<u>Chapel St Leonards Primary School</u> <u>Progression of Key Concepts in PE and Sport</u>

Year	Autumn	Spring	Summer
Y1	History Detectives	The World came to my place today	A journey to Australia
Introduce	PE1: Use the terms 'opponent' and 'team-mate'.	PE1: Use the terms 'opponent' and 'team-mate'.	PE1: Use the terms 'opponent' and 'team-mate'.
Revisit	PE2: Use rolling, hitting, running, jumping, catching and kicking skills in combination.	PE2: Use rolling, hitting, running, jumping, catching and kicking skills in combination.	PE2: Use rolling, hitting, running, jumping, catching and kicking skills in combination.
	PE3: Develop tactics.	PE3: Develop tactics.	PE3: Develop tactics.
	PE4: Lead others when appropriate	PE4: Lead others when appropriate	PE4: Lead others when appropriate
		PE5: Copy and remember moves and positions.	PE5: Copy and remember moves and positions.
		PE6: Move with careful control and coordination.	PE6: Move with careful control and coordination.
		PE6: Link two or more actions to perform a sequence.	PE6: Link two or more actions to perform a sequence.
		PE7: Choose movements to communicate a mood, feeling or idea.	PE7: Choose movements to communicate a mood, feeling or idea.
		PE8: Copy and remember actions.	
		PE9: Move with some control and awareness of space.	
		PE10: Link two or more actions to make a sequence.	
		PE11: Show contrasts (such as small/tall, straight/curved and wide/narrow).	
		PE12: Travel by rolling forwards, backwards and sideways.	
		PE13: Hold a position whilst balancing on different points of the body.	
		PE14: Climb safely on equipment.	
		PE15: Stretch and curl to develop flexibility	
		PE16: Jump in a variety of ways and land with increasing control and balance	
Y2	London	At the Seaside	A journey to Kenya
Introduce	PE1: Use the terms 'opponent' and 'team-mate'.	PE1: Use the terms 'opponent' and 'team-mate'.	PE1: Use the terms 'opponent' and 'team-mate'.
Revisit	PE2: Use rolling, hitting, running, jumping, catching and kicking skills in combination.	PE2: Use rolling, hitting, running, jumping, catching and kicking skills in combination.	PE2: Use rolling, hitting, running, jumping, catching and kicking skills in combination.
Embed	PE3: Develop tactics.	PE3: Develop tactics.	PE3: Develop tactics.
	PE4: Lead others when appropriate	PE4: Lead others when appropriate	PE4: Lead others when appropriate
		PE5: Copy and remember moves and positions.	PE8: Copy and remember actions.
		PE6: Move with careful control and coordination.	PE9: Move with some control and awareness of space.
		PE6: Link two or more actions to perform a sequence.	PE10: Link two or more actions to make a sequence.
		PE7: Choose movements to communicate a mood, feeling or idea.	PE11: Show contrasts (such as small/tall, straight/curved and wide/narrow).
			PE12: Travel by rolling forwards, backwards and sideways.
			PE13: Hold a position whilst balancing on different points of the body.
			PE14: Climb safely on equipment.
			PE15: Stretch and curl to develop flexibility.
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Y3	The Stone Age Stinks	River Deep, Mountain High	A journey to Italy
Recap	PE1: Use the terms 'opponent' and 'team-mate'. PE2: Use rolling, hitting, running, jumping, catching and kicking skills in combination. PE3: Develop tactics. PE4: Lead others when appropriate PE10: Link two or more actions to make a sequence. PE11: Show contrasts (such as small/tall, straight/curved and wide/narrow). PE12: Travel by rolling forwards, backwards and sideways. PE13: Hold a position whilst balancing on different points of the body. PE14: Climb safely on equipment.	PES: Copy and remember moves and positions. PE6: Move with careful control and coordination. PE6: Link two or more actions to perform a sequence. PE7: Choose movements to communicate a mood, feeling or idea. PE10: Link two or more actions to make a sequence. PE11: Show contrasts (such as small/tall, straight/curved and wide/narrow). PE12: Travel by rolling forwards, backwards and sideways. PE13: Hold a position whilst balancing on different points of the body. PE14: Climb safely on equipment.	PES: Copy and remember actions. PE9: Move with some control and awareness of space. PE16: Jump in a variety of ways and land with increasing control and balance
Introduce	PE15: Stretch and curl to develop flexibility. PE1: Throw and catch with control and accuracy.	PE15: Stretch and curl to develop flexibility. PE1: Throw and catch with control and accuracy.	PE1: Throw and catch with control and accuracy.
Revisit	PE 3: Choose appropriate tactics to cause problems for the opposition.	PE2: Strike a ball and field with control.	PE2: Strike a ball and field with control. PE 3: Choose appropriate tactics to cause problems for the
	PE 4: Follow the rules of the game and play fairly.	PE 3: Choose appropriate tactics to cause problems for the opposition.	opposition. PE 4: Follow the rules of the game and play fairly.
	PE 5: Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).	PE 4: Follow the rules of the game and play fairly.	PE 5: Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).
	PE 6: Pass to team mates at appropriate times.	PE 5: Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).	PE 6: Pass to team mates at appropriate times.
	PE7: Lead others and act as a respectful team member.	PE 6: Pass to team mates at appropriate times.	PE7: Lead others and act as a respectful team member. —
	PE27: Arrive properly equipped for outdoor and adventurous activity.	PE7: Lead others and act as a respectful team member.	PE16: Refine movements into sequences. PE17: Show changes of direction, speed and level during a
	PE28: Understand the need to show accomplishment in managing risks.	PE8: Plan, perform and repeat sequences. PE9: Move in a clear, fluent and expressive manner.	performance. PE18: Travel in a variety of ways, including flight, by
	PE29: Show an ability to both lead and form part of a team.	PE10: Refine movements into sequences.	transferring weight to generate power in movements. PE19: Show a kinesthetic sense in order to improve the
	PE30: Support others and seek support if required when the situation dictates.	PE11: Create dances and movements that convey a definite idea.	placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to
	PE31: Show resilience when plans do not work and initiative to try new ways of working.	PE12: Change speed and levels within a performance.	create an interesting body shape). PE20: Swing and hang from equipment safely (using hands).
	PE32: Use maps, compasses and digital devices to orientate	PE13: Develop physical strength and suppleness by practising moves and stretching	PE21: Sprint over a short distance up to 60 metres.
	themselves. PE33: Remain aware of changing conditions and change		PE22: Run over a longer distance, conserving energy in order to sustain performance.
	plans if necessary.		PE23: Use a range of throwing techniques (such as under arm, over arm).
			PE24: Throw with accuracy to hit a target or cover a distance.
			PE25: Jump in a number of ways, using a run up where appropriate.
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			PE26: Compete with others and aim to improve personal best performances.
Y4	Anglo Saxons and Vikings	Earthquakes and Volcanos	PE26: Compete with others and aim to improve personal best performances. A journey to Brazil
Y4 Introduce Revisit	PE1: Throw and catch with control and accuracy. PE 3: Choose appropriate tactics to cause problems for the	PE1: Throw and catch with control and accuracy. PE 3: Choose appropriate tactics to cause problems for the	PE26: Compete with others and aim to improve personal best performances. A journey to Brazil PE1: Throw and catch with control and accuracy. PE2: Strike a ball and field with control.
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Y5	Phenomenal Pharaohs	Our Changing World (Coasts)	A journey to Greece
Recap	PE1: Choose and combine techniques in game situations	PE2: Strike a ball and field with control. PE8: Plan, perform and repeat sequences. PE9: Move in a clear, fluent and expressive manner. PE10: Refine movements into sequences. PE11: Create dances and movements that convey a definite idea. PE12: Change speed and levels within a performance. PE13: Develop physical strength and suppleness by practising moves and stretching PE14: Plan, perform and repeat sequences. PE15: Move in a clear, fluent and expressive manner. PE16: Refine movements into sequences. PE17: Show changes of direction, speed and level during a performance. PE18: Travel in a variety of ways, including flight, by transferring weight to generate power in movements.	PE21: Sprint over a short distance up to 60 metres. PE22: Run over a longer distance, conserving energy in order to sustain performance. PE23: Use a range of throwing techniques (such as under arm, over arm). PE24: Throw with accuracy to hit a target or cover a distance. PE25: Jump in a number of ways, using a run up where appropriate. PE26: Compete with others and aim to improve personal best performances. PE27: Arrive properly equipped for outdoor and adventurous activity. PE28: Understand the need to show accomplishment in managing risks. PE29: Show an ability to both lead and form part of a team. PE30: Support others and seek support if required when the situation dictates. PE31: Show resilience when plans do not work and initiative to try new ways of working. PE32: Use maps, compasses and digital devices to orientate themselves. PE33: Remain aware of changing conditions and change plans if necessary.
Introduce Revisit	(running, throwing, catching, passing, jumping and kicking, etc.). PE2: Work alone, or with team mates in order to gain points	(running, throwing, catching, passing, jumping and kicking, etc.). PE2: Work alone, or with team mates in order to gain points	(running, throwing, catching, passing, jumping and kicking, etc.). PE2: Work alone, or with team mates in order to gain
	or possession.	or possession.	points or possession.
	PE3: Strike a bowled or volleyed ball with accuracy. PE5: Field, defend and attack tactically by anticipating the	PE3: Strike a bowled or volleyed ball with accuracy. PE5: Field, defend and attack tactically by anticipating the	PE3: Strike a bowled or volleyed ball with accuracy. PE4: Use forehand and backhand when playing racket
	direction of play.	direction of play. PE6: Choose the most appropriate tactics for a game.	games. PE5: Field, defend and attack tactically by anticipating the
	PE6: Choose the most appropriate tactics for a game. PE7: Uphold the spirit of fair play and respect in all	PE7: Uphold the spirit of fair play and respect in all	direction of play.
	competitive situations. PE8: Lead others when called upon and act as a good role	competitive situations. PE8: Lead others when called upon and act as a good role	PE6: Choose the most appropriate tactics for a game. PE7: Uphold the spirit of fair play and respect in all
	model within a team.	model within a team.	competitive situations.
	PE22: Combine sprinting with low hurdles over 60 metres. PE23: Choose the best place for running over a variety of	PE9: Compose creative and imaginative dance sequences. PE10: Perform expressively and hold a precise and strong	PE8: Lead others when called upon and act as a good role model within a team.
	distances PE25: Show control in take off and landings when jumping.	body posture. PE11: Perform and create complex sequences.	PE22: Combine sprinting with low hurdles over 60 metres. PE23: Choose the best place for running over a variety of
	PE26: Compete with others and keep track of personal best performances, setting targets for improvement	PE12: Express an idea in original and imaginative ways.	distances.
	PE28: Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.	PE13: Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece.	PE24: Throw accurately and refine performance by analysing technique and body shape.
	PE29: Embrace both leadership and team roles and gain the commitment and respect of a team.	PE14: Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).	PE25: Show control in take off and landings when jumping. PE26: Compete with others and keep track of personal best performances, setting targets for improvement.
	PE30: Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt.	PE15: Create complex and well-executed sequences that include a full range of movements including: travelling, balances, swinging, springing, flight, vaults, inversions, rotations, bending, stretching and twisting, gestures, linking skills.	PE27: Select appropriate equipment for outdoor and adventurous activity. PE28: Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.
		PE16: Hold shapes that are strong, fluent and expressive.	PE29: Embrace both leadership and team roles and gain the
		PE17: Include in a sequence set pieces, choosing the most appropriate linking elements.	commitment and respect of a team. PE30: Empathise with others and offer support without
		PE18: Vary speed, direction, level and body rotation during floor performances.	being asked. Seek support from the team and the experts if in any doubt.
		PE19: Practise and refine the gymnastic techniques used in performances (listed above).	PE31: Remain positive even in the most challenging circumstances, rallying others if need be.
		PE20: Demonstrate good kinaesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions).	PE32: Use a range of devices in order to orientate themselves. PE33: Quickly assess changing conditions and adapt plans
		PE21: Use equipment to vault and to swing (remaining upright).	to ensure safety comes first.

Y6	World War 2	Hola Mexico	A journey to The Future!
Introduce Revisit	PE1: Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).	PE1: Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).	PE1: Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).
Embed	PE2: Work alone, or with team mates in order to gain points or possession.	PE2: Work alone, or with team mates in order to gain points or possession.	PE2: Work alone, or with team mates in order to gain points or possession.
	PE3: Strike a bowled or volleyed ball with accuracy.	PE3: Strike a bowled or volleyed ball with accuracy.	PE3: Strike a bowled or volleyed ball with accuracy.
	PE5: Field, defend and attack tactically by anticipating the direction of play.	PE4: Use forehand and backhand when playing racket games.	PE5: Field, defend and attack tactically by anticipating the direction of play.
	PE6: Choose the most appropriate tactics for a game.	PES: Field, defend and attack tactically by anticipating the direction of play.	PE6: Choose the most appropriate tactics for a game.
	PE7: Uphold the spirit of fair play and respect in all competitive situations.	PE6: Choose the most appropriate tactics for a game.	PE7: Uphold the spirit of fair play and respect in all competitive situations.
	PE8: Lead others when called upon and act as a good role model within a team.	PE7: Uphold the spirit of fair play and respect in all competitive situations.	PE8: Lead others when called upon and act as a good role model within a team.
	PE15: Create complex and well-executed sequences that include a full range of movements including: travelling,	PE8: Lead others when called upon and act as a good role model within a team.	PE22: Combine sprinting with low hurdles over 60 metres.
	include a full range of movements including: travelling, balances, swinging, springing, flight, vaults, inversions, rotations, bending, stretching and twisting, gestures, linking skills.	PE9: Compose creative and imaginative dance sequences.	PE23: Choose the best place for running over a variety of distances.
	PE16: Hold shapes that are strong, fluent and expressive.	PE10: Perform expressively and hold a precise and strong body posture.	PE24: Throw accurately and refine performance by analysing technique and body shape.
	PE17: Include in a sequence set pieces, choosing the most appropriate linking elements.	PE11: Perform and create complex sequences.	PE25: Show control in take off and landings when jumping.
	PE18: Vary speed, direction, level and body rotation during floor performances.	PE12: Express an idea in original and imaginative ways. PE13: Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece.	PE26: Compete with others and keep track of personal best performances, setting targets for improvement. PE27: Select appropriate equipment for outdoor and
	PE19: Practise and refine the gymnastic techniques used in performances (listed above).	PE14: Perform complex moves that combine strength and stamina gained through gymnastics activities (such as	adventurous activity. PE28: Identify possible risks and ways to manage them,
	PE20: Demonstrate good kinaesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions).	cartwheels or handstands).	asking for and listening carefully to expert advice. PE29: Embrace both leadership and team roles and gain the
	PE21: Use equipment to vault and to swing (remaining upright).		commitment and respect of a team. PE30: Empathise with others and offer support without
	PE22: Combine sprinting with low hurdles over 60 metres.		being asked. Seek support from the team and the experts if in any doubt.
	PE23: Choose the best place for running over a variety of distances		PE31: Remain positive even in the most challenging circumstances, rallying others if need be.
	PE25: Show control in take off and landings when jumping. PE26: Compete with others and keep track of personal best		PE32: Use a range of devices in order to orientate themselves.
	performances, setting targets for improvement PE28: Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.		PE33: Quickly assess changing conditions and adapt plans to ensure safety comes first.
	PE29: Embrace both leadership and team roles and gain the commitment and respect of a team.		
	PE30: Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt.		
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Recap	recap previous phases concepts	
Introduce	concept covered for the first time from hierarchy in this 'phase'	
Revisit	concept revisited from hierarchy current year phase	
Embed	concept covered for the at least the third time from the hierarchy in current 'phase'	