

Ocker Hill Academy PE Progression Map

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

<p>4</p>	<p>Topic: Swimming Swimming Knowledge Know how to safely get in and out of the pool.</p> <p>Know what a front crawl is.</p> <p>Know what a backstroke is.</p> <p>Swimming Skills To be able to swim between 10 and 20 metres unaided using more than one stroke.</p> <p>To be able to swim on the surface and below the water.</p>	<p>Topic: Gymnastics Gymnastics Knowledge Know how to safely put weight on the hands.</p> <p>Know what a handstand is.</p> <p>Know what an arabesque balance is.</p> <p>Know how equipment can be used in a gymnastics routine to perform balances and jumps.</p> <p>Gymnastics Skills To be able to plan, perform and repeat sequences.</p> <p>To be able to move in a clear, fluent and expressive manner.</p> <p>To be able to travel in a variety of ways, including flight, by transferring weight to generate power in movements.</p> <p>To be able to show a kinaesthetic sense in order to improve the placement and alignment of body parts.</p> <p>To be able to use gymnastic equipment confidently.</p>	<p>Topic: Dance Dance Knowledge Know how movement can be suited to music e.g. strong, sudden movements to staccato (sharp) music or flowing, lyrical movements to ‘piano’ (soft) music.</p> <p>Know what the dance term ‘unison’ means.</p> <p>Dance Skills To be able to plan, perform and repeat sequences.</p> <p>To be able to move in a clear, fluent and expressive manner.</p> <p>To be able to develop physical strength and suppleness.</p>	<p>Topic: Games (Handball/Hockey) Games Knowledge Know the rules of a range of invasion games.</p> <p>Know the technique of catching a ball with both hands.</p> <p>Know the technique of catching a ball with one hand.</p> <p>Games Skills Games To be able to use a range of throwing and catching techniques with control and accuracy.</p> <p>To be able to strike a ball with a bat or similar with control.</p> <p>To be able to maintain possession of a ball and field with control.</p> <p>Follow the rules of the game and play fairly.</p> <p>To develop practical skills in order to participate, compete and lead a healthy lifestyle.</p> <p>Know some of the food groups (carbohydrates, fruit and veg, meat, dairy, fats).</p> <p>Know that exercise burns energy and fats.</p>	<p>Topic: Net/Wall Games Games Knowledge Know the rules of a range of invasion games.</p> <p>Know the technique of catching a ball with both hands.</p> <p>Know the technique of catching a ball with one hand.</p> <p>Know how to shoot a ball into a hoop.</p> <p>Games Skills To be able to use a range of throwing and catching techniques with control and accuracy.</p> <p>To be able to maintain possession of a ball and field with control.</p> <p>Follow the rules of the game and play fairly.</p> <p>To develop practical skills in order to participate, compete and lead a healthy lifestyle.</p> <p>Know some of the food groups (carbohydrates, fruit and veg, meat, dairy, fats).</p> <p>Know that exercise burns energy and fats.</p>
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<p>5</p>	<p>Topic: Gymnastics Gymnastics Knowledge Know what a forward roll is.</p> <p>Know what a backward roll is.</p> <p>Know how equipment can be used in a gymnastics routine to introduce levels and execute movements.</p> <p>Gymnastics Skills To be able to create complex and well-executed sequences that include a full range of movements (including forward and backward roll).</p> <p>To be able practise and refine the gymnastic techniques used in performances.</p> <p>To be able to use gymnastic equipment confidently.</p>	<p>Topic: Games (Netball) Games Knowledge Know and play within the rules of a range of games.</p> <p>Games Skills To be able to choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p> <p>To be able to work collaboratively in an effective team.</p>	<p>Topic: Net/Wall Games (Tennis @ TSA) Games Knowledge Know and play within the rules of a range of games.</p> <p>Know how to use game tactics in matches.</p> <p>Know what a forehand shot is.</p> <p>Know what a backhand shot is.</p> <p>Know what a serve is.</p> <p>Games Skills To be able to strike a bowled/volleyed ball or use forehand and backhand when playing racket games, with accuracy.</p> <p>To be able to work collaboratively in an effective team (to keep a rally going).</p>	<p>Topic: Athletics Athletics Knowledge Know the technique behind throwing a javelin.</p> <p>Know how to perform the long jump.</p> <p>Know how to effectively sprint for 100m and 200m.</p> <p>Know how to adapt running technique to suit longer distances e.g. 400m.</p> <p>Athletics Skills To be able to combine sprinting with low hurdles over 60 metres.</p> <p>To be able to throw accurately and refine performance by analysing technique and body shape.</p> <p>To be able to jump accurately and refine performance by analysing technique and body shape.</p>	<p>Topic: Outdoor Activities/Orienteering To develop practical skills in order to participate, compete and lead a healthy lifestyle.</p> <p>Know how exercise contributes to a healthy lifestyle.</p> <p>Games Skills To be able to work collaboratively in an effective team.</p>	<p>Topic: Swimming/Dance Swimming Knowledge Know what a breaststroke is.</p> <p>Know what a butterfly stroke is.</p> <p>Swimming Skills To be able to swim between 25 and 50 metres unaided.</p> <p>Dance Knowledge Know how varied tempo of fast and slow movement can suit the same piece/time signature of music.</p> <p>Dance Skills To be able to compose creative and imaginative dance sequences.</p> <p>To be able to plan to perform with high energy, slow grace or other themes and maintain this throughout a piece.</p>
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<p>6</p>	<p>Topic: Games (Tag Rugby) Games Knowledge Know and play within the rules of a range of games.</p> <p>Know how to use game tactics in matches.</p> <p>Games Skills To be able to choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p> <p>To be able to field, defend and attack tactically by anticipating the direction of play.</p> <p>To be able to work collaboratively in an effective team.</p>	<p>Topic: Net/Wall Games (Basketball) Games Knowledge Know and play within the rules of a range of games.</p> <p>Know how to use game tactics in matches.</p> <p>Games Skills To be able to choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p> <p>To be able to field, defend and attack tactically by anticipating the direction of play.</p> <p>To be able to work collaboratively in an effective team.</p>	<p>Topic: Gymnastics Gymnastics Knowledge Know what a cartwheel is.</p> <p>Know what a round off is.</p> <p>Know how equipment can be used in a gymnastics routine to introduce levels and execute movements.</p> <p>Gymnastics Skills To be able to create complex and well-executed sequences that include a full range of movements.</p> <p>To be able practise and refine the gymnastic techniques used in performances.</p> <p>To be able to use gymnastic equipment confidently.</p>	<p>Topic: Outdoor Activities/Orienteering To develop practical skills in order to participate, compete and lead a healthy lifestyle.</p> <p>Know the food groups (carbohydrates, proteins, fats, fibre, vitamins and minerals).</p> <p>Know examples of foods from each food group.</p> <p>Know how exercise contributes to a healthy lifestyle.</p> <p>Games Skills To be able to work collaboratively in an effective team.</p>	<p>Topic: Dance Dance Knowledge Know repetition in music can be used to repeat signature movements in a routine.</p> <p>Know what the dance term ‘canon’ means.</p> <p>Dance Skills To be able to plan to perform with high energy, slow grace or other themes and maintain this throughout a piece.</p> <p>To be able to perform complex moves that combine strength and stamina gained through gymnastics activities.</p>	<p>Topic: Striking and Fielding (Rounders) Games Knowledge Know and play within the rules of a range of games.</p> <p>Know how to use game tactics in matches.</p> <p>Games Skills To be able to choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p> <p>To be able to strike a bowled/volleyed ball or use forehand and backhand when playing racket games, with accuracy.</p> <p>To be able to field, defend and attack tactically by anticipating the direction of play.</p> <p>To be able to work collaboratively in an effective team.</p>
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