

PE Progression at Emerson Valley School

National Curriculum

Key stage 2:

Pupils should continue to 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 should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and water safety:

All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

Daily Mile:

We installed a fully operational Daily Mile track in December 2019:

- used every day across the school
- each class goes out with their class teacher to complete the Daily Mile (max. 15 minutes)
- this is not PE but an additional activity in a social setting aimed at improving the children's physical activity, social, emotional, mental health and wellbeing

| | Year 3 | Year 4 | Year 5 | Year 6 |
|-------------------|--|---|---|--|
| Gymnastics | <ul style="list-style-type: none"> • I can master 5 basic movements / shapes (tuke/pike/straddle, etc) • I can perform a log roll, egg roll, dish and arch roll • I can attempt 2 basic balances (stork/arabesque) • I can create a sequence with 3 gymnastic skills | <ul style="list-style-type: none"> • I can perform the jumps from floor and bench. Tuck and star jump • I can set out low level apparatus safely. • I can attempt 3 balances (V-Sit / Shoulder Stand / Y-Balance) • I can create a sequence with x4 shapes, x2 rolls & x1 balance gymnastic skills | <ul style="list-style-type: none"> • I can perform the jumps from floor and bench. Pike & straddle • I can perform the forward roll: Star shape start • I can perform 4 balances (needle scale & paired balance; counter & matching) • I can create a sequence with x5 shapes, x3 rolls & x3 balance gymnastic skills | <ul style="list-style-type: none"> • I can perform the jumps from floor and bench. Scissor, wolf, split jump. • I can perform the forward roll: Feet together start • I can perform 5 balances, partner trust work, trust holds (knees to standing) • I can create a sequence with x8 shapes, x4 rolls & x5 balance gymnastic skills |

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| Football | <ul style="list-style-type: none"> I can pass & control the ball using instep of foot I can kick the ball hard towards a goal I can dribble the ball with close control I can display awareness of space and ability to position themselves away from defenders | <ul style="list-style-type: none"> I can understand the areas of the feet to control & send the ball I can beat a goal keeper I can disposes an opponent I can demonstrate the role of: a defender, an attacker & how a game starts and ends | <ul style="list-style-type: none"> I can explore other areas of the body to gain control of the ball I can maintain possession whilst under pressure from an opponent I can gain possession from an attacker and clear the danger zone I can apply simple defensive tactics and contribute to an attack in a game | <ul style="list-style-type: none"> I can gain control of the ball using a variety of body parts I can understand and maintain a set position/role in game scenarios I can gain possession from an attacker and help turn defence into attack I can independently organise, play and referee the game |
| Dance | <ul style="list-style-type: none"> I can copy simple steps and actions I can recall simple steps and actions I can perform a simple dance motif I can dance and move my body to the beat | <ul style="list-style-type: none"> I can copy and understand simple steps and actions I can recall and adapt motifs to fit the music I can link moves to show the topic theme I can move to various tempos and speeds | <ul style="list-style-type: none"> I can link techniques and gestures to steps and actions I can perform with precision and accuracy I can link moves to lyrics and beats I can try different ideas with choreography | <ul style="list-style-type: none"> I can link complicated motifs I can create and adapt choreography to suit different themes and music I can use lyric and beat to create my choreography I can consistently perform with precision and accuracy using facial and body expressions |
| Unihoc / Hockey | <ul style="list-style-type: none"> I can use the correct position and grip I can dribble the ball and keep close control I can show awareness of finding space to retrieve the ball and pass the ball I can demonstrate the ability to work in small teams | <ul style="list-style-type: none"> I can use the correct position and grip for use of wooden quick stick I can dribble the ball and keep close control around an obstacle (using the flat side) I can shoot with power I can demonstrate an understanding of the role of a defender and an attacker | <ul style="list-style-type: none"> I can use both push and slap shots I can use both open and closed dribble I can begin to use reverse stick skills I can create and apply simple defensive and attack tactics to a small sided game | <ul style="list-style-type: none"> I can choose the best option to outwit a defender I can create and apply simple defensive and attacking skills to a game I can use reverse stick skills effectively in a game I understand the full Hockey game rules and can umpire/referee a game confidently |
| Badminton | <ul style="list-style-type: none"> I can show and use the correct grip I can control the shuttlecock on the racket I can move to the shuttlecock before it lands on the floor I can hit the shuttlecock from a self-feed using my opposite hand | <ul style="list-style-type: none"> I can serve at a target I can return a moving shuttlecock to an opponent I can understand what a forehand and backhand are I can understand how a rally ends | <ul style="list-style-type: none"> I can use an underarm serve into space I can hit on both the forehand and backhand side I can maintain a rally for a minimum of 3 shots I can begin to umpire a small game | <ul style="list-style-type: none"> I can use both 'flick' and underarm serve into space I can hit consistent overhead clears I can maintain a rally of a minimum of 6 shots I can umpire matches confidently |
| Tag Rugby | <ul style="list-style-type: none"> I can run with the ball in 2 hands I can reach and take a tag from an opponent I can attempt to evade a defender, awareness of finding space I can demonstrate the ability to work with teammates | <ul style="list-style-type: none"> I can evade an opponent / tackler I can stop and pass after being tagged I understand how to, and I can score a try I can demonstrate a basic understanding of how games start / restart | <ul style="list-style-type: none"> I can pass to a team mate who is moving whilst running accurately I can receive the ball while on the move (behind my teammate) I can participate consistently in small sided games I can create and apply simple defensive tactics and contribute to an attack during a game | <ul style="list-style-type: none"> I can pass to a moving runner quickly and accurately I can participate effectively in full competitive games I can defend alone and with peers I can understand full game rules. I can umpire/referee a game confidently |

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| Basketball / Netball | <ul style="list-style-type: none"> I can throw and catch the ball I can pass the ball using a chest pass to a partner I can understand you must stand still with a netball & dribble with a basketball I can show awareness of finding space away from ball player | <ul style="list-style-type: none"> I can move to receive a pass from a team member I can pivot in netball and dribble using both hands separately in Basketball I can mark a player closely and apply pressure I can understand the role of an attacker and defender | <ul style="list-style-type: none"> I can outwit a defender using a chest or bounce pass I can mark a player and ball putting them under pressure throughout the game I can shoot consistently with the correct technique I can create and apply simple defensive tactics to a small sided game | <ul style="list-style-type: none"> I can demonstrate a 'triple threat' position in Basketball & jump, I can stop and pivot in Netball I can mark whilst keeping a view of the opponent player and ball I can play in numerous positions in Netball I can dispose an attacker legally in Basketball I can independently organise, play and umpire/referee a game |
| Cricket / Rounders | <ul style="list-style-type: none"> I can grip and hold the bat correctly I can show a sideways batting stance I can bowl underarm to a target in Rounders and I can grip the ball correctly to bowl in Cricket I can attempt to make contact with the bat and ball | <ul style="list-style-type: none"> I can hit a ball into a space I can bowl with a straight arm in Cricket and I can understand the bases in Rounders I can understand the roll of a fielder I can understand the rules and scoring of both Cricket and Rounders | <ul style="list-style-type: none"> I can vary my shot based on the bowl delivered in Cricket. I can hit the ball forwards in Rounders I can bowl consistently, accurately and legally in both sports I can score runs in Cricket and rounders in Rounders I can make the most beneficial choice when fielding using my team | <ul style="list-style-type: none"> I can place shots to particular target zones (I can identify space) I can bowl to a full length consistently and using the correct techniques for both sports I can always make good decisions when fielding to stop any scoring from opponents I can umpire both games confidently |
| Athletics | <ul style="list-style-type: none"> I can maintain a sprint for 75m and can run continuously (showing endurance) I can jump from 1 foot to land on 2 feet in the Long Jump I can perform an overarm throw using a vortex I can understand the Triple Jump technique and put together at least 2 components | <ul style="list-style-type: none"> I can implement a strong sprint start I can maintain an endurance run for 600m I can Triple Jump using the correct technique and sequence I can throw a vortex using the side on position | <ul style="list-style-type: none"> I can maintain a sprint for 100m and complete an endurance run of 800m I can incorporate a run up to leave with 1 foot and land with 2 feet in the Long Jump I can make use of my leg power to extend the throw with a vortex I can accurately use a stopwatch/tape to measure my peers' performance | <ul style="list-style-type: none"> I can maintain a sprint for 200m and complete an endurance run of over 800m I can use arms in flight to extend Long and Triple jumps I can incorporate a short run up to throw the vortex I can understand and I can perform the relay using the correct transfer of a baton |
| Tennis | <ul style="list-style-type: none"> I can grip the tennis racket correctly I can control the ball on the tennis racket I can approach the tennis ball after one bounce I can understand and begin to use the correct footwork | <ul style="list-style-type: none"> I can serve at a target I can hit a moving tennis ball I can use the forehand and backhand side I can understand how a rally ends in tennis | <ul style="list-style-type: none"> I can serve overarm I can hit on both the forehand and backhand side I can maintain a rally for a minimum of 3 shots I can understand how to win points in a game of tennis | <ul style="list-style-type: none"> I can serve confidently overarm into the correct service box I can volley on the forehand and backhand side I can maintain a rally for a minimum of 5 shots I can understand the scoring system in tennis, and can umpire a full game |
| OAA | <ul style="list-style-type: none"> I can plan an initial idea to tackle a problem I can make some use of verbal / nonverbal communication with my team I can work in a team and follow simple orienteering instructions I can show determination to succeed at difficult challenges | <ul style="list-style-type: none"> I can change an idea to tackle a problem I can work alone/in pairs/in a team and follow simple instructions I can recognise key features on a map I can continue to demonstrate perseverance | <ul style="list-style-type: none"> I can work with a group, taking on a role to successfully complete the challenge set I can plan strategies and re-evaluate planning to complete the task efficiently I can orientate a map correctly I can use Digi maps to create an orienteering course for my peers | <ul style="list-style-type: none"> I can successfully carry out a set role within a group I can identify key tasks that need to be completed in order to succeed I can evaluate team performance and recognise the weaknesses and strengths within I can use a map to find a point of reference, create, plot and complete courses |