

## Progression of PE Skills

Year A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Global Goals</b>	Global Goal 6 Clean water and sanitation - Everyone has safe water and sanitation. Improve healthy hygiene habits. Stop chemicals being thrown into the water. Protect water environments.					
<b>SIAMS</b>	2a Meeting the academic needs of all pupils through the curriculum. Identifying and supporting those more vulnerable and who may have additional learning and personal needs. 2b The school supports all pupils in their spiritual development, enabling all pupils to flourish. 5c Ensure children are able to cherish themselves and others as unique and wonderfully made, to form healthy relationships where they respect and offer dignity to others.					
<b>Lesson</b>	Athletics	Invasion Games	Gymnastics	Dodgeball	Orienteering	Striking and Fielding
<b>Swimming</b>	<p>YEAR 3</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Perform safe self-rescue in different water-based situations.</p>				<p>YEAR 3</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Perform safe self-rescue in different water-based situations.</p>	
<b>NC</b>	<p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>Participate in team games, developing simple tactics for attacking and defending</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p>	<p>Participate in team games, developing simple tactics for attacking and defending</p> <p>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p>	<p>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>Participate in team games, developing simple tactics for attacking and defending</p> <p>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p>	<p>Take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p>Participate in team games, developing simple tactics for attacking and defending</p> <p>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p>
<b>Competitions</b>	Sports Hall (AVSSP)	KS2 Basketball (AVSSP) Handball (AVSSP)	Dodgeball (AVSSP) Futsal (KS2) Indoor Rowing (AVSSP)	KS2 Cross Country (AVSSP)	KS1 Football (AVSSP)	Go Ride (AVSSP) Tough Runner (AVSSP) Kwik Cricket (AVSSP) KS2 Swimming Gala (AVSSP) Quad Kids (AVSSP)
<b>Clubs</b>	Football Multi Skills Basketball	Football Multi Skills Basketball	Football Multi Skills Basketball	Football Multi Skills Basketball	Football Multi Skills Basketball	Football Multi Skills Basketball
<b>Enrichment Opportunities</b>				Tough Rower		Tough Runner Sports Day

## Progression of PE Skills

Year B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Global Goals</b>	Global Goal 6 Clean water and sanitation - Everyone has safe water and sanitation. Improve healthy hygiene habits. Stop chemicals being thrown into the water. Protect water environments.					
<b>SIAMS</b>	2a Meeting the academic needs of all pupils through the curriculum. Identifying and supporting those more vulnerable and who may have additional learning and personal needs. 2b The school supports all pupils in their spiritual development, enabling all pupils to flourish. 5c Ensure children are able to cherish themselves and others as unique and wonderfully made, to form healthy relationships where they respect and offer dignity to others.					
<b>Lesson</b>	Athletics	Circuit Training	Dance	Net Games	Hockey	KS1 Handball Basketball/Netball
<b>Swimming</b>	<p>YEAR 3</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Perform safe self-rescue in different water-based situations.</p>				<p>YEAR 3</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Perform safe self-rescue in different water-based situations.</p>	
<b>NC</b>	Use running, jumping, throwing and catching in isolation and in combination	Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	<p>Perform dances using simple movement patterns.</p> <p>Perform dances using a range of movement patterns</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	Participate in team games, developing simple tactics for attacking and defending	<p>Participate in team games, developing simple tactics for attacking and defending</p> <p>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p>
<b>Competitions</b>	Sportshall (AVSSP)	KS2 Basketball (AVSSP) Handball (AVSSP)	Dodgeball (AVSSP) Indoor Rowing (AVSSP) Futsal (AVSSP)	KS2 Cross Country (AVSSP)	KS1 Football (AVSSP) Tennis (AVSSP)	Go Ride (AVSSP) Tough Runner (AVSSP) Kwik Cricket (AVSSP) KS2 Swimming Gala (AVSSP) Quad Kids (AVSSP)
<b>Clubs</b>	KS1 Handball KS2 Tag Rugby KS2 Basketball	KS1 Dodgeball KS2 Futsal KS2 Handball	KS1 Net Games KS2 Dodgeball KS2 Table Tennis	KS1 Athletics KS2 Netball KS2 Cross Country	KS1 Football KS2 Cricket KS2 Go Ride	KS1 Rounders Hockey KS2 Rounders
<b>Enrichment Opportunities</b>				Tough Rower		Tough Runner Sports Day