk about the differences between their work and that of others.</p>	<p><b>Travelling with a Ball</b> Bounce and kick a ball whilst moving. Use kicking skills in a game. Use dribbling skills in a game.</p> <p><b>Passing a Ball</b> Know how to pass the ball in different ways.</p> <p><b>Using Space</b> Use different ways of travelling at different speeds and following different pathways, directions or courses. Change speed and direction whilst running. Begin to choose and use the best space in a game.</p> <p><b>Attacking and Defending</b> Begin to use and understand the terms attacking and defending. Use at least one technique to attack or defend to play a game successfully.</p> <p><b>Tactics and Rules</b> Understand the importance of rules in games. Use at least one technique to attack or defend to play a game successfully.</p> <p><b>Compete/Perform</b> Perform sequences of their own composition with coordination. Perform learnt skills with increasing control. Compete against self and others.</p> <p><b>Evaluate</b> Watch and describe performances and use what they see to improve their own performance. Talk about the differences between their work and that of others.</p>	<p>speed and direction in which they are travelling. Run with basic techniques following a curved line. Be able to maintain and control a run over different distances.</p> <p><b>Jumping</b> Perform and compare different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot. Combine different jumps together with some fluency and control. Jump for distance from a standing position with accuracy and control. Investigate the best jumps to cover different distances. Choose the most appropriate jumps to cover different distances. Know that the leg muscles are used when performing a jumping action.</p> <p><b>Throwing</b> Throw different types of equipment in different ways, for accuracy and distance. Throw with accuracy at</p>	
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	<p>Bunny hop Front support wheelbarrow with partner T-lever Scissor kick</p> <p><b>Travelling and Linking Actions</b> Tiptoe, step, jump and hop Hopscotch Skipping Galloping Straight jump half -turn</p> <p><b>Shapes and Balances</b> Standing balances Kneeling balances Large body part balances Balances on apparatus Balances with a partner Pike, tuck, star, straight, straddle shapes Front and back support</p> <p><b>Compete/Perform</b> Perform sequences of their own composition with coordination. Perform learnt skills with increasing control</p>			<p>targets of different heights. Investigate ways to alter their throwing technique to achieve greater distance.</p> <p><b>Compete/Perform</b> Perform learnt skills with increasing control. Compete against self and others.</p> <p><b>Evaluate</b> Watch and describe performances and use what they see to improve their own performance. Talk about the differences between their work and that of others.</p>	
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**Lower Key Stage Two**

**Overarching Skills**

<p><b>Acquiring and developing skills</b></p>	<p><b>Evaluating and Improving</b></p>	<p><b>Health and Fitness</b></p>
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<p>Can they select and use the most appropriate skills, actions or ideas?</p> <p>Can they move and use actions with co-ordination and control?</p> <p>Can they make up their own small-sided game?</p>		<p>Can they explain how their work is similar and different from that of others?</p> <p>With help, do they recognise how performances could be improved?</p> <p>Can they explain how their work is similar and different from that of others? Can they use their comparison to improve their work?</p>		<p>Can they explain why it is important to warm-up and cool-down?</p> <p>Can they identify some muscle groups used in gymnastic activities?</p> <p>Can they explain why keeping fit is good for their health?</p>		
<b>Year 3</b>	<b>Gymnastics</b>	<b>Dance</b>	<b>Invasion Games</b>	<b>Striking and fielding</b>	<b>Athletics</b>	<b>OAA</b>
<b>Year 3 Skills progression</b>	<p><b>Gymnastics Skills</b></p> <p>Choose ideas to compose a movement sequence independently and with others.</p> <p>Link combinations of actions with increasing confidence, including changes of direction, speed or level.</p> <p>Develop the quality of their actions, shapes and balances.</p> <p>Move with coordination, control and care.</p>	<p><b>Dance Skills</b></p> <p>Begin to improvise with a partner to create a simple dance.</p> <p>Create motifs from different stimuli.</p> <p>Begin to compare and adapt movements and motifs to create a larger sequence.</p> <p>Use simple dance vocabulary to compare and improve work.</p> <p>Perform with some awareness of rhythm and expression.</p> <p><b>Compete/Perform</b></p>	<p><b>Striking and Hitting a Ball</b></p> <p>Demonstrate successful hitting and striking skills.</p> <p>Develop a range of skills in striking (and fielding where appropriate).</p> <p>Practise the correct batting technique and use it in a game.</p> <p>Strike the ball for distance.</p> <p><b>Throwing and Catching a Ball</b></p> <p>Throw and catch with greater control and accuracy.</p> <p>Practise the correct technique for catching a ball and use it in a game.</p> <p>Perform a range of catching and gathering skills with control.</p> <p>Catch with increasing control and accuracy.</p> <p>Throw a ball in different ways (e.g. high, low, fast or slow).</p> <p>Develop a safe and effective overarm bowl.</p> <p><b>Travelling with a Ball</b></p> <p>Move with the ball in a variety of ways with some control.</p> <p>Use two different ways of moving with a ball in a game.</p>	<p><b>Running</b></p> <p>Identify and demonstrate how different techniques can affect their performance.</p> <p>Focus on their arm and leg action to improve their sprinting technique.</p> <p>Begin to combine running with jumping over hurdles.</p> <p>Focus on trail leg and lead leg action when running over hurdles.</p> <p>Understand the importance of adjusting running pace to suit the distance being run.</p> <p><b>Jumping</b></p> <p>Use one and two feet to take off and to land with.</p> <p>Develop an effective take-off for the standing long jump.</p>	<p><b>Trails</b></p> <p>Orientate themselves with increasing confidence and accuracy around a short trail.</p> <p><b>Problem-Solving</b></p> <p>Identify and use effective communication to begin to work as a team.</p> <p>Identify symbols used on a key.</p> <p><b>Preparation and Organisation</b></p> <p>Begin to choose equipment that is appropriate for an activity.</p> <p><b>Communication</b></p>	

	<p>Use turns whilst travelling in a variety of ways. Use a range of jumps in their sequences. Begin to use equipment to vault. Create interesting body shapes while holding balances with control and confidence. Begin to show flexibility in movements.</p> <p><b>Rolls</b> Crouched forward roll Forward roll from standing Tucked backward roll</p> <p><b>Jumps</b> Straight jump Tuck jump Jumping jack Star jump Straddle jump Pike jump Straight jump half-turn Cat leap</p>	<p>Develop the quality of the actions in their performances. Perform learnt skills and techniques with control and confidence. Compete against self and others in a controlled manner.</p> <p><b>Evaluate</b> Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time.</p>	<p><b>Passing a Ball</b> Pass the ball in two different ways in a game situation with some success.</p> <p><b>Possession</b> Know how to keep and win back possession of the ball in a team game.</p> <p><b>Using Space</b> Find a useful space and get into it to support teammates.</p> <p><b>Attacking and Defending</b> Use simple attacking and defending skills in a game. Use fielding skills to stop a ball from travelling past them.</p> <p><b>Tactics and Rules</b> Apply and follow rules fairly. Understand and begin to apply the basic principles of invasion games. Know how to play a striking and fielding game fairly.</p> <p><b>Compete/Perform</b> Develop the quality of the actions in their performances. Perform learnt skills and techniques with control and confidence.</p>	<p>Develop an effective flight phase for the standing long jump. Land safely and with control.</p> <p><b>Throwing</b> Throw with greater control and accuracy. Show increasing control in their overarm throw. Perform a push throw. Continue to develop techniques to throw for increased distance.</p> <p><b>Compete/Perform</b> Perform learnt skills and techniques with control and confidence. Compete against self and others in a controlled manner.</p> <p><b>Evaluate</b> Watch, describe and evaluate the effectiveness of a performance.</p>	<p>Communicate with others.</p> <p><b>Compete/Perform</b> Begin to complete activities in a set time period. Begin to offer an evaluation of personal performances and activities.</p> <p><b>Evaluate</b> Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time.</p>
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**Vault**

Hurdle step onto  
springboard  
Squat on vault  
Star jump off  
Tuck jump off  
Straddle jump off  
Pike jump off

**Handstands,  
Cartwheels and  
Round-offs**

Handstand  
Lunge into  
handstand


Cartwheel

**Travelling and  
Linking Actions**

Tiptoe, step, jump  
and hop  
Hopscotch  
Skipping  
Chassis steps  
Straight jump half  
turn  
Cat leap

**Shapes and  
Balances**



	<p>Large and small body part balances, including standing and kneeling balances</p> <p>Balances on apparatus</p> <p>Matching and contrasting partner balances</p> <p>Pike, tuck, star, straight, straddle shapes</p> <p>Front and back support</p> <p><b>Compete/Perform</b></p> <p>Develop the quality of the actions in their performances.</p> <p>Perform learnt skills and techniques with control and confidence.</p> <p>Compete against self and others in a controlled manner.</p>				
<b>Year 4 Skills progression</b>	<p><b>Gymnastics Skills</b></p> <p>Create a sequence of actions that fit a theme.</p> <p>Use an increasing range of actions,</p>	<p><b>Dance Skills</b></p> <p>Identify and repeat the movement patterns and actions of a chosen dance style.</p>	<p><b>Striking and Hitting a Ball</b></p> <p>Use a bat, racquet or stick (hockey) to hit a ball or shuttlecock with accuracy and control.</p> <p>Accurately serve underarm.</p> <p>Build a rally with a partner.</p> <p>Use at least two different shots in a game situation.</p>	<p><b>Running</b></p> <p>Confidently demonstrate an improved technique for sprinting.</p> <p>Carry out an effective sprint finish.</p>	<p><b>Trails</b></p> <p>Orientate themselves with accuracy around a short trail.</p> <p>Create a short trail for others with a physical challenge.</p>

	<p>directions and levels in their sequences. Move with clarity, fluency and expression. Show changes of direction, speed and level during a performance. Travel in different ways, including using flight. Improve the placement and alignment of body parts in balances. Use equipment to vault in a variety of ways.</p>	<p>Compose a dance that reflects the chosen dance style. Confidently improvise with a partner or on their own. Compose longer dance sequences in a small group. Demonstrate precision and some control in response to stimuli. Begin to vary dynamics and develop actions and motifs in response to stimuli. Demonstrate rhythm and spatial awareness. Change parts of a dance as a result of self-evaluation. Use simple dance vocabulary when comparing and improving work.</p> <p><b>Compete/Perform</b> Perform and create sequences with</p>	<p>Use hand-eye coordination to strike a moving and a stationary ball.</p> <p><b>Throwing and Catching a Ball</b> Develop different ways of throwing and catching.</p> <p><b>Travelling with a Ball</b> Move with the ball using a range of techniques showing control and fluency.</p> <p><b>Passing a Ball</b> Pass the ball with increasing speed, accuracy and success in a game situation.</p> <p><b>Possession</b> Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.</p> <p><b>Using Space</b> Make the best use of space to pass and receive the ball.</p> <p><b>Attacking and Defending</b> Use a range of attacking and defending skills and techniques in a game. Use fielding skills as an individual to prevent a player from scoring.</p> <p><b>Tactics and Rules</b> Vary the tactics they use in a game. Adapt rules to alter games.</p> <p><b>Compete/Perform</b> Perform and apply skills and techniques with control and accuracy. Take part in a range of competitive games and activities.</p> <p><b>Evaluate</b> Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</p>	<p>Perform a relay, focusing on the baton changeover technique. Speed up and slow down smoothly.</p> <p><b>Jumping</b> Learn how to combine a hop, step and jump to perform the standing triple jump. Land safely and with control. Begin to measure the distance jumped.</p> <p><b>Throwing</b> Perform a pull throw. Measure the distance of their throws. Continue to develop techniques to throw for increased distance.</p> <p><b>Compete/Perform</b> Perform and apply skills and techniques with control and accuracy. Take part in a range of competitive games and activities.</p> <p><b>Evaluate</b> Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</p>	<p>Start to recognise features of an orienteering course.</p> <p><b>Problem-Solving</b> Communicate clearly with other people in a team and with other teams. Have experience of a range of roles within a team and begin to identify the key skills to be able to succeed at each. Associate the meaning of a key in the context of the environment.</p> <p><b>Preparation and Organisation</b> Try a range of equipment for creating and completing an activity. Make an informed decision for the best equipment to use for an activity. Plan and organise a trail that others can follow.</p> <p><b>Communication</b></p>
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<p>Carry out balances, recognising the position of their centre of gravity and how this affects the balance. Begin to develop good technique when travelling, balancing and using equipment. Develop strength, technique and flexibility throughout performances.</p> <p><b>Rolls</b>          Forward roll from standing          Straddle forward roll          Tucked backward roll          Backward roll to straddle</p> <p><b>Jumps</b>          Straight jump          Tuck jump          Jumping jack          Star jump          Straddle jump          Pike jump</p>	<p>fluency and expression. Perform and apply skills and techniques with control and accuracy.</p> <p><b>Evaluate</b>          Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify their use of skills or techniques to achieve a better result.</p>	<p>Modify their use of skills or techniques to achieve a better result.</p> <div data-bbox="887 564 1346 1027" data-label="Image"> </div>	<p>Modify their use of skills or techniques to achieve a better result.</p>	<p>Modify their use of skills or techniques to achieve a better result.</p>	<p>Communicate clearly with others. Work as part of a team. Begin to use a map to complete an orienteering course.</p> <p><b>Compete/Perform</b>          Complete an orienteering course more than once and begin to identify ways of improving completion time. Offer an evaluation of both personal performances and activities. Start to improve trails to increase the challenge of the course.</p> <p><b>Evaluate</b>          Watch, describe and evaluate the effectiveness of performances giving ideas for improvements. Modify their use of skills and techniques</p>
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	<p>Straight jump half-turn          Straight jump full-turn          Cat leap          Cat leap half-turn  <b>Vault</b>          Hurdle step onto springboard          Squat on vault          Straddle on vault          Star jump off          Tuck jump off          Straddle jump off          Pike jump off  <b>Handstands, Cartwheels and Round-offs</b>          Lunge into handstand          Lunge into cartwheel  <b>Travelling and Linking Actions</b>          Tiptoe, step, jump and hop          Hopscotch          Skipping          Chassis steps          Straight jump half turn</p>				<p>to achieve a better result.</p>
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Straight jump full turn  
 Cat leap  
 Cat leap half turn  
 Pivot  
**Shapes and Balances**  
 1, 2, 3 and 4- point balances  
 Balances on apparatus  
 Balances with and against a partner  
 Pike, tuck, star, straight, straddle shapes  
 Front and back support  
**Compete/Perform**  
 Perform and create sequences with fluency and expression.  
 Perform and apply skills and techniques with control and accuracy.




Upper Key Stage Two

Overarching Skills

<b>Acquiring and Developing Skills</b> Can they link skills, techniques and ideas and apply them accurately and appropriately? Do they show good control in their movements? Do they apply their skills, techniques and ideas consistently? Do they show precision, control and fluency?		<b>Evaluating and Improving</b> Can they compare and comment on skills, techniques and ideas that they and others have used? Can they use their observations to improve their work? Can they analyse and explain why they have used specific skills or techniques? Can they modify use of skills or techniques to improve their work? Can they create their own success criteria for evaluating?		<b>Health and Fitness</b> Can they explain some important safety principles when preparing for exercise? Can they explain what effect exercise has on their body? Can they explain why exercise is important? Can they explain how the body reacts to different kinds of exercise? Can they choose appropriate warm ups and cool downs? Can they explain why we need regular and safe exercise?		
<b>Year 5</b>	<b>Gymnastics</b>	<b>Dance</b>	<b>Invasion Games</b>	<b>Striking and fielding</b>	<b>Athletics</b>	<b>OAA</b>
<b>Year 5 Skills progression</b>	<b>Gymnastics Skills</b> Select ideas to compose specific sequences of movements, shapes and balances. Adapt their sequences to fit new criteria or suggestions. Perform jumps, shapes and balances fluently and with control.	<b>Dance Skills</b> Identify and repeat the movement patterns and actions of a chosen dance style. Compose individual, partner and group dances that reflect the chosen dance style. Show a change of pace and timing in their movements. Develop an awareness of their use of space Demonstrate imagination and creativity in the movements they	<b>Striking and Hitting a Ball</b> Use different techniques to hit a ball. Identify and apply techniques for hitting a tennis ball. Explore when different shots are best used. Develop a backhand technique and use it in a game. Practise techniques for all strokes. Play a tennis game using an overhead serve. <b>Throwing and Catching a Ball</b> Consolidate different ways of throwing and catching and know when each is appropriate in a game. <b>Travelling with a Ball</b> Use a variety of ways to dribble in a game with success. Use ball skills in various ways and begin to link together. <b>Passing a Ball</b> Pass a ball with speed and accuracy using appropriate techniques in a game situation. <b>Possession</b>		<b>Running</b> Accelerate from a variety of starting positions and select their preferred position. Identify their reaction times when performing a sprint start. Continue to practise and refine their technique for sprinting, focusing on an effective sprint start. Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run. Identify and demonstrate stamina, explaining its importance for runners. <b>Jumping</b>	<b>Trails</b> Start to orientate themselves with increasing confidence and accuracy around an orienteering course. Design an orienteering course that can be followed and offers some challenges to others. Begin to use navigation equipment to orientate around a trail. <b>Problem-Solving</b> Use clear communication to effectively complete a particular role in a team.

	<p>Confidently develop the placement of their body parts in balances, recognising the position of their centre of gravity and where it should be in relation to the base of the balance.</p> <p>Confidently use equipment to vault in a variety of ways.</p> <p>Apply skills and techniques consistently.</p> <p>Develop strength, technique and flexibility throughout performances.</p> <p>Combine equipment with movement to create sequences.</p> <p><b>Rolls</b></p> <p>Forward roll from standing</p>	<p>devise in response to stimuli.</p> <p>Use transitions to link motifs smoothly together.</p> <p>Improvise with confidence, still demonstrating fluency across the sequence.</p> <p>Ensure their actions fit the rhythm of the music.</p> <p>Modify parts of a sequence as a result of self and peer evaluation.</p> <p>Use more complex dance vocabulary to compare and improve work.</p> <p><b>Compete/Perform</b></p> <p>Perform own longer, more complex sequences in time to music.</p> <p>Consistently perform and apply skills and techniques with accuracy and control.</p> <p><b>Evaluate</b></p>	<p>Keep and win back possession of the ball effectively in a team game.</p> <p><b>Using Space</b></p> <p>Demonstrate an increasing awareness of space.</p> <p><b>Attacking and Defending</b></p> <p>Choose the best tactics for attacking and defending.</p> <p>Shoot in a game.</p> <p>Use fielding skills as a team to prevent the opposition from scoring.</p> <p><b>Tactics and Rules</b></p> <p>Know when to pass and when to dribble in a game.</p> <p>Devise and adapt rules to create their own game.</p> <p><b>Compete/Perform</b></p> <p>Consistently perform and apply skills and techniques with accuracy and control.</p> <p>Take part in competitive games with a strong understanding of tactics and composition.</p> <p><b>Evaluate</b></p> <p>Choose and use criteria to evaluate own and others' performance.</p> <p>Explain why they have used particular skills or techniques, and the effect they have had on their performance.</p>	<p>Improve techniques for jumping for distance.</p> <p>Perform an effective standing long jump.</p> <p>Perform the standing triple jump with increased confidence.</p> <p>Develop an effective technique for the standing vertical jump (jumping for height) including take-off and flight.</p> <p>Land safely and with control.</p> <p>Measure the distance and height jumped with accuracy.</p> <p>Investigate different jumping techniques.</p> <p><b>Throwing</b></p> <p>Perform a fling throw.</p> <p>Throw a variety of implements using a range of throwing techniques.</p> <p>Measure and record the distance of their throws.</p> <p>Continue to develop techniques to throw for increased distance.</p> <p><b>Compete/Perform</b></p>	<p>Complete orienteering courses both independently and as part of a team.</p> <p>Identify a key on a map and begin to use the information in orienteering activities.</p> <p><b>Preparation and Organisation</b></p> <p>Choose the best equipment for an outdoor activity.</p> <p>Create an outdoor activity that challenges others.</p> <p>Create a simple plan of an activity for others to follow.</p> <p>Identify the quickest route to accurately navigate an orienteering course.</p> <p><b>Communication</b></p> <p>Communicate clearly and effectively with others.</p> <p>Work effectively as part of a team.</p> <p>Successfully use a map to complete an orienteering course.</p>
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	<p>Straddle forward roll Pike forward roll Tucked backward roll Backward roll to straddle</p> <p><b>Jumps</b> Straight jump Tuck jump Jumping jack Star jump Straddle jump Pike jump Stag jump Straight jump half-turn Straight jump full-turn Cat leap Cat leap half-turn Split leap</p> <p><b>Vault</b> Hurdle step onto springboard Squat on vault Straddle on vault Star jump off Tuck jump off Straddle jump off Pike jump off Squat through vault</p>	<p>Choose and use criteria to evaluate own and others' performances. Explain why they have used particular skills or techniques, and the effect they have had on their performance.</p>		<p>Consistently perform and apply skills and techniques with accuracy and control. Take part in competitive games with a strong understanding of tactics and composition.</p> <p><b>Evaluate</b> Choose and use criteria to evaluate own and others' performance. Explain why they have used particular skills or techniques, and the effect they have had on their performance.</p>	<p>Begin to use a compass for navigation.</p> <p><b>Compete/Perform</b> Complete an orienteering course on multiple occasions in a quicker time due to improved technique. Offer a detailed and effective evaluation of both personal performances and activities. Improve a trail to increase the challenge of a course.</p> <p><b>Evaluate</b> Choose and use criteria to evaluate own and others' performance. Explain why they have used particular skills and techniques and the effect they have had on their performance.</p>
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**Handstands,  
Cartwheels and  
Round-offs**

Lunge into  
handstand  
Lunge into  
cartwheel Lunge  
into round-off

**Travelling and  
Linking Actions**

Tiptoe, step,  
jump and hop  
Hopscotch  
Skipping  
Chassis steps  
Straight jump  
half turn  
Straight jump  
full turn  
Cat leap  
Cat leap half turn  
Pivot

**Shapes and  
Balances**


1, 2, 3 and 4-  
point balances  
Balances on  
apparatus  
Part body weight  
partner balances  
Pike, tuck, star,



	<p>straight, straddle shapes</p> <p>Front and back support</p> <p><b>Compete/Perform</b></p> <p>Perform own longer, more complex sequences in time to music.</p> <p>Consistently perform and apply skills and techniques with accuracy and control</p>					
<b>Year 6</b>	<b>Gymnastics</b>	<b>Dance</b>	<b>Invasion Games</b>	<b>Striking and fielding</b>	<b>Athletics</b>	<b>OAA</b>
<b>Year 6 Skills progression</b>	<p><b>Gymnastics Skills</b></p> <p>Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching.</p>	<p><b>Dance Skills</b></p> <p>Identify and repeat the movement patterns and actions of a chosen dance style.</p> <p>Compose individual, partner and group dances that reflect the</p>	<p><b>Striking and Hitting a Ball</b></p> <p>Hit a bowled ball over longer distances.</p> <p>Use good hand-eye coordination to be able to direct a ball when striking or hitting.</p> <p>Understand how to serve in order to start a game.</p> <p><b>Throwing and Catching a Ball</b></p> <p>Throw and catch accurately and successfully under pressure in a game.</p> <p><b>Travelling with a Ball</b></p> <p>Show confidence in using ball skills in various ways in a game situation, and link these together effectively.</p> <p><b>Passing a Ball</b></p>		<p><b>Running</b></p> <p>Recap, practise and refine an effective sprinting technique, including reaction time.</p> <p>Build up speed quickly for a sprint finish.</p> <p>Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern.</p>	<p><b>Trails</b></p> <p>Orienteer themselves with confidence and accuracy around an orienteering course when under pressure.</p> <p>Design an orienteering course that is clear to follow and offers challenge to others.</p>

	<p>Demonstrate precise and controlled placement of body parts in their actions, shapes and balances. Confidently use equipment to vault and incorporate this into sequences. Apply skills and techniques consistently, showing precision and control. Develop strength, technique and flexibility throughout performances.</p> <p><b>Rolls</b> Forward roll from standing Straddle forward roll Pike forward roll Dive forward roll Tucked backward</p>	<p>chosen dance style. Use dramatic expression in dance movements and motifs. Perform with confidence, using a range of movement patterns. Demonstrate strong and controlled movements throughout a dance sequence. Combine flexibility, techniques and movements to create a fluent sequence. Move appropriately and with the required style in relation to the stimulus, e.g. using various levels, ways of travelling and motifs.</p>	<p>Choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move.</p> <p><b>Possession</b> Keep and win back possession of the ball effectively and in a variety of ways in a team game.</p> <p><b>Using space</b> Demonstrate a good awareness of space.</p> <p><b>Attacking and Defending</b> Think ahead and create a plan of attack or defence. Apply knowledge of skills for attacking and defending. Work as a team to develop fielding strategies to prevent the opposition from scoring.</p> <p><b>Tactics and Rules</b> Follow and create complicated rules to play a game successfully. Communicate plans to others during a game. Lead others during a game.</p> <p><b>Compete/Perform</b> Perform and apply a variety of skills and techniques confidently, consistently and with precision. Take part in competitive games with a strong understanding of tactics and composition.</p> <p><b>Evaluate</b> Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</p>	<p>Accelerate to pass other competitors. Work as a team to competitively perform a relay. Confidently and independently select the most appropriate pace for different distances and different parts of the run. Demonstrate endurance and stamina over longer distances in order to maintain a sustained run.</p> <p><b>Jumping</b> Develop the technique for the standing vertical jump. Maintain control at each of the different stages of the triple jump. Land safely and with control. Develop and improve their techniques for jumping for height and distance and support others in improving their performance. Perform and apply different types of jumps in other contexts. Set up and lead jumping activities including</p>	<p>Use navigation equipment (maps, compasses) to improve the trail.</p> <p><b>Problem-Solving</b> Use clear communication to effectively complete a particular role in a team. Complete orienteering courses both independently and as part of a team. Use a range of map-styles and make an informed decision on the most effective.</p> <p><b>Preparation and Organisation</b> Choose the best equipment for an outdoor activity. Prepare an orienteering course for others to follow. Identify the quickest route to accurately navigate an orienteering course.</p>
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	<p>roll Backward roll to straddle Backward roll to standing pike Pike backward roll</p> <p><b>Jumps</b> Straight jump Tuck jump Jumping jack Star jump</p> <p>Straddle jump Pike jump Stag jump Straight jump half-turn Straight jump full-turn Cat leap Cat leap half-turn Cat leap full-turn Split leap Stag leap</p> <p><b>Vault</b> Hurdle step onto springboard Squat on vault Straddle on vault Star jump off Tuck jump off Straddle jump off</p>	<p>Show a change of pace and timing in their movements. Move rhythmically and accurately in dance sequences. Improvise with confidence, still demonstrating fluency across their sequence. Dance with fluency and control, linking all movements and ensuring that transitions flow. Demonstrate consistent precision when performing dance sequences. Modify some elements of a sequence as a result of self and peer evaluation. Use complex dance vocabulary to compare and improve work.</p>		<p>measuring the jumps with confidence and accuracy.</p> <p><b>Throwing</b> Perform a heave throw. Measure and record the distance of their throws. Continue to develop techniques to throw for increased distance and support others in improving their personal best. Develop and refine techniques to throw for accuracy.</p> <p><b>Compete/Perform</b> Perform and apply a variety of skills and techniques confidently, consistently and with precision. Take part in competitive games with a strong understanding of tactics and composition.</p> <p><b>Evaluate</b> Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</p>	<p>Manage an orienteering event for others to compete in.</p> <p><b>Communication</b> Communicate clearly and effectively with others when under pressure. Work effectively as part of a team demonstrating leadership skills when necessary. Successfully use a map to complete an orienteering course. Use a compass for navigation. Organise an event for others.</p> <p><b>Compete/Perform</b> Complete an orienteering course on multiple occasions in a quicker time due to improved technique.</p>
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	<p>Pike jump off Squat through vault Straddle over vault <b>Handstands, Cartwheels and Round-offs</b> Lunge into cartwheel Lunge into round-off Hurdle step Hurdle step into cartwheel Hurdle step into round-off <b>Travel and Linking Actions</b> Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn Straight jump full turn Cat leap Cat leap half turn Cat leap full turn Pivot <b>Balances</b> 1, 2, 3 and 4-point balances</p>	<p><b>Compete/Perform</b> Link actions to create a complex sequence using a full range of movement. Perform the sequence in time to music. Perform and apply a variety of skills and techniques confidently, consistently and with precision. <b>Evaluate</b> Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</p>			<p>Offer a detailed and effective evaluation of both personal performances and activities with an aim of increasing challenge and improving performance. Listen to feedback and improve an orienteering course from it. <b>Evaluate</b> Thoroughly evaluate their own and others' work suggesting thoughtful and appropriate improvements.</p>
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Balances on apparatus  
Develop technique, control and complexity of part-weight partner balances  
Group formations  
Pike, tuck, star, straight, straddle shapes  
Front and back support  
**Compete/Perform**  
Link actions to create a complex sequence using a full range of movement that showcases different agilities, performed in time to music.

