



Castercliff Primary Academy – Whole school PE Progression.



Year Group (Age)	Invasion Games	Gymnastics/Dance	Net/Wall	Striking/Fielding	Athletics	OAA/New sports
Children will be taught to:						
4-5 yrs (Rec)	Catch a large object. Bounce and roll large balls. Move in various ways. Avoid opponents through catching games. Develop spatial awareness.	Establish a balance using their own bodyweight. Jump and land with correct technique Use apparatus safely	Balance an object on a small racket Understand the concept of hand eye coordination Move a ball with a racket along the floor keeping close control	Throw a ball using overarm and underarm technique. Throw a ball into a space Stop a ball from travelling passed them (receiving)	Movement in various ways Understand the difference between running, Jogging and walking Jump with confidence not for height but distance	



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5-6 yrs (Yr1)	Catch a large object	Working on Pencil Rolls	Balancing large and small balls on a mini tennis racket	Throw objects to a partner to enable them to stop or catch.	Jumping for distance.	Explore school grounds for objects
	Catch a smaller object with correct two hand technique	Focus on using parts of the body to balance (hands and Feet)	Understand that the strings make the ball bounce off the racket higher than usual.	Throw an object passed or over a partner into a space.	Understanding what sprinting means.	using a single point as a base to move away from and return too.
	Move in Various Ways (Follow Baseline)	Travelling using animal movements (Bear, Caterpillar)	Tap the ball along the floor around the hall using a racket	Hit a large ball with an object (racket, bat) off a cone.	Focus on key fundamental movement skills (run, Hop, Jump, Skip).	
	Avoid opponents in catching games	Use apparatus to develop Jumping and landing	Hit a ball from a bouncing position into a space		Small team races	
	Continue to focus on spatial awareness					
Understand boundaries limitations to areas						



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6-7 yrs (Yr2)	Baseline assessment of Catching and Throwing.	Pencil Rolls Recap.	Using a mini tennis racket and soft compression tennis balls or sponge balls.	Use mini tennis rackets, Cricket Bats and soft rounder's bats to make contact with a medium sized ball.	Baseline Assessment overview of running, jumping, hopping, skipping.	Use a simple map of the school grounds to enable children to move from one place to another to find a point or number that has been placed there.
	Use various objects to look at throwing techniques.	Introduce Teddybear rolls, Egg Rolls.	Balance and tap the ball continuously.	Hit a ball off a cone in the direction of a partner	Introduction of relay races using batons.	
	"Piggy in the middle" keep away games.	Jumping techniques such as Tuck Jump, Pencil Jumps and Star Jumps.	Accurately tap a ball in the air to a partner (use of direction)	Fielder to try and stop a ball from going passed them using body hands and feet.	Look at throwing techniques of soft Javelins (overarm)	
	Catching and avoiding games (Tig, Stuck in the mud)	Balancing using hands, Feet, Knees, Bottom.		Fielder to bounce a ball to striker who will attempt to hit the ball back.	Understand that races are timed and competitive.	
		Use of apparatus to create balances (Benches) and Jumps (Boxes)				



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7-8 yrs (Yr3)	Sports Specific techniques attributed to the invasion game.	Recap on previous rolls covered.	Recap on previous year though tap ups and hand/eye coordination.	Look predominantly at the technique of holding a cricket bat and rounders bat.	Understand that races are either short or longer distance or the techniques needed to be good at both.	Explore map reading skills to move from one place to another collecting evidence from trig points.
	Techniques of the Passing a rugby ball, Netball, bouncing a basketball.	Recap jumping techniques.	Focus Primary technique of the "Forehand".	Strike a stationary ball using the correct technique to hit the ball into a space.	Focus on running for a longer distance and the use of the term "Pace".	Focus on enabling children to read the maps correctly
	2v1 keep away games incorporating the passing techniques. Spatial awareness games through catching and avoiding.	Introduce Quarter and half turns into jumps.	Understand the correlation between an overarm throw stance and the stance for Forehand.	Successfully stop a ball using the body as a barrier.	Select a time for a run and see if children can judge a good pace in which to be able to run for that amount of time.	
		Explain the necessity of Tension and Extension when performing a balance and the time expected to hold a balance for.	Successfully hit a ball with the technique to a partner using direction.	Using over and underarm throw successfully throw at a smaller target.	Technique of long jump with the use of two foot standing long jump.	
		Create a mini routine of a balance, jump and roll to understand what "Flow" Means.	Small games of cone targets to encompass direction through technique.		When sprinting, discuss the importance of reactions and how it is key when starting a race.	
		Use apparatus to encompass balances, jumps and landing.				



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					Howler throwing as opposed to Soft javelin for throwing.	
8-9 yrs (Yr4)	<p>Recap on sport specific skills from year 3.</p> <p>Begin to understand keep away within certain sports.</p> <p>Build up to 5v2 game situations to keep the object away and look at basic decision making skills.</p> <p>Focus on end zone games</p>	<p>Applying all previous years' knowledge.</p> <p>Create sequences and routines in which children put together a formula of ideas.</p> <p>Looking at making a routine flow and work with ease.</p> <p>Use of apparatus to assist in creating a routine working on the floor and apparatus.</p>	<p>Recap forehand from previous year.</p> <p>Emphasis on backhand technique.</p> <p>Apply strongest foot forward and full arm across the body with knuckles facing the way they are playing.</p> <p>Successfully hit a ball back to a partner using bounce and hit technique.</p> <p>Attempt to hit create a basic rally between two people counting the number of times they can hit the ball backwards and forwards.</p>	<p>Recap of technique of holding a cricket bat.</p> <p>Ensure children are always facing their partners sideways on to be able to hit the ball correctly.</p> <p>Focus on bowling for both cricket and rounders.</p> <p>Windmill motions for cricket bowling</p> <p>A good strong underarm throw when bowling for rounder's.</p> <p>Bowling and throwing at wickets using correct techniques.</p>	<p>Recap of previous years.</p> <p>Understand the fundamentals of triple jumps. Looking at hop, skip and jump in a flowing motion.</p> <p>Continue to look at distance running and being able to understand how to maintain a constant speed.</p> <p>Looking at how to be explosive through sprinting.</p> <p>Maintain tension throughout a sprint using as much force as possible.</p>	<p>Set up simple orienteering stations that children can adapt and create their own drawn maps to using cones. Children should understand the points of a compass to enable them to always use north as a base for the map to be facing.</p>



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9-10 yrs (Yr5)	Applying all previous knowledge into tactical game situations.	Implement Forward rolls as a new skill	Using all prior knowledge to establish rallies between partners.	Using prior knowledge all children to understand covering spaces when fielding in cricket.	Full recap on previous years learning.	Use a full school map that has been correctly mapped.
	Apply more pressure to situations via 5 v 3 and 4 v 2 type games.	Look at a full turn in jumping alongside tuck, pike and straddle.	Look at body language when playing particular shots.	Being able to hit an object delivered towards them into a specific direction away from the fielders.	Introduce a run into the long jump with an emphasis on planting a foot as close to the line before leaping on the strong leg.	Following a pattern to get all the correct trig points within a set time
	Look at decision making abilities.	Create sequences using all prior and new learnt knowledge	Key focus on being light on their feet.	Taking a run up or small steps to add pace when bowling in cricket.	Look at relays and the importance of passing a baton at the right time with the right technique.	
	Supporting the person with the object when in possession.	Introduce paired balances and counter balances.	Volleying the ball when appropriate	Ensuring footwork is correct to deliver a good bowl in cricket		
		Creating a sequence or routine using apparatus	Understanding space and distance on a court or area.	Small sided games focusing on points scored from the attacking or striking team only.		



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10-11yrs (Yr6)	<p>Apply all previous knowledge into tactical decision making situations.</p> <p>Games will now be same numbered teams (eg 6v6 or 5v5)</p> <p>Lower ability should still work with an advantage to the attacking team, however focus is now predominantly on decision making under pressure</p>	<p>Use the 6 weeks to create a routine of complexity using all previous knowledge (and advanced knowledge for those who attend gymnastics clubs). Encompass the routine to have balances, travels, jumps, rolls, extension, tension and a most of all ensure the routine flows properly.</p>	<p>Recap on the previous years techniques and skills.</p> <p>Apply decision making techniques to beat an opponent on a set court. Encourage competition throughout the 6 weeks in trying to win points through outwitting an opponent.</p>	<p>Recap on previous years techniques and skills.</p> <p>Create small sided games in rounders and focusing on decision making from all aspects (Bowler, Fielders and batters) encourage children to keep their own scores and officiate their own games using rules provided.</p>	<p>Recap which covers all areas previously worked on through the years. Children to record their own scores week on week.</p> <p>Try to divide the competition on ability to enable all children to have a fair chance to compete.</p>	<p>Create a detailed map of the school including important features. Understand the importance of minor details. Follow navigation to an end goal. Show patience and resilience during tricky situations. Participate in an assault course to excel in various activities. Understand how to plan an event and offer feedback to improve next time.</p>
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