



Morven Park Primary School

Physical Education Progression Document

Year group	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Studies</b>	<b>Ball Skills</b> <b>Gymnastics</b> <b>Atack v Defence</b> <b>Dance</b>	<b>Locomotion</b> <b>Ball Skills</b> <b>Team Building</b> <b>Gymnastics</b> <b>Dance</b> <b>Rackets, bats and balls</b> <b>Attack v Defence</b>	<b>Locomotion</b> <b>Ball Skills</b> <b>Team Building</b> <b>Gymnastics</b> <b>Dance</b> <b>Rackets, bats and balls</b> <b>Attack v Defence</b>	<b>Rowing</b> <b>Swimming</b> <b>Athletics</b> <b>Tag Rugby</b> <b>Handball</b> <b>Dodgeball</b> <b>Hockey</b> <b>Basketball</b> <b>Gymnastics</b> <b>OAA – Communication &amp; Tactics</b> <b>Cricket</b> <b>Rounders</b> <b>Tennis</b> <b>Dance</b>	<b>Rowing</b> <b>Swimming</b> <b>Athletics</b> <b>Tag Rugby</b> <b>Handball</b> <b>Dodgeball</b> <b>Hockey</b> <b>Basketball</b> <b>Gymnastics</b> <b>OAA – Problem Solving</b> <b>Cricket</b> <b>Rounders</b> <b>Tennis</b> <b>Dance</b>	<b>Rowing</b> <b>Swimming</b> <b>Athletics</b> <b>Tag Rugby</b> <b>Handball</b> <b>Dodgeball</b> <b>Hockey</b> <b>Basketball</b> <b>Gymnastics</b> <b>OAA – Orienteering</b> <b>Cricket</b> <b>Rounders</b> <b>Tennis</b> <b>Dance</b>	<b>Rowing</b> <b>OAA - Leadership</b> <b>Swimming</b> <b>Athletics</b> <b>Tag Rugby</b> <b>Handball</b> <b>Dodgeball</b> <b>Hockey</b> <b>Basketball</b> <b>Gymnastics</b> <b>OAA – Orienteering</b> <b>Cricket</b> <b>Rounders</b> <b>Tennis</b> <b>Dance</b>
<b>Progression of Skills</b>							
<b>Invasion Games</b>	Explore pushing, rolling and bouncing.  Explore bouncing into space.  Combine pushing and rolling.  Taking turns/keeping the score.	Introduce sending (bouncing) with control.  Introduce aiming with accuracy.  Introduce power and speed when sending a ball.	Develop dribbling/passing and receiving.  Combine dribbling, passing and receiving, keeping possession.  Develop dribbling/passing	Introduce dribbling; keeping control.  Introduce passing, receiving and creating space.  Combine dribbling and passing to create space.	Refine dribbling.  Refine passing and receiving.  Refine passing and dribbling creating space.  Refine passing and dribbling creating shooting opportunities.	Recap and refine dribbling and passing to create attacking opportunities.  Develop marking.  Refine shooting.  Refine attacking skills, passing, dribbling and shooting.	Consolidate keeping possession.  Develop officiating.  Consolidate defending.  Create, understand and apply attacking tactics in game situations.

	Understanding and playing by the rules.	Introduce/develop stopping, combining sending skills.	and receiving to score a point.	Develop passing, receiving and dribbling.	Introduce marking.	Refine defending skills developing transition from defence to attack.	Create, understand and apply defending tactics in game situations.
	Explore/develop walking in different pathways.	Combine sending and receiving skills.	Combine dribbling, passing and receiving to score a point.	Combine throwing and dodging.	Introduce jumping and ducking.	Introduce officiating.	Consolidate understanding attacking and defending tactics.
	Apply walking into a game.	Explore running.	Attacking/defending as a team.	Developing changing direction.	Develop throwing with accuracy and power over an increased distance.	Introduce blocking.	Transition between attack and defence.
		Apply running into a game.	Understanding the basics of transition between defence and attack.	Introduce throwing with accuracy.	Develop catching.	Consolidate catching.	Applying the rules: Officiating games.
		Explore running at different speeds.	Combine passing and receiving to score a point.	Develop moving, changing direction at speed.	Consolidate dodging, jumping and ducking into games.	Understand where we throw and why we need to throw with accuracy and power.	Managing tactics and officiate games.
		Understanding the basic principles of attack/defence.	Create and apply basic attacking/defensive tactics.	Develop passing and moving.	Combine dodging, catching and throwing.	Explore basic attacking and defending tactics.	Consolidate attacking and defending in mini games.
		Applying basic attacking/defending principles into a game.		Combine passing and moving.	Develop passing and creating space.	Consolidate passing and receiving.	Consolidate passing and moving.
				Introduce shooting.	Develop passing, moving and shooting.	Explore the function of other passes.	
				Develop passing and shooting to create attacking opportunities.	Combine passing and shooting.	Develop defending; block and tackling.	
				Introduce moving with the ball, passing and receiving.	Introduce defending.	Develop passing and creating space.	
			Introduce tagging.	Develop shooting; combine passing and dribbling to create shooting opportunities.	Refine shooting.		
			Create space when attacking.	Develop passing and dribbling creating space for attacking opportunities.	Refine passing and moving to create attacking opportunities.		
				Introduce defending; blocking and tackling.	Explore different passes that can be used to outwit defenders.		
				Develop defending in game situations.	Refine defending as a team.		
					Create and apply defending tactics.		

					Combine passing and moving to create an attack and score.		
<b>Net/Wall Games</b>	<p>Explore throwing overarm and underarm.</p> <p>Explore rolling, stopping a ball and catching.</p>	<p>Explore pushing (dribbling) a ball with a racket: Introducing control.</p> <p>Explore hitting and develop pushing a ball (with a racket) towards a target.</p> <p>Explore hitting a ball (with a racket) with power and accuracy.</p>	<p>Extend hitting the ball (with a racket) with accuracy.</p> <p>Combine hitting a ball (with a racket) with accuracy and power.</p> <p>Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent.</p>	<p>Introduction to tennis, outwitting an opponent.</p> <p>Creating space to win a point.</p> <p>Consolidate how to win a game.</p> <p>Introduce the forehand.</p>	<p>Developing the forehand.</p> <p>Creating space to win a point using a racket.</p> <p>Introduce the serve.</p> <p>Introduce the backhand.</p> <p>Applying the forehand and backhand in game situations.</p> <p>Applying the forehand and backhand creating space to win a point.</p>	<p>Introduce/develop the volley.</p> <p>Develop the serve.</p> <p>Controlling the game from the serve.</p> <p>Doubles, understanding and applying tactics to win a point.</p>	<p>Game application, mixed ability doubles, round robin games.</p>
<b>Striking and Fielding Games</b>	<p>Explore throwing overarm and underarm.</p> <p>Explore rolling, stopping a ball and catching.</p>	<p>Introduce throwing with accuracy.</p> <p>Apply throwing with accuracy in a team.</p> <p>Introduce stopping a ball.</p> <p>Develop sending (rolling) skills to score a point.</p> <p>Consolidate sending and stopping to win a game.</p>	<p>Develop underarm throwing.</p> <p>Apply underarm throwing to win a game.</p> <p>Apply underarm throwing to beat an opponent.</p> <p>Introduce overarm throwing.</p>	<p>Understand the concept of batting and fielding.</p> <p>Develop throwing overarm.</p> <p>Develop throwing underarm.</p> <p>Striking with intent.</p> <p>Develop catching.</p> <p>Introduce stopping the ball.</p> <p>Application of stopping the ball in a game.</p>	<p>Develop an understanding of batting and fielding.</p> <p>Introduce bowling underarm.</p> <p>Develop stopping and returning the ball.</p> <p>Develop retrieving and returning the ball.</p> <p>Striking the ball at different angles and speeds.</p> <p>Introduce and apply basic fielding tactics.</p> <p>Develop fielding bowling with a backstop.</p>	<p>Refine batting.</p> <p>Understand and develop batting and bowling tactics.</p> <p>Refine fielding, stopping, catching and throwing.</p> <p>Combine bowling and fielding creating and applying tactics.</p> <p>Introduce umpiring and scoring.</p> <p>Applying tactics in mini games.</p> <p>Refine fielding tactics, what players where?</p>	<p>Consolidate batting/fielding/bowling.</p> <p>Create, understand and apply attacking/defensive tactics in game.</p> <p>Refine our understanding of what happens if the batter misses or hits the ball backwards.</p> <p>Batting considerations.</p>

<p><b>Gymnastics</b></p>	<p>Introduction to high, low, over and under.</p> <p>Introduction to the apparatus.</p>	<p>Introduction to wide, narrow and curled.</p> <p>Exploring the difference between wide, narrow and curled.</p> <p>Transitioning between wide, narrow and curled movements.</p> <p>Linking two movements together.</p>	<p>Developing linking.</p> <p>Linking on apparatus.</p> <p>Jump, roll, balance sequences/on apparatus.</p> <p>Creation of sequences.</p> <p>Completion of sequences and performance.</p>	<p>Introduction to symmetry and asymmetry.</p> <p>Application of learning onto apparatus.</p> <p>Sequence formation.</p> <p>Sequence completion.</p>	<p>Introduction to bridges,</p> <p>Application of bridge learning onto apparatus,</p> <p>Develop sequences with bridges,</p> <p>Sequence formation,</p> <p>Sequence completion,</p>	<p>Introduction to counterbalance.</p> <p>Application of counterbalance learning onto apparatus.</p> <p>Sequence formation.</p> <p>Counter Tension.</p> <p>Sequence completion.</p>	<p>Introduction to matching/ mirroring.</p> <p>Application of matching/ mirroring learning onto apparatus.</p> <p>Sequence development.</p>
<p><b>Dance</b></p>	<p>Responding in movement to words and music.</p> <p>Creating their own movement.</p> <p>Moving in sequence.</p> <p>Exploring character movements.</p>	<p>Responding to rhythm.</p> <p>Introduction to motifs.</p> <p>Creating motifs.</p> <p>Creating movement sequences.</p> <p>Relationships and performance.</p> <p>Exploring expression.</p> <p>Developing our movements, adding movements together.</p> <p>Responding to a rhythm: Introducing partner work.</p>	<p>Responding to stimuli.</p> <p>Developing whole group movement.</p> <p>Improvisation and physical descriptions.</p> <p>Creating contrasting movement sequences.</p> <p>Sequences, relationships and performance.</p> <p>Developing our motif with expression and emotion.</p> <p>Applying choreography in our motifs.</p> <p>Extending our motifs Sequences, relationships and performance.</p>	<p>Responding to stimuli.</p> <p>Developing character dance into a motif.</p> <p>Developing sequences with a partner in character that show relationships.</p> <p>Extending sequences with a partner in character.</p> <p>Developing thematic dance into a motif.</p>	<p>Responding to stimuli working together.</p> <p>Extending sequences with a partner in character.</p> <p>Exploring two contrasting.</p> <p>Relationships and interlinking dance moves.</p> <p>Developing sequences with a partner in character that show relationships and interlinking dance moves.</p> <p>Sequences, relationships, choreography and performance</p>	<p>Extending sequences with a partner using compositional principles.</p> <p>Creating movement using improvisation where movement is reactive.</p> <p>Developing character movements linked to linked to stimuli.</p> <p>Creating movements to represent different characters and performers.</p> <p>Extending our Performance incorporating props and apparatus.</p>	<p>Performing with technical control and rhythm in a group.</p> <p>Creating rhythmic patterns using the body.</p> <p>Experiencing dance from a different culture.</p> <p>Chorographical elements including still imagery.</p> <p>Creating rhythmic patterns using our body.</p> <p>Extending our choreography through controlled movements, character emotion and expression.</p> <p>Explore the relationships between characters applying character emotion and expression.</p>

<b>Athletics</b>	Explore/develop jumping.  Sustain walking.	Explore running.  Running for speed: Acceleration.  Explore running in a team.  Develop jumping.  Explore how jumping affects our bodies.	Consolidate jumping.  Apply jumping into a game.  Explore jumping combinations.  Develop jumping combinations.	Explore running for speed.  Explore acceleration.  Introduce /develop relay: Running for speed in a team.  Throwing: Accuracy vs distance.  Standing long jump.	Develop running at speed.  Exploring our stride pattern.  Exploring running at pace.  Understand and apply tactics when running for distance.  Introduce the Javelin.  Standing triple jump.	Finishing a race.  Evaluating our performance.  Sprinting: My personal best.  Relay changeovers.  Introduce the Chest Push.  Introducing the hurdles.	Consolidation of running, jumping and throwing skills.  Introduction of competitive running, jumping and throwing.  Focus on improvement for speed, jumping and throwing.
	<b>OAA</b>	Taking turns/keeping the score.  Understanding and playing by the rules.	Introducing teamwork.  Building trust and developing communication.  Cooperation and communication.	Develop teamwork.  Explore simple strategies.  Problem solving.  Consolidate teamwork.	Creating and applying simple tactics.  Developing leadership.  Developing communication as a team / collaborate effectively as a team.  Create defending and attacking tactics as a team.	Focus on cooperation and responsibility.  Develop communication and collaboration.  Understand why motivating each other is important when working in a team.	Introduce the concept and meaning of orienteering.  Introduce the concept of reading a map or a plan, being able to use a key correctly to help us navigate.  Orientate a map and locate points on the map in a set order.