

HOLY TRINITY PHYSICAL EDUCATION SKILLS PROGRESSION MAP

	Year 3	Year 4	Year 5	Year 6
Gym	<p>In this unit, pupils recall and develop basic gymnastic actions on the floor and using apparatus with a growing confidence. Pupils will be taught the five key shapes (straight, pike, tuck, straddle and star). They will continue to develop gymnastic skills of jumping, rolling (including forwards, backwards, log and teddy bear rolls). They will also learn about balancing and travelling individually and in combination. The children will also look at simple holds, front support, back support and table. The children will use these skills to create short sequences and movement phrases. Pupils develop an awareness of compositional devices when creating sequences, to include the use of shapes, levels and directions. They learn to work safely with and around others and whilst using apparatus. Pupils are given opportunities to provide feedback to others and recognise elements of high quality performance.</p>	<p>In this unit, pupils recall and develop basic gymnastic actions on the floor and using apparatus with a growing confidence. They will be taught the five key shapes (straight, pike, tuck, straddle and star). They will continue to develop gymnastic skills of jumping, rolling (including forwards, backwards, log and teddy bear rolls). They will also learn about balancing and travelling individually and in combination. The children will also look at simple holds, front support, back support and table. The children will use these skills to create short sequences and movement phrases. Pupils develop an awareness of compositional devices when creating sequences to include the use of shapes, levels and directions. They learn to work safely with and around others and whilst using apparatus. Pupils are given opportunities to provide feedback to others and recognise elements of high quality performance.</p>	<p>Pupils will consolidate and improve upon 5 key shapes (straight, pike, tuck, straddle and star). Children will learn to use a broad range of equipment from climbing frames to ladders and balance beams. Key holds will be recapped: table, side support, back support, front support, dish and arc. Tension and counter tension holds in pairs and groups e.g forward, backwards and teddy bear rolls to be taught Focus on perfecting technique – pointed toes and fingers with neat presentation.</p>	<p>Pupils will consolidate and improve upon 5 key shapes (straight, pike, tuck, straddle and star). Children will learn to use a broad range of equipment from climbing frames to ladders and balance beams. Key holds will be recapped: table, side support, back support, front support, dish and arc. Tension and counter tension holds in pairs and groups e.g. forward, backwards and teddy bear rolls to be taught Focus on perfecting technique – pointed toes and fingers with neat presentation.</p>
Invasion Games	<p>The pupils will understand the importance of playing fairly and following the rules. They will be encouraged to think logically and explore in game strategy both individually and as part of a team. They will discuss attack versus defence and learn the term ‘tactics’. Children will be encouraged to consider the rules and discuss appropriate changes to help develop the game.</p>	<p>The pupils will understand the importance of playing fairly and following the rules. They will be encouraged to think logically and explore in game strategy both individually and as part of a team. They will discuss attack versus defence and learn the term ‘tactics’. They should consider the benefits of working individually versus working as part of a team to achieve a goal. Children will be encouraged to consider the rules and</p>		

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	<p>They will evaluate their own and others' performances. They learn how to deal with winning and losing in team games.</p>	<p>discuss appropriate changes to help develop the game. They will evaluate their own and others' performances. They learn how to deal with winning and losing in team games.</p>		
Ball Skills: Football	<p>Pupils will develop their basic skills working individually with a ball. They will explore: passing and receiving, dribbling, stopping, turning and striking. Pupils will work together to achieve an objective, passing along a line or shooting into a goal. They will start by playing uneven and then move onto even sided games. They begin to learn to work cooperatively within a team, showing respect for their teammates, opposition and referee. Children will have the opportunity to play competitively for their house. They will evaluate their own and others' performances.</p>	<p>Pupils will develop their basic skills working individually with a ball. They will explore: passing and receiving, dribbling, stopping, turning and striking. Pupils will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking. They will start by playing uneven and then move onto even sided games. They learn to work cooperatively within a team, showing respect for their teammates, opposition and referee. Children will have the opportunity to play competitively for their house. They will evaluate their own and others' performances.</p>	<p>Pupils will develop their basic skills working individually with a ball. They will explore: dribbling, stopping, turning and striking with developing speed and accuracy. Pupils will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking, sending, receiving and dribbling a ball. They will start by playing even sided games. They learn to work cooperatively within a team, showing respect for their teammates, opposition and referee. Pupils will be given opportunities to select and apply tactics to outwit the opposition. Children will have the opportunity to play competitively for their house. They will evaluate their own and others' performances.</p>	<p>Pupils will develop their basic skills working individually with a ball. They will explore: dribbling, stopping, turning and striking with developing speed and accuracy. Pupils will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking, sending, receiving and dribbling a ball. They will start playing even sided games. They learn to work cooperatively within a team, showing respect for their teammates, opposition and referee. Pupils will be given opportunities to select and apply tactics to outwit the opposition. Children will have the opportunity to play competitively for their house. They will evaluate their own and others' performances.</p>
Ball Skills: Netball	<p>Pupils will have the opportunity to develop their accuracy and consistency when tracking a ball. They will explore a variety of throwing techniques and will learn to select the appropriate throw for the situation. They will develop catching with one and two</p>	<p>Pupils will have the opportunity to develop their accuracy and consistency when tracking a ball. They will explore a variety of throwing techniques and will learn to select the appropriate throw for the situation. They will develop catching with one and two</p>	<p>Pupils will have the opportunity to develop their accuracy and consistency when tracking a ball. They will explore a variety of throwing techniques and will learn to select the appropriate throw for the situation. They will develop catching with one and two</p>	<p>Pupils will have the opportunity to develop their accuracy and consistency when tracking a ball. They will explore a variety of throwing techniques and will learn to select the appropriate throw for the situation. They will develop catching with one</p>

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	<p>hands. Pupils will begin to pass and move as part of a pair and then as part of a small team. Pupils will have the opportunity to work both individually and with others.</p> <p>Pupils will have the opportunity to play simple games such as 'line ball' competitively for their house. They will evaluate their own and others' performances.</p>	<p>hands. Pupils will begin to pass and move as part of a pair and then as part of a small team. Pupils will be encouraged to jump onto the ball and catch the ball whilst moving. Basic footwork to be introduced.</p> <p>Pupils will have the opportunity to work both individually and with others. Pupils will have the opportunity to play simple games such as 'line ball' competitively for their house. They will evaluate their own and others' performances.</p>	<p>hands. Pupils will begin to pass and move as part of a pair and then as part of a small team. Pupils will be encouraged to jump onto the ball and catch the ball whilst moving. Pupils will be introduced to shooting into a net. Simple elements of footwork to be introduced (pivot and landing foot) Pupils will have the opportunity work both individually and with others. Pupils will have the opportunity to play 5 a side netball (no positions) competitively for their house. They will evaluate their own and others' performances.</p>	<p>and two hands. Pupils will begin to pass and move as part of a pair and then as part of a small team. Pupils will be encouraged to jump onto the ball and catch the ball whilst moving. Pupils will be introduced to shooting into a net. Footwork to be retaught and consolidated.</p> <p>Pupils will have the opportunity work both individually and with others. Pupils will have the opportunity to play 5 a side netball (with positions) competitively for their house. They will evaluate their own and others' performances.</p>
<p>Agility and Fitness</p>	<p>In this unit, children develop their understanding of the benefits of exercise and a healthy lifestyle on their physical body, their mood and their overall health. They will work independently, in pairs and in small groups to complete challenges in which they will sometimes need to persevere in order to achieve their personal best. Children will learn to control their own bodies using strength and balance.</p> <p>Pupils will develop the fundamental skills of balancing, running, jumping, throwing, hopping and skipping. Pupils will develop their ability to change direction with balance and control.</p> <p>They will be given the opportunity to explore how the body moves at different speeds, as well as how to accelerate and decelerate.</p> <p>Pupils will be asked to observe and recognise improvements for their own and others' performances and identify</p>	<p>In this unit, children develop their understanding of the benefits of exercise and a healthy lifestyle on their physical body, their mood and their overall health. They will work independently, in pairs and in small groups to complete challenges in which they will sometimes need to persevere in order to achieve their personal best. Children will learn to control their own bodies using strength and balance.</p> <p>Pupils will develop the fundamental skills of balancing, running, jumping, throwing, hopping and skipping. Pupils will develop their ability to change direction with balance and control.</p> <p>They will be given the opportunity to explore how the body moves at different speeds, as well as how to accelerate and decelerate.</p> <p>Pupils will be asked to observe and recognise improvements for their own and others' performances and identify</p>	<p>In this unit, children develop their understanding of the benefits of exercise and a healthy lifestyle on their physical body, their mood and their overall health. They will work independently, in pairs and in small groups to complete challenges in which they will sometimes need to persevere in order to achieve their personal best. Children will learn to control their own bodies using strength and balance.</p> <p>Pupils will develop the fundamental skills of balancing, running, jumping, throwing, hopping and skipping. Pupils will develop their ability to change direction with balance and control.</p> <p>They will be given the opportunity to explore how the body moves at different speeds, as well as how to accelerate and decelerate.</p> <p>Pupils will be asked to observe and recognise improvements for their own and others' performances and identify</p>	<p>In this unit, children develop their understanding of the benefits of exercise and a healthy lifestyle on their physical body, their mood and their overall health. They will work independently, in pairs and in small groups to complete challenges in which they will sometimes need to persevere in order to achieve their personal best. Children will learn to control their own bodies using strength and balance.</p> <p>Pupils will develop the fundamental skills of balancing, running, jumping, throwing, hopping and skipping. Pupils will develop their ability to change direction with balance and control. They will be given the opportunity to explore how the body moves at different speeds, as well as how to accelerate and decelerate.</p> <p>Pupils will be asked to observe and recognise improvements for their own and others' performances and</p>

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	<p>areas of strength and areas for development. Pupils will be given the opportunity to work on their own and with others, taking turns and sharing ideas.</p>	<p>areas of strength and areas for development. Pupils will be given the opportunity to work on their own and with others, taking turns and sharing ideas.</p>	<p>areas of strength and areas for development. Pupils will be given the opportunity to work on their own and with others, taking turns and sharing ideas.</p> <p>Children will begin measuring their personal bests by reps, times and distances. They will learn to record their results and use them as a reference for their personal best and to make future goals.</p>	<p>identify areas of strength and areas for development. Pupils will be given the opportunity to work on their own and with others, taking turns and sharing ideas.</p> <p>Children will begin measuring their personal bests by reps, times and distances. They will learn to record their results and use them as a reference for their personal best and to make future goals.</p>
Tennis	<p>In this unit pupils develop the key skills required for tennis such as the ready position, racket control and hitting a ball using forehand. Pupils will work with their own ball and learn to control the ball by hitting up and bouncing down. Children will begin simple rallies. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules.</p>	<p>In this unit, pupils develop the key skills required for tennis such as the ready position, racket control and forehand and backhand ground strokes. Pupils will work with their own ball and learn to control the ball by hitting up and bouncing down. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules.</p>	<p>In this unit, pupils develop their competencies in racket skills when playing tennis. They learn specific skills such as forehand, backhand, volley and underarm serve. Pupils are given opportunities to work cooperatively with others and show honesty and fair play when abiding by the rules. Pupils develop their tactical awareness, learning how to outwit an opponent.</p>	<p>In this unit, pupils develop their competencies in racket skills when playing tennis. They learn specific skills such as forehand, backhand, volley and underarm serve. Pupils are given opportunities to work cooperatively with others and show honesty and fair play when abiding by the rules. Pupils develop their tactical awareness, learning how to outwit an opponent.</p>
Cricket (striking and fielding)	<p>Pupils learn how to hold a bat correctly and learn simple drives and volleys. Basic catching with smaller balls using two hands together. Overarm or pull throw taught for longer throws. Simple overarm bowls introduced. Pupils learn how to strike the ball into space so that they can score runs. When fielding, they learn how to keep the batters' scores low. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In cricket, pupils achieve this by striking a ball trying to avoid fielders, so that they can run between wickets to score</p>	<p>Pupils learn how to score points by striking a ball into space and running around cones or bases. When fielding, they learn how to play in different fielding roles. They focus on developing their throwing, catching and batting skills. Overarm or pull throw taught for longer throws. Pupils continue learning overarm bowls. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Pupils are given opportunities to work in collaboration with others, play fairly demonstrating an understanding of the</p>	<p>Pupils develop the quality and consistency of their fielding skills and understanding of when to use them such as throwing underarm and overarm, catching and retrieving a ball. They learn how to play the different roles of bowler, backstop, fielder and batter and to apply tactics in these positions. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Pupils work with a partner and group to organise and self-manage their own games. Pupils play with honesty and fair play when playing competitively.</p>	<p>Pupils develop the quality and consistency of their fielding skills and understanding of when to use them such as throwing underarm and overarm, catching and retrieving a ball. They learn how to play the different roles of bowler, backstop, fielder and batter and to apply tactics in these positions. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Pupils work with a partner and group to organise and self-manage their own games. Pupils play with honesty</p>

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	<p>runs. Pupils are given opportunities to work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the people they play with and against.</p>	<p>rules, as well as being respectful of the people they play with and against.</p>		<p>and fair play when playing competitively.</p>
Dance	<p>Pupils create dances in relation to an idea including historical and scientific stimuli. Pupils work individually, with a partner and in small groups, sharing their ideas. Pupils develop their use of counting and rhythm. Pupils learn to use canon, unison, formation and levels in their dances. They will be given the opportunity to perform to others and provide feedback using key terminology.</p> <p>Physical Using canon, unison, formation, dynamics, pathways, direction, copying and performing actions, control, balance.</p>	<p>Pupils focus on creating characters and narrative through movement and gesture. They gain inspiration from a range of stimuli, working individually, in pairs and small groups. In dance as a whole, pupils think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts. Pupils will develop confidence in performing and will be given the opportunity to provide feedback and utilise feedback to improve their own work.</p> <p>Physical Performing a variety of dance actions, using canon, unison, formation, dynamics, character, structure, space, balance, control, technique.</p>	<p>Pupils learn different styles of dance, working individually, as a pair and in small groups. In dance as a whole, pupils think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts. As they work, they develop an awareness of the historical and cultural origins of different dances. Pupils will be provided with the opportunity to create and perform their work. They will be asked to provide feedback using the correct dance terminology and will be able to use this feedback to improve their work. Pupils will work safely with each other and show respect towards others.</p> <p>Physical Performing a variety of dance actions, using canon, unison, formation, dynamics, character, structure, space, emotion, matching, mirroring, transitions.</p>	<p>Pupils learn different styles of dance, working individually, as a pair and in small groups. In dance as a whole, pupils think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts. As they work, they develop an awareness of the historical and cultural origins of different dances. Pupils will be provided with the opportunity to create and perform their work. They will be asked to provide feedback using the correct dance terminology and will be able to use this feedback to improve their work. Pupils will work safely with each other and show respect towards others.</p> <p>Physical Performing a variety of dance actions, using canon, unison, formation, dynamics, character, structure, space, emotion, matching, mirroring, transitions.</p>
Outdoor Education	<p>Pupils develop problem solving skills through a range of challenges. Pupils work as a pair and small group to plan, solve, reflect and improve on strategies. They learn to be inclusive of others and work collaboratively to overcome challenges. Pupils learn to</p>	<p>Pupils develop problem solving skills through a range of challenges. Pupils work as a pair and small group to plan, solve, reflect and improve on strategies. They learn to be inclusive of others and work collaboratively to overcome challenges. Pupils learn to</p>	<p>Pupils develop teamwork skills through completion of a number of challenges. Pupils work individually, collaboratively in pairs and groups to solve problems. They are encouraged to be inclusive of others, share ideas to create strategies and plans to produce the best solution</p>	<p>Pupils develop teamwork skills through completion of a number of challenges. Pupils work individually, collaboratively in pairs and groups to solve problems. They are encouraged to be inclusive of others, share ideas to create strategies and plans to</p>

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	orientate a map, identify key symbols and follow routes	orientate a map, identify key symbols and follow routes.	to a challenge. Pupils are also given the opportunity to lead a small group. Pupils learn to orientate and navigate using a map.	produce the best solution to a challenge. Pupils are also given the opportunity to lead a small group. Pupils learn to orientate and navigate using a map.
Tag Rugby			In this unit pupils will develop key skills and principles such as defending, attacking, throwing, catching, running and dodging. When attacking, pupils will support the ball carrier using width and drawing defence. When defending, pupils learn how to tag, how to track and slow down an opponent, working as a defensive unit. They will play collaboratively in both uneven and then even sided games. Pupils will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. They develop their understanding of the importance of fair play and honesty while self-managing games, as well as developing their ability to evaluate their own and others' performances.	In this unit pupils will develop key skills and principles such as defending, attacking, throwing, catching, running and dodging. When attacking, pupils will support the ball carrier using width and drawing defence. When defending, pupils learn how to tag, how to track and slow down an opponent, working as a defensive unit. They will play collaboratively in both uneven and then even sided games. Pupils will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. They develop their understanding of the importance of fair play and honesty while self-managing games, as well as developing their ability to evaluate their own and others' performances.
Hockey			In this unit pupils will develop key skills including basic stick control, dribbling and shooting into a goal. They will play collaboratively in both uneven and then even sided games. Pupils will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. They develop their understanding of the importance of fair play and honesty while self-managing games, as well as developing their ability to evaluate their own and others' performances.	In this unit pupils will develop key skills including basic stick control, dribbling including using strong stick and reverse stick and shooting into a goal using a simple drag technique. They will play collaboratively in both uneven and then even sided games. Pupils will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. They develop their understanding of the importance of fair play and honesty while self-managing games, as well as

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				developing their ability to evaluate their own and others' performances.
Athletics	<p>In this unit, pupils will develop basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve their personal best. Pupils are also given opportunities to measure, time and record scores.</p> <p>Pupils will have the opportunity to represent and compete for their house during sports day.</p>	<p>In this unit, pupils will develop basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve their personal best. Pupils are also given opportunities to measure, time and record scores.</p> <p>Pupils will have the opportunity to represent and compete for their house during sports day.</p>	<p>In this unit, pupils are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, height, distance or accuracy and learn how to persevere to achieve their personal best. They learn how to improve by identifying areas of strength as well as areas to develop. Pupils are also given opportunities to lead when officiating, as well as observe and provide feedback to others.</p> <p>Pupils will have the opportunity to represent and compete for their house during sports day.</p>	<p>In this unit, pupils are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, height, distance or accuracy and learn how to persevere to achieve their personal best. They learn how to improve by identifying areas of strength as well as areas to develop. Pupils are also given opportunities to lead when officiating, as well as observe and provide feedback to others.</p> <p>In this unit, pupils learn the following athletic activities: running over longer distances, sprinting, relay, triple jump, shot put and javelin.</p> <p>Pupils will have the opportunity to represent and compete for their house during sports day.</p>
Swimming	<p>See Swim School Levels</p> <p>https://theswimschool.co.uk/swim-grades</p>	<p>See Swim School Levels</p> <p>https://theswimschool.co.uk/swim-grades</p>	<p>See Swim School Levels</p> <p>https://theswimschool.co.uk/swim-grades</p>	<p>See Swim School Levels</p> <p>https://theswimschool.co.uk/swim-grades</p>