

PE Curriculum Knowledge and Progression Map 2025 2026							
YEAR 4/5 HAZEL Y4 Holly	Gymnastics <i>Arching and bridges</i>	Dance	Net & Wall <i>Dodgeball</i>	Invasion Games <i>Hockey</i>	Striking <i>Rounders</i>	Athletics	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 athletics activities	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.						
MILESTONES	Plan, perform and repeat sequences. Move in a clear, fluent and expressive manner. Refine movements into sequences. Show changes of direction, speed and level during a performance.	Plan, perform and repeat sequences. Move in a clear, fluent and expressive manner. Refine movements into sequences. Create dances and movements that convey a definite idea.	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.	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.	- Combine sprinting with low hurdles over 60 metres. - Choose the best place for running over a variety of distances. - Throw accurately and refine performance by analysing	LFC Foundation 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

	Travel in a variety of ways, including flight, by transferring weight to generate power in movements. Show a kinaesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape). Swing and hang from equipment safely (using hands).	Change speed and levels within a performance. Develop physical strength and suppleness by practising moves and stretching.	competitive situations. Lead others when called upon and act as a good role model within a team.	Uphold the spirit of fair play and respect in all competitive situations. Lead others when called upon and act as a good role model within a team.	Uphold the spirit of fair play and respect in all competitive situations. Lead others when called upon and act as a good role model within a team.	technique and body shape. Show control in take-off and landings when jumping. Compete with others and keep track of personal best performances.	additional invasion games sessions and staff CPD across KS1 and 2. Breadth of afterschool sports clubs providing structured sporting opportunities for our children throughout the year. .
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