Woodborough CofE Primary School's PE Curriculum Progression

EYFS

ELG - 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.

DM - Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions including dance and gymnastics. Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.

Year One

Gymnastics x 2
Yoga ?

Dance
Weather (3)
Cheerdance (3)
Animals (3)
Fairy tales (3)
Fitness

Games x 4
Swimming x2

Year Two

Gymnastics x 2
Yoga ?

Dance
Great Fire of London (3)
Flamenco (3)
Countries (3)
Pirates (3)
Fitness

Games x 4
Swimming x2

Swimming and water safety:
Children in years 2,3 and 1 will be provided with swimming instruction over a 10 week block.
They learn to swim competently, confidently and proficiently over a distance of at least 25 metres, using a range of strokes.

Year Three

Stage 1
KS1 develops children's fundamental movement skills, so they become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They will engage in competitive and co-operative physical activities, in a range of increasingly challenging situations.

Year Four

Dance - Egyptian, Stonehenge, Disco, Highland Fling
Gymnastics
Athletics/rounders

Games - hockey, tri golf, football, yoga

Year Five

Games - hockey, rugby, cricket, orienteering, circuit fitness, frisbee, fitness, handball

Dance - Tudors, Solar System, Street Jazz, Gymnastics
Athletics/rounders

In KS2,
Pupils will apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They will communicate, collaborate and compete with each other. They will develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Outdoor and adventurous activities

Year Six

Games - rugby, tennis, cricket, orienteering, circuit fitness, frisbee

Dance - Romans, Bollywood, Broadway, Vikings
Gymnastics
Athletics/rounders

Games - netball, rugby, cricket, frisbee, fitness,

Dance - World War 2, Charleston, Strictly
Gymnastics
Athletics/rounders