

PE Curriculum Overview of Skills Progression - Year B

Year B	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<u>Reception</u>	<p style="text-align: center;">General games</p> <ul style="list-style-type: none"> • Can they hold a range of small tools and objects? • Can they begin to show accuracy? • Can they negotiate space and obstacles safely? • Can they demonstrate strength, balance and coordination? • Can they move energetically? • Can they run, jump, dance, hop, climb and skip? 	<p style="text-align: center;">Multi skills</p> <ul style="list-style-type: none"> • Can they negotiate space and obstacles safely? • Can they demonstrate strength, balance and coordination? • Can they move energetically? • Can they hold a range of small tools and objects? • Can they begin to show accuracy? 	<p style="text-align: center;">Football</p> <ul style="list-style-type: none"> • Can they hold a range of small tools and objects? • Can they begin to show accuracy? • Can they negotiate space and obstacles safely? • Can they demonstrate strength, balance and coordination? • Can they move energetically? • Can they run, jump, dance, hop, climb and skip? 	<p style="text-align: center;">Circuits</p> <ul style="list-style-type: none"> • Can they hold a range of small tools and objects? • Can they begin to show accuracy? • Can they negotiate space and obstacles safely? • Can they demonstrate strength, balance and coordination? • Can they move energetically? • Can they run, jump, dance, hop, climb and skip? 	<p style="text-align: center;">Athletics</p> <ul style="list-style-type: none"> • Can they hold a range of small tools and objects? • Can they begin to show accuracy? • Can they negotiate space and obstacles safely? • Can they demonstrate strength, balance and coordination? • Can they move energetically? • Can they run, jump, dance, hop, climb and skip? 	<p style="text-align: center;">Athletics (sports day prep)</p> <ul style="list-style-type: none"> • Can they hold a range of small tools and objects? • Can they begin to show accuracy? • Can they negotiate space and obstacles safely? • Can they demonstrate strength, balance and coordination? • Can they move energetically? • Can they run, jump, dance, hop, climb and skip?
	<p style="text-align: center;">Dance</p> <ul style="list-style-type: none"> • Can they negotiate space and obstacles safely? • Can they demonstrate strength, balance and coordination? • Can they move energetically? • Can they run, jump, dance, hop, climb and skip? • Can they begin to show accuracy? 	<p style="text-align: center;">Hockey</p> <ul style="list-style-type: none"> • Can they negotiate space and obstacles safely? • Can they demonstrate strength, balance and coordination? • Can they move energetically? • Can they hold a range of small tools and objects? • Can they begin to show accuracy? 	<p style="text-align: center;">Yoga</p> <ul style="list-style-type: none"> • Can they begin to show accuracy? • Can they negotiate space and obstacles safely? • Can they demonstrate strength, balance and coordination? 	<p style="text-align: center;">Basketball</p> <ul style="list-style-type: none"> • Can they hold a range of small tools and objects? • Can they begin to show accuracy? • Can they negotiate space and obstacles safely? • Can they demonstrate strength, balance and coordination? • Can they move energetically? • Can they run, jump, dance, hop, climb and skip? 	<p style="text-align: center;">Yoga</p> <ul style="list-style-type: none"> • Can they begin to show accuracy? • Can they negotiate space and obstacles safely? • Can they demonstrate strength, balance and coordination? 	<p style="text-align: center;">Ultimate Frisbee</p> <ul style="list-style-type: none"> • Can they hold a range of small tools and objects? • Can they begin to show accuracy? • Can they negotiate space and obstacles safely? • Can they move energetically? • Can they run, jump, dance, hop, climb and skip?

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Year 1	<u>PE Team Games</u>	<u>Real PE</u>	<u>Football</u>	<u>Basketball</u>	<u>Athletics</u>	<u>Athletics (Sports day prep)</u>
	<ul style="list-style-type: none"> • Can they throw underarm? • Can they roll a piece of equipment? • Can they hit a ball with a bat? • Can they move and stop safely? • Can they catch with both hands? • Can they throw in different ways? • Can they kick in different ways? • Can they travel in a variety of ways, including running and jumping? • Can they participate in simple games? 	<ul style="list-style-type: none"> • Can they describe how their body feels before, during and after an activity? • Can they talk about what they have done? • Can they describe what other people did? • Can they suggest how others can improve? 	<ul style="list-style-type: none"> • Can they throw underarm? • Can they move and stop safely? • Can they catch with both hands? • Can they throw in different ways? • Can they travel in a variety of ways, including running and jumping? • Can they participate in simple games? • Can they copy actions? • Can they repeat actions and skills? • Can they move with control and care? • Can they describe how their body feels before, during and after an activity? 	<ul style="list-style-type: none"> • Can they move and stop safely? • Can they catch with both hands? • Can they throw in different ways? • Can they travel in a variety of ways, including running and jumping? • Can they participate in simple games? • Can they talk about what they have done? • Can they suggest how others can improve? • Can they describe what other people did? • Can they move with control and care? • Can they repeat actions and skills? 	<ul style="list-style-type: none"> • Can they describe how their body feels before, during and after an activity? • Can they talk about what they have done? • Can they describe what other people did? • Can they suggest how others can improve? • Can they copy actions? • Can they repeat actions and skills? • Can they move with control and care? 	<ul style="list-style-type: none"> • Can they describe how their body feels before, during and after an activity? • Can they talk about what they have done? • Can they suggest how others can improve? • Can they describe what other people did? • Can they suggest how others can improve? • Can they copy actions? • Can they repeat actions and skills? • Can they move with control and care?
	<u>Dance</u>	<u>Hockey</u>	<u>Yoga</u>	<u>Multi skills</u>	<u>Yoga</u>	<u>Ultimate Frisbee</u>
	<ul style="list-style-type: none"> • Can they move to music? • Can they copy dance moves? • Can they perform some dance moves? • Can they make up a short dance? • Can they move around the space safely? • Can they move with control and care? • Can they describe what other people did? • Can they suggest how others can improve? • Can they describe how their body feels before, during and after an activity? 	<ul style="list-style-type: none"> • Can they roll a piece of equipment? • Can they hit a ball with a bat? • Can they move and stop safely? • Can they travel in a variety of ways, including running and jumping? • Can they participate in simple games? 	<ul style="list-style-type: none"> • Can they make their body tense, relaxed, curled and stretched? • Can they control their body when balancing? • Can they copy sequences and repeat them? • Can they roll in different ways? • Can they balance in different ways? • Can they stretch in different ways? • Can they curl in different ways? • Can they link 2 -3 simple elements? 	<ul style="list-style-type: none"> • Can they throw underarm? • Can they roll a piece of equipment? • Can they hit a ball with a bat? • Can they move and stop safely? • Can they catch with both hands? • Can they throw in different ways? • Can they kick in different ways? • Can they travel in a variety of ways, including running and jumping? • Can they participate in simple games? 	<ul style="list-style-type: none"> • Can they make their body tense, relaxed, curled and stretched? • Can they control their body when balancing? • Can they copy sequences and repeat them? • Can they roll in different ways? • Can they balance in different ways? • Can they stretch in different ways? • Can they curl in different ways? • Can they link 2 -3 simple elements? 	<ul style="list-style-type: none"> • Can they throw underarm? • Can they move and stop safely? • Can they catch with both hands? • Can they throw in different ways? • Can they travel in a variety of ways, including running and jumping? • Can they participate in simple games?

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Year 2	<p><u>PE Team Games</u></p> <ul style="list-style-type: none"> Can they copy and remember actions? Can they repeat and explore actions with control and coordination? Can they talk about what is different between what they did and what someone else did? Can they say how they could improve? Can they say how others can improve, using the correct vocabulary? Can they show how to exercise safely? Can they describe how their body feels during different activities? Can they explain what their body needs to keep healthy? 	<p><u>Real PE</u></p> <ul style="list-style-type: none"> Can they copy and remember actions? Can they repeat and explore actions with control and coordination? Can they talk about what is different between what they did and what someone else did? Can they say how they could improve? Can they say how others can improve, using the correct vocabulary? Can they show how to exercise safely? Can they describe how their body feels during different activities? Can they explain what their body needs to keep healthy? 	<p><u>Football</u></p> <ul style="list-style-type: none"> Can they use hitting, kicking and/or rolling in a game? Can they stay in a 'zone' during a game? Can they decide where the best place to be is during a game? Can they use one tactic in a game? Can they follow rules? Can they show attacking/ defending skills? Can they say how they can improve? 	<p><u>Basketball</u></p> <ul style="list-style-type: none"> Can they stay in a 'zone' during a game? Can they decide where the best place to be is during a game? Can they use one tactic in a game? Can they follow rules? Can they show attacking/ defending skills? 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> Can they copy and remember actions? Can they repeat and explore actions with control and coordination? Can they talk about what is different between what they did and what someone else did? Can they say how they could improve? Can they say how others can improve, using the correct vocabulary? Can they show how to exercise safely? Can they describe how their body feels during different activities? Can they explain what their body needs to keep healthy? 	<p><u>Athletics (Sports day prep)</u></p> <ul style="list-style-type: none"> Can they copy and remember actions? Can they repeat and explore actions with control and coordination? Can they talk about what is different between what they did and what someone else did? Can they say how they could improve? Can they say how others can improve, using the correct vocabulary? Can they show how to exercise safely? Can they describe how their body feels during different activities? Can they explain what their body needs to keep healthy?
	<p><u>Dance</u></p> <ul style="list-style-type: none"> Can they dance imaginatively? Can they change rhythm, speed, level and direction? Can they dance with control and co-ordination? Can they make a sequence by linking sections together? Can they link some movement to show a mood or feeling? 	<p><u>Hockey</u></p> <ul style="list-style-type: none"> Can they use hitting, kicking and/or rolling in a game? Can they stay in a 'zone' during a game? Can they decide where the best place to be is during a game? Can they use one tactic in a game? Can they follow rules? Can they show attacking/ defending skills? 	<p><u>Yoga</u></p> <ul style="list-style-type: none"> Can they plan and show a sequence of movements? Can they use contrast in their sequences? Are their movements controlled? Can they think of more than one way to create a sequence, which follows a set of 'rules'? Can they work on their own and with a partner to create a sequence? 	<p><u>Multi skills</u></p> <ul style="list-style-type: none"> Can they use hitting, kicking and/or rolling in a game? Can they stay in a 'zone' during a game? Can they decide where the best place to be is during a game? Can they show how to exercise safely? Can they describe how their body feels during different activities? Can they explain what their body needs to keep healthy? 	<p><u>Yoga</u></p> <ul style="list-style-type: none"> Can they plan and show a sequence of movements? Can they use contrast in their sequences? Are their movements controlled? Can they think of more than one way to create a sequence, which follows a set of 'rules'? Can they work on their own and with a partner to create a sequence? 	<p><u>Ultimate Frisbee</u></p> <ul style="list-style-type: none"> Can they stay in a 'zone' during a game? Can they decide where the best place to be is during a game? Can they use one tactic in a game? Can they follow rules? Can they show attacking/ defending skills?

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Year 3	<p><u>Real PE/moves</u></p> <ul style="list-style-type: none"> Can they select and use the most appropriate skills, actions or ideas? Can they move and use actions with co-ordination and control? Can they explain how their work is similar and different from that of others? With help, do they recognise how performances could be improved? Can they explain why it is important to warm-up and cool-down? Can they identify some muscle groups used in gymnastic activities? Can they follow a map in a familiar context? Can they move from one location to another following a map? Can they use clues to follow a route? Can they follow a route safely? 	<p><u>Yoga</u></p> <ul style="list-style-type: none"> Can they use a greater number of their own ideas for movement in response to a task? Can they explain how strength and suppleness affect performances? Can they compare and contrast sequences, commenting on similarities and differences? 	<p><u>Real PE</u></p> <ul style="list-style-type: none"> Can they select and use the most appropriate skills, actions or ideas? Can they move and use actions with co-ordination and control? Can they explain how their work is similar and different from that of others? With help, do they recognise how performances could be improved? Can they explain why it is important to warm-up and cool-down? Can they identify some muscle groups used in gymnastic activities? 	<p><u>Yoga</u></p> <ul style="list-style-type: none"> Can they use a greater number of their own ideas for movement in response to a task? Can they explain how strength and suppleness affect performances? Can they compare and contrast sequences, commenting on similarities and differences? 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> Can they run at different speeds, changing speed and direction? Can they link running and jumping activities with some fluency, control and consistency? Can they make up and repeat a short sequence of linked jumps? Can they take part in a relay activity, remembering when to run and what to do? Do they throw a variety of objects, changing their action for accuracy and distance? 	<p><u>Athletics (sports day prep)</u></p> <ul style="list-style-type: none"> Can they run at different speeds, changing speed and direction? Can they link running and jumping activities with some fluency, control and consistency? Can they make up and repeat a short sequence of linked jumps? Can they take part in a relay activity, remembering when to run and what to do? Do they throw a variety of objects, changing their action for accuracy and distance?
	<p><u>Dance</u></p> <ul style="list-style-type: none"> Can they improvise freely, translating ideas from a stimulus into movement? Can they share and create phrases with a partner and in small groups? Can they repeat, remember and perform these phrases in a dance? Can they explain why it is important to warm-up and cool-down? Can they move and use actions with co-ordination and control? 	<p><u>Hockey</u></p> <ul style="list-style-type: none"> Are they aware of space and use it to support team-mates and cause problems for the opposition? Do they know and use rules fairly to keep games going? Can they keep possession with some success when using equipment that is not used for throwing and catching skills? 	<p><u>Football</u></p> <ul style="list-style-type: none"> Are they aware of space and use it to support team-mates and cause problems for the opposition? Do they know and use rules fairly to keep games going? Can they keep possession with some success when using equipment that 	<p><u>Basketball</u></p> <ul style="list-style-type: none"> Can they throw and catch with control when under limited pressure? Are they aware of space and use it to support team-mates and cause problems for the opposition? Do they know and use rules fairly to keep games going? 	<p><u>Tennis</u></p> <ul style="list-style-type: none"> Can they throw and catch with control when under limited pressure? Are they aware of space and use it to support team-mates and cause problems for the opposition? Do they know and use rules fairly to keep games going? Can they keep possession with some success when using equipment 	<p><u>Ultimate Frisbee</u></p> <ul style="list-style-type: none"> Can they throw and catch with control when under limited pressure? Are they aware of space and use it to support team-mates and cause problems for the opposition? Do they know and use rules fairly to keep games going? Can they keep possession with some success when

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	<ul style="list-style-type: none"> Can they explain how their work is similar and different from that of others? With help, do they recognise how performances could be improved? 		<ul style="list-style-type: none"> is not used for throwing and catching skills? Can they explain why it is important to warm-up and cool-down? 	Can they keep possession with some success when using equipment that is not used for throwing and catching skills?	that is not used for throwing and catching skills?	<ul style="list-style-type: none"> using equipment that is not used for throwing and catching skills? Can they move and use actions with co-ordination and control?
Year 4	<p><u>Dance</u></p> <ul style="list-style-type: none"> Can they take the lead when working with a partner or group? Can they use dance to communicate an idea? Can they work on their movements and refine them? Is their dance clear and fluent? Can they select and use the most appropriate skills, actions or ideas? Can they explain how their work is similar and different from that of others? Can they use their comparison to improve their work? 	<p><u>Yoga</u></p> <ul style="list-style-type: none"> Can they work in a controlled way? Can they include change of direction? Can they include range of shapes? Can they follow a set of 'rules' to produce a sequence? Can they work with a partner to create, repeat and improve a sequence with at least three phases? 	<p><u>Football</u></p> <ul style="list-style-type: none"> Can they catch with one hand? Can they throw and catch accurately? Can they hit a ball accurately and with control? Can they keep possession of the ball? Can they move to find a space when they are not in possession during a game? Can they vary tactics and adapt skills according to what is happening? 	<p><u>Netball</u></p> <ul style="list-style-type: none"> Can they catch with one hand? Can they throw and catch accurately? Can they hit a ball accurately and with control? Can they keep possession of the ball? Can they move to find a space when they are not in possession during a game? Can they vary tactics and adapt skills according to what is happening? 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> Can they run over a long distance? Can they spring over a short distance? Can they throw in different ways? Can they hit a target? Can they jump in different ways? 	<p><u>Athletics (sports day prep)</u></p> <ul style="list-style-type: none"> Can they run over a long distance? Can they spring over a short distance? Can they throw in different ways? Can they hit a target? Can they jump in different ways?
	<p><u>PE Team Games</u></p> <ul style="list-style-type: none"> Can they catch with one hand? Can they throw and catch accurately? Can they hit a ball accurately and with control? Can they keep possession of the ball? Can they move to find a space when they are not in possession during a game? 	<p><u>Hockey</u></p> <ul style="list-style-type: none"> Can they hit a ball accurately and with control? Can they keep possession of the ball? Can they move to find a space when they are not in possession during a game? Can they vary tactics and adapt 	<p><u>Swimming</u></p> <p>Can they perform safe self-rescue in different water based situations?</p> <p>Can they swim competently, confidently and proficiently over a distance of at least 25 metres?</p>	<p><u>Swimming</u></p> <p>Can they perform safe self-rescue in different water based situations?</p> <p>Can they swim competently, confidently and proficiently over a distance of at least 25 metres?</p>	<p><u>Swimming</u></p> <p>Can they perform safe self-rescue in different water based situations?</p> <p>Can they swim competently, confidently and proficiently over a distance of at least 25 metres?</p>	<p><u>Ultimate Frisbee</u></p> <ul style="list-style-type: none"> Can they catch with one hand? Can they throw and catch accurately? Can they hit a ball accurately and with control? Can they keep possession of the ball? Can they move to find a space when they are not in possession during a game?

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	<ul style="list-style-type: none"> Can they vary tactics and adapt skills according to what is happening? Can they make up their own small-sided game? Can they explain why warming up is important? Can they explain why keeping fit is good for their health? 	skills according to what is happening?	Can they use a range of strokes effectively, for example, front crawl, backstroke and breaststroke?	Can they use a range of strokes effectively, for example, front crawl, backstroke and breaststroke?	Can they use a range of strokes effectively, for example, front crawl, backstroke and breaststroke?	<ul style="list-style-type: none"> Can they vary tactics and adapt skills according to what is happening?
<u>Year 5</u>	<p><u>Yoga</u></p> <p>Are their movements controlled?</p> <ul style="list-style-type: none"> Can they make complex or extended sequences? Can they combine action, balance and shape? Are their movements accurate, clear and consistent? 	<p><u>Real PE/imoves</u></p> <p>Can they link skills, techniques and ideas and apply them accurately and appropriately? Do they show good control in their movements? 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?</p>	<p><u>Impact Project U&U</u></p> <ul style="list-style-type: none"> 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 follow a map in an unknown location? Can they use clues and compass directions to navigate a route? Can they change their route if there is a problem? Can they change their plan if they get new information? 	<p><u>Basketball</u></p> <ul style="list-style-type: none"> Can they gain possession by working as a team? Can they pass in different ways? Can they use forehand and backhand with a racquet? Can they field? Can they choose the best tactics for attacking and defending? Can they use a number of techniques to pass, dribble and shoot? 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> Are they controlled when taking off and landing in a jump? Can they throw with accuracy? Can they combine running and jumping? Can they follow specific rules? 	<p><u>Ultimate Frisbee</u></p> <ul style="list-style-type: none"> Can they gain possession by working as a team? Can they pass in different ways? Can they field? Can they choose the best tactics for attacking and defending? Can they use a number of techniques to pass, dribble and shoot?
	<p><u>Dance</u></p> <ul style="list-style-type: none"> Can they compose their own dances in a creative and imaginative way? Can they perform to an accompaniment, expressively and sensitively? Are their movements controlled? Does their dance show clarity, fluency, accuracy and consistency? 	<p><u>Hockey</u></p> <ul style="list-style-type: none"> Can they gain possession by working as a team? Can they pass in different ways? Can they use forehand and backhand with a racquet? Can they field? Can they choose the best tactics for attacking and defending? Can they use a number of techniques to pass, dribble and shoot? 	<p><u>Football</u></p> <ul style="list-style-type: none"> Can they gain possession by working as a team? Can they pass in different ways? Can they field? Can they choose the best tactics for attacking and defending? Can they use a number of techniques to pass, dribble and shoot? 	<p><u>Real PE</u></p> <ul style="list-style-type: none"> Can they link skills, techniques and ideas and apply them accurately and appropriately? Do they show good control in their movements? Can they compare and comment on skills, techniques and ideas that they and others have used? 	<p><u>Tennis</u></p> <ul style="list-style-type: none"> Can they gain possession by working as a team? Can they pass in different ways? Can they use forehand and backhand with a racquet? Can they field? Can they choose the best tactics for attacking and defending? Can they use a number of techniques to pass, dribble and shoot? 	<p><u>Yoga</u></p> <p>Are their movements controlled?</p> <ul style="list-style-type: none"> Can they make complex or extended sequences? Can they combine action, balance and shape? <p>Are their movements accurate, clear and consistent?</p>

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			<ul style="list-style-type: none"> Do they show good control with their movements? 	<ul style="list-style-type: none"> Can they use their observations to improve their work? Can they explain why exercise is important? 		
Year 6	<u>Yoga</u> <ul style="list-style-type: none"> Do they apply their skills, techniques and ideas consistently? Do they show precision, control and fluency? 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? 	<u>Real PE</u> <ul style="list-style-type: none"> 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? 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? 	<u>Impact Project U&U</u> <ul style="list-style-type: none"> 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? 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? 	<u>Basketball</u> <ul style="list-style-type: none"> Can they explain complicated rules? Can they make a team plan and communicate it to others? Can they lead others in a game situation? 	<u>Athletics</u> <ul style="list-style-type: none"> Can they demonstrate stamina? Can they use their skills in different situations? Can they explain how the body reacts to different kinds of exercise? 	<u>Ultimate Frisbee</u> <ul style="list-style-type: none"> Can they explain complicated rules? Can they make a team plan and communicate it to others? Can they lead others in a game situation?
	<u>Dance</u> <ul style="list-style-type: none"> Can they develop imaginative dances in a specific style? Can they choose their own music, style and dance? 	<u>Hockey</u> <ul style="list-style-type: none"> Can they explain complicated rules? Can they make a team plan and communicate it to others? Can they lead others in a game situation? 	<u>Football</u> <ul style="list-style-type: none"> Can they explain complicated rules? Can they make a team plan and communicate it to others? Can they lead others in a game situation? Can they choose appropriate warm-ups and cool downs? 	<u>Real PE</u> <ul style="list-style-type: none"> 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? Can they analyse and explain why they have used specific skills or techniques? 	<u>Tennis</u> <ul style="list-style-type: none"> Can they explain complicated rules? Can they make a team plan and communicate it to others? Can they lead others in a game situation? 	<u>Yoga</u> <ul style="list-style-type: none"> Do they apply their skills, techniques and ideas consistently? Do they show precision, control and fluency? 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?

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				<ul style="list-style-type: none"> Can they modify use of skills or techniques to improve their work? Can they create their own success criteria for evaluating? 		
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Outdoor/ Adventure

Links to Forest School and Geography (See Geography overview)

Year 3: Forest School Spring 1 & Geography Autumn 1 & 2	Year 4: Forest School Autumn 2 & Geography Autumn 1 & 2	Year 5: Forest School Spring 1 & Geography Autumn 1 & 2	Year 6: Forest School & PGL Autumn 2 & Geography Autumn 1 & 2
<ul style="list-style-type: none"> Can they follow a map in a familiar context? Can they move from one location to another following a map? Can they use clues to follow a route? Can they follow a route safely? 	<ul style="list-style-type: none"> Can they follow a map in a more demanding familiar context? Can they move from one location to another following a map? Can they use clues to follow a route? Can they follow a route accurately, safely and within a time limit? 	<ul style="list-style-type: none"> Can they follow a map in an unknown location? Can they use clues and compass directions to navigate a route? Can they change their route if there is a problem? Can they change their plan if they get new information? 	<ul style="list-style-type: none"> Can they plan a route and series of clues for someone else? Can they plan with others taking account of safety and danger?

Key Vocabulary

Key Stage:	Key Vocabulary:
Early Years Foundation Stage	Slithering Shuffling Rolling Crawling Walking Running Jumping Skipping Sliding Hopping Physical Sport Healthy Exercise Safety Dance Muscles

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	<ul style="list-style-type: none"> Inhale Exhale
Key Stage 1	<ul style="list-style-type: none"> Balance Ability Coordination Tactics Attacking Defending Performing Sportsmanship Competition
Lower Key stage 2 *Swimming vocabulary for Year 4	<ul style="list-style-type: none"> Flexibility Strength Technique Control Perseverance Stamina Accuracy Opponent Swimming* Shallow end* Deep end* Front crawl* Back crawl* Kick* Stroke* Dive*
Upper Key stage 2	<ul style="list-style-type: none"> Tense Relax Stretch Curl Cooperation Competence Strategy Precision