

Progression in Physical Education

Lighting up a love of learning

End of Year Expectations

PE Intent

At Berrow, we adopt a **child-centred holistic approach** to physical education and sport as we believe our children should understand the importance of **physical and mental health, fitness and well-being** in order to **lead healthy and active lives**. We believe children should enjoy communicating, collaborating and competing with each other and against themselves, be able to apply a broad range of the fundamental skills in familiar and unfamiliar sports and have the confidence and self-belief to take physical risks and adopt challenges within a safe and secure learning environment. We aim to develop physically literate individuals who embark upon a healthy, active lifestyle and lifelong participation in physical activity and sport. We teach this through the delivery of Real PE teaching children fundamental movement skills as well as sports through the progressions of games for understanding, locomotion, ball skills and racket skills.

EYFS	Development Matters 2 year-olds will be learning to:	Development Matters 3 & 4-year-olds will be learning to:	Development Matters Children in Reception will be learning to:	Statutory Framework Early Learning Goals
Development Matters and Statutory ELGs are not the EYFS curriculum. This outlined a top-level view of how children develop and learn. Children's early learning is not neat and orderly, as such these are used as a pathway to help practitioners assess each child's level of development and make informed decisions about what a child needs to learn and be able to do next.				
Physical Development	<ul style="list-style-type: none"> •Walk, run, jump and climb – and start to use the stairs independently. •As soon as children are able, encourage 'active travel' to and from the setting – for example, walking, scooter or bike. •Spin, roll and independently use ropes and swings (for example, tyre swings). •Sit on a push-along wheeled toy, use a scooter or ride a tricycle. 	<ul style="list-style-type: none"> •Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. Go up steps and stairs, or climb up apparatus, using alternate feet. •Skip, hop, stand on one leg and hold a pose for a game like musical statues. •Use large-muscle movements to wave flags and streamers, paint and make marks. 	<ul style="list-style-type: none"> •Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. •Develop overall body-strength, balance, co-ordination and agility. •Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. •Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. •Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. •Develop overall body-strength, balance, co-ordination and agility. •Combine different movements with ease and fluency. 	<ul style="list-style-type: none"> •Negotiate space and obstacles safely, with consideration for themselves and others. • Demonstrate strength, balance and coordination when playing. • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Key stage 1 Pupils should be taught to:

- ♣ 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
- ♣ participate in team games, developing simple tactics for attacking and defending
- ♣ perform dances using simple movement patterns
- key physical features, including: beach, cliff, coast, forest, hill, mountain, sea, ocean, river, soil, valley, vegetation, season and weather
- key human features, including: city, town, village, factory, farm, house, office, port, harbour and shop

Key stage 2 Pupils should be taught to:

- ♣ use running, jumping, throwing and catching in isolation and in combination
- ♣ 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
- ♣ develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- ♣ perform dances using a range of movement patterns
- ♣ take part in outdoor and adventurous activity challenges both individually and within a team
- ♣ compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Games for Understanding into Hockey

Early Years Games for Understanding	Year 1 and 2 Games for Understanding Attack and Defence	Year 3 and 4 Hockey	Year 5 and 6 Hockey
Taking Turns Keeping the Score Playing by the rules Avoiding a defender Preventing an attacker from scoring	Understanding the principles of attack/defence Applying attacking / defending principles into a game and as a team. Understanding the transition between defence and attack Create and apply attacking/ defensive tactics	Attacking/defending as a team Understanding the transition between defence and attack Create and apply attacking/ defensive tactics Refine dribbling and passing Develop shooting Develop passing and dribbling creating space for attacking opportunities Introduce defending; blocking and tackling	Develop defending; block and tackling Refine dribbling and passing to create attacking opportunities Refine attacking skills, passing dribbling and shooting Refine defending skills developing transition from defence to attack Consolidate keeping possession, develop officiating Consolidate defending Create, understand and apply attacking/defending tactics in game situations

Locomotion into Tag Rugby

Early Years Locomotion: Jumping	Year 1 and 2 Locomotion: Jumping	Year 3 and 4 Tag Rugby	Year 5 and 6 Tag Rugby
<p>Explore jumping</p> <p>Apply jumping into a game Jumping for distance</p> <p>Explore jumping high</p>	<p>Developing jumping</p> <p>Explore how jumping affects our bodies</p> <p>Explore skipping</p> <p>Apply skipping and jumping into a game</p> <p>Consolidate jumping into a game</p> <p>Linking jumping</p> <p>Explore jumping combinations</p> <p>Develop jumping combinations</p>	<p>Introduce moving with the ball, passing and receiving</p> <p>Introduce tagging</p> <p>Create space when attacking</p> <p>Develop passing and moving</p> <p>Combine passing/moving to create attacking opportunities</p> <p>Develop passing, moving and creating space</p> <p>Apply learning to 3v3 mini games</p> <p>Develop defending in game situations</p> <p>Combine passing and moving to create an attack and score</p>	<p>Refine passing and moving to create attacking opportunities</p> <p>Explore different passes that can be used to outwit defenders</p> <p>Refine defending as a team</p> <p>Create and apply defending tactics</p> <p>Develop officiating</p> <p>Consolidate passing and moving</p> <p>Consolidate defending</p> <p>Create, understand and apply attacking/defending tactics in game situations</p> <p>Consolidate attacking and defending in mini games</p>

Ball Skills Hands into Cricket

Early Years Ball Skills Hands	Year 1 and 2 Ball Skills Hands	Year 3 and 4 Cricket	Year 5 and 6 Cricket
<p>Explore throwing</p> <p>Explore throwing (underarm)</p> <p>Explore throwing (overarm)</p> <p>Explore rolling</p> <p>Explore stopping a ball Explore 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 skills to score a point</p> <p>Consolidation of sending and stopping skills to win a game</p> <p>Develop pupils understanding of underarm throwing</p> <p>Applying the underarm throw to win a game/beat an opponent</p> <p>Introduce overarm throwing</p> <p>Applying overarm throwing to win a game</p>	<p>Understand the concept of batting and fielding</p> <p>Introduce throwing overarm</p> <p>Introduce throwing underarm</p> <p>Introduce catching</p> <p>Striking with intent</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>Refine batting, understand and develop batting and bowling tactics</p> <p>Refine fielding stooping, catching and throwing</p> <p>Combine bowling and fielding creating and applying tactics</p> <p>Introduce umpiring and scoring</p> <p>Consolidate batting/ fielding/bowling</p> <p>Create, understand and apply attacking/defensive tactics in game</p>

Rackets, Bats and Balls into Tennis

Early Years Rackets, Bats, Balls and Balloons	Year 1 and 2 Rackets, Bats and Balls	Year 3 and 4 Tennis	Year 5 and 6 Tennis
<p>Explore pushing/hitting a balloon with control</p> <p>Explore hitting a balloon with power into space</p> <p>Explore balancing an object on</p>	<p>Explore pushing (dribbling) a ball with a racket</p> <p>Explore hitting a ball (with a racket) towards a target</p> <p>Explore hitting a ball (with a racket) with power and accuracy</p> <p>Combine hitting a ball with accuracy and power</p> <p>Explore hitting a ball with accuracy and power to beat an opponent Introduce hitting a ball into a space</p>	<p>Introduction tennis, outwitting an opponent</p> <p>Creating space to win a point</p> <p>Consolidate how to win a game introduce rackets</p> <p>Introduce the forehand.</p> <p>Developing the forehand</p> <p>Creating space to win a point using a racket 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>Controlling the game from the serve</p> <p>Doubles, understanding and applying tactics to win a point</p> <p>Game application Game application, mixed ability doubles, round robin games</p>

Ball Skills Hands into Netball

Early Years Balls Skills Hands	Year 1 and 2 Ball Skills Hands	Year 3 and 4 Netball	Year 5 and 6 Netball
<p>Explore pushing</p> <p>Explore rolling</p> <p>Explore bouncing Explore bouncing into space</p> <p>Combine pushing and rolling</p> <p>Combine rolling, pushing and bouncing</p>	<p>Introduce sending (bouncing) with control</p> <p>Introduce aiming with accuracy Introduce power and speed when sending a ball</p> <p>Combine sending and receiving skills</p> <p>Develop dribbling/passing and receiving</p> <p>Combine dribbling, passing and receiving, keeping possession</p> <p>Combine dribbling, passing and receiving to score a point</p>	<p>Introduce passing, receiving and creating space</p> <p>Develop/combine passing and moving</p> <p>Combine/develop passing and shooting</p> <p>Refine passing and receiving</p> <p>Develop passing and dribbling creating space</p> <p>Develop passing, moving and shooting Refine passing and shooting</p> <p>Develop footwork</p>	<p>Refine passing and receiving</p> <p>Apply passing, footwork and shooting into mini games</p> <p>Introduce officiating Introduce defending</p> <p>Explore the function of other passing styles</p> <p>Consolidate keeping possession, develop officiating</p> <p>Consolidate defending</p> <p>Create, understand and apply attacking/defending tactics in game situations</p>

Ball Skills Feet into Football

Early Years Balls Skills Feet	Year 1 and 2 Ball Skills Feet	Year 3 and 4 Football	Year 5 and 6 Football
<p>Explore moving with a ball using our feet</p> <p>Develop moving with a ball using our feet</p> <p>Understand dribbling</p> <p>Develop dribbling against an opponent</p>	<p>Develop moving the ball using the feet</p> <p>Apply dribbling into games</p> <p>Consolidate dribbling Explore kicking (passing)</p> <p>Apply kicking (passing) to score a point</p> <p>Develop dribbling/passing/ receiving, keeping possession</p> <p>Combine dribbling, passing and receiving, keeping possession/to score a point</p> <p>Apply dribbling, passing and receiving as a team to score a point</p>	<p>Introduce/develop dribbling keeping control Introduce passing and receiving</p> <p>Combine dribbling and passing to create space</p> <p>Develop passing, receiving and dribbling</p> <p>Refine dribbling Turning Refine passing and receiving</p> <p>Develop passing and dribbling creating space Introduce shooting</p>	<p>Recap and refine dribbling and passing to maintain possession Introduce and develop defending</p> <p>Develop shooting Refine attacking skills, passing, dribbling and shooting, introduce officiating</p> <p>Consolidate keeping possession, develop officiating</p> <p>Consolidate defending</p> <p>Organise formations and mange teams</p> <p>Organise formations decide tactics, manage teams and officiate games</p>

Locomotion into Athletics

Early Years Locomotion: Jumping	Year 1 and 2 Locomotion: Running	Year 3 and 4 Athletics	Year 5 and 6 Athletics
Explore/develop jumping Apply jumping into a game Jumping for distance Explore jumping high Explore hopping	Locomotion (running) Explore running Apply running into a game Explore running at different speeds Running for speed: Acceleration Explore running in a team Consolidate running.	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 Javelin Standing Triple Jump	Finishing a race Evaluating our performance Sprinting: my personal best, relay changeovers, shot put Introducing the hurdles Running for speed competition Running for distance competition Throwing competition Jumping competition

Real PE Progression of Skills

Real PE COG Progression of Skills

Real PE Fundamental Movement Progression of Skills

