

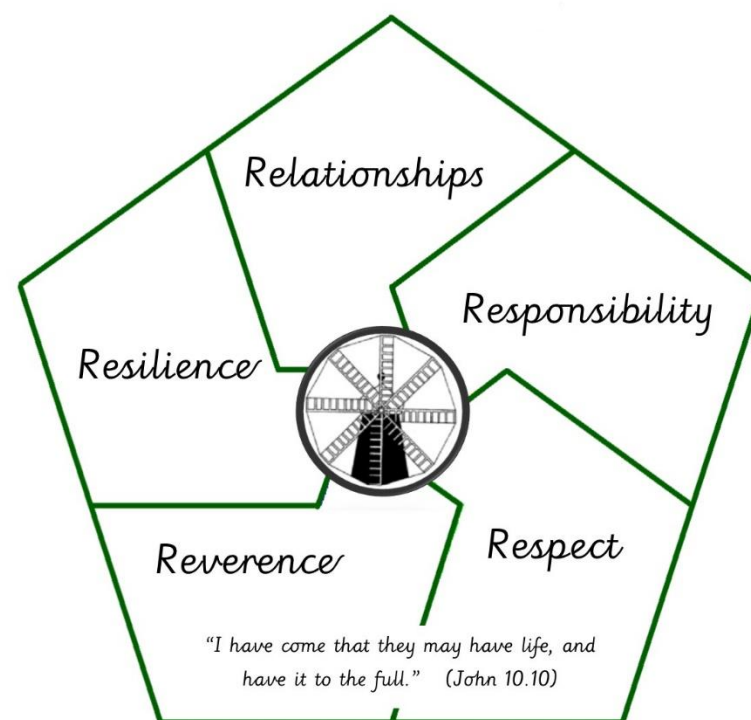
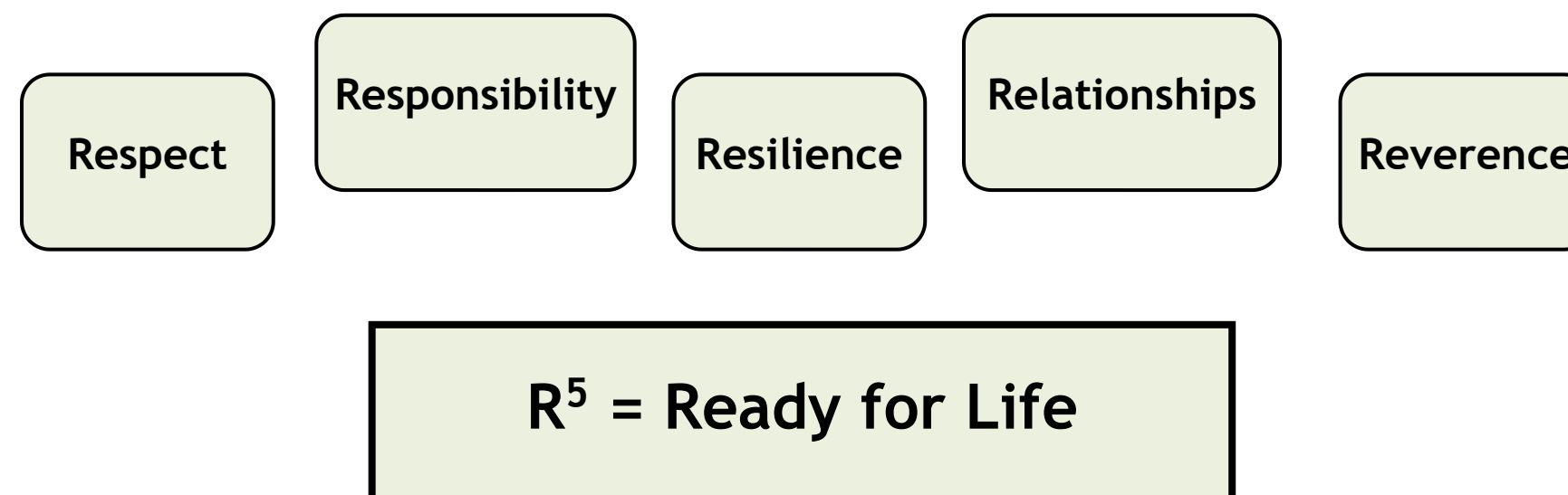
Heckington St. Andrew's

PE Progression Foundation and KS 1

3/9/2020

Updated June 2021

## The Heckington Way



At Heckington St Andrew's **nothing but the best is good enough AND together we can always be better.**

## **CURRICULUM INTENT FOR PE**

The National Curriculum for P.E. underpins our curriculum. Through learning in P.E. our pupils develop and refine skills in a range of individual and team sports, understanding how core physical skills transfer and support participation in a range of sports. In EYFS and KS1, our curriculum focuses on teamwork, communication and co-operation. As children move into KS2, our curriculum empowers children to recognise how competition helps them to focus on improvement, and how a focus on practice and rehearsal leads to improvement. The pupils learn how participation in physical activity supports healthy lifestyles, and are taught about the long-term health benefits of their regular participation.

## **Implementation**

Our progression document outlines the key skills and knowledge that teachers use to inform their planning. P.E. is taught twice per week, generally as a discrete subject. Teachers adapt planning to meet the needs of individuals, and are supported by the subject leader and CGS coaches where any significant adaption is required. Teachers routinely teach, reinforce and rehearse vocabulary and knowledge relevant to the specific sports within lessons.

## GAMES

	<u>Locomotion: Walking</u>	<u>Locomotion: Jumping</u>	<u>Ball Skills: Hands 1</u>	<u>Ball Skills: Feet 1</u>	<u>Ball Skills: Hands 2</u>	<u>Games For Understanding</u>
<b>Foundation Stage</b>	<ul style="list-style-type: none"> <li>Explore walking</li> <li>Develop walking</li> <li>Explore walking in different pathways</li> <li>Sustain walking</li> <li>Explore marching</li> <li>Apply walking into a game</li> </ul>	<ul style="list-style-type: none"> <li>Explore jumping</li> <li>Develop jumping</li> <li>Apply jumping into a game</li> <li>Jumping for distance</li> <li>Explore jumping high</li> <li>Explore hopping</li> </ul>	<ul style="list-style-type: none"> <li>Explore pushing</li> <li>Explore rolling</li> <li>Explore bouncing</li> <li>Explore bouncing into space</li> <li>Combine pushing and rolling</li> <li>Combine rolling, pushing and bouncing</li> </ul>	<ul style="list-style-type: none"> <li>Explore moving with a ball using our feet</li> <li>Develop moving with a ball using our feet</li> <li>Develop dribbling</li> <li>Understand dribbling</li> <li>Develop dribbling against an opponent</li> <li>Dribbling competitions</li> </ul>	<ul style="list-style-type: none"> <li>Explore throwing</li> <li>Explore throwing (underarm)</li> <li>Explore throwing (overarm)</li> <li>Explore rolling</li> <li>Explore stopping a ball (small ball)</li> <li>Explore catching</li> </ul>	<ul style="list-style-type: none"> <li>Taking Turns</li> <li>Keeping the Score</li> <li>Understanding rules: Playing by the rules</li> <li>Avoiding a defender</li> <li>Preventing an attacker from scoring</li> <li>Applying attacking and defending into a game</li> </ul>
<b>Year 1</b>	<ul style="list-style-type: none"> <li>Explore running</li> <li>Apply running into a game</li> <li>Explore running at different speeds</li> <li>Running for speed: Acceleration</li> <li>Explore running in a team</li> <li>Consolidate running: Apply running into a competitive game</li> </ul>	<ul style="list-style-type: none"> <li>Recap jumping</li> <li>Developing jumping</li> <li>Jumping circuits: Explore how jumping affects our bodies</li> <li>Explore skipping</li> <li>Apply skipping and jumping into a game</li> </ul>	<ul style="list-style-type: none"> <li>Develop bouncing: Introduce sending with control</li> <li>Introduce aiming with accuracy</li> <li>Introduce power and speed when sending a ball</li> <li>Introduce stopping a ball</li> <li>Develop stopping, combining sending skills</li> <li>Combine sending and receiving skills</li> </ul>	<ul style="list-style-type: none"> <li>Recap moving with a ball using our feet</li> <li>Develop moving the ball using the feet</li> <li>Apply dribbling into games</li> <li>Consolidate dribbling</li> <li>Explore kicking (passing)</li> <li>Apply kicking (passing) to score a point</li> </ul>	<ul style="list-style-type: none"> <li>Introduce throwing with accuracy (beanbags)</li> <li>Apply throwing with accuracy in a team (beanbags)</li> <li>Extend throwing with accuracy</li> <li>Introduce stopping a ball (small ball)</li> <li>Develop sending (rolling) skills to score a point</li> <li>Consolidation of sending (rolling) and stopping skills to win a game</li> </ul>	<ul style="list-style-type: none"> <li>Understanding the principles of attack</li> <li>Applying attacking principles into a game</li> <li>Understand the principles of defence</li> <li>Applying defending principles into a game</li> <li>Consolidate attacking</li> <li>Consolidate defending</li> </ul>

Year 2	<u>Locomotion: Dodging</u>	<u>Locomotion: Jumping</u>	<u>Ball Skills: Hands 1</u>	<u>Ball Skills: Feet 1</u>	<u>Ball Skills: Hands 2</u>	<u>Games For Understanding</u>
	<ul style="list-style-type: none"> <li>• Explore dodging</li> <li>• Develop dodging</li> <li>• Apply dodging: Explore attacking and defending</li> <li>• Apply dodging in teams</li> <li>• Consolidate dodging</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidate jumping</li> <li>• Apply jumping into a game</li> <li>• Linking jumping</li> <li>• Explore jumping combinations</li> <li>• Develop jumping combinations</li> </ul>	<ul style="list-style-type: none"> <li>• Develop dribbling: Keeping possession</li> <li>• Develop passing and receiving: Keeping possession</li> <li>• Combine dribbling, passing and receiving, keeping possession</li> <li>• Develop dribbling to score a point</li> <li>• Develop passing and receiving to score a point</li> <li>• Combine dribbling, passing and receiving to score a point</li> </ul>	<ul style="list-style-type: none"> <li>• Develop dribbling: Keeping possession</li> <li>• Develop passing and receiving: Keeping possession</li> <li>• Combine dribbling, passing and receiving, keeping possession</li> <li>• Develop dribbling to score a point</li> <li>• Combine dribbling, passing and receiving to score a point</li> <li>• Apply dribbling, passing and receiving as a team to score a point</li> </ul>	<ul style="list-style-type: none"> <li>• Develop pupils application and understanding of underarm throwing</li> <li>• Consolidate pupils application and understanding of underarm throwing</li> <li>• Applying the underarm throw to win a game</li> <li>• Applying the underarm throw to beat an opponent</li> <li>• Introduce overarm throwing: Applying overarm throwing to win a game</li> </ul>	<ul style="list-style-type: none"> <li>• Attacking as a team</li> <li>• Defending as a team</li> <li>• Understanding the transition between defence and attack</li> <li>• Create and apply attacking tactics</li> <li>• Create and apply defensive tactics</li> </ul>

Overview of Learning	<u>Dance</u>		<u>Gymnastics</u>	
<b>Foundation Stage</b>	<u>Ourselves</u>	<u>Nursery Rhymes</u>	<u>Moving</u>	<u>High, Low, Over, Under</u>
	<ul style="list-style-type: none"> <li>• Ourselves: Moving in sequence</li> <li>• Ourselves: Responding in movement to words and music</li> <li>• Ourselves: Moving with props and contrasting tempos</li> <li>• Ourselves: Creating their own movements</li> <li>• Ourselves: Exploring opposites and creating simple movement sequences</li> <li>• Ourselves: Working with a partner exploring character movements</li> </ul>	<ul style="list-style-type: none"> <li>• Humpty Dumpty: Moving in sequence</li> <li>• Jack and Jill: Creating our own movements</li> <li>• Hickory, dickory, dock: Creating simple movement sequences</li> <li>• Three little pigs: Responding in movement to words and music</li> <li>• The big bad wolf: Exploring contrasting tempos</li> <li>• Little Miss Muffet: Working with a partner exploring character movements</li> </ul>	<ul style="list-style-type: none"> <li>• Explore moving and making shapes using different body parts</li> <li>• Explore moving in different directions</li> <li>• Explore big and small ways of moving and making shapes</li> <li>• Moving in pairs</li> <li>• Creating shapes in pairs</li> <li>• Zonal work</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction to high</li> <li>• Introduction to low</li> <li>• Introduction to the apparatus</li> <li>• High and low on apparatus</li> <li>• High, low, over and under</li> <li>• High, low, over and under extended</li> </ul>
<b>Year 1</b>	<u>Growing</u>	<u>The Zoo</u>	<u>Body Parts</u>	<u>Wide, Narrow, Curled</u>
	<ul style="list-style-type: none"> <li>• Growing: Responding to rhythm</li> <li>• Developing the growing plant 'dance'</li> <li>• Introduction to motifs</li> <li>• Creating motifs</li> <li>• Creating movement sequences</li> <li>• Relationships and performance</li> </ul>	<ul style="list-style-type: none"> <li>• Creating movements as 'big' animals: Exploring expression</li> <li>• Developing our movements as 'small' animals: Adding movements together</li> <li>• Responding to a rhythm: Introducing partner work</li> <li>• Creating an animal sequence: Motifs</li> <li>• Big cats and the zookeeper: Exploring relationships within our motifs</li> <li>• Relationships and performance</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction to 'big' body parts</li> <li>• Introduction to 'small' body parts</li> <li>• Combining big and small with wide, narrow and curled</li> <li>• Transition between wide narrow and curled using big and small body parts</li> <li>• Adding (linking) movements together</li> <li>• Creative ways of adding (linking) movements together</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction to 'Wide'</li> <li>• Introduction to 'Narrow'</li> <li>• Introduction to 'Curled'</li> <li>• Exploring the difference between wide, narrow and curled</li> <li>• Transitioning between wide, narrow and curled movements</li> <li>• Linking two movements together</li> </ul>



	<u>Water</u>	<u>Exploring</u>	<u>Pathways</u>	<u>Linking</u>
<b>Year 2</b>	<ul style="list-style-type: none"> <li>• Water: Responding to stimuli</li> <li>• Developing whole group movement</li> <li>• Improvisation and physical descriptions</li> <li>• Creating sequences</li> <li>• Creating contrasting movement sequences</li> <li>• Sequences, relationships and performance</li> </ul>	<ul style="list-style-type: none"> <li>• Preparing for an expedition: Responding to stimuli</li> <li>• Developing our motif with expression and emotion</li> <li>• Applying choreography in our motifs</li> <li>• Applying choreography in our motifs</li> <li>• Extending our motifs</li> <li>• Sequences, relationships and performance</li> </ul>	<ul style="list-style-type: none"> <li>• Exploring zig-zag pathways</li> <li>• Developing zig-zag pathways on apparatus</li> <li>• Exploring curved pathways</li> <li>• Developing curved pathways on apparatus</li> <li>• Creation of pathway sequences</li> <li>• Completion of pathways sequences and performance</li> </ul>	<ul style="list-style-type: none"> <li>• Developing 'Linking'</li> <li>• Linking on apparatus</li> <li>• Jump, roll, balance sequences</li> <li>• Jump, roll, balance on apparatus</li> <li>• Creation of sequences</li> <li>• Completion of sequences and performance</li> </ul>