Twin Oaks
Primary School

PE Curriculum and Progression Framework

National Curriculum:

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.
The national curriculum for physical education aims to ensure that all pupils: develop competence to excel in a broad range of physical activities; are physically active for sustained periods of time; engage in competitive sports and activities; lead healthy, active lives.

At Sir Francis Drake, we encourage and motivate children to be self-competitive and competitive in races and sporting events with their peers and borough competitions, whilst continually developing their sense of team work and sportsmanship. Children from all key stages have the opportunity to take part in PE extra-curricular clubs which are sports focused, so they can pursue an area of sports they are passionate about.

EYFS

Topic	**Reception**
Body Management	Explore balance and managing own body. Able to stretch, reach and extend in a variety of ways and positions. Can use hands and feet to negotiate obstacles.
Cooperate + Solve Problems	Organise and match items, images, colours and symbols. Work with a partner to listen, share ideas and question. Collect, distinguish and differentiate colours and create a shape as a team.
Dance	Respond to a range of stimuli. Explore space, direction levels and speeds and perform with different body parts.
Gymnastics	Develop confidence in fundamental movements. Experience jumping, sliding, rolling and moving under and

	over apparatus. Develop coordination and gross motor skills.
Manipulation + Coordination	Send and receive variety of objects with different body parts. Work with others to control objects in space. Coordinate body parts in a variety of activities and in different ways.
Speed, Agility, Travel	Change direction at speed through both choice and instructions. Perform actions demonstrating changes in speed. Stop, start, pause and prepare.

KS1

Topic	Year 1	Year 2
Attack, Defend, Shoot 1	Practise basic movements including running, jumping etc. and begin to engage in competitive activities. Experience opportunities to improve ABC's.	Send a ball using feet and can receive a ball using feet. Refine ways to control bodies and a range of equipment. Recall and link combinations of skills, e.g. dribbling and passing.
Attack, Defend, Shoot 2	To recognize rules and apply them. Use and apply simple strategies for invasion games. Preparing for and explaining the reasons why we enjoy exercise.	Select and apply a small range of simple tactics. Recognise good quality in self and others. Work with others to build basic attacking play.
Dance 1	Respond to a range of stimuli. Explore space, direction, levels and speeds performing with different body parts.	Describe and explain how performers can transition from shapes and balances. Challenge themselves to move imaginatively responding to music. Work as part of a group to create and perform.
Dance 2	Able to build simple movement patterns from given actions. Compose and link actions to make simple movement phases.	Perform using more sophisticated formations as well as an individual. Use the stimuli to copy, repeat and create dance actions and motifs.

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Gymnastics 1	Use simple gymnastics actions and shapes. Apply basic strength to gymnastic actions. Begin to carry basic apparatus. Recognise like actions and link them.	Describe and explain how performers can transition and link elements. Perform with control and consistency basic actions. Create and perform a simple sequence.
Gymnastics 2	Perform a variety of basic gymnastics actions showing control. Introduce turn, twist, spin, rock and roll and link these. Perform longer movement phases and link with confidence.	Develop body management through a range of floor exercises. Use core strength to link recognised gymnastics elements. Attempt to use rhythm while performing a sequence.
Hit, Catch, Run 1	Able to hit objects with hand or bat. Track and retrieve a rolling ball. Throw and catch a variety of balls and objects.	To develop hitting skills with a variety of bats. Practice bowling skills. Hit and run to score points in games.
Topic	**Year 1**	**Year 2**
Hit, Catch, Run 2	Develop sending and receiving skills to benefit fielding as a team. Distinguish between the roles of batters and fielders. Introduce the concepts of simple tactics.	Work a on a variety of ways to score runs in the different hit, catch, run games. Work in teams to field. Begin to play the role of wicketkeeper or backstop.
Run, Jump, Throw 1	Begin to link running and jumping. Learn and refine a range of running. Develop throwing techniques to throw over longer distances.	Throw and handle a variety of objects. Develop power, agility, coordination and balance. Negotiate obstacles showing increased control.
Run, Jump, Throw 2	Increase stamina and core strength. Work collaboratively on more complex tasks. Work to improve strength, balance, agility and coordination.	Improve running and jumping movements over sustained periods. Reflect on activities and make connections to healthy active lifestyles. Jump for distance and height.
Send + Return 1	Able to send an object with increased confidence using hand or bat. Move towards a moving ball to return. Sending and returning a variety of balls.	Be able to track the path of a ball over a net and move towards it. Begin to hit and return a ball with some consistency. Play modified net/wall

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		games throwing, catching and sending over a net.
Send + Return 2	Develop sending skills with a variety of balls. Track, intercept and stop a variety of objects. Select and apply skills to beat the opposition.	Be able to make it difficult for an opponent to score a point. Begin to choose specific tactics. Transfer net/wall skills. Improve agility and coordination and use in a game.

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KS2

Topic	Year 3	Year 4	Year 5	Year 6
Athletics	Control movement in response to instructions. Demonstrate agility and speed. Jump for height and distance. Throw with speed and power and apply appropriate force.	Investigate ways of performing running, jumping and throwing activities. Use a variety of equipment to measure, time and compare different styles of runs, jumps and throws.	Sustain pace over short and longer distances. Run as part of a relay team. Perform a range of jumps and throws.	Apply strength and flexibility to throwing, running and jumping. Accurately and confidently judge across a variety of activities. Work in collaboration to demonstrate improvement.
Basketball	Perform some basic basketball skills, throwing, catching and dribbling. Build attacking play. Implement some basic rules of basketball.	Increase confidence and selection of basic skills such as dribbling, throwing and shooting. Develop a range of ball handling skills. Use footwork rules in a game situation and explore basic marking.	Use strength, agility and coordination when defending. Increase power and strength of passes, moving the ball accurately in a variety of situations. Select and apply a range of tactics and techniques to play with consistency.	Apply aspects of fitness to the game such as power and strength. Choose and implement strategies to play defensively and offensively. Grasp more technical aspects of the game.
Cricket	Adhere to some of the basic rules of cricket. Develop a range of skills to use in isolation and a competitive context. Strike a bowled ball.	Develop and apply a range of skills in competitive contexts. Choose and use a range of simple tactics in isolation and game contexts. Consolidate existing skills and apply with consistency.	Link a range of skills and use in combination. Collaborate with a team to choose, use and adapt rules in game. Recognise how some aspects of fitness apply to cricket, e.g. power, flexibility and cardiovascular endurance.	Apply cricket rules in a variety of styles of games. Attempt a small range of recognised shots. Use a range of tactics for attacking and defending in the role of batter, bowler and fielder.

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Topic	Year 3	Year 4	Year 5	Year 6
Dance	Practise and put together a performance. Perform using facial expressions. Perform with a prop.	Work to include freeze frames in routines. Practise and perform a variety of different formations in dance.	Perform different styles of dance fluently and clearly. Refine and improve dances adapting them to include the use of space, rhythm and expression.	Work collaboratively to include more complex compositional ideas. Talk about different styles of dance with understanding, using appropriate language and terminology.
Football	Able to show basic control skills. Send the ball with some accuracy to maintain possession and build attacking play. Implement the basic rules of football.	Introduce some defensive skills. Dribble in different directions using different parts of their feet. Passing for distance. Evaluating skills to aid improvement.	Play effectively in a variety of positions and formations. Relate a greater number of attacking and defensive tactics. Become more skillful when performing movements at speed.	Choose and implement a range of strategies to attack and defend. Perform a wider range of more complex skills. Recognise and describe good performances. Suggest, plan and lead simple drills for given skills.
Gymnastics	Modify actions independently using different pathways, directions and shapes. Consolidate and improve movements and gymnastics actions. Relate strength and flexibility to actions. To use basic compositional ideas.	Become increasingly competent and confident to perform skills more consistently. Perform in time with a partner and group. Use compositional ideas in sequences.	Create longer and more complex sequences and adapt performances. Take the lead in a group. Develop symmetry. Compare performances and judge strengths and areas for improvement. Select a component for improvement.	Demonstrate accuracy, consistency, and clarity of movement. Arrange own apparatus to enhance work and vary compositional ideas. Experience flight on and off high apparatus.

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Topic	Year 3	Year 4	Year 5	Year 6
Handball	Able to show basic passing and catching skills. Learn basic defensive techniques. Implement the rules of handball.	Develop 3 step rule incorporating bounce. Defend and stop attacks by blocking and intercepting. Pass and move with the ball to set up attacks. Demonstrate and implement the rules of handball.	Use specific skills in games. Begin to play effectively in different positions. Increase power and strength of passes, moving the ball over longer distances. Use a wide range of handball rules consistently.	Work as a team to improve group tactics and gameplay. Play within the rules using screening to break down offensive play. Develop defensive skills.
Hockey	Play in hockey-style invasion game. Improve game-based agility. Manipulate objects, stick and ball with safety and control.	Consistently perform basic hockey skills such as dribbling and push pass. Implement the basic rules of hockey. Develop tactics and apply them in competitive situations. Increase speed and endurance during gameplay.	Combine basic hockey skills such as dribbling and push pass. Select and apply skills in a game. Play effectively in different positions on the pitch including in defence. Increase power and strength of passes, moving the ball over longer distances.	Choose and implement a range of strategies and tactics. Combine and perform more complex skills at great speed. Recognise and describe good individual and team performances.
Netball	Perform basic netball skills such as passing and catching using recognised throws. Use space efficiently to build attacking play. Implement the basic rules of netball.	Introduce High Five netball positions. Acquire and apply basic shooting techniques. Demonstrate and implement some basic rules of High Five. Develop netball skills such as marking and footwork.	Use specific netball skills in games. Begin to play efficiently in different positions on the court in both attack and defence. Increase power and strength of passes.	Work as a team to improve group tactics and gameplay. Play within the rules using blocking skills for shots and passes. Develop defensive skills.

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Topic	Year 3	Year 4	Year 5	Year 6
Outdoor and adventurous activities	Work with others to solve problems. Describe their work and use different strategies to solve problems. Lead others and be led. Differentiate between when a task is competitive and when it is collaborative.	Work well in a team or group within defined and understood roles. Plan and refine strategies to solve problems. Identify the relevance of and use maps, compass and symbols. Identify what they do well and suggest what they could do to improve.	Explore ways of communicating in a range of challenging activities. Navigate and solve problems from memory. Develop and use trust to complete the task and perform under pressure.	Use information given by others to complete tasks and work collaboratively. Undertake more complex tasks. Take responsibility for a role. Use knowledge of PE and physical activities to suggest design ideas + amendments to games.
Tag Rugby	Handle a rugby ball with confidence. Evade attackers using footwork and body control. Link skills to perform as a team in attack. Use basic game principles of tag rugby and play within simpler rules.	Consistently perform basic tag rugby skills. Implement rules and develop tactics in competitive situations. Increase speed and build endurance during gameplay.	Combine basic tag rugby skills such as catching and quickly passing in one movement. Select and implement appropriate skills in a game situation. Begin to play effectively when attacking and defending. Increase the power of passes so the ball can be moved quickly over greater distance.	Choose and implement a range of strategies and tactics to attack and defend. Combine and perform more complex skills at speed. Observe, analyse and recognize good individual and team performances. Suggest, plan and lead a warm-up as a small group.
Tennis	To identify and describe some rules of tennis. To serve to begin a game. To explore forehand hitting.	Explore different shots (forehand, backhand). Work to return the serve. Explore positioning in gameplay.	Introduce volley shots and overhead shots. Apply new shots into game situations. Play with others to score and defend points in competitive games.	Develop backhand shots and introduce the lob. Begin to use full tennis scoring systems. Continue developing doubles

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			Further explore tennis service rules.	play and tactics to improve overall game.