



# Curriculum Progression Map

## Subject: Physical Education

**Intent:**

At Chalfont St Peter Church of England Academy, we aim to use sport as a catalyst to teach values and build well rounded individuals that can work independently or within a team successfully.

We strive to improve a child's physical and mental well being, using positive reinforcement to continually develop the children, and surrounding their physical education with positivity to increase enjoyment and future participation. Children will be given the opportunity to challenge themselves to ensure they continually develop, and are given the opportunity to see this development within their own abilities through regular assessment.

We will equip our pupils with the necessary skills and knowledge to ensure they live a healthy lifestyle; understanding the importance of a healthy diet as well as continued exercise. The main catalyst to a healthy lifestyle is through enjoyment of sport, which we aim to do by giving them as many opportunities to experience as many different sports as possible.

Autumn	Year 3	Year 4	Year 5	Year 6
Knowledge	Fitness and Circuits Gymnastics Netball Rugby Football	Fitness and Circuits Gymnastics Netball Rugby Football	Fitness and Circuits Gymnastics Netball Rugby Football	Fitness and Circuits Gymnastics Netball Rugby Football
Skills	Balance, run, dodge, hop, jump and skip.  Point and patch balances, jumps, straight roll, barrel roll and forward roll.  Learning England Netball rules to understand the role of the attacker and defender and how to run, throw, catch, change direction and speed and shoot.  Learnt the correct techniques for handling a	Agility, balance, coordination, speed, stamina and strength.  Individual and partner balances, rotation jumps, straight roll, forward roll, straddle roll. Bridge and shoulder stand.  Compare and improve work, move and used actions with coordination and Control.	Learning about how agility, balance coordination, speed, stamina and strength can help in other activities and how to apply this.  Symmetrical and asymmetrical balances, rotation jumps, straight roll, forward roll, straddle roll, backward roll, cartwheel, bridge and shoulder stand.  Learning England Netball rules to help apply different game techniques to develop	Develop an awareness of what our bodies can do, focusing on agility and balance with control. Developing coordination, speed, stamina and strength using their own bodyweight.  Straddle roll, forward roll, backward roll, counter balance, counter tension, bridge, shoulder stand, handstand and cartwheel.  Learning England Netball rules to develop defending

	<p>rugby ball, throwing, catching and running with the ball and explore defend and attack tactics.</p> <p>Understand roles of attackers and defenders when running, dribbling, passing, receiving and learn Football rules.</p>	<p>Learning England Netball rules to understand the footwork rule, defend opponents to win and develop shooting technique.</p> <p>Learning the rules, passing and receiving, teamwork, scoring a goal. Learning the rules of Tag Rugby, tagging, backwards pass, teamwork, passing and carrying the ball correctly.</p> <p>Develop attacking when dribbling, moving towards the goal and how to gain possession.</p>	<p>defending, space and interception.</p> <p>Learning throwing, catching and passing within game situations to stop opposition scoring.</p> <p>Develop ways to move with the ball in different situations, using defending tactics and applying techniques to game situations.</p>	<p>and attacking and how to support teammates in game situations.</p> <p>Learning a variety of defending and attacking skills to use within game situations.</p> <p>Learn how to maintain possession and control when dribbling and applying rules and skills to games.</p>
<b>Spring</b>	Year 3	Year 4	Year 5	Year 6
Knowledge	<p>Table Tennis</p> <p>Dodgeball</p> <p>Netball</p> <p>Rugby</p> <p>Football</p>	<p>Table Tennis</p> <p>Dodgeball</p> <p>Netball</p> <p>Rugby</p> <p>Football</p>	<p>Table Tennis</p> <p>Badminton</p> <p>Netball</p> <p>Rugby</p> <p>Football</p>	<p>Table Tennis</p> <p>Badminton</p> <p>Netball</p> <p>Rugby</p> <p>Football</p>
Skills	<p>Bat and ball familiarisation, learning the different ways to hold the bat and how to serve the ball.</p> <p>Learn basic rules and techniques. Movement, hand eye coordination and agility.</p> <p>Learning England Netball rules to understand the role of the attacker and defender and how to run, throw, catch, change direction and speed and shoot.</p>	<p>Bat and ball familiarisation, coordination and movement and how to serve.</p> <p>Learn basic rules and techniques. Movement, hand eye coordination and agility. Learning how to be competitive and dealing with defeat.</p> <p>Learning England Netball rules to understand the footwork rule, defend opponents to win and develop shooting technique.</p> <p>Learning the rules, passing and</p>	<p>Coordination and movement, serving and how to return a serve, rallying.</p> <p>Attacking principles, forehand underarm serves and skills and tactics for games.</p> <p>Learning England Netball rules to help apply different game techniques to develop defending, space and interception.</p> <p>Learning throwing, catching and passing within game</p>	<p>How to return in different ways and win points against opponents within doubles games.</p> <p>How to return shuttlecock under and over arm in a continuous rally, understand all the rules and tactics for play.</p> <p>Learning England Netball rules to develop defending and attacking and how to support teammates in game situations.</p>

	<p>Learn the correct techniques for handling a rugby ball, throwing, catching and running with the ball and explore defend and attack tactics.</p> <p>Understand roles of attackers and defenders when running, dribbling, passing, receiving and learn Football rules.</p>	<p>receiving, teamwork, scoring a goal. Learning the rules of Tag Rugby, tagging, backwards pass, teamwork, passing and carrying the ball correctly.</p> <p>Develop attacking when dribbling, moving towards the goal and how to gain possession.</p>	<p>situations to stop opposition scoring.</p> <p>Develop ways to move with the ball in different situations, using defending tactics and applying techniques to game situations</p>	<p>Learning a variety of defending and attacking skills to use within game situations.</p> <p>Learn how to maintain possession and control when dribbling and applying rules and skills to games.</p>
<b>Summer</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
<b>Knowledge</b>	<p>Basketball Dance Athletics Cricket Tennis</p>	<p>Basketball Dance Athletics Cricket Tennis</p>	<p>Basketball Dance Athletics Cricket Tennis</p>	<p>Basketball Dance Athletics Cricket Tennis</p>
<b>Skills</b>	<p>Understand roles of attackers and defenders learning how to run, jump, throw, catch, dribble and shoot with the ball.</p> <p>Sense of rhythm, movement, spatial awareness, learning and remembering Sequences.</p> <p>Sprinting, jumping for distance, and push and pull throws.</p> <p>Underarm throwing and bowling, overarm throwing, batting and catching.</p>	<p>Develop attacking and defending skills as well as passing and moving during play to gain possession.</p> <p>Sense of rhythm, movement, spatial awareness, learning and remembering sequences.</p> <p>Pace, sprint, jump for distance and throw for distance.</p> <p>Underarm and overarm throwing, overarm bowling, batting, two handed pick up and short barrier.</p> <p>Throwing, catching, forehand, backhand and rallying.</p>	<p>Develop moving with the ball to lose defenders and intercept the ball, developing shooting and when to pass, dribble or shoot.</p> <p>Sense of rhythm, movement, spatial awareness, learning and remembering sequences in pairs or groups.</p> <p>Pace, spring, relay changeovers, jumping for distance and push and pull throws.</p> <p>Deep and close catching, underarm and overarm throwing, overarm bowling, long and short barrier and batting.</p>	<p>Learn how to dribble and move into spaces under pressure, appropriate defensive techniques and tactics for games.</p> <p>Sense of rhythm, movement, spatial awareness, learning and remembering sequences in pairs or groups.</p> <p>Pace, sprint, jump for distance, push throw and fling throw</p> <p>Deep and close catching, underarm and overarm throwing, overarm bowling, long and short barrier and batting.</p>

	How to hold a tennis racket. Hit the ball with some control, moving to find space.		Forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve and rallying.	. Forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve and rallying.
Impact: End Points				
	A Year 3 child will have developed strength, balance and coordination through personal challenges. Have knowledge of ball skills, throwing, passing and catching. Will be able to successfully take part in team games with a clear understanding of the rules.	Year 4 children can take part in invasion games starting to use skills to attack and defend when appropriate. Children have developed their balance, coordination and strength through dance, circuits and gymnastics.	Year 5 children have developed even further their understanding of attacking and defending when playing invasion games. They have worked independently and with others to develop their creativity and strength through dance. Children will increase their strength and stamina through circuit training.	Year 6 children have experienced a wide range of physical activities, with a deeper understanding of their enjoyment levels, strengths and development points. They can apply skills learnt throughout KS1 and KS2 to competitive match situations and in order to improve personal best.