



PE

Subject Intent

Through physical education at Three Bridges Primary School we aim for the children to **learn** and develop knowledge, skills and understanding, so that they can perform with increasing confidence, and competence. We aim to develop children's **engagement**, **resilience** and **enjoyment** and give them responsibilities which in turn will increase their **respect** towards equipment and their learning environment. We will offer a broad, balanced and progressive curriculum which is inclusive to all.



PE progression:

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
FUNDEMENTAL SKILLS			SKILLS FOR SPORT		SPORT SPECIFIC SKILLS	
Locomotive – How to move efficiently eg. Running, Jumping, hopping etc Manipulative – sending & receiving using the body or using equipment Health - Agility, Balance, Coordination, Kineasthetics, Speed			Locomotive - Change direction, stop, Manipulative – Various ways to send & receive Health – Testing Health skills		Locomotive – Jump stop, dodging, pivoting Manipulative – Refining choices of how to send & receive Health – Improving Health skills	
Gymnastics						
Exploring large equipment. Managing their bodies in a safe way. What CAN I do? Learning & understanding prepositions and movement vocabulary.	Finding different ways to move. Taking turns. Learning prepositional vocab. Use of large equipment. How to stay safe. Understanding personal space. What CAN I do? Jumping, flight, and landing.	How long can I hold a shape? How can I make it easier / harder? What is the hardest shape I can perform?	How to set up equipment independently & safely. Increase the vocab of balance & movement skills in gymnastics to enable linking and sequencing.	Experience inversion in many forms; balancing, rolling, hanging, swinging & wheeling.	Learning the difference between controlling the body in dynamic and static skills through parkour / free running. Learning about quadrupedal & bipedal movements, precision movements & vaulting	Safety in counter balance and tension in Sports Acro. Exploring correct positions for Bases and strength required for taking the role of the Top.
GROSS MOTOR SKILLS Understanding ways in which the body can move, such as step, leap, jump, hop etc.	Use of hand-held equipment. Mastering taking turns and developing prepositional vocab. How to stay safe. Mastering personal space.	Rolling in different ways on, along and off equipment.				
Dance						
Using emotions to explore ways to move. Following a story board to recreate movement to music.	Following movement patterns by recapping a familiar story / nursery rhyme. Being motionless.	Can I follow a movement pattern using an unfamiliar story? Holding a shape with stillness.	Using the four dimensions of dance to create interest in our movements. Creating a timeline to write the basis of our story.			
Invasion Games						
LOCOMOTION SKILLS Footwork in stationary positions to prepare to roll, throw, strike etc. Progressing to move in a straight line & with agility. Finally moving in set ways, patterns to be fully aware of our feet.	FUNDEMENTAL BALL SKILLS I Catch and throw from stationary position: Are we ready to catch? Learning to track movements of objects. When should we throw?	NETBALL / BENCHBALL What to do when you attack and when you defend. How you know when to attack / defend.	BENCHBALL / NETBALL SKILLS What to do when you attack and when you defend. How you know when to attack / defend.	INVASION GAMES Why do we need rules? What to do when someone is not following the rules. How to differentiate any activity so we can include younger or older participants,	NETBALL Greater depth of understanding for the roles of high five. How to start and the relevant rules. Set plays from the centre pass to incorporate anticipation of movement	NETBALL Techniques for throw, catch, land and pivot on the move to speed up play. Importance of communication. Ways to evade your opponent. Three phases of defending

				the more and less able.	patterns. Shooting, rebounding and hold space around the goal and D.	including interception and blocking.
EQUIPMENT MANIPULATION Exploring use of equipment including balls, ribbons, hoops, bean bags.	FUNDEMENTAL BALL SKILLS II Moving and then catching. Are we ready to catch? When should we throw?	HOCKEY How to keep the ball under control; can we stop, steer, and slow the ball down? Can we send and receive the ball?	TAG RUGBY Improve footwork skills especially changing direction and dodging. How to avoid being tagged. What to do when tagged.	TAG RUGBY Improve footwork skills especially changing speed & direction. Further progressing a variety of ways of dodging. How to force the opposition into passing or being tagged using a variety of tactics.	HOCKEY Controlling the ball by self and working with others. First touch in stationary and moving positions. Passing into space v passing to strong side. Channelling v protecting the ball.	HOCKEY Good footwork enables excellence. Weight and timing of pass. Introduction to pre-scanning.
THROWING Under and over arm. Throw far. Throw for accuracy; point of release. Push, sling, pull throws.	BALL GAMES Changing roles (attack & defend) & set roles (goal keeper, goal scorer) roles within a game	BASKETBALL Steering a ball with both hands at varying speeds and changing directions. Sending the ball with a range of techniques. Aiming accurately.	BASKETBALL How to set up and organise a mini game for themselves. How to control the ball in different ways. When to stop & changing direction with & without the ball. Where to position myself. What are the principles of defence?	BASKETBALL How to improve our control of the ball in different situations. When to stop & change direction with & without the ball. Eg. When to get free. What are the principles of attack?	BASKETBALL How to set up a differentiated game to make playing fair. How to improve our control of the ball in different situations. Why & when we should change speed, with & without the ball. Eg. Ways to lose a player. How to respond to a turnover.	BASKETBALL How to protect the ball as an individual and working as a team. How to force the opposition Eg. Interception and channelling. What are the principles of attack, on & off the ball?
			FOOTBALL How to set up and organise a mini game for themselves. How to control the ball in different ways. When to stop & changing direction with & without the ball. When to get free. What are the principles of attack?	FOOTBALL Develop an understanding of different ways to defend including marking, intercepting, positioning and tactics.	FOOTBALL Develop an understanding of different ways to attack including evading, finding space, positioning and tactics.	FOOTBALL Develop an understanding of different ways to work as a team, including creating space for others, positioning and tactics.
Net & Racket						
PROPELLING SKILLS Pushing & kicking. Progressing into use of	Rolling & Stopping a ball (tracking). Learning to control a	How to track the ball and when is the correct moment to	Tracking the ball. Playing hand and racket tennis in	Developing enough control to play competitively. How to	Introduction to badminton and squash. Playing	Further develop shot technique. Learning to manoeuvre the

equipment to propel other equipment such as skills seen in tennis, hockey, cricket & rounders.	ball collaboratively in 2D and 3D situations. Ball control on and with a striking implement (racket, pad, Velcro catch etc)	catch / strike the ball? What can help me to get in the right position to catch / strike the ball? Can I help my partner practice?	collaboration. Improving footwork and control of the ball. Aiming the ball from varying starting positions.	start. How to play differentiated games for greater enjoyment.	collaboratively and competitively. Learning varying types of shot and when to apply them in an attacking and defensive role.	opposition to your advantage.
Athletics						
Fast & Slow / Different speeds. On, along, over, between, under: hurdles, running in a lane. Jumping on, off, along, over, between.	What should a fast runner look like? Taking turns to run shuttles. Different types of jump over an object. Running at different speeds. Landing jumps safely. Underarm or Overarm? Different ways to throw an object.	How can I run, change direction and / or go over a hurdle quicker? How fast should I go over different distances? How can I jump and throw further?		Understanding techniques for first & last 5m. Learning the different techniques for passing a baton, hurdling and jumping. Improving ability to maintain the same speed. Improving throwing techniques and how to coach and measure correctly.	SPORTS HALL ATHLETICS To learn the basic skills of the pentathlon, decathlon & SH athletics school event. To learn how to measure and time all events efficiently.	SPORTS HALL ATHLETICS To further develop the skills of the pentathlon, decathlon & SH athletics school event. To ensure we can measure and time all events efficiently in order to compete fairly. To learn how to run an event for younger year groups.
Striking & Fielding						
RECEIVING & PROPELLING SKILLS	STRIKING & FIELDING Underarm or Overarm? Fetching & fielding. Following basic rules. Striking a choice of balls in a variety of ways.	STRIKING & FIELDING Where to send the ball when bowling and batting? Where to position fielders. How to slow / stop the opposition.	ROUNDERS How to play the basic game. Understanding the difference between live and non-live batters. Simple tactics for batting, bowling and fielding. Introduction to the secondary] roles of fielding positions.	ROUNDERS How the rules affect decisions when batting and bowling. Improving our techniques when on a base. Ability to choose the correct option when deep fielding and how far to run as a batter.	STRIKING & FIELDING Greater depth of understanding on how to stop the batting team from scoring. Additional roles of the bowler. Introduction to backing up and walking in. Tactical awareness of left-handed batsmen. Introduction to stoolball. Beginning to apply similarities from cricket and rounders.	STRIKING & FIELDING To improve fielding skills & tactics. To develop spatial awareness and batting skills to keep ball away from fielders. To consider the decisions the batter needs to make when running around the pitch. Understand role of bowler / backstop once ball has been bowled.
		CRICKET Do I have to catch every ball? Where and how should I stand? Where shall I	CRICKET Learning the basic techniques and tactics for the batting & fielding roles. To consider how the	CRICKET Understanding the roles and techniques for deep fielders. Overarm bowling. Role of the bowler	CRICKET How can we differentiate a simple game such as cricket for all abilities and capabilities?	

		send the ball when fielding?	bowler can influence batting success.	after they've bowled. Aiming hit. When to use attacking or defensive shots? What is the best way to attack the ball? The role of the wicket keeper.		
Swimming						
			Grouped according to assessment of ability. Teaching led by qualified swimming instructors. Ensuring all children can enter and exit the water safely, can float successfully for a period of time and can show a greater level of water confidence since the beginning of the course.			Catch up sessions where required.
Fitness (HRE - Health Related Exercise)						
				Developing an understanding of Health and skill related aspects of fitness. These include suppleness, stamina, strength, speed, agility, balance, coordination and reaction	Have a greater depth understanding of the health-related aspects of fitness. These include varying warm up procedures, CV End, Muscular Endurance and strength, how to improve them and how to know if you are working at the correct level.	Work towards a better understanding of testing and training various skill and health related aspects of fitness.
Playground games						
Use of various equipment and how to keep safe.	Rolling a ball. Underarm or overarm. Big or small ball. Following rules. Changing roles (free or frozen) &	LITTLE LEADERS Leading others and adding rules in simple action games. Creating own basic hopscotch and aiming games.	Learning a variety of tagging games through playground leading hopefully resulting in increased activity levels during play times.		PLAYGROUND LEADERS Understanding the qualities of a good leader. Understanding the importance of verbal and non-verbal communication. Use	

	set roles (tagger) roles within a game.				of STEP to differentiate games for older and younger, more and less able players.	
Skipping						
Jumping over and on equipment. Timing of jump. Jumping over stationary and moving ropes. Skipping footwork skills.	Exploring footwork patterns and movements. Learning to track movements of objects. Improving timing.	Improving footwork patterns and movements. Improving ability to track movements of objects. Further improve timing.				
Multiskills & Teambuilding through Sports day practice						
Taking turns and following instructions. Trying new skills. Asking for help when its tricky.	Taking turns within a large group and being patient. Learning to perform in front of large groups.	Can I go faster, higher and further whilst playing within the rules? What can I do to help my team win?	An introduction to LKS2 sports day activities, ensuring taking turns and competing at the correct level.	A recap of LKS2 Sports day activities. Look at the skills in greater depth and how to be their best. Work in teams to strategize on how to perform at their best.	Introduction to UKS2 Sports day activities. Look at the skills in greater depth and how to be their best. Work in teams to strategise on how to perform at their best.	Brief reminder of the activities covered on UKS2 Sports day. Introduction to EYFS / KS1 sports days and roles required to run the event including practice sessions alongside EYFS / KS1 children.
Outdoor & Adventurous Activities (OAA)						
				ORIENTEERING How to orientate a map. How to locate correct destinations on a map. Working tactically to work at speed in a competitive situation.		TEAM BUILDING Verbal and non-verbal communication including body language. Roles within a team. Pre-organisation, planning and preparation.
Inclusion Sports						
					INCLUSION SPORTS Experience a range of activities that are affiliated to the para-Olympics and other NGB games such as Boccia & new age curling.	INCLUSION SPORTS Experience a range of activities that are affiliated to the para-Olympics and other NGB games such as Boccia & new age curling.