

## **PE Progression – Alton Park Junior School**

**Intent:** By the end of year 6, we want all pupils at Alton Park Junior School to:

**Aspiration** – have a positive attitude towards Physical Education and feel confident and motivated regarding a range of sports and activities.

**Learning** – have accessed a range of sports and developed the vocabulary, key knowledge and skills to enable them to achieve and improve.

**Tenacity** – be resilient learners who have the tools, fitness and language to overcome the challenges that Physical Education can present.

**Opportunity** - have experienced a range of sports, developed strong teamwork skills and have had the opportunity to compete in both internal and external competitions.

**Nurture** – both succeed in, and enjoy, PE and have the skills necessary to support their future.

**Yearly Overview 2023-2024**

**All year groups have two PE lessons per week.**

	Year 3	Year 4	Year 5	Year 6
Autumn Term 1	Dance or Football Fundamentals	Gymnastics Hockey	Gymnastics Swimming or Outdoor Adventurous Activity	Gymnastics Basketball
Autumn Term 2	Dance or Football Gymnastics	Football Ball Skills	Football Swimming or Netball	Tag Rugby Football
Spring Term 1	Handball or Tag Rugby Hockey	Dance or Fitness Handball or Tag Rugby	Basketball Swimming or Fitness	Netball Hockey
Spring Term 2	Netball Tri-Golf	Dance or Fitness Netball	Swimming or Outdoor Adventurous Activity Hockey	Fitness Cricket
Summer Term 1	Athletics Ball Skills	Athletics Tennis	Swimming or Netball Athletics	Dance or Tennis Athletics
Summer Term 2	Tennis Cricket	Rounders Cricket	Swimming or Fitness Rounders	Dance or Tennis Rounders

## Progression of knowledge and skills

Blue = physical

Red = social

Green = emotional

Black = thinking

	Year 3	Year 4	Year 5	Year 6
Fundamentals	I am able to jump and turn a skipping rope. 2. I can change direction quickly. 3. I can identify when I was successful. 4. I can link hopping and jumping actions. 5. I demonstrate balance when performing other fundamental skills. 6. I understand how the body moves differently at different speeds. 7. I understand why it is important to warm up.			
Ball Skills	1. I can catch different sized objects with increasing consistency with two hands. 2. I can dribble a ball with control. 3. I can persevere when learning a new skill. 4. I can provide feedback using keywords. 5. I can show a variety of throwing techniques. 6. I can throw with accuracy and consistency to a target. 7. I can track the path of a ball that is not sent directly to me.	1. I can accurately use a range of throwing techniques to throw to a target. 2. I can catch different size objects with increasing consistency with one and two hands. 3. I can consistently track the path of a ball that is not sent directly to me. 4. I can dribble a ball with increasing control and coordination. 5. I can persevere when learning a new skill. 6. I can provide feedback using key terminology and understand what I need to do to improve.		
Fitness		I can persevere when I find a challenge hard. 2. I show determination to achieve my personal best. 3. I can encourage others to work to their personal best. 4. I can explain what happens in my body when I warm up. 5. I can collect and record personal fitness data and identify areas I need to improve. 6. I understand there are	1. I can lead a partner through short warm-up routines. 2. I can analyse my fitness data to identify areas of improvement. 3. I understand the different components of fitness and how to test them. 4. I show determination to work to my maximum level. 5. I can encourage and motivate others to work their personal best.	1. I can lead a small group through a short warm-up routine. 2. I can collect, record and analyse data to identify areas where I have made the most improvement. 3. I understand the different components of fitness and ways to test and develop them. 4. I show determination to work to my maximum level. 5. I can motivate and encourage others to work to their personal best.

		different areas of fitness and that each area challenges my body differently.		
Football	<p>1. I can begin to use simple tactics.</p> <p>2. I am learning the rules of the game and I am beginning to use them to play honestly and fairly.</p> <p>3. I can dribble past, receive and shoot the ball with some control.</p> <p>4. I can find space away from others and near to my goal.</p> <p>5. I can provide feedback using key words.</p> <p>6. I can track an opponent to slow them down.</p> <p>7. I understand my role as an attacker and as a defender.</p> <p>8. I work cooperatively with my group to self-manage my game.</p>	<p>1. I can dribble, pass, receive and shoot the ball with increasing control.</p> <p>2. I understand the rules of the game and I can use them often to play honestly and fairly.</p> <p>3. I can help my team keep possession and score goals when I play in attack.</p> <p>4. I can delay and help prevent the other team from scoring when I play in defence.</p> <p>5. I can use simple tactics to help score or gain possession.</p> <p>6. I can explain what happens in my body when I warm up.</p> <p>7. I can identify when I was successful and what I need to do to improve.</p> <p>8. I show determination to perform at my best.</p>	<p>1. I can communicate with my team and move into space to keep possession and score.</p> <p>2. I can dribble past, receive and shoot the ball with some control under pressure.</p> <p>3. I can identify when I was successful and what I need to do to improve.</p> <p>4. I can often make the correct decision as to who to pass to and when.</p> <p>5. I can use tracking and intercepting when playing in defence.</p> <p>6. I understand the need for tactics and can identify when to use them in different situations.</p> <p>7. I understand the rules of the game and can use them most of the time to play honestly and fairly.</p> <p>8. I understand that there are different skills for different situations and I am beginning to apply these</p>	<p>1. I can dribble, pass, receive and shoot the ball with increasing control under pressure.</p> <p>2. I can select the appropriate action for the situation.</p> <p>3. I can use the rules of the game consistently to play honestly and fairly.</p> <p>4. I can create and use a variety of tactics to help my team.</p> <p>5. I can lead a small group through a short warm-up routine.</p> <p>6. I can identify my own and others' strengths and areas for development and can suggest ways to improve.</p> <p>7. I can use marking, tackling and/or interception to improve my defence.</p>
Netball	<p>1. I am beginning to use simple tactics.</p> <p>2. I am learning the rules of the game and am beginning to use them honestly.</p> <p>3. I can communicate with my team and move into space to support them.</p> <p>4. I can defend an opponent and try to win the ball.</p> <p>5. I can pass, receive and shoot the ball with some control.</p> <p>6. I can provide feedback using keywords.</p> <p>7. I understand my role as an attacker and as a defender.</p> <p>8. I work cooperatively with my group to self-manage games.</p>	<p>1. I can pass, receive and shoot the ball with increasing control.</p> <p>2. I understand the rules of the game and I can use them often.</p> <p>3. I can help my team keep possession and score goals when I play in attack.</p> <p>4. I can defend one on one and know when to win the back.</p> <p>5. I can use simple tactics to help my team score or gain possession.</p> <p>6. I can explain what happens in my body when I warm up.</p> <p>7. I can identify when I was successful and what I need to do to improve</p>	<p>1. I can communicate with my team and move into space to keep possession and score.</p> <p>2. I can identify when I was successful and what I need to do to improve.</p> <p>3. I can pass, receive and shoot the ball with some control under pressure.</p> <p>4. I can stay with an opponent and I am confident to attempt to intercept.</p> <p>5. I know what position I am playing in and how to contribute when attacking and defending.</p> <p>6. I understand the need for tactics and can identify when to use them in different situations.</p> <p>7. I understand</p>	<p>1. I can select the appropriate action for the situation and make this decision quickly.</p> <p>2. I can use the rules of the game honestly and consistently.</p> <p>3. I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.</p> <p>4. I can create and use space to help my team.</p> <p>5. I can lead a small group through a short warm-up routine.</p> <p>6. I can identify my own and others' strengths and areas for development and can suggest ways to improve.</p> <p>7. I can use marking, and/or interception to improve my defence.</p> <p>8. I can pass,</p>

			the rules of the game and can apply them honestly most of the time. 8. I understand that there are different skills for different situations and I am beginning to apply this.	receive and shoot the ball with increasing control under pressure.
Hockey	1. I can dribble, pass, receive and shoot the ball with some control. 2. I am learning the rules of the game and I am beginning to use them to play fairly. 3. I can move with a ball towards goal with increasing control. 4. I understand my role as an attacker and as a defender. 5. I can communicate with my team and move into space to help them. 6. I can defend an opponent. 7. I understand why it is important to warm up. 8. I can identify when I was successful.	1. I can delay an opponent and help to prevent the other team from scoring. 2. I can dribble, pass, receive and shoot the ball with increasing control. 3. I can move to space to help my team to keep possession and score goals. 4. I can provide feedback using key terminology and understand what I need to do to improve. 5. I can use simple tactics to help my team score or gain possession. 6. I share ideas and work with others to manage our game. I understand the rules of the game and I can use them often and honestly	1. I can dribble, pass, receive and shoot the ball with some control under pressure. 2. I understand the rules of the game and I can use them most of the time to play fairly and honestly. 3. I understand there are different skills for different situations and I am beginning to use this. 4. I can move into space to support my team. 5. I know what position I am playing in and how to contribute when attacking and defending. 6. I recognise my own and others strengths and areas for development and can suggest ways to improve. 7. I can lead a partner through short warm-up routines.	1. I can create a new space to help my team. 2. I can dribble, pass, receive and shoot the ball with increasing control under pressure. 3. I can select the appropriate action for this situation and make this decision quickly. 4. I can use marking, tackling and/or interception to improve my defence. 5. I can use the rules of the game consistently to play honestly and fairly. 6. I can work collaboratively to create tactics with my team and evaluate the effectiveness of these. 7. I can work in collaboration with others so that games run smoothly. 8. I recognise my own and others' strengths and areas for development and can suggest ways to improve.
Basketball			1. I can dribble, pass, receive and shoot the ball with some control. 2. I am learning the rules of the game and I am beginning to use them with honesty. 3. I can move with a ball towards the goal with increasing control. 4. I understand my role as an attacker and as a defender. 5. I can communicate with my team and move into a space to help them. 6. I can defend an opponent. 7. I understand why it is important to warm up. 8. I can identify when I was successful.	1. I can dribble, pass, receive and shoot the ball with some control under pressure. 2. I understand the rules of the game and I can apply them honestly most of the time. 3. I understand there are different skills for different situations and I am beginning to use them in collaboration with others. 4. I can move into space to help my team. 5. I know what position I am playing and how to contribute when attacking and defending. 6. I can often make the correct decision of who to pass to and when. 7. I recognise my own and others strengths and areas for development and can suggest ways to improve. 8. I

				can lead a partner through short warm-up routines.
Handball	<p>1. I am learning the rules of the game and I am beginning to use them honestly. 2. I can defend an opponent to slow them down. 3. I can find space away from others and near to my goal. 4. I can provide feedback using key words. 5. I can throw, catch, dribble and shoot the ball with some control. 6. I understand my role both as a defender and as an attacker. 7. I work cooperatively with my group to self-manage games.</p>	<p>1. I can self-manage a match with my teammates and officiate a match by applying the basic rules. 2. I can delay an opponent and help to prevent the other team from scoring. 3. I can move to space to help my team to keep possession and score goals. 4. I can provide feedback using key terminology and understand what I need to do to improve. 5. I can throw, catch, dribble and shoot the ball with increasing control. 6. I can use simple tactics to help my team gain possession. 7. I share ideas and work with others to manage our game. 8. I understand the rules of the game and use them often and honestly.</p>		
Golf	<p>1. I can hold all equipment correctly. 2. I can provide feedback using key words. 3. I can strike the ball with some accuracy. 4. I can work on my own, with a partner and as a team. 5. I mostly have the correct stance for putting. 6. I show balance when striking the ball. 7. I understand the aim of the game.</p>			
Tennis	<p>1. I am learning the rules of the game. 2. I can communicate with my teammates to apply simple tactics. 3. I can provide feedback using key terminology. 4. I can return the ball to a partner. 5. I can use basic racket skills. 6. I understand the aim of the</p>			<p>. 1. I can use a range of racket skills. 2. I sometimes play a continuous game. 3. I can return to the ready position to defend my own court. 4. I understand the need for tactics and can identify when to use them in different situations. 5. I apply</p>

	game. I can explain what happens to my body when I exercise.			the rules of the game honestly most of the time.
Gym	1. I use a greater number of my own ideas for movements in response to a task. 2. I can choose and plan sequences of contrasting actions. 3. I can complete actions with increasing balance and control. 4. I can move in unison with a partner. 5. I can choose actions that flow well into one another. 6. I can adapt sequences to suit different types of apparatus. 7. With help, I can recognise how performances could be improved. 8. I understand why it is important to warm up.	1. I can safely perform balances individually and with a partner. 2. I can plan and perform sequences with a partner that include a change of level and shape. 3. I understand how body tension can improve the control and quality of my movements. 4. I can explain what happens in my body when I warm up. 5. I can watch, describe and suggest possible improvements to others' performances and my own. 6. I can identify some muscle groups used in gymnastic activities.	1. I can create and perform sequences using apparatus, individually and with a partner. 2. I can use set criteria to make simple judgements about performances and suggest ways they could be improved. 3. I can use canon and synchronisation, and matching and mirroring when performing with a partner and a group and say how it affects the performance. 4. I can use strength and flexibility to improve the quality of a performance. 5. I can lead a partner through short warm-up routines. 6. I can work safely when learning a new skill to keep myself and others' safe.	1. I understand what counter balance and counter tension is and can show examples with a partner. 2. I can combine and perform gymnastic actions, shapes and balances with control and fluency. 3. I can create and perform sequences using compositional devices to improve the quality. 4. I can lead a small group through a short warm-up routine. 5. I can suggest changes and use feedback to improve a sequence. 6. I can work collaboratively with others to create a sequence. 7. I understand how to work safely when learning a new skill.
Dance	1. I can create actions that communicate ideas. 2. I can work with a partner and in a small group, sharing ideas. 3. I can repeat, remember and perform actions. 4. I can use dynamic and expressive qualities in relation to an idea. 5. I can use counts to keep in time with a partner, group and the music. 6. I can provide feedback using keywords. 7. I understand why it is important to warm up.	1. I can respond imaginatively to a range of stimuli relating to character and narrative. 2. I can use simple movement patterns to structure dance phrases on my own, with a partner and in a group. 3. I can use changes in timing and spacing to develop a dance. 4. I can repeat and perform dance phrases and dances. 5. I show respect for others when working as a group and watching others perform. 6. I can provide feedback using appropriate language relating to the lesson. 7. I can explain what happens in my body when I warm up.		1. I can work creatively and imaginatively on my own, with a partner and in a group to choreograph and structure dances. 2. I can refine the way I use actions, dynamics and relationships to represent ideas, emotions, feelings and characters. 3. I can choreograph a dance and work safely using a prop. 4. I can perform dances confidently and fluently with accuracy and good timing. 5. I can use appropriate language to evaluate and refine my own and others' work. 6. I can lead a small group through a short warm-up routine. 7. I can use feedback provided to improve the quality of my work.

Cricket	<p>1. I can use overarm and underarm throwing, and catching skills. 2. I am beginning to strike a bowled ball after a bounce. 3. I am able to bowl a ball towards a target. 4. I am learning the rules of the game and I am beginning to use them honestly. 5. I can work collaboratively with others. 6. I can persevere when learning a new skill. 7. I understand the aim of the game and this shows in my performance. 8. I am developing an understanding of tactics and I am beginning to use them in game situations. 9. I understand why it is important to warm up</p>	<p>1. I can sometimes strike a bowled ball. 2. I am developing a wider range of fielding skills and I am beginning to use these under some pressure. 3. I can work collaboratively with others to score runs. 4. I understand the rules of the game and I can use them to play fairly. 5. I understand there are different skills for different situations and I am beginning to use this. 6. I recognise my own and others strengths and areas for development and can suggest ways to improve. 7. I understand the need for tactics and have begun to select and apply some tactics effectively.</p>		<p>1. I can use the appropriate action for the situation. 2. I can strike a bowled ball with increasing accuracy and consistency. 3. I can use a wider range of fielding skills with increasing control under pressure. 4. I can use the rules of the game consistently to play fairly. 5. I can work in collaboration with others so that games run smoothly. 6. I can recognise my own and others' strengths and areas for development and can suggest ways to improve. 7. I understand and can apply some tactics in the games as a batter, bowler and fielder.</p>
Athletics	<p>1. I can run at a pace that I can maintain. 2. I can use different take off and landings when jumping. 3. I am developing jumping for distance and height. 4. I can take part in a relay activity, remembering when to run and what to do. 5. I can throw a variety of objects, changing my action for accuracy and distance. 6. I am supportive and can work collaboratively with others. 7. I show determination to achieve my personal best. 8. I understand why it is important to warm up. 9</p>	<p>1. I can demonstrate the difference in sprinting and running techniques. 2. I can jump for distance and height with balance and control. 3. I can throw with some accuracy and power to a target area. 4. I can support and work collaboratively with others. 5. I show determination to achieve my personal best. 6. I can explain what happens in my body when I warm up. 7. I can identify when I was successful and what I need to do to improve.</p>	<p>1. I can choose the best pace for a running event. 2. I can perform a range of jumps showing some technique. 3. I can show control at take-off and landing in jumping activities. 4. I can show accuracy and good technique when throwing for distance. 5. I can lead a partner through warm-up routines. 6. I can show perseverance to achieve my personal best. 7. I can understand how stamina and power help people to perform well in different athletic activities. 8. I can identify good athletic performance and explain why it is good.</p>	<p>1. I can select and apply the best pace for a running event. 2. I can perform jumps for height and distance using good technique. 3. I can show accuracy and good technique when throwing for distance. 4. I can lead a small group through a short warm-up routine. 5. I can compete within the rules showing fair play and honesty. 6. I persevere to achieve my personal best. 7. I can identify my own and others' strengths and areas for development and can suggest ways to improve.</p>
Rounders		<p>1. I can use overarm and underarm throwing and catching skills with increasing accuracy. 2. I can strike a bowled ball with adapted equipment.</p>	<p>1. I am beginning to strike a ball with a rounders bat. 2. I am developing a wider range of fielding skills and I am beginning to use these under some</p>	<p>1. I can strike a bowled ball with increasing consistency. 2. I understand and can use some tactics in the game as a batter, bowler and fielder. 3. I can use</p>



		3. I am able to bowl a ball with some accuracy, and consistency. 4. I can choose and use simple tactics for different situations. 5. I understand the rules of the game and I can use them often. 6. I can explain what happens in my body when I warm up. 7. I can identify when I was successful and what I need to do to improve.	pressure. 3. I can identify when I was successful and what I need to do to improve. 4. I can work cooperatively with others to manage our game. 5. I understand the need for tactics and can identify when to use them in different situations. 6. I understand the rules of the game and I can apply them honestly most of the time. 7. I understand there are different skills for different situations and I am beginning to use this.	a wider range of skills in game situations. 4. I can select the appropriate action for the situation. 5. I can use the rules of the game consistently. 6. I can lead a partner and small group through a warm up. 7. I can identify my own and others' strengths and areas for development and suggest ways to improve.
OAA			. I am inclusive of others and can share job roles. 2. I can navigate around a course using a map. 3. I can orientate a map confidently. 4. I can reflect on when I was successful at solving challenges and alter my methods in order to improve. 5. I can use critical thinking to approach a task. 6. I can work effectively with a partner and a small group sharing ideas and agreeing on a team strategy	
Swimming			1. I can swim competently, confidently and proficiently over a distance of at least 25 metres. 2. I can use a range of strokes effectively (for example, front crawl, backstroke and breaststroke). 3. I can perform safe self-rescue in different water-based situations.	
Tag Rugby	1. I am learning the rules of the games and I am beginning to use them to play honestly. 2. I can communicate with my team and move into space to help them. 3. I can defend an opponent and attempt	1. I can pass and receive the ball with increasing control. 2. I understand the rules of the game and I can use them often and honestly. 3. I can help my team keep possession and score tries when I		1. I can pass and receive the ball with increasing control under pressure. 2. I can select the appropriate action for the situation and make this decision quickly. 3. I can use the rules of the game honestly and consistently. 4. I can work

to tag them. 4. I can move with a ball towards goal with increasing control. 5. I can pass and receive the ball with some control. 6. I can provide feedback using keywords. 7. I understand my role as an attacker and as a defender. 8. I work cooperatively with my group to self-manage games.

play attack. 4. I can delay and help prevent the other team from scoring when I play in defence. 5. I can use simple tactics to help my team score or gain possession. 6. I can explain what happens to my body when I warm up. 7. I can identify when I was successful and what I need to improve

collaboratively to create tactics with my team and evaluate the effectiveness of these. 5. I can create and use space to help my team. 6. I can lead a small group through a short warm-up routine. 7. I can identify my own and others' strengths and areas for development and can suggest ways to improve. 8. I can tag opponents individually and when working within a unit.