

PE Progression Map

EYFS	I Wonder what is special about me?	I wonder who lives in my community?	I wonder what it would be like to live in the Arctic?	I wonder how I can look after the world?	I wonder what moves?	I wonder who lives in my garden?
	First PE	Gymnastics	Ball Skills (Enjoy a Ball)	Tennis	Multi-Skills	Athletics
	<p>Space To find a safe space in the hall on your own.</p> <p>When moving, try and find a space that you can run, skip, hop, jog into.</p> <p>When moving around, look out for your friend</p> <p>Catching Spread your fingers as wide as possible</p> <p>Make a basket with your hands to catch a ball/object</p>	<p>Shapes - Keep strong</p> <p>Jumps - Land safely on two feet and bend knees</p> <p>Rolls - Tuck rock (keep chin and knees tucked in)</p> <p>Apparatus - Move along these carefully</p>	<p>Dribbling the ball with your feet:</p> <ol style="list-style-type: none"> 1. Head – look up to see what's around you 2. Body – keep the ball close to your body so it's under control 3. Feet – use the inside of your feet to dribble <p>Running with a ball (in your hands)</p> <ol style="list-style-type: none"> 1. Head – look up to see what's around you 2. Hold the ball with your hands either side 3. Hold the ball at chest height 	<p>Catching - Spread your fingers as wide as possible</p> <ul style="list-style-type: none"> - Make a basket with your hands to catch a ball/object - Watch the ball <p>Throwing - Look at your partner/target</p> <ul style="list-style-type: none"> - Step forward as you throw the ball - Point your non-throwing hand to where you want the ball to go <p>Balancing the ball on a racket - Keep your wrist/s strong, to hold the racket</p> <ul style="list-style-type: none"> - Look where you are going - Hold the racket like a frying pan, keep it flat 	<p>Climbing Apparatus - Climb up to the safety marker/ribbon positioned on the apparatus</p> <ul style="list-style-type: none"> - Climb down carefully- NEVER jump off the wall bars! - Look out for your friends who may also be climbing <p>Balancing on your own - Look forward, try and focus on something in front of you</p> <ul style="list-style-type: none"> - Keep your arms out to the side <p>Balancing on an object/apparatus</p> <ul style="list-style-type: none"> - Move slowly and carefully along the object - Bend at your knees - Look forward - Arms out to the side 	<p>Safe- Look out for your friends when moving/running around</p> <p>Running Fast - Always look where you are going</p> <ul style="list-style-type: none"> - Try and look at something in front of you - Move your arms quickly <p>Competition - Is where we may race against others to win.</p> <ul style="list-style-type: none"> - It does not matter if you do not win, what matters is that you tried your best! - Always say "well done" to your friends
Key Vocabulary	safe, space, bounce, push, pat, throw, catch, roll	Jump, safe, move, strong, rock, stretch, crawl, star	Hop, skip, jump, run, ball, team, target, slow	throw, catch, trick, side-step, target,	Hop, jump, skip, run, balance, climb, imagine, safe	March, quick, run, jump, fast, walk, throw, hop, safe

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				aim, bounce, balance, hop		
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Key Stage One						
Year 1	Dance (e.g. Fairytale Unit)	Gymnastics	Dodgeball	Tennis	Multi-Skills	Athletics
Key Vocabulary	Time, start, finish, levels	Pike, squat, tuck start, finish, straight, roll, balance	Roll, jump, positive, personal best, target, honest, catch, underarm, aim	Throw, catch, run, ready, racket, underarm, bounce, balance, cradle	Jump, balance, safe, personal best, target, space, jog, rules, dribbling	Throw, race, run, jump, personal best, fast, control, safe, mini coaches
Substantive Knowledge	<p>Timing- Listen to the music, use counts to help you keep in time</p> <p>Traveling - To move from one place to another</p> <p>Levels - The three levels of dance movement are high, middle, and low</p> <p>Control - The ability to start and stop movement, change direction and hold a shape efficiently</p> <p>Perform- Dance has a beginning, middle and end just like a story/children's written work</p>	<p>Shapes - Keep strong-when performing the shape: straight, star, tuck, dish, arch, squat, pike, straddle</p> <p>Jumps - land on two feet and bend knees</p> <p>Balances - hold shapes for 3 seconds</p> <p>Rolls - good control</p>	<p>Underarm:</p> <ol style="list-style-type: none"> 1. Opposite arm and opposite leg 2. Bend knees 3. Non-throwing hand points at the target 4. Throwing hand points in direction of the target <p>Catching:</p> <ol style="list-style-type: none"> 1. Always watch the ball 2. Children on the balls of their feet. On their toes 3. Move body in line with the ball 4. Fingers spread wide to make a target 	<p>Catch - Watch the ball, make a basket with your hands when you catch and cradle the ball</p> <p>Underarm throw- Opposite arm and opposite leg, point to where you want the ball to go to</p> <p>Grizzly Bear- Bend knees, stand in the ready position.</p> <p>Forehand- Hold the racket, fingers and palm of hand face forward</p> <p>Backhand- Hold the racket, back of hand faces forward.</p>	<p>Balance:</p> <p>Head – Look forward</p> <p>Shoulders – Arms in line</p> <p>Knees – Slightly bent</p> <p>Toes – Light feet</p> <p>Safe- When moving look out for your friends</p> <p>Personal Best (PB)- To beat your own score</p> <p>Catching- Hands out ready to make a target</p>	<p>Running</p> <p>F - Face forward – head still</p> <p>A - Arms pump fast – 'hip to lip'</p> <p>S - Speedy feet</p> <p>T - Trunk to be upright</p> <p>Throwing- Standing Side on Bolt pose, use opposite arm and opposite leg, Point in the direction with the non-throwing hand.</p> <p>Jumping- Swing arms and bend knees to help you get further. - Safety bend at knees when landing</p>
Disciplinary Concepts	<p>Physical Me: Moving in time to the music, Dance with control - Dance movements at different levels - Dance moving in different directions and traveling - Counting to 8 to stay in time to the music</p>	<p>Physical Me: jumps, rolls, balances</p> <p>Thinking Me - To improve my performance.</p> <p>Value Me - Determination- try, try, try again!</p> <p>Social Me - Co-operate with others</p>	<p>Physical Me: Throw, Catch, Dodge, Run, Agility, Balance, Co-ordination, Jump</p> <p>Thinking Me - To make decisions in the game</p> <p>Value Me: - Honesty -Self Belief</p>	<p>Physical Me: throw, catch, walk, run, co-ordination, balance, strength</p> <p>Thinking Me - To improve my performance</p> <p>Value Me: - Determination Try, try, try again!</p> <p>Social Me</p>	<p>Physical Me: balance, agility, co-ordination</p> <p>Thinking Me - To remember my skills</p> <p>Value Me: - Kindness</p> <p>Social Me - Taking it in turns</p>	<p>Physical Me: running, throwing, jumping</p> <p>Thinking Me - To improve my performance</p> <p>Value Me: - Determination</p> <p>Social Me - Co-operate with others</p>

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	<p>Thinking Me - To improve my dancing - Remember dance movements</p> <p>Value Me: - Teamwork</p> <p>Social & Emotional Me - Co-operate with others - Respect others performing</p> <p>Healthy Me: - Perform movements safely - Warm up</p>	- Be a Mini Coach	-Respect Social Me - Communication - Encourage - Taking turns	- Take it in turns		
Year 2	Dance (e.g. Great Fire of London Unit)	Gymnastics	Ball Games	Kwik Cricket	Multi-Skills	Athletics
Key Vocabulary	Movement, control, count, beat	Bunny hop, star roll, sequences, start, middle, finish, dish roll, saucer roll	space, pass, dodge, receive, opponent, invasion, defend, intercept, possession	Aim, catch, bat, control, overarm, challenge, fielder, bowl, striker	Paces, balance, control, personal best, apparatus, space, skipping, run, direction	Speed, accuracy, challenge, competition, personal best, fast, control, distance, measure
Substantive Knowledge	<p>Timing - Listen to the music, use counts to help you keep in time</p> <p>Travelling - To move from one place to another</p> <p>Levels - The three levels of dance movement are high, middle, and low</p> <p>Control - The ability to start and stop movement, change</p>	<p>Shapes - Have a tight body. Squeeze every muscle, extend - fingers and toes.</p> <p>Jumps - Have good body tension.</p> <p>Bunny Hops - Flat hands. Hands first, then feet, keeping arms straight, lifting legs and pointing toes.</p> <p>Sequence- To show a clear Start, Middle</p>	<p>Invasion game: Moving towards your opponents goal to score</p> <p>Possession: keeping the ball between your team</p> <p>Intercept: Stopping an opposing player's pass</p> <p>Dodging: Moving away from your opposition</p>	<p>Catch - Watch the ball, make a basket with your hands when you catch and cradle the ball .</p> <p>Overarm throw- Opposite arm and opposite leg, - release the ball when it is near your ear - point to where you want the ball to go.</p> <p>Target- Throw an object/ball toward a</p>	<p>Balance Head – Look forward Shoulders – Arms in line Knees – Slightly bent and Toes –Light feet</p> <p>Direction- You can change direction when running - it is important to keep your balance as you turn your body</p> <p>Space - When moving around, find</p>	<p>Running F - Face forward, head still A - Arms pump fast – 'hip to lip' S - Speedy feet T - Trunk to be upright</p> <p>Throwing- Standing Side on Bolt pose, use opposite arm and opposite leg, Point in the direction with the non-throwing hand.</p> <p>Jumping- Swing arms</p>

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	direction and hold a shape efficiently Perform - Dance has a beginning, middle and end, just like a story/children's written work	and Finish, with good control Rolls - Ensuring head is tucked in, with a Star forward Roll		target while avoiding any obstacles. Aim- To point an object toward something	a space to run, jump, jog, move. Paces - How many steps you take	and bend knees to help you get further. - Safety bend at knees when landing
Disciplinary Concepts	Physical Me: Move in time with a beat showing control and coordination. - Dance with control - Dance movements at different levels - Travel using different movements such as; jumping, gesturing and turning. - Counting to 8 to stay in time to the music Thinking Me - To improve my dancing - Remember dance movements Value Me – Patience Social & Emotional Me - Co-operate with others - Respect others performing Healthy Me - Perform movements safely - Warm up	Physical Me: jumps, rolls, bunny hops, sequences, strength, flexibility, balance, co-ordination, agility, climbing Thinking Me - To link my skills in a sequence. - Understanding - Feedback Value Me: - Perseverance - never give up Social Me - Co-operate with others - Be a Mini Coach - Teamwork	Physical Me: running, throwing, catching, marking, intercept, score Thinking Me - How can I move to stop a player getting the ball? Value Me: - Fair Play - Honesty Social Me - Communicate with my team - Co-operate with my team	Physical Me: throw, catch, running, co-ordination, balance Thinking Me - To improve my performance Value Me: - Determination Try, try, try again! Social Me - Take it in turns	Physical Me: balance, agility, co-ordination Thinking Me - To remember my skills Value Me: - Kindness Social Me - Taking it in turns	Physical Me: running, throwing, jumping Thinking Me - To improve my performance Value Me: - Determination Social Me - Co-operate with others
Year 3	Dance (e.g. Greatest Showman Unit)	Gymnastics	Quicksticks	Tag Rugby	Multi-Skills	Athletics

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Key Vocabulary	Unison, canon, levels, stimulus, fluency, rhythm, perform, feedback	Quarter turn, half turn, patch, point, teddy bear, travelling, perform, create	Control, passing, dribble, tackle, pass-push, sideline, communication, free pass, rules	Tagging, handover, passing, try, acceleration, horizontal, defending, attacking, 'smile'	Agility, balance, co-ordination, measure, record, team, speed, test, mini coach	Focus, accelerate, competition, triple jump, relay, improve, shot put, power, hurdle
Substantive Knowledge	<p>Unison - Two or more people doing a range of moves at the same time</p> <p>Canon - People performing the same move one after the other</p> <p>Stimulus - A stimulus is something that inspires you to choreograph a certain dance, for example: Event – Music – Mood – Poem Fluency</p> <p>Rhythm - Refers to the steady beat of the music to which we dance</p>	<p>Jumps With a turn - Look around arm when turning. Use arms to rotate in a ¼, ½ ¾, or full turn. Land on the same spot bending at the knees. Bunny Hops - Flat hands rst, then feet -static and moving. Point Balance - Using small body parts such as feet, hands, head or knees.</p> <p>Patch Balance - Use large body parts, such as legs, bottom, back or stomach.</p> <p>Sequence - Linking together a series of elements (skills).</p> <p>Teddy bear roll - Start in straddle, roll onto shoulder, back, shoulder and then sit up.</p>	<p>Flat side of the stick - refer to this as the STRONG side, when the stick is inverted it's called REVERSE - you must use the flat side to pass, dribble or score.</p> <p>Quicksticks pitch: The field of play is rectangular and based on the size of a standard netball court. Areas referred to as 'shooting areas' can either be based on lines already in place (e.g the shooting circles on a netball court), or can be marked out using temporary markers (such as throw down markers).</p>	<p>Tagging -Instead of being tackled, a player carrying the ball can be 'tagged' by having a tag removed from their belt by a member of the opposition. - A player must call 'tag' and then hands it back to the player</p> <p>Holding the ball - Two hands holding the side of the ball - Hold at chest height</p> <p>Passing - Pass sideways. Draw a smile as the ball goes from one side of the body to the other - Release the ball at the end of the smile-point fingers in the direction of the pass</p>	<p>Agility - The ability to change the position of the body quickly and with control.</p> <p>Balance- Is the ability to stay upright or stay in control of body movement</p> <p>Co-ordination - The ability to use two or more body parts together. This helps all athletes to move smoothly and quickly especially when also having to control a ball</p>	<p>Accelerate (running) - Acceleration is the transition from standing still, to top-end speed</p> <p>Standing Long Jump- Jumping two feet to two feet</p> <p>Standing Triple jump- Hop, Step and a Jump Shot put - Event involves pushing rather than throwing the shot (heavy ball)</p>
Disciplinary Concepts	<p>Physical Me: Co-ordination, Balance Agility, Strength, Power, Flexibility, Control,</p>	<p>Physical Me: Jumps, Rolls, bunny hops, balances, movement onto apparatus, sequences</p>	<p>Physical Me: Passing, Running, Speed, Strength, Reaction, Agility, Balance, Co-ordination</p>	<p>Physical Me: Throw, Catch, Dodge, Run, Speed, Agility, Balance, Co-ordination</p> <p>Thinking Me</p>	<p>Physical Me: agility, balance, co-ordination, flexibility</p> <p>Thinking Me - Improving my performance</p>	<p>Physical Me: Running, throwing, jumping, Balance, Co-ordination, Power, speed, - flexibility, agility</p>

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	<p>Skip, Gallop, Jump, Hop, Speed, Leap</p> <p>Thinking Me</p> <ul style="list-style-type: none"> - To improve my dancing - Remember dance movements <p>Value Me</p> <ul style="list-style-type: none"> - Patience - Self Belief <p>Social Me</p> <ul style="list-style-type: none"> - Co-operate with others - Support others <p>Healthy Me</p> <ul style="list-style-type: none"> - Perform movements safely - Warm up 	<p>Thinking Me</p> <ul style="list-style-type: none"> - How can I improve? - Provide feedback <p>Value Me</p> <ul style="list-style-type: none"> - Self belief - Challenge <p>Social Me</p> <ul style="list-style-type: none"> - Co-operate - Communicate - Perform in front of a group 	<p>Thinking Me</p> <ul style="list-style-type: none"> - Select and apply my skills - Evaluate performance <p>Value Me</p> <ul style="list-style-type: none"> - Teamwork <p>Social Me</p> <ul style="list-style-type: none"> - Communication - Encourage - Collaboration 	<ul style="list-style-type: none"> - To improve my skills - To make decisions in a game <p>Value Me:</p> <ul style="list-style-type: none"> - Honesty - Courage <p>Social Me</p> <ul style="list-style-type: none"> - Communication - Encourage - Collaboration 	<p>Value Me: - Leadership</p> <p>Social Me</p> <ul style="list-style-type: none"> - Collaboration - Co-operation 	<p>Thinking Me</p> <ul style="list-style-type: none"> - Recalling information - Decision making <p>Value Me</p> <ul style="list-style-type: none"> - Perseverance - Teamwork <p>Social Me</p> <ul style="list-style-type: none"> - Encourage others - Communication
Year 4	Dance (e.g. Eco Warrior Unit)	Gymnastics	Tennis	Football	Multi-Skills	Athletics
Key Vocabulary	Inspire, pathways, direction, counts, collaborate, choreograph, timing, create	Matching, mirroring, static, elements, fluency, apparatus, body tension, sequences, sashay	Consecutive, drop feed, hand feed, accuracy, rally, position, compete, grip, communicate	Body position, inside hook, outside hook, drag back, fairness, intercept, communication, accuracy, technique	Agility, balance, co-ordination, leadership, skills, co-operate, speed, test, accuracy	Technique, accelerate, triple jump, compete, change over, mini coaches, shot put, short distance, baton
Substantive Knowledge	<p>Choreograph - Is the act of designing dance</p> <p>Direction- Direction in dance is the line taken by the body. Direction can refer to shapes, movements, sequences of movements or relationships between dancers. Direction may be</p>	<p>Travelling - Different ways of moving in a sequence linking one skill to the next.</p> <p>Matching - Performing exactly the same movement at exactly the same time as another gymnast. Mirroring - A pair of gymnasts perform the same movements in a</p>	<p>Drop-feed - Feeding the ball to a partner to allow them to practice a shot</p> <p>Hand-feed: (Dropped) - the partner drops the ball next to the player, who hits it after one bounce.</p> <p>Drop feed (Thrown) - the partner throws the ball to a specific</p>	<p>Inside hook</p> <ul style="list-style-type: none"> - The Inside-Hook turn uses the inside of the foot to turn and then sprint away from the defender <p>Outside hook- Use the outside of the foot to hook the ball back in the direction that you are going to. This turn is good for keeping your</p>	<p>Agility - The ability to change the position of the body quickly and with control.</p> <p>Balance - Is the ability to stay upright or stay in control of body movement</p> <p>Co-ordination - The ability to use two or more body parts together. This helps all athletes to move</p>	<p>Accelerate (running)</p> <ul style="list-style-type: none"> - Acceleration is the transition from standing to top-end speed . This normally takes about 3-4 seconds, from the start of a sprint <p>Standing Long Jump- Jumping two feet to two feet Standing</p> <p>Triple jump- Hop, Step and a Jump</p>

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	<p>Forward or backwards Sideway or Diagonal Pathways Pathways- In dance pathways refer to the path or pattern made by a body part - Pathways can be straight, angular, curving, symmetrical, asymmetrical</p>	<p>mirror image of each other. Elements - Each gymnastic skill being performed. Body Tension - Gymnast squeezes their muscles to make them strong when performing their skills. Good body tension gives the gymnast control when performing</p>	<p>area for the player to move to and hit, either before or after the bounce. Rally - Hitting the ball back and forth to your partner. - You need accuracy and control Consecutive - following each other continuously e.g. Hitting the ball to each other continuously</p>	<p>body between the ball and your opponent Drag back- A drag back is when you place the bottom of the foot on the ball, rolling it (or flicking it) backward, and turning with it.</p>	<p>smoothly and quickly, especially when also having to control a ball. Skills - Are learned abilities that athletes acquire through training and practice Speed - Speed is the ability to move parts of your body quickly, or the rate at which someone can perform a movement or cover a distance.</p>	<p>Shot put - Event involves pushing rather than throwing the shot (heavy ball) Relay- A relay race is a track event in which athletes run a pre-set distance carrying a baton before passing it onto the next runner. Often, a relay team is a team of four sprinters</p>
<p>Disciplinary Concepts</p>	<p>Physical Me: Co-ordination, Balance, Agility, Strength, Power, Flexibility, Skip, Gallop, Jump, Hop, Speed, Control Thinking Me - To improve my dancing - Remember dance movements Value Me: - Patience - Courage - Creativity Social Me - Co-operate with others - Respect others performing Healthy Me: - Warm ups - Pulse raiser</p>	<p>Physical Me: travelling, rolls, balances, bunny hops onto low apparatus, movement onto apparatus, sequences Thinking Me - Linking skills - Providing feedback - Observing Value Me - Courtesy - Passion Social Me - Co-operate - Communication - Mini Coach - Teamwork</p>	<p>Physical Me: throw, catch, running, co-ordination, balance, power, speed, flexibility, agility Thinking Me - Recalling information - Decision making Value Me - Perseverance - Self-belief Social Me - Encourage others - Communication</p>	<p>Physical Me: Kicking, Running, Speed, Strength, Reaction, Agility, Balance, Co-ordination, Throw (in) Thinking Me - Select and apply skills – Evaluate performance Value Me: - Fairness -Resilience Social Me - Helping others - Accepting and embracing rules</p>	<p>Physical Me: agility, balance, co-ordination, flexibility Thinking Me - Improving my performance Value Me - Leadership Social Me - Collaboration - Co-operation</p>	<p>Physical Me: Running, throwing, jumping, Balance, Co-ordination, Power, speed, - flexibility, agility Thinking Me - Recalling information Value Me: - Decision making - Perseverance - Self belief Social Me - Encourage others - Communication</p>

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	- cool down					
Year 5	Dance (e.g. Olympic Unit)	Gymnastics	Netball	Rounders	Multi-Skills	Athletics
Key Vocabulary	Energy, fluency, precision, Strength, shape, Rhythm, counts, leader	Symmetrical, Asymmetrical, tension, scissor kick, cartwheel, hurdle step, collaborate, routine	Space, centre pass, obstruction, centre circle, intercept, centre third, double dodge, penalty pass, goal third	Techniques, back stop, decisions, aerobic, speed, innings, scoop, directions, donkey drop	Agility, balance, co-ordination, accuracy, performance, combination, success, evaluate, create	Evaluate, react, accelerate, collaborate, sprint start, pace, stride, peer assess, feedback
Substantive Knowledge	<p>Shape - Because of the way the body is made it is possible to make many different lines and shapes with individual body parts</p> <p>Fluency - movements flow from one to the next with ease</p> <p>Rhythm - the steady beat of the music to which we dance</p>	<p>Scissor Kick - Step and kick alternate legs, then land</p> <p>T- Roll - Start in T-shape, roll over in tuck shape</p> <p>Cartwheel - A cartwheel is a sideways rotary movement of the body. It is performed by bringing the hands to the floor one at a time while the body inverts</p> <p>Hurdle Step - Jumping from one foot to two</p> <p>Symmetrical - A body shape that is the same (mirror image) on both sides of the centre line.</p> <p>Asymmetrical - A body shape that is different on both sides of the centre line</p>	<p>Position /Area of play</p> <p>Goal Shooter (GS) -Is allowed to shoot - Marks GK</p> <p>Goal Attack (GA) -Is allowed to shoot - Marks GK</p> <p>Centre (C) -Both Centres mark each other</p> <p>-Takes the centre pass to start the game</p> <p>Goal Defence (GD) Marks Goal Attack (GA)</p> <p>Goal Keeper (GK) Marks Goal Shooter (GS)</p>	<p>It is a no ball when:</p> <ul style="list-style-type: none"> - The ball is above the head/below the knee - The ball bounces on its way to you - The ball is wide or straight at body - The bowler's foot is outside of the square when they release the ball - The bowler does not use a smooth, underarm action - 2 consecutive no balls=1/2 rounder 	<p>Agility - The ability to change the position of the body quickly and with control.</p> <p>Balance - Is the ability to stay upright or stay in control of body movement</p> <p>Co-ordination - The ability to use two or more body parts together. This helps all athletes to move smoothly and quickly especially when also having to control a ball.</p> <p>Accuracy- Is the ability to perform movements and skills with precision.</p> <p>Flexibility - Is the ability to move muscles and joints through a full normal range of motion</p>	<p>Sprint Start: To start the race 'On your marks, Set, Go!</p> <p>Javelin scoring : Measure the score from the line that they throw from to where the first part of the foam javelin has touched the ground</p> <p>Standing Long Jump Scoring: The measurement is taken from the take-off line to the nearest point of contact on landing (back of the heels). Pace: Is the speed at which you run. It is important not to run too quickly, too soon and use up all your energy!</p>

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Disciplinary Concepts	<p>Physical Me: Co-ordination, Balance Agility, Strength, Power, Flexibility Skip, Gallop, Jump Hop, Speed, Control</p> <p>Thinking Me - To improve my dancing - Remember dance movements</p> <p>Value Me: - Patience - Courage - Creativity</p> <p>Social Me - Co-operate with others - Respect others performing</p> <p>Healthy Me: - Warm ups - Pulse raiser - Cool down</p>	<p>Physical Me: Jumps and leaps, rolls, balances, cartwheel, hurdle step, squat on to apparatus, small group sequences</p> <p>Thinking Me - Linking skills - Evaluate - Improve - performance</p> <p>Value Me - Courage - Motivating - Respect</p> <p>Social & emotional Me - Collaborate - Communication - Mini coach - compete</p>	<p>Physical Me: Throw, Catch, Dodge, Run, Dribble, Agility, Balance, Co-ordination Jump, Speed</p> <p>Thinking Me - To make decisions in the game - Evaluate & improve performance</p> <p>Value Me: - Respect - Self belief</p> <p>Social Me - Communication - Co-operate - Collaboration</p>	<p>Physical Me: Running, Catching, Power, Balance, Passing, Throwing, Speed, Strength, Reaction, Co-ordination</p> <p>Thinking Me - To make decisions in a game</p> <p>Value Me - Passion - Determination</p> <p>Social Me - Communicate - Co-operate - Collaborate</p>	<p>Physical Me: Agility, Balance, Co-ordination, Speed, Flexibility, Strength Control, Running, Jumping, Throwing Skipping</p> <p>Thinking Me - Problem solving - Improving my performance</p> <p>Value Me - Responsibility - Creativity</p> <p>Social Me - Collaboration - Co-operation</p>	<p>Physical Me: Running: Speed, Agility, Power, Co-ordination, Balance Throwing: Balance, Co-ordination, Power, speed, - flexibility Jumping - Power, Co-ordination, Balance, flexibility</p> <p>Thinking Me - To react quickly - How to pace yourself</p> <p>Value Me: - Responsibility - Empathy</p> <p>Social Me - Co-operate with others - Collaborate with others</p>
Year 6	Dance (e.g. Stomp Unit)	Gymnastics	Handball	Tag Rugby	Multi-Skills	Athletics
Key Vocabulary	transition, evaluate, expression, space, strength, formations, fluency, evaluate	Inverted, momentum, counter balance, counter tension, rhythm, formation, aesthetic appeal, precision, synchronisation, speed	Jump shot, Overhead, possession, pressure, block, semi-circle, passive defender, mark, conditioned	Tactics, zone, timing, consecutive, evaluate, transfer, match, support, leadership	agility, balance, co-ordination, technique, fluency, efficiency, exercise, isolation, challenge	evaluate, long distance, accelerate, compete, sprint start, pace, stride, gracious, leader
Substantive Knowledge	Transition - is a movement, passage, or change from	Cat Leap - Step, lift alternating knees in cycling action to land. Inverted skill -	Jump shot - the vertical jump shot is thrown with power and speed	Consecutive - One after another - e.g in an adapted game you may have to get	Agility - The ability to change the position of the body quickly and with control.	Racing: - To start the race: ' On your marks, Set, Go!' - To finish, aim to lean

PE Progression Map

	<p>one position to another.</p> <p>Formation- How you arrange your group e.g. straight line, circle, facing each other etc</p> <p>Space- How you use the space around you e.g: low, middle and high movements, the shapes you make in space and how you move through the space.</p> <p>- It is also how you dance with others in the space: e.g. are you close to someone or how far apart you are</p>	<p>An action where the hips go above the head e.g cartwheel, bridge, shoulder stand, teddy bear roll.</p> <p>Counter balance - A balance performed by a pair of gymnasts who support each other's weight by pushing against one another. Counter tension - Two or more gymnasts perform a balance whilst pulling away from each other or a piece of apparatus, where the weight is not even.</p> <p>Formation - A group of gymnastics positioning themselves in an artistic way.</p> <p>Aesthetic appeal - The performance of the gymnastic sequences should be beautiful to watch.</p>	<p>downward into the opponent's goal. - The angle/speed makes it hard for the opponent or goalkeeper to stop.</p> <p>Passive defender - Puts pressure on a player by marking/following them, but cannot touch the player/ ball</p> <p>Possession - Is having control of the ball by one team, which can give that team the opportunity to score.</p>	<p>5 consecutive tags in a row before you can regain possession of the ball</p> <p>Tactics - Actions and strategies are planned to achieve an overall objective – in sport that objective is predominantly to win</p> <p>Timing - You get your timing right when you start running at the correct moment, and you're able to control your speed, acceleration and direction. It doesn't just happen, you have to practice!</p>	<p>Balance - Is the ability to stay upright or stay in control of body movement</p> <p>Co-ordination - The ability to use two or more body parts together. This helps all athletes to move smoothly and quickly especially when also having to control a ball.</p> <p>Isolation - On its own e.g performing a skill on its own - balancing</p> <p>Fluency - A skilled player is able to perform the task making it look effortless and movements flow from one to the next</p>	<p>forward and put your top part of your body over the finish line first as you cross it</p> <p>Rules: - Rest the shot close to the neck, and keep it close to the neck - Release shot above the height of the shoulder, using only one hand. - The shot is to be put (i.e. pushed), not thrown with an overhead motion. No Throw if the above is not shown!</p> <p>Standing Triple Jump Scoring: - Measure from the take-off line to the back of the closest heel on landing. - Start by standing on one foot as close to the take-off line as possible. - Hop, step and jump in one continuous movement as far as possible from the take-off line</p>
<p>Disciplinary Concepts</p>	<p>Physical Me Co-ordination, Balance, Agility, Strength, Power Flexibility, Skip, Gallop</p>	<p>Physical Me: Jumps and Leaps, balances, rolls, inverted skills, small group sequences</p> <p>Thinking Me - Linking skills</p>	<p>Physical Me: Throw, catch, run, dodge, dribble, agility, power, balance, co-ordination, jump, speed</p>	<p>Physical Me: throw, catch, dodge, run, speed, agility, balance, co-ordination</p> <p>Thinking Me - To improve my skills</p>	<p>Physical Me: Agility, balance, co-ordination, speed, flexibility, strength, control, running, jumping, throwing, skipping</p>	<p>Physical Me Running: Speed, Agility, Power, Co-ordination, Balance, Throwing: Balance, Co-ordination, Power, speed, -</p>

PE Progression Map

	<p>Jump, Hop, Speed, Control</p> <p>Thinking Me</p> <ul style="list-style-type: none"> - Evaluate and improve my dancing <p>Value Me:</p> <ul style="list-style-type: none"> - Patience - Courage - Creativity <p>Social Me</p> <ul style="list-style-type: none"> - Co-operate with others - Respect others performing <p>Healthy Me:</p> <ul style="list-style-type: none"> - Warm ups - Pulse raiser - Cool down 	<ul style="list-style-type: none"> - Evaluate and improve performance <p>Value Me</p> <ul style="list-style-type: none"> Courage Motivating Self-belief <p>Social Me</p> <ul style="list-style-type: none"> - Collaborate - Communication - Mini Coach - Compete 	<p>Thinking Me</p> <ul style="list-style-type: none"> - To make decisions in the game <p>- Evaluate and improve</p> <p>Value Me</p> <ul style="list-style-type: none"> - Leadership - Determination <p>Social Me</p> <ul style="list-style-type: none"> - Teamwork - Encouraging others 	<ul style="list-style-type: none"> - To make decisions in a game <p>Value Me</p> <ul style="list-style-type: none"> - Leadership - Courage <p>Social Me</p> <ul style="list-style-type: none"> - Communication - Leading my team - Supporting others 	<p>Thinking Me</p> <ul style="list-style-type: none"> - Problem solving - Evaluate and improve my performance <p>Value Me</p> <ul style="list-style-type: none"> - Responsibility - Self-belief - Leadership <p>Social Me</p> <ul style="list-style-type: none"> - Collaboration - Co-operation 	<p>flexibility – Jumping: Power, Co-ordination, Balance, flexibility</p> <p>Thinking Me</p> <ul style="list-style-type: none"> - To improve my performance <p>Value Me:</p> <ul style="list-style-type: none"> - Determination - Graciousness <p>Social Me</p> <ul style="list-style-type: none"> - Co-operate with others - Collaborate with others
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