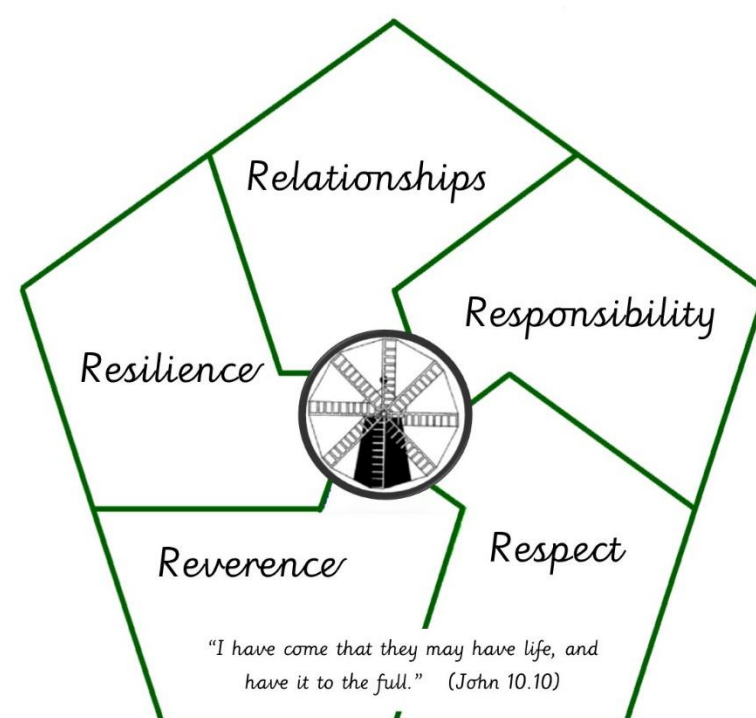
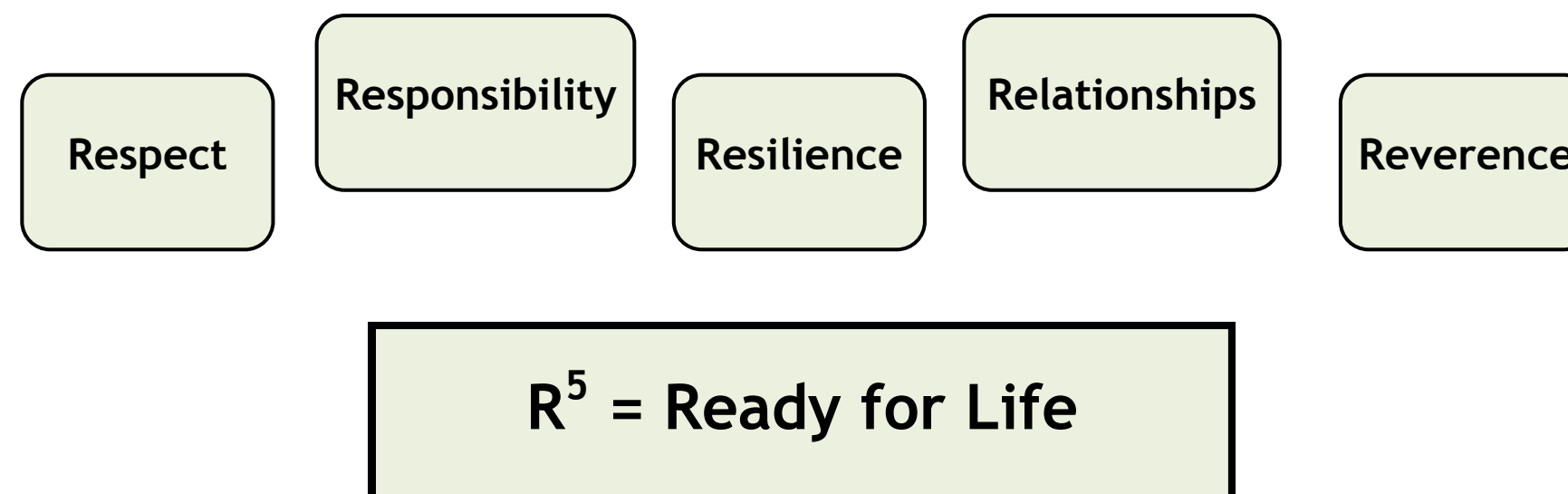


Heckington St. Andrew's

PE Progression Key Stage 2

3/9/2020

## 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 vision for PE at Heckington St. Andrew's Primary School:

At Heckington St Andrew's we aim to inspire, engage and motivate our children to ignite a passion for learning so that they can succeed and reach their full potential.	We provide a creative, personalised and nurturing environment where children can explore, discover and participate in a variety of different sports to inspire them to lead a healthy and active lifestyle.	We use the National Curriculum guidelines as well as Complete PE in order to develop our PE curriculum to ensure fun and engaging lessons.	We acknowledge that PE is integral to leading an active, healthy lifestyle and with this in mind we endeavour to ensure that children develop a positive and enthusiastic attitude towards physical education that will stay with them.
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Overview of Learning	Games: Invasion					
Year 3	<u><b>Invasion: Tag Rugby</b></u> <ul style="list-style-type: none"> <li>Introduce moving with the ball, passing and receiving</li> <li>Introduce tagging</li> <li>Create space when attacking</li> <li>Develop passing and moving</li> <li>Combine passing and moving to create attacking opportunities</li> </ul>	<u><b>Invasion: Basketball</b></u> <ul style="list-style-type: none"> <li>Introduce dribbling; keeping control</li> <li>Introduce passing and receiving</li> <li>Combine dribbling and passing to create space</li> <li>Develop passing, receiving and dribbling</li> <li>Introduce shooting</li> </ul>	<u><b>Invasion: Hockey</b></u> <ul style="list-style-type: none"> <li>Introduce dribbling; keeping control</li> <li>Introduce passing and receiving</li> <li>Combine dribbling and passing to create space</li> <li>Develop passing, receiving and dribbling</li> <li>Introduce shooting</li> </ul>	<u><b>Invasion: Handball</b></u> <ul style="list-style-type: none"> <li>Introduce passing and receiving</li> <li>Introduce passing and creating space</li> <li>Develop passing and moving</li> <li>Combine passing and moving</li> <li>Introduce shooting</li> <li>Develop passing and shooting</li> </ul>	<u><b>Invasion: Netball</b></u> <ul style="list-style-type: none"> <li>Introduce passing and receiving</li> <li>Introduce passing and creating space</li> <li>Develop passing and moving</li> <li>Combine passing and moving</li> <li>Combine passing and shooting</li> <li>Develop passing and shooting</li> </ul>	<u><b>Invasion: Football</b></u> <ul style="list-style-type: none"> <li>Introduce dribbling keeping control</li> <li>Develop dribbling keeping control</li> <li>Introduce passing and receiving</li> <li>Combine dribbling and passing to create space</li> <li>Develop passing, receiving and dribbling</li> </ul>
	<u><b>Invasion: Tag Rugby</b></u> <ul style="list-style-type: none"> <li>Develop passing, moving and creating space</li> <li>Apply learning to 3v3 mini games</li> <li>Develop defending</li> <li>Develop defending in game situations</li> <li>Combine passing and moving to create an attack and score</li> </ul>	<u><b>Invasion: Basketball</b></u> <ul style="list-style-type: none"> <li>Refine dribbling</li> <li>Refine passing and receiving</li> <li>Refine passing and dribbling creating space</li> <li>Refine passing and dribbling creating shooting opportunities</li> <li>Introduce marking</li> </ul>	<u><b>Invasion: Hockey</b></u> <ul style="list-style-type: none"> <li>Refine dribbling</li> <li>Refine passing</li> <li>Develop shooting; combine passing and dribbling to create shooting opportunities</li> <li>Develop passing and dribbling creating space for attacking opportunities</li> <li>Introduce defending; blocking and tackling</li> </ul>	<u><b>Invasion: Handball</b></u> <ul style="list-style-type: none"> <li>Refine passing and receiving</li> <li>Develop passing and creating space</li> <li>Develop passing, moving and shooting</li> <li>Combine passing and shooting</li> <li>Introduce defending</li> </ul>	<u><b>Invasion: Netball</b></u> <ul style="list-style-type: none"> <li>Refine passing and receiving</li> <li>Develop passing and dribbling creating space</li> <li>Develop passing, moving and shooting</li> <li>Refine passing and shooting</li> <li>Develop footwork</li> </ul>	<u><b>Invasion: Football</b></u> <ul style="list-style-type: none"> <li>Refine dribbling</li> <li>Turning</li> <li>Refine passing and receiving</li> <li>Develop passing and dribbling creating space</li> <li>Introduce shooting</li> </ul>
Year 5	<u><b>Invasion: Tag Rugby</b></u> <ul style="list-style-type: none"> <li>Refine passing and moving to create attacking opportunities</li> </ul>	<u><b>Invasion: Basketball</b></u> <ul style="list-style-type: none"> <li>Recap and refine dribbling and passing to create attacking opportunities</li> </ul>	<u><b>Invasion: Hockey</b></u> <ul style="list-style-type: none"> <li>Recap and refine dribbling and passing to create attacking opportunities</li> </ul>	<u><b>Invasion: Handball</b></u> <ul style="list-style-type: none"> <li>Consolidate passing and receiving</li> <li>Explore the function of other passes</li> <li>Develop defending</li> </ul>	<u><b>Invasion: Netball</b></u> <ul style="list-style-type: none"> <li>Refine passing and receiving</li> <li>Apply passing, footwork and</li> </ul>	<u><b>Invasion: Football</b></u> <ul style="list-style-type: none"> <li>Recap and refine dribbling and passing to maintain possession</li> </ul>

	<ul style="list-style-type: none"> <li>Explore different passes that can be used to outwit defenders</li> <li>Refine defending as a team</li> <li>Create and apply defending as a team</li> <li>Create and apply defending tactics. Develop officiating</li> </ul>	<ul style="list-style-type: none"> <li>Develop marking</li> <li>Refine shooting</li> <li>Refine attacking skills, passing, dribbling and shooting introduce officiating</li> </ul>	<ul style="list-style-type: none"> <li>Develop defending; block and tackling</li> <li>Refine shooting</li> <li>Refine attacking skills, passing dribbling and shooting</li> <li>Refine defending skills developing transition from defence to attack</li> </ul>	<ul style="list-style-type: none"> <li>Develop passing and creating space, introduce officiating</li> <li>Refine shooting</li> </ul>	shooting into mini games, introduce officiating <ul style="list-style-type: none"> <li>Introduce defending</li> <li>Introduction to High Five Netball, consolidating learning</li> <li>Explore the function of other passing styles</li> </ul>	<ul style="list-style-type: none"> <li>Introduce defending</li> <li>Develop defending</li> <li>Develop shooting</li> <li>Refine attacking skills, passing, dribbling and shooting, introduce officiating</li> </ul>
<b>Year 6</b>	<u><b>Invasion: Tag Rugby</b></u> <ul style="list-style-type: none"> <li>Consolidate passing and moving</li> <li>Consolidate defending</li> <li>Create, understand and apply attacking tactics in game situations</li> <li>Create, understand and apply defending tactics in game situations</li> <li>Consolidate attacking and defending in min games</li> </ul>	<u><b>Invasion: Basketball</b></u> <ul style="list-style-type: none"> <li>Consolidate keeping possession</li> <li>Consolidation of possessional skills, develop officiating</li> <li>Consolidate defending</li> <li>Create, understand and apply attacking tactics in game situations</li> <li>Create, understand and apply defending tactics in game situations</li> </ul>	<u><b>Invasion: Hockey</b></u> <ul style="list-style-type: none"> <li>Consolidate keeping possession</li> <li>Consolidation of possessional skills, develop officiating</li> <li>Consolidate defending</li> <li>Create, understand and apply attacking tactics in game situations</li> <li>Create, understand and apply defending tactics in game situations</li> </ul>	<u><b>Invasion: Handball</b></u> <ul style="list-style-type: none"> <li>Consolidate keeping possession; possession scenarios</li> <li>Consolidation of possessional skills, develop officiating</li> <li>Consolidate defending</li> <li>Create, understand and apply defending tactics in game situations</li> <li>Consolidate defensive tactics; understand and apply defensive tactics in game scenarios</li> </ul>	<u><b>Invasion: Netball</b></u> <ul style="list-style-type: none"> <li>Consolidate keeping possession</li> <li>Consolidation of possessional skills, develop officiating</li> <li>Consolidate defending</li> <li>Create, understand and apply attacking tactics in game situations</li> <li>Create, understand and apply defending tactics in game situations</li> </ul>	<u><b>Invasion: Football</b></u> <ul style="list-style-type: none"> <li>Consolidate keeping possession</li> <li>Consolidation of possessional skills, develop officiating</li> <li>Consolidate defending</li> <li>Organise formations and manage teams</li> <li>Organise formations decide tactics, manage teams and officiate games</li> </ul>



Overview of Learning	Games: Striking & Fielding		Games: Net / Wall		Athletics
Year 3	<u>Cricket</u> <ul style="list-style-type: none"> <li>Understand the concept of batting and fielding</li> <li>Introduce throwing overarm</li> <li>Introduce throwing underarm</li> <li>Introduce catching</li> <li>Striking with intent</li> </ul>	<u>Rounders</u> <ul style="list-style-type: none"> <li>Introduce to rounders</li> <li>Introduce overarm throwing</li> <li>Apply overarm and underarm throwing</li> <li>Introduce stopping the ball</li> <li>Application of stopping the ball in a game</li> </ul>	<u>Tennis</u> <ul style="list-style-type: none"> <li>Introduction tennis; outwitting an opponent</li> <li>Creating space to win a point</li> <li>Consolidate how to win a game introduce rackets</li> <li>Introduce the forehand</li> </ul>		<u>Running</u> <ul style="list-style-type: none"> <li>Explore running for speed</li> <li>Develop running for speed</li> <li>Introduction relay; running for speed in a team</li> <li>Develop relay running for speed in a team</li> <li>Explore running for distance</li> <li>Understand and apply tactics when running for distance</li> </ul>
	<u>Cricket</u> <ul style="list-style-type: none"> <li>Develop an understanding of batting and fielding</li> <li>Introduce bowling underarm</li> <li>Develop stopping and returning the ball</li> <li>Develop retrieving and returning the ball</li> <li>Striking the ball at different angles and speeds</li> </ul>	<u>Rounders</u> <ul style="list-style-type: none"> <li>Develop fielding bowling and backstop</li> <li>Introduce batting; how</li> <li>Develop batting; where and why</li> <li>Introduce and apply basic fielding tactics</li> </ul>	<u>Tennis</u> <ul style="list-style-type: none"> <li>Developing the forehand</li> <li>Creating space to win a point using a racket</li> <li>Introduce the backhand</li> <li>Applying the forehand and backhand in game situations</li> <li>Applying the forehand and backhand creating space to win a point</li> </ul>		<u>Jumping</u> <ul style="list-style-type: none"> <li>Jumping for distance; standing long jump</li> <li>Jumping for distance; standing triple jump</li> </ul>
	<u>Cricket</u> <ul style="list-style-type: none"> <li>Refine batting,</li> </ul>	<u>Rounders</u> <ul style="list-style-type: none"> <li>Develop fielding</li> </ul>	<u>Tennis</u> <ul style="list-style-type: none"> <li>Introduce the volley</li> </ul>	<u>Badminton</u> <ul style="list-style-type: none"> <li>Introduction to</li> </ul>	<u>Throwing</u> <ul style="list-style-type: none"> <li>Throwing accuracy vs</li> </ul>

<b>Year 5</b>	understand and develop batting tactics <ul style="list-style-type: none"> <li>• Refine bowling, understand and develop bowling tactics</li> <li>• Refine fielding stooping, catching and throwing</li> <li>• Combine bowling and fielding creating and applying tactics. Introduce umpiring and scoring</li> </ul>	tactics maximising players <ul style="list-style-type: none"> <li>• Understand what happens if the batter misses the ball</li> <li>• Refine fielding tactics, what players where?</li> <li>• Applying tactics in min games</li> </ul>	<ul style="list-style-type: none"> <li>• Develop the volley</li> <li>• Controlling the game from the serve</li> <li>• Doubles; understanding a applying tactics to win a pint</li> </ul>	badminton: Outwitting an opponent <ul style="list-style-type: none"> <li>• Introduce the forehand</li> <li>• Introduce the backhand</li> <li>• Applying the forehand and backhand: Creating space to win a point</li> <li>• Controlling the game from the serve</li> </ul>	distance <ul style="list-style-type: none"> <li>• Throwing for distance; javelin</li> <li>• Throwing for distance; shot put</li> <li>• Throwing for distance; discus</li> </ul>
<b>Year 6</b>	<u><b>Cricket</b></u> <ul style="list-style-type: none"> <li>• Consolidate batting</li> <li>• Consolidate fielding</li> <li>• Consolidate bowling</li> <li>• Create, understand and apply attacking tactics in game situations</li> <li>• Create, understand and apply defensive tactics in game situations</li> </ul>	<u><b>Rounders</b></u> <ul style="list-style-type: none"> <li>• Introduction to full rounders</li> <li>• Consolidate fielding tactics</li> <li>• Refine our understanding of what happens if the batter misses or hits the ball backwards</li> <li>• Batting considerations</li> </ul>	<u><b>Tennis</b></u> <ul style="list-style-type: none"> <li>• Game application; cone tennis</li> <li>• Game application; round robin games</li> <li>• Game application; mixed ability doubles, round robin games</li> <li>• Game application; tag team tennis</li> </ul>	<u><b>Badminton</b></u> <ul style="list-style-type: none"> <li>• Exploring different forehand and backhand shots</li> <li>• Applying different forehand and backhand shots during a game to win a point</li> <li>• Consolidate outwitting an opponent</li> <li>• Doubles: Understanding and applying tactics to win a point</li> <li>• Mixed ability doubles</li> </ul>	<u><b>Competitions</b></u> <ul style="list-style-type: none"> <li>• Level 1 Running</li> <li>• Level 1 Throwing</li> <li>• Level Jumping</li> <li>• Mini Olympics</li> </ul>

Overview of Learning	Outdoor & Adventurous Activities			Health Related Exercise
<b>Year 3</b>	<u><b>Orienteering</b></u> <ul style="list-style-type: none"> <li>• Face orienteering</li> <li>• Cone orienteering</li> <li>• Point and return</li> <li>• Point to point</li> <li>• Timed course</li> <li>• Orienteering competition</li> </ul>	<u><b>Problem Solving</b></u> <ul style="list-style-type: none"> <li>• Benches and mats challenge</li> <li>• Round the clock card challenge</li> <li>• The pen challenge</li> <li>• The river rope challenge</li> <li>• Caving challenges</li> </ul>	<u><b>Communication and Tactics</b></u> <ul style="list-style-type: none"> <li>• Creating and applying simple tactics</li> <li>• Developing leadership</li> <li>• Developing communication as a team</li> <li>• Communicating as a team</li> <li>• Communicating to collaborate effectively as a team</li> <li>• Communicating to create defending and attacking tactics as a team</li> </ul>	
<b>Year 4</b>	<u><b>Orienteering</b></u> <ul style="list-style-type: none"> <li>• Face orienteering</li> <li>• Cone orienteering</li> <li>• Point and return</li> <li>• Point to point</li> <li>• Timed course</li> <li>• Orienteering competition:</li> </ul>	<u><b>Problem Solving</b></u> <ul style="list-style-type: none"> <li>• Benches and mats challenge</li> <li>• Round the clock card challenge</li> <li>• The pen challenge</li> <li>• The river rope challenge</li> <li>• Caving challenges</li> </ul>	<u><b>Communication and Tactics</b></u> <ul style="list-style-type: none"> <li>• Creating and applying simple tactics</li> <li>• Developing leadership</li> <li>• Developing communication as a team</li> <li>• Communicating as a team</li> <li>• Communicating to collaborate effectively as a team</li> <li>• Communicating to create defending and attacking tactics as a team</li> </ul>	
<b>Year 5</b>	<u><b>Orienteering</b></u> <ul style="list-style-type: none"> <li>• Face orienteering</li> <li>• Cone orienteering</li> <li>• Point and return</li> <li>• Point to point</li> </ul>	<u><b>Problem Solving</b></u> <ul style="list-style-type: none"> <li>• Benches and mats challenge</li> <li>• Round the clock card challenge</li> </ul>	<u><b>Communication and Tactics</b></u> <ul style="list-style-type: none"> <li>• Creating and applying simple tactics</li> <li>• Developing leadership</li> <li>• Developing communication</li> </ul>	<u><b>Health Related Exercise</b></u> <ul style="list-style-type: none"> <li>• Initial Fitness Assessment</li> <li>• Cardio Fitness 1</li> <li>• Flexibility</li> <li>• Strength</li> </ul>



	<ul style="list-style-type: none"> <li>• Timed course</li> <li>• Orienteering competition</li> </ul>	<ul style="list-style-type: none"> <li>• The pen challenge</li> <li>• The river rope challenge</li> <li>• Caving challenges</li> </ul>	<ul style="list-style-type: none"> <li>• as a team</li> <li>• Communicating as a team</li> <li>• Communicating to collaborate effectively as a team</li> <li>• Communicating to create defending and attacking tactics as a team</li> </ul>	<ul style="list-style-type: none"> <li>• Cardio Fitness 2</li> <li>• Fitness Assessment</li> </ul>
<b>Year 6</b>	<p><b><u>Orienteering</u></b></p> <ul style="list-style-type: none"> <li>• Face orienteering</li> <li>• Cone orienteering</li> <li>• Point and return</li> <li>• Point to point</li> <li>• Timed course</li> <li>• Orienteering competition</li> </ul>	<p><b><u>Problem Solving</u></b></p> <ul style="list-style-type: none"> <li>• Benches and mats challenge</li> <li>• Round the clock card challenge</li> <li>• The pen challenge</li> <li>• The river rope challenge</li> <li>• Caving challenges</li> </ul>	<p><b><u>Communication and Tactics</u></b></p> <ul style="list-style-type: none"> <li>• Creating and applying simple tactics</li> <li>• Developing leadership</li> <li>• Developing communication as a team</li> <li>• Communicating as a team</li> <li>• Communicating to collaborate effectively as a team</li> <li>• Communicating to create defending and attacking tactics as a team</li> </ul>	<p><b><u>Health Related Exercise</u></b></p> <ul style="list-style-type: none"> <li>• Initial Fitness Assessment</li> <li>• Cardio Fitness 1</li> <li>• Flexibility</li> <li>• Strength</li> <li>• Cardio Fitness 2</li> <li>• Fitness Assessment</li> </ul>

Overview of Learning	Gymnastics	Dance	Dance
<b>Year 3</b>	<u><b>Symmetry &amp; Asymmetry</b></u> <ul style="list-style-type: none"> <li>• Introduction to symmetry</li> <li>• Introduction to asymmetry</li> <li>• Application of learning onto apparatus</li> <li>• Sequence formation</li> <li>• Sequence completion</li> </ul>	<u><b>Wild Animals</b></u> <ul style="list-style-type: none"> <li>• Responding to stimuli</li> <li>• Developing character dance into a motif</li> <li>• Extending sequences with a partner in character</li> <li>• Developing sequences with a partner in character that show relationships</li> <li>• Extending dance skills in choreography</li> </ul>	<u><b>Weather</b></u> <ul style="list-style-type: none"> <li>• Responding to stimuli, the weather</li> <li>• Responding to stimuli, extreme weather</li> <li>• Developing thematic dance into a motif</li> <li>• Extending dance to create sequences with a partner</li> <li>• Developing sequences with a partner</li> </ul>
<b>Year 4</b>	<u><b>Bridges</b></u> <ul style="list-style-type: none"> <li>• Introduction to bridges</li> <li>• Application of bridge learning onto apparatus</li> <li>• Develop sequences with bridges</li> <li>• Sequence formation</li> <li>• Sequence completion</li> </ul>	<u><b>Cats</b></u> <ul style="list-style-type: none"> <li>• Responding to stimuli working together</li> <li>• Extending sequences with a partner in character</li> <li>• Exploring two contrasting Relationships and interlinking dance moves</li> <li>• The Jellicle Ball Performance</li> </ul>	<u><b>Space</b></u> <ul style="list-style-type: none"> <li>• Responding to stimuli working together</li> <li>• Extending sequences with a partner in character</li> <li>• Developing character dance</li> <li>• Developing sequences with a partner in character that show relationships and interlinking dance moves</li> <li>• Sequences, relationships, choreography and performance</li> </ul>
<b>Year 5</b>	<u><b>Counter Balance &amp; Counter Tension</b></u> <ul style="list-style-type: none"> <li>• Introduction to counter balance</li> <li>• Application of counter balance learning onto apparatus</li> <li>• Sequence formation</li> <li>• Counter Tension</li> <li>• Sequence completion</li> </ul>	<u><b>Greeks</b></u> <ul style="list-style-type: none"> <li>• Exploring the Greeks using compositional principles</li> <li>• Extending sequences with a partner using compositional principles</li> <li>• Creating movement using improvisation where movement is reactive</li> </ul>	<u><b>The Circus</b></u> <ul style="list-style-type: none"> <li>• Exploring society in the 19th Century</li> <li>• Developing character movements linked to 19th Century Prejudices</li> <li>• Creating movements to represent different characters and performers in a</li> </ul>

		<ul style="list-style-type: none"> <li>Developing sequences showing interlinking dance moves</li> <li>Opening Ceremony performance</li> </ul>	19th Century circus <ul style="list-style-type: none"> <li>Extending our Performance incorporating props and apparatus linked to the variety of performers</li> </ul>
<b>Year 6</b>	<u><b>Matching &amp; Mirroring</b></u> <ul style="list-style-type: none"> <li>Introduction to matching</li> <li>Application of matching learning onto apparatus</li> <li>Introducing mirroring</li> <li>Application of mirroring learning onto apparatus</li> <li>Sequence development</li> </ul>	<u><b>Carnival</b></u> <ul style="list-style-type: none"> <li>Performing with technical control and rhythm in a group</li> <li>Creating rhythmic patterns using the body</li> <li>Experiencing dance from a different culture</li> <li>Chorographical elements including still imagery</li> </ul>	<u><b>Titanic</b></u> <ul style="list-style-type: none"> <li>Exploring movements that represent The Titanic</li> <li>Developing character movements linked to the different social classes in 1912</li> <li>Creating rhythmic patterns using our body</li> <li>Extending our choreography through controlled movements, character emotion and expression</li> <li>Explore the relationships between characters applying character emotion and expression</li> <li>Performance and reflection</li> </ul>