

PE Curriculum Knowledge and Progression Map 2023 2024							
YEAR 5/6 CHESTNUT	Gymnastics <i>Matching, mirroring & contrasting</i>	Dance	Net & Wall <i>Tennis</i>	Invasion Games <i>Football</i>	Striking <i>Cricket</i>	Athletics	ADDITIONAL OPPORTUNITIES
BREADTH OF STUDY	Take part in gymnastics activities.	Perform dances.	Play competitive games and apply basic principles suitable for attacking and defending.	Play competitive games and apply basic principles suitable for attacking and defending.	Play competitive games and tennis and apply basic principles suitable for attacking and defending.	Take part in athletics activities	<p>All planning supported with PE passport.</p> <p>Expert practitioners available across school for additional PE sessions.</p>
THRESHOLD CONCEPTS	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle.</p> <p>This concept involves learning a range of physical movements and sporting techniques.</p>						LFC Foundation
MILESTONES	Create complex and well-executed sequences that include a full range of movements including: Travelling, balances, swinging, springing, flight, vaults, inversions, rotations bending,	<p>Compose creative and imaginative dance sequences.</p> <p>Perform expressively and hold a precise and strong body posture.</p> <p>Perform and create complex sequences.</p>	<p>Use forehand and backhand when playing racket games.</p> <p>Choose the most appropriate tactics for a game.</p> <p>Uphold the spirit of fair play and respect in all competitive situations.</p>	<p>Field, defend and attack tactically by anticipating the direction of play.</p> <p>Choose the most appropriate tactics for a game.</p> <p>Uphold the spirit of fair play and respect in all</p>	<p>Strike a bowled or volleyed ball with accuracy.</p> <p>Field, defend and attack tactically by anticipating the direction of play.</p> <p>Choose the most appropriate tactics for a game.</p>	<p>Combine sprinting with low hurdles over 60 metres.</p> <p>Choose the best place for running over a variety of distances.</p> <p>Throw accurately and refine performance by analysing</p>	<p>Delivery of PE curriculum.</p> <p>Beth Tweddle Gymnastics providing additional gymnastics sessions and necessary CPD for staff across KS1 & 2.</p> <p>St Helens Rugby Foundation providing</p>

	<p>stretching and twisting</p> <p>Hold shapes that are strong, fluent and expressive.</p> <p>Include in a sequence set pieces, choosing the most appropriate linking elements.</p> <p>Vary speed, direction, level and body rotation during floor performances.</p> <p>Practise and refine the gymnastic techniques used in performances.</p> <p>Demonstrate good</p>	<p>Express an idea in original and imaginative ways.</p> <p>Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece.</p> <p>Perform complex moves that combine strength and stamina gained through gymnastics activities.</p>		<p>competitive situations.</p> <p>Lead others when called upon and act as a good role model within a team</p>	<p>Uphold the spirit of fair play and respect in all competitive situations.</p> <p>Lead others when called upon and act as a good role model within a team</p>	<p>technique and body shape.</p> <p>Show control in take-off and landings when jumping.</p> <p>Compete with others and keep track of personal best performances.</p>	<p>additional invasion games sessions and staff CPD across KS1 and 2.</p> <p>Breadth of afterschool sports clubs providing structured sporting opportunities for our children throughout the year.</p> <p>Diddi Dance to work with EYFS and Nursery children in Autumn term.</p>
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	kinaesthetic awareness. Use equipment to vault.						
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