

PE Curriculum Knowledge and Progression Map 2023 2024

YEAR 6 SYCAMORE	Gymnastics <i>Counter balance & counter tension</i>	Dance	Net & Wall <i>Badminton</i>	Invasion Games <i>Tag rugby</i>	Striking <i>Rounders</i>	OAA <i>OAA</i>	ADDITIONAL OPPORTUNITIES
BREADTH OF STUDY	Take part in gymnastics activities	Perform dances	Play competitive games and tennis and apply basic principles suitable for attacking and defending	Play competitive games and tennis 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 outdoor and adventurous activity challenges both individually and within a team	All planning supported with PE passport. Expert practitioners available across school for additional PE sessions.
THRESHOLD CONCEPTS	Develop practical skills in order to participate, compete and lead a healthy lifestyle. This concept involves learning a range of physical movements and sporting techniques.						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,	Compose creative and imaginative dance sequences. Perform expressively and hold a precise and strong body posture. Perform and create complex sequences.	Use forehand and backhand when playing racket games. Choose the most appropriate tactics for a game. Uphold the spirit of fair play and respect in all competitive situations.	Field, defend and attack tactically by anticipating the direction of play. Choose the most appropriate tactics for a game. Uphold the spirit of fair play and respect in all	Strike a bowled or volleyed ball with accuracy. Field, defend and attack tactically by anticipating the direction of play. Choose the most appropriate tactics for a game.	Select appropriate equipment for outdoor and adventurous activity. Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.	providing PE CPD to teachers. Delivery of PE curriculum. Beth Tweddle Gymnastics providing additional gymnastics sessions and necessary CPD for staff across KS1 & 2. St Helens Rugby Foundation providing

	<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 (such as cartwheels or handstands).</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>Embrace both leadership and team roles and gain the commitment and respect of a team.</p> <p>Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt.</p> <p>Remain positive even in the most challenging circumstances, rallying others if need be.</p> <p>Use a range of devices in order to orientate themselves.</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.					Quickly assess changing conditions and adapt plans to ensure safety comes first.	
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