

PE Progression Planner

At The Willows we want all children to have an awareness of the effects of physical activity on their bodies and their minds. We strive to achieve at least 2 hours of PE a week through direct teaching, boot camp activities and daily practise. We offer a range of activities and sports hoping that all children find physical activity that they enjoy so that they develop a lifelong love of looking after their bodies and minds. We offer competitions for those children who want to take part in it through inter-house competitions, town and city competitions. To **DREAM** and be inspired by athletes and sports people across a range of familiar and new sports.

	EXPLORE NC Objectives	DISCOVER Skills	Lesson focus/areas to be covered	Vocabulary	Competitions/Events
Year 1	<p>Master basic movements including running, jumping, throwing and catching.</p> <p>To develop balance, agility and co-ordination and begin to apply these in a range of activities</p> <p>Perform dances using simple movement patterns</p>	<p>Throwing and catching – starting with balloon, beanbag, large ball, smaller ball, tennis ball. Varying the distance.</p> <p>Target throwing.</p> <p>Jumping on the spot two feet, jumping forward two feet to two feet.</p> <p>Jumping from side to side two feet to two feet.</p> <p>Gymnastics – balance on benches, on one foot, on different points of the body.</p>	<p>Gymnastics unit – balancing, basic shapes, jumping, basic rolls, putting together a short sequence using things taught.</p> <p>Fitzy activities – running, throwing, jumping, skipping, and fitness based activities.</p> <p>Dance Day.</p> <p>Games practising agility and co-ordination.</p> <p>Build in small sided games if children are ready.</p>	<p>Warm up</p> <p>Cool Down</p> <p>Balance</p> <p>Roll</p> <p>Jump</p> <p>Skip</p> <p>Throw</p> <p>Catch</p> <p>Co-ordination</p> <p>Sequence</p>	<p>Fitzy Festival – Summer Term</p> <p>Dance Days – Spring Term</p> <p>Sports Day – Summer Term</p>
Year 2	<p>Master basic movements including running,</p>	<p>Throwing and catching – starting with balloon, beanbag, large ball,</p>	<p>Gymnastics – balances/paired balances, rolls, jumps, using apparatus and putting</p>	<p>Warm up</p> <p>Cool Down</p> <p>Balance</p>	<p>Fitzy Festival – Summer Term</p>

	<p>jumping, throwing and catching.</p> <p>To develop 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>Perform dances using simple movement patterns</p>	<p>smaller ball, tennis ball. Varying the distance. Target throwing. Jumping on the spot two feet, jumping forward two feet to two feet. Jumping from side to side two feet to two feet.</p> <p>Gymnastics – balance on benches, on one foot, on different points of the body.</p>	<p>together a short sequence to perform.</p> <p>Fitzy activities to develop throwing, catching, running, jumping and agility and co-ordination.</p> <p>Tennis skills and activities.</p> <p>Throwing and catching playing small sided 'netball' style games.</p> <p>Football – kicking, dribbling and passing incorporating these skills into a small sided game.</p> <p>Dance Day.</p>	<p>Roll Jump Skip Throw Catch Co-ordination Sequence Attack Defend Tactics Dribbling Kicking agility</p>	<p>Dance Days – 2AA - 12.10.20 2LD – 13.10.20 2SS – 14.10.20 Sports Day – 02.06.20</p>
Year 3	<p>Perform dances using a range of movement patterns</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games – tennis, football, cricket, high 5</p> <p>Develop flexibility, strength, technique, control and balance</p>	<p>Dance movements – putting together a sequence of movements to music.</p> <p>Develop skills of running, jumping, throwing and catching depending on where individual children finished the previous year group</p> <p>Teach rules of competitive games taking part in</p>	<p>Gymnastics – balances, sequences, using apparatus, rolls</p> <p>Indoor Sportshall activities – throwing, catching, jumping, running.</p> <p>Dance Day.</p> <p>Tennis</p> <p>Cricket/Rounders</p> <p>Football</p>	<p>Warm up Cool Down Balance Roll Jump Skip Throw Catch Co-ordination Sequence Attack Defend Tactics Dribbling Kicking Agility</p>	<p>Dance Days – 3EB – 14.09.20 3TC – 16.09.20 3HP – 18.09.20 Sports day – 3.06.20</p>

	Compare their performance with previous ones and demonstrate improvement	Self-assessment skill and being able to see their own improvements and set own targets	High 5 Athletics	Flexibility Strength Technique Control	
Year 4	<p>Perform dances using a range of movement patterns</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games – cricket, football, tag rugby, high 5, tri golf, hockey, tennis</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Take part in outdoor and adventurous activities (as part of residential experience)</p> <p>Compare their performance with previous ones and demonstrate improvement</p>	<p>Dance movements – putting together a sequence of movements to music.</p> <p>Develop skills of running, jumping, throwing and catching depending on where individual children finished the previous year group</p> <p>Teach rules of competitive games taking part in</p> <p>Self-assessment skill and being able to see their own improvements and set own targets</p>	<p>Gymnastics – balances, sequences, using apparatus, rolls</p> <p>Indoor Sportshall activities – throwing, catching, jumping, running.</p> <p>Dance Day</p> <p>Cricket</p> <p>Tri-Golf</p> <p>Hockey</p> <p>Football</p> <p>Netball/High 5</p> <p>Tennis</p> <p>Tag Rugby</p> <p>Rounders</p> <p>Athletics</p>	<p>Warm up</p> <p>Cool Down</p> <p>Balance</p> <p>Roll</p> <p>Jump</p> <p>Skip</p> <p>Throw</p> <p>Catch</p> <p>Co-ordination</p> <p>Sequence</p> <p>Attack</p> <p>Defend</p> <p>Tactics</p> <p>Dribbling</p> <p>Kicking</p> <p>Agility</p> <p>Flexibility</p> <p>Strength</p> <p>Technique</p> <p>Control</p>	<p>Dance Day</p> <p>4BB – 02.11.20</p> <p>4PB – 03.11.20</p> <p>4AJ – 05.11.20</p>

<p>Year 5</p>	<p>Perform dances using a range of movement patterns</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games – football, high 5, rounders, cricket, tag rugby, hockey</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Take part in outdoor and adventurous activities (as part of residential experience)</p> <p>Compare their performance with previous ones and demonstrate improvement</p>	<p>Dance movements – putting together a sequence of movements to music.</p> <p>Develop skills of running, jumping, throwing and catching depending on where individual children finished the previous year group</p> <p>Teach rules of competitive games taking part in</p> <p>Self-assessment skill and being able to see their own improvements and set own targets</p>	<p>Gymnastics – balances, sequences, using apparatus, rolls</p> <p>Tag Rugby</p> <p>Indoor Sportshall activities – throwing, catching, jumping, running.</p> <p>Dance Day</p> <p>Netball/High 5</p> <p>Football</p> <p>Cricket</p> <p>Rounders</p> <p>Athletics</p> <p>Hockey</p>	<p>Warm up Cool Down Balance Roll Jump Skip Throw Catch Co-ordination Sequence Attack Defend Tactics Dribbling Kicking Agility Flexibility Strength Technique Control Evaluate Isolation improvement</p>	<p>Swimming (for those who haven't achieved their length – Tues/Thurs) Dance Days – Spring Term TBC</p>
<p>Year 6</p>	<p>Perform dances using a range of movement patterns</p>	<p>Dance movements – putting together a</p>	<p>Gymnastics – balances, sequences, using apparatus,</p>	<p>Warm up Cool Down Balance</p>	<p>Dance Days - TBC Sports Day – 4.06.20</p>

	<p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games – football, high 5, cricket, rounders, hockey, tag rugby</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Compare their performance with previous ones and demonstrate improvement</p>	<p>sequence of movements to music.</p> <p>Develop skills of running, jumping, throwing and catching depending on where individual children finished the previous year group</p> <p>Teach rules of competitive games taking part in</p> <p>Self-assessment skill and being able to see their own improvements and set own targets</p>	<p>rolls, cart wheels, hand stands</p> <p>Indoor Sportshall activities – throwing, catching, jumping, running.</p> <p>Dance Day</p> <p>Hockey</p> <p>Cricket</p> <p>Rounders</p> <p>Netball/High 5</p> <p>Football</p> <p>Tag Rugby</p> <p>Athletics</p>	<p>Roll</p> <p>Jump</p> <p>Skip</p> <p>Throw</p> <p>Catch</p> <p>Co-ordination</p> <p>Sequence</p> <p>Attack</p> <p>Defend</p> <p>Tactics</p> <p>Dribbling</p> <p>Kicking</p> <p>Agility</p> <p>Flexibility</p> <p>Strength</p> <p>Technique</p> <p>Control</p> <p>Evaluate</p> <p>Isolation</p> <p>improvement</p>	
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By the end of Primary School all children should be able to swim competently, confidently and proficiently over a distance of at least 25 metres, they should be able to use a range of strokes effectively and perform safe self-rescue.

2020-2021 Swimming plan is to first of all send all of our Year 5 non-swimmers swimming until they have achieved the above (54 at start of the year), then to look at the Year 4 cohort and start to send them swimming. Year 6 non-swimmers will receive an out of school hours intervention and then if they still need more swimming will go swimming in the summer term.