

Physical Education Progression Ladder

Pitmaston Primary School



This document gives a clear overview of the progression of substantive and disciplinary knowledge and skills that our pupils are taught in Physical Education, throughout their primary education at Pitmaston Primary School.

Our curriculum is designed so that key, fundamental skills are often revisited, building carefully upon their disciplinary knowledge and embedding key learning. Core skills that are constantly retaught enable muscle memories to form and therefore support them in their transition through to the next stage of Physical Education.

Our Physical Education provision ensures that all pupils develop competence to excel in a broad range of physical activities, are physically active for sustained periods of time, engage in competitive sports and activities and encourage all pupils to lead healthy, active lives.

Vocabulary is built upon each year, whilst still allowing prior language to be referred to across the key stages.

EYFS	Games	Athletics	Gymnastics	Dance
	<p>Object Manipulation Know ways to travel safely. Develop an awareness of following and mirroring. Recognise how to hold and shape hands in order to throw and catch objects. Recognise that the force used to bounce a ball, will affect the ease of catching the ball.</p> <p>Invasion Games – Ball Skills bounce pass is. I know that being able to dodge off both feet makes me twice as hard to catch. I know that I need to push the ball down and in front of me when I am bouncing. I know that I can stop a ball with different parts of my foot. I know that I should use the inside part of my foot to pass with accuracy over a short distance. I know that my hands need “give” and be “soft” when receiving a hockey pass. I know to move into space after passing a ball. I know to use “big toe, little toe” to dribble keeping the ball close to me. I know that I can trap a ball by moving in line with it and putting my foot on it.</p>	<p>Athletics Know what a good position of readiness looks like.</p> <p>Develop a more focused approach. Understand how to land softly, using arms to support jumping and landing.</p> <p>Know the standing position for throwing overarm.</p> <p>Recognise a dominant and non-dominant hand / foot</p> <p>Recognise which parts of the body are really important when jumping high.</p>	<p>Rocking and Rolling Identify that rocking involves moving forward or back, or side to side, on the same body part. Understand the need to alternate legs when I’m climbing. Understand that they can use the floor as part of their gym work. Identify the movement required to roll.</p> <p>Understand how to start and end sequences in interesting and strong positions. Know what a canon is.</p> <p>Locomotion Identify the key actions of arms and legs when jumping. Recognise a dominant and non-dominant hand / foot Recognise the action required to skip including hand placement.</p>	<p>Zumba Understand that dance can be led and choreographed. Recognise that tone and rhythm of music impacts the actions and meaning. Be aware of the importance of timing, execution and synchronisation.</p>
Vocabulary	Heart-rate Throw Catch Kick Run Quickly Slowly Canon Scissor Kick Frisbee Non-throwing Dodge Alternate Performing Climbing Position Following Mirroring Target Rolling			

Year 1	Games	Athletics	Gymnastics	Dance
	<p>Bats and Racquets Know how and when to run, after striking a ball, to accumulate runs. Develop understanding of how to bowl and field and what a wicket keeping stance is Know the different calls used by batsmen/women when they want to run.</p> <p>Brilliant Ball Skills - Net and Wall Games Skills Recall the ready position and basic rules of a game Recall basic positional tactics including a T position Develop accuracy and power when throwing.</p> <p>Brilliant Ball Skills – Target games Understand basic striking positions of the body including feet and hands in order to hit / catch with increasing accurately Take turns and share equipment Know how to move around safely in a limited space. Develop awareness of how to dodge Use a hockey stick with increased competence</p> <p>Golf: Recall the basic movements and body positioning associated with golf including back swing Identify the incline of land and apply more or less pressure when hitting the ball based on this.</p> <p>Brilliant ball skills – invasion games Recall what bounce pass and dribbling is and what a suitable throwing distance is between fielders. Know to receive a bounce pass differently to a chest pass. Observe and then use the flat side of a hockey stick to move the ball. Recall how to grip a hockey stick correctly. Recall and apply basic knowledge to effectively control and dribble a ball.</p>	<p>Retain focus for longer periods of time during activities. Recall how to move the body for different types of jumps, improving technique, height and distance. Recall the difference between a leap and a jump. Warm up and cool down with increased awareness of the impact on the body.</p> <p>Recall a variety of basic ways to throw that are safe. I know which technique will increase the distance in my throws</p>	<p>Balancing and spinning on points and patches Observe other performances and improve their own. Recall what symmetrical and asymmetrical shapes are. Recall what is required to create a sequence Recall what is meant by points and patches are.</p> <p>Pathways small and long what an interesting start position is Create basic sequences using different a pathways, directions and I know what mount / dismount.</p> <p>Narrow & Curled Rolling and Balancing Develop control of their movements</p> <p>Use control to sequence their movement including clear starting and ending points and contrasting parts of the performance such as height, speed, direction.</p>	<p>Dance – Mini beasts Sequence shapes, movement and actions to a specific dance and music. Show greater control with regards to their movement and speed Observe others routines suggesting how they can improve. Improve their own dance listening to other people’s ideas and sharing their own thoughts.</p> <p>Zumba Understand that dance can be led and choreographed. Recognise that tone and rhythm of music impacts the actions and meaning. Be aware of the importance of timing, execution and synchronisation.</p>
Vocabulary	Points Asymmetrical Patches Linking Symmetrical Levels	Pathway Sequence Inversion Curled/long/narrow Position Mounting Inversion Stretch Direction Dismounting Contrast Heart-rate	Putt Swing Club Batsman Hockey Pass Backlift	Strike Batter Crease

Year 2	Games	Athletics	Gymnastics	Dance
	<p>Brilliant ball skills (throwing and catching) – Target games Reason the best body position when throwing and striking Offer encouragement to others Recall how to change stance depending on which hand they are rolling with. Recall ways to hit with force.</p> <p>Brilliant ball skills (dribbling) – invasion games Observe and then speculate the correct distance to throw a ball in relation to where they are standing and where their partner is. Know to track the flight of the ball into hands. Recall basic techniques to improve defence including how to turn my body so they can see the opponent and the ball when defending.</p> <p>Bats and racquets – Striking and fielding games Recall basic skills and rules associated to cricket including which stance to adopt when keeping wicket. Apply the skills of stopping and catching Know the importance of a high back lift when playing short bowling and the correct technique for throwing overarm. Further develop the importance of good communication between batters and fielders.</p> <p>Bats and racquets – Net and wall games Recall effective positions to field and know to track the flight of the ball with their eyes. Recall the basic rules/steps to play a game of tennis against an opponent.</p> <p>Golf Further recall terminology associated with golf. Develop further skills and techniques taught in Year 1 including basic movements and body positioning associated with golf such as chipping and putting with increased accuracy.</p>	<p>Athletics</p> <p>Recall the body position and reflex skills to ensure a good start in events</p> <p>Further develop their athletic awareness including position of the body for jumping and running for speed and endurance.</p> <p>Develop and refine techniques needed for jumping and throwing.</p> <p>Know why it is important to warm up and explain this to others.</p>	<p>Pathways: straight, zipzag and curving Recall the importance of changes within a routine such as height, direction and speed and incorporate this within basic routines. Develop the ability to turn the body deliberately and land with care and precision when completing 90, 180 and 270 degree turns. Recall what mirroring and synchronisation is and why this can enhance routines and performances.</p> <p>Spinning, turning and twisting Compare and contrast routines, identifying successful elements. Recall the differences between turns and a twists. Recall how to make a routine fluent. Recall and then use a counter balance and counter tension in a routine.</p> <p>Stretching, curling & arching Select various moves and balances to create a sequence that includes change of levels and different dynamics. Know the difference between stretching and curling. Recognise and then apply good eye focus and a positive, confident demeanour within a routine. Know the difference between a stretched jump and a curled jump. Improve their timings within a routine.</p>	<p>Zumba Understand that dance can be led and choreographed. Recognise that tone and rhythm of music impacts the actions and meaning. Be aware of the importance of timing, execution and synchronisation. Increase the accuracy of mirrored movements and rhythm.</p> <p>Dance Sequence a variety of shapes, movement and actions to a specific dance and music. Show greater control with regards to their movement and speed, reflecting the music Observe and begin to evaluate others routines suggesting how they can improve. Improve their own dance listening to other people’s ideas and sharing their own thoughts. Link ideas and movements together so that they start to flow.</p>
Vocabulary	Stretching Curling Fluency Stretched Twist Body Tension Routine Back Swing	Positive Demeanour Performance T-Shape Heart-rate Wicket	Arching Dynamic Counter Balance Curled Points Flight Iron Wicket	Counter Tension Demeanour

Year 3	Games	Gymnastics	Dance
	<p>Hockey Demonstrate a greater understanding of the game of Hockey including awareness of backswing, control of the ball, hand grip and jab tackles. Demonstrate their understanding of planning and tactics are important prior to the game in order to improve performance.</p> <p>Netball Explain choice of pass based on distance and defence they face. Know the basic rules of netball and basic defence stance and moves.</p> <p>Cricket Know the basic rules of cricket. Demonstrate this in matches including knowledge of the need to slide the bat to make ground when running between the wickets. Know to be aware of the space of themselves and others. Know when to stand still on the field and when to walk in, as the bowler runs in.</p> <p>Golf Demonstrate a growing knowledge of the game and the body positioning when taking a shot using irons, including the need to get the club underneath the ball to elevate it. Know the importance of following through with swing and know that there are different clubs for different purposes.</p> <p>Dodgeball Explain to others simple tactics required to be successful in the game including specific throws and target positions. Know that tactics need to be decided on as a team before the game.</p> <p>Tennis Develop understanding of the basic shots within tennis and begin to refine body position when completing backswing, the ready position, volley and forehand. I know what I need to do to score. Summarise their own and the opponent's strengths and weaknesses.</p> <p>Basketball Demonstrate understanding as to how to control the ball, and of the rules, understanding terminology such as: double dribble, travelling, triple threat and pivoting. Know the techniques of passing the ball (chest and bounce pass) and know which to choose when. Show understanding of the principles of attacking and defending when playing a competitive game.</p>	<p>Linking movements together Explain the difference between a point and a patch building on prior learning. Build into a routine of growing complexity:</p> <ul style="list-style-type: none"> • a variety of levels and directions • smooth movement • contrast • deliberate and clear start and finish <p>Know their own capabilities and begin to challenge themselves further.</p> <p>Receiving body weight Summarise the difference between symmetry and asymmetry, using this with deliberate reasoning in routines. Know what inversion is and include this in routines. Demonstrate a deeper understanding of gymnastics by evaluating and giving explicit, constructive feedback. Know the importance of timing, synchronisation and control</p>	<p>Dance Link key words to shapes, movements and actions. Communicate meaning through dance through the deliberate inclusion of static action into travelling movements, timing and synchronisation. Explain how formation, canon, direction and levels can improve our performance.</p> <p>Zumba Explain how tone and rhythm of music impacts the actions and meaning, reflecting this in their movement. Demonstrate understanding with regards to the importance of timing, execution and synchronisation – showing this understanding through the quality of their own dance. Increase further the accuracy of mirrored movements and rhythm.</p>
Vocabulary	Inversion Contrast Choreograph Symmetry Transition Formation Iron Asymmetry Translate Synchronisation Crease Hard Shot Field Deflecting Volley Backhand	Tee Elevate Club Precision Opponent Slap Pass Bowler Back Swing Dribbling Shield Obstruction Call Double Dribble Triple Threat	Parallel Jab Tackle Push Pass Pull Shot Long Barrier Consequences Tactics Pivoting

Year 4	Games	Athletics	Gymnastics	Dance
	<p>Hockey Demonstrate a greater understanding of the game of Hockey including awareness of effective defensive tactics. Execute deliberate tactics to improve the game, prior to the start.</p> <p>Football Develop further their awareness of basic tactics and skills such as body position in relation to the ball when the opponent is shielding and recognising that there are multiple strategies for defending when 1v1 Begin to more aware of effective use of the whole pitch when in a match Demonstrate further awareness of evaluation skills, recognising players strengths and beginning to use these within matches by careful placement of players. Know and demonstrate how to apply more control of the ball, being aware of the different touches that can be made with different parts of the foot when dribbling the ball. Know which might be the best turn to use in certain circumstances.</p> <p>Tennis Further develop understanding and application of the basic shots within tennis and begin to refine body position when completing backswing, the ready position, volley and forehand. Summarise their own and the opponent's strengths and weaknesses</p> <p>Golf Further develop effective body positioning when taking a shot using irons, including the need to get the club underneath the ball to elevate it. Know the importance of following through with swing and know that there are different clubs for different purposes. Recognise and explain the types of hazards that may be on a golf course.</p>	<p>Swimming Know and develop the skill to swim competently and confidently as a basic safety tool, as well as for enjoyment.</p> <p>Develop awareness of the range of strokes that can be used to swim (front crawl, back stroke, breast stroke) and begin to use these with increased competence.</p> <p>Know what to do in order to perform a safe self-rescue in different water-based situations.</p>	<p>Arching and Bridges Demonstrate further, deliberate control of their movements.</p> <p>Demonstrate awareness through their routines of their ability to use the floor space imaginatively.</p> <p>Continue to give and receive feedback in order to improve.</p> <p>I know different ways that I can support a shoulder balance.</p>	<p>Zumba Further develop the skills to mirror and follow dances that have been led and choreographed by someone else. Show awareness through effort and body positions as to how the tone and rhythm of music impacts the actions and meaning. Further demonstrate understanding as to the importance of timing, execution and synchronisation, showing more accuracy in timing when following a lead dancer.</p>
Vocabulary	Tee Parallel Back Swing Jab Iron Tackle Elevate Deflecting	Putt Volley	Precision Dribbling Opponent BackhandField Hockey	Shield Shoulder Slap Pass Push Pass Balance

Year 5	Games	Gymnastics	Dance	OAA
	<p>Basket Ball Apply deliberate skills and tactics in order to defend and attack with increased control and success. Apply awareness of defence zones and how to utilise the team players to create attacking opportunities.</p> <p>Tag Rugby Apply basic skills of rugby including positioning to pass, handling of the ball, organising attacking lines. Develop greater understanding of the basic rules of rugby including offside, advantage play and knock on.</p> <p>Football Apply tactics and skills to improve the overall game including defensive tactics, effective dribbling concentration and discipline when defending.</p> <p>Cricket Begin to hypothesise attackers tactics, developing awareness of the position of anticipation when playing. Continue to apply the correct grip and stance when batting. Know the rules around the crease. Further develop bowling techniques including awareness of the leg-spin bowl.</p> <p>Rounders Apply more informed skills in order to catch and field, evaluating the situation in order to can choose the right fielding technique for the circumstance. Develop further their high back lift when batting. Confidently know and apply the majority of the rules of rounders. Begin to recognise when to adjust their position in the field for certain batsmen/women.</p> <p>Badminton Know the correct grip for a racket and how to hold the racket for a serve Be aware of and apply different serves. Apply different tactics based on awareness of the oppositions movement and placement on court.</p> <p>Dodgeball Apply with greater confidence a range of tactics to create a game advantage, such as deliberate body placement and movement to avoid being hit. Make informed decisions as to whether to catch or dodge. Confidently apply the majority of the rules accurately. Evaluate their own game effectively.</p>	<p>Matching, mirroring and contrast Apply more challenging and technically advanced movement showing increased fluency and control of movement. In routines, show deliberate use of mirroring, unison, canon timing and synchronisation for impact and effect. Evaluate more effectively drawing on knowledge and correct terminology to critique a performance.</p> <p>Partner work under and over Apply momentum to move from forward and backward rolls to get back to their feet. Incorporate arches and bridges, leapfrogs and a variation of speed in movements to demonstrate contrast. Know that refining sequences ensures quality in work and strive to achieve quality in routines.</p>	<p>Victorian Dance Further develop static actions into travelling movements to convey/ express meaning Know what chance choreography is and that it can be used to create a sequence. Evaluate more effectively drawing on knowledge and correct terminology to critique a performance.</p> <p>Zumba Apply the skills to mirror and follow dances that have been led and choreographed by someone else. Maintain and apply effort and deliberate body position to reflect the tone and rhythm of music. Demonstrate a greater ability to improve timing, execution and synchronisation when following a lead dancer.</p>	<p>OAA Know where to position themselves in order to give clear instruction and keep their partner safe. Use a map to navigate themselves around. Demonstrate effective communication and negotiation when working as part of a team. Know what ordnance survey symbols mean.</p>
Vocabulary	<p>Discipline Underlap Attack</p> <p>frog Bridges Transition Unison</p> <p>Overload Defend Momentum Sequence Formation</p> <p>Bowler Man v Man Defence Zone Defence</p>	<p>Arches Contrast</p> <p>Synchronisation Crease</p> <p>Canon Static actions</p> <p>Pop Pass Pocket Pass</p>	<p>Execution Overthrows</p> <p>Leg-spin Overarm</p> <p>Dummy Pass Knock on</p>	<p>Grip Overlap</p> <p>Dribble Leap</p>

Year 6	Games	Athletics	Gymnastics	Dance	OAA
	<p>Netball Reach informed decisions when playing in order to increase success in a game including disguising passes, opening up the court by moving to the sides and signalling in advance for a pass. Know some attacking principles and apply these with growing confidence. Know what the different roles are within high 5 netball.</p> <p>Hockey Apply a growing number of skills with increased efficiency and accuracy to enhance the quality of play such as:</p> <ul style="list-style-type: none"> • cushion the ball's impact when receiving. • closing the space when defending. • using the width of the pitch when attacking. • Knowing the formation to play in. <p>Make the most of numerical advantage. Know the rules to play and officiate hockey.</p> <p>Tag Rugby Apply the core skills of rugby with increased competence including positioning to pass, handling of the ball, organising attacking lines. Have a secure understanding of the basic rules of rugby including offside, advantage play and knock on.</p> <p>Dodgeball Apply with greater competence a range of tactics to create a game advantage, such as deliberate body placement and movement to avoid being hit. Know who to target on the opposition and what tactics might be best deployed. Confidently apply the rules accurately. Evaluate their own game effectively.</p> <p>Rounders Apply more informed skills in order to catch and field, evaluating the situation in order to can choose the right fielding technique for the circumstance. Apply with confidence high back lift when batting. apply accurately the rules of rounders. Adjust their position in the field for certain batsmen/women by critiquing the game of play.</p> <p>Ultimate Frisbee Know and apply the techniques for throwing and catching, passing and moving in a game. Deliberately create angles to help a player in possession. When defending, position their body so that they can see the opponent and the person in possession. Know what a "pull" is. Know the basic rules of ultimate Frisbee.</p>	<p>Sports Hall Athletics Apply technique to enhance running performances for both bends and the straight. Use their non-throwing arm to help improve their throw. Know and apply techniques to generate power from the thighs. Know through self-evaluation and improvement, their take off foot and lead leg. Show confidence in relay races, including successful positioning and handover of the baton and an ability to work as a team to identify the strength of the team e.g. deliberate positioning of a runner on the anchor leg etc.</p>	<p>Gymnastics – Group sequencing Mount and dismount apparatus with increased control and precision on landing and take-off – incorporating different, controlled movement on the apparatus.</p> <p>Critique others performances as well as their own performance drawing on knowledge and correct terminology to effectively evaluate and provide constructive feedback.</p> <p>Gymnastics – Flight Gain elevation from a powerful run and dynamic take off, landing with increased precision and control. Incorporate a range of jumps that make the routines aesthetically pleasing. Critique others performances as well as their own performance drawing on knowledge and correct terminology to effectively evaluate and provide constructive feedback.</p>	<p>Dance – Lindy Hop Apply deliberate static actions into travelling movements to convey/ express meaning</p> <p>Know what chance choreography is and deliberately use these isolated movements into the sequence for impact and effect.</p> <p>Evaluate effectively drawing on knowledge and correct terminology to critique a performance.</p>	<p>OAA - Team building and problem solving</p> <p>Deliberately position themselves in order to give clear instruction and keep their partner safe.</p> <p>Use a map with confidence to navigate themselves around.</p> <p>Demonstrate effective communication and negotiation when working as part of a team including verbal and non-verbal communication.</p> <p>Know and interpret effectively ordnance survey symbols in order to navigate effectively.</p>
Vocabulary	Officiate Landing foot Pivoting High 5 Flight Canon Unison Dynamic Numerical Advantage Officiate Mirroring Points Pull Possession	Court Mounting Dismounting Apparatus Leapfrog Pathways Elevation Landing OppositionStrategy Jab Tackle Dribble Formation Points Patches Transition Signal Tactics			

