Ocker Hill Academy PE Progression Map

Year group	T1.1	T1.2	T2.1	T2.2	T3.1	T3.2
3	Topic: Games (Handball/Cricket) Games Knowledge Know the rules of a range of invasion games. Know the technique of catching a ball with both hands. Know how to hold and strike a ball with a cricket bat. Games Skills To be able to use a range of throwing and catching techniques with control and accuracy. To be able to strike a ball with a bat or similar with control. Follow the rules of the game and play fairly. To develop practical skills in order to participate, compete and lead a healthy lifestyle. Know that exercise increases the heart rate and breathing.	Topic: Gymnastics Gymnastics Knowledge Know how equipment can be used in a gymnastics routine to perform balances and jumps. Gymnastics Skills To be able to plan, perform and repeat sequences. To be able to move in a clear, fluent and expressive manner. To be able to use gymnastic equipment confidently.	Swimming Skills	et in and out of the pool. tween 10 and 20 metres	Topic: Dance Dance Knowledge Know how to use levels in a routine. Dance Skills To be able to plan, perform and repeat sequences. To be able to move in a clear, fluent and expressive manner. To develop practical skills in order to participate, compete and lead a healthy lifestyle. Know some of the food groups (carbohydrates, fruit and veg, meat, dairy, fats). Know that exercise burns energy and fats.	Topic: Athletics Athletics Knowledge To know different methods of throwing, including javelin. Know the technique of an effective sprint. Athletics Skills To be able to sprint over a short distance up to 60 metres. To be able to jump in a number of ways, using a run up where appropriate.

4	Topic: Swimming	Topic: Gymnastics	Topic: Dance	Topic: Games	Topic: Net/Wall
-	Swimming Knowledge	Gymnastics Knowledge	Dance Knowledge	(Handball/Hockey)	Games
	Know how to safely get in and out of the	Know how to safely put	Know how	Games Knowledge	Games Knowledge
	pool.	weight on the hands.	movement can be	Know the rules of a range of	Know the rules of a range
	poor.		suited to music e.g.	invasion games.	of invasion games.
	Know what a front crawl is.	Know what a handstand is.	C		
	Know what a front crawl is.	Know what an arabesque	strong, sudden	Know the technique of catching a ball with both	Know the technique of catching a ball with both
	Warner and a transfer to the	balance is.	movements to	hands.	hands.
	Know what a backstroke is.		staccato (sharp)	nanus.	nanus.
		Know how equipment can	music or flowing,	Know the technique of	Know the technique of
	Swimming Skills	be used in a gymnastics	lyrical movements	catching a ball with one hand.	catching a ball with one
	To be able to swim between 10 and 20	routine to perform balances and jumps.	to 'piano' (soft)	G	hand.
	metres unaided using more than one stroke.	and jumps.	music.	Games Skills Games	Know how to shoot a ball
		Gymnastics Skills		To be able to use a range of	into a hoop.
	To be able to swim on the surface and below	To be able to plan, perform	Know what the	throwing and catching	into a noop.
	the water.	and repeat sequences.	dance term 'unison'	techniques with control and	Games Skills
		m 1 11 .	means.	accuracy.	To be able to use a range
		To be able to move in a clear, fluent and expressive			of throwing and catching
		manner.	Dance Skills	To be able to strike a ball	techniques with control and accuracy.
			To be able to plan,	with a bat or similar with	and accuracy.
		To be able to travel in a	perform and repeat	control.	To be able to maintain
		variety of ways, including	sequences.		possession of a ball and
		flight, by transferring	1	To be able to maintain	field with control.
		weight to generate power in movements.	To be able to move	possession of a ball and field	F. II. 4. 1. 64
		movements.	in a clear, fluent and	with control.	Follow the rules of the game and play fairly.
		To be able to show a	expressive manner.	Follow the rules of the game	game and play family.
		kinaesthetic sense in order	empressive mainer.	and play fairly.	To develop practical
		to improve the placement	To be able to		skills in order to
		and alignment of body parts.	develop physical	To develop practical skills	participate, compete and
		parts.	strength and	in order to participate, compete and lead a healthy	lead a healthy lifestyle.
		To be able to use gymnastic	suppleness.	lifestyle.	Know some of the food
		equipment confidently.	suppletiess.		groups (carbohydrates,
				Know some of the food	fruit and veg, meat, dairy,
				groups (carbohydrates, fruit	fats).
				and veg, meat, dairy, fats).	Know that exercise burns
				Know that exercise burns	energy and fats.
				energy and fats.	chorgy and rats.

5	Topic:	Topic: Games	Topic: Net/Wall	Topic: Athletics	Topic: Outdoor	Topic: Swimming/
	Gymnastics	(Netball)	Games (Tennis @	Athletics Knowledge	Activities/	Dance
	Gymnastics	Games Knowledge	TSA)	Know the technique	Orienteering	Swimming
	Knowledge	Know and play within	Games Knowledge	behind throwing a	To develop practical	Knowledge
	Know what a	the rules of a range of	Know and play within	javelin.	skills in order to	Know what a
	forward roll is.	games.	the rules of a range of		participate, compete	breaststroke is.
	YZ 1		games.	Know how to perform	and lead a healthy	
	Know what a backward roll is.	Games Skills		the long jump.	<mark>lifestyle.</mark>	Know what a
	backward roll is.	To be able to choose	Know how to use	Know how to		butterfly stroke is.
	Know how	and combine	game tactics in	effectively sprint for	Know how exercise	
	equipment can be	techniques in game	matches.	100m and 200m.	contributes to a healthy	Swimming Skills
	used in a gymnastics	situations (running,			lifestyle.	To be able to swim
	routine to introduce	throwing, catching,	Know what a forehand	Know how to adapt		between 25 and 50
	levels and execute	passing, jumping and	shot is.	running technique to	Games Skills	metres unaided.
	movements.	kicking, etc.).		suit longer distances	To be able to work	
		<i>B</i> ,,	Know what a	e.g. 400m.	collaboratively in an	Dance Knowledge
	Gymnastics Skills	To be able to work	backhand shot is.	Athletics Skills	effective team.	Know how varied
	To be able to create	collaboratively in an		To be able to combine		tempo of fast and
	complex and well-	effective team.	Know what a serve is.	sprinting with low		slow movement can
	executed sequences that include a full			hurdles over 60		suit the same
	range of movements		Games Skills	metres.		piece/time signature
	(including forward		To be able to strike a			of music.
	and backward roll).		bowled/volleyed ball	To be able to throw		
	,		or use forehand and	accurately and refine		Dance Skills
	To be able practise		backhand when	performance by		To be able to
	and refine the		playing racket games,	analysing technique		compose creative and
	gymnastic techniques		with accuracy.	and body shape.		imaginative dance
	used in		William de Contact y	T. 1 1.1. 4		sequences.
	performances.		To be able to work	To be able to jump accurately and refine		
	To be able to use		collaboratively in an	performance by		To be able to plan to
	gymnastic equipment		effective team (to keep	analysing technique		perform with high
	confidently.		a rally going).	and body shape.		energy, slow grace or
	community.					other themes and

maintain this throughout a piece.

6	Topic: Games	Topic: Net/Wall	Topic: Gymnastics	Topic: Outdoor	Topic: Dance	Topic: Striking and
	(Tag Rugby)	Games (Basketball)	Gymnastics	Activities/Orientee	Dance Knowledge	Fielding (Rounders)
	Games	Games Knowledge	Knowledge	ring	Know repetition in	Games Knowledge
	Knowledge	Know and play within	Know what a	To develop	music can be used to	Know and play within
	Know and play	the rules of a range of	cartwheel is.	practical skills in	repeat signature	the rules of a range of
	within the rules of	games.		<mark>order to</mark>	movements in a routine.	games.
	a range of games.		Know what a round	participate,		V h
		Know how to use	off is.	compete and lead a	Know what the dance	Know how to use game tactics in matches.
	Know how to use	game tactics in		healthy lifestyle.	term 'canon' means.	tactics in materies.
	game tactics in	matches.	Know how equipment	Know the food		Games Skills
	matches.		can be used in a	groups	Dance Skills	To be able to choose
		Games Skills	gymnastics routine to	(carbohydrates,	To be able to plan to	and combine techniques
	Games Skills	To be able to choose	introduce levels and	proteins, fats, fibre,	perform with high	in game situations
	To be able to	and combine	execute movements.	vitamins and	energy, slow grace or	(running, throwing,
	choose and	techniques in game		minerals).	other themes and	catching, passing,
	combine	situations (running,	Gymnastics Skills		maintain this throughout	jumping and kicking,
	techniques in game	throwing, catching,	To be able to create	Know examples of	a piece.	etc.).
	situations (running,	passing, jumping and	complex and well-	foods from each		To be able to strike a
	throwing, catching,	kicking, etc.).	executed sequences	food group.		bowled/volleyed ball or
	passing, jumping		that include a full		To be able to perform	use forehand and
	and kicking, etc.).	To be able to field,	range of movements.	Know how exercise	complex moves that	backhand when playing
		defend and attack		contributes to a	combine strength and	racket games, with
	To be able to field,	tactically by	To be able practise and	healthy lifestyle.	stamina gained through	accuracy.
	defend and attack	anticipating the	refine the gymnastic		gymnastics activities.	TD 1 11 (C 11
	tactically by	direction of play.	techniques used in	Games Skills		To be able to field,
	anticipating the		performances.	To be able to work		defend and attack tactically by
	direction of play.	To be able to work		collaboratively in an		anticipating the
		collaboratively in an	To be able to use	effective team.		direction of play.
	To be able to work	effective team.	gymnastic equipment			
	collaboratively in		confidently.			To be able to work
	an effective team.					collaboratively in an
						effective team.