

Physical Education Progression at Dorchester Primary School

“High quality Physical Education teaches students the knowledge, skills and confidence to be physically active for a lifetime.”

	Skills (NC)	Collaboration	Connectivity	Enquiry	Learners for Life	Ambition and Fairness
Year 1 Activity Areas: <i>Throwing and Catching</i> <i>OAA</i> <i>Football</i> <i>Athletics</i> <i>Striking and Fielding</i> <i>Real PE/Gym/Dance</i>	Master basic movements: running, jumping, throwing, catching. Develop balance, agility and coordination. Engage in competitive and cooperative physical activities.	Work together positively with others – eg with a partner. Work together to be successful.	Be able to say whether activities are similar or different based on specific aspects – eg if you play in a team or on your own.	Use basic Guided Discovery activities to explore ideas and skills.	Experience a variety of activities and enjoy being active.	Being able to apply basic rules to games/activities.
Vocabulary: <i>Celebrate, encourage, overarm, underarm, accurately, target, roll, race, ‘being a good sport’, dribbling, passing, receiving, control, communication, teamwork, encourage, rules, fairly, instructions, fielding, space.</i>						
Year 2 Activity Areas: <i>OAA</i> <i>Football</i>	Consolidate basic movements: running, jumping,	Work positively in a team or a small group.	Be able to link activities together that are similar and give a reason why.	Use guided discovery activities to explore ideas and skills.	Develop a love of being active in different ways through a wider range of activities.	Understand why rules are needed and apply them fairly.

Touch Rugby Netball Net Games Athletics Striking and Fielding Real PE/Gym/Dance	throwing, catching. Develop balance, agility and coordination in different contexts. Engage in competitive and cooperative physical activities individually and in small teams.			Answer recall questions and begin to answer basic open questions.		
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Vocabulary:

*Standing jump, jump for distance, jump for height, hurdle, **overarm throw**, **underarm throw**, **PB – Personal Best**, pace/speed, control, compete, competition, **cooperate**, obstacle course, **passing** and moving, dribbling, **attacking**, **defending**, team, **communication**, court, shot, **space**, serve, target, accurate, chest pass, bounce pass, intercepting, possession, footwork, instructions, explain, describe, **communicate**, strike, field, bowl, touch, **pass**, **receive**, **opponents**.*

	Skills	Collaboration	Connectivity	Enquiry	Learners for Life	Ambition and Fairness
Year 3 Activity Areas: OAA Tag Rugby Netball Football Net Games Athletics Striking and Fielding Cricket	Begin to pass and receive a ball with some confidence and accuracy. Strike a ball accurately and be able to direct it into space with increasing accuracy.	Work competitively as a team.	Be able to identify similarities and differences between activities.	Ask questions relevant to the activity to reinforce understanding and be able to answer more open questions.	Begin to apply core skills to new activities and understand how these help your overall health. Begin to understand and be able to apply some of the conventions of the	Be responsible for own actions and show fairness when playing games/doing activities.

Real PE/Gym/Dance	Begin to use generic attacking and defending skills and tactics in game situations. Develop some sport specific techniques and movements and be able to perform these in context. Begin to run, jump and throw with greater control and developing speed and power.				different sports being covered.	
Vocabulary: <i>Plan, evaluate, communicate, non-verbal communication, collaborate, problem-solving, evade, tag, receive, attacking, defending, opponents, pacing, relay, heart rate, breathing rate, backstop, no-ball, upwards/downwards cradle, wicket, stumps, evade, tag, space, opponents, pacing, high jump, long jump, scissor kick, shot put, push action, javelin, discus, sling action, PB – Personal Best.</i>						
Year 4 Activity Areas: OAA Gymnastics Tag Rugby Netball Athletics	Pass and receive a ball with more confidence and accuracy. Strike a ball regularly showing increased hand-eye coordination.	Work competitively as a team to be successful. Work together to plan or evaluate.	Be able to identify some similar and different skills and conventions required in activities.	Gain confidence in responding to open questions by making their own links to reinforce understanding.	Gain confidence in applying core skills to a range of activities and show a greater understanding of the importance of physical activity.	Develop a desire to improve own performance and personal best by acting on advice and feedback.

Striking and Fielding Real PE/Dance	Begin to use sport specific attacking and defending techniques in collaborative and competitive game situations. Begin to perform a greater range of sport specific techniques and movements with developing fluency and confidence. Run, jump and throw with control and increasing speed and power.				Understand and be able to apply the conventions of different sports being covered.	
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Vocabulary:

*Routine, forward/backward roll, headstand, handstand, shoulder stand, cartwheel, entry/exit, **performance, evaluate, plan, communicate, collaborate, problem-solving, attacking, defending**, passing backwards, **evade, opponents**, long barrier, upwards/downwards cradle, innings, no-ball, backstop, wicket keeper, stumps, pacing, relay, baton, **heart rate, breathing rate**, short term effects of exercise, high jump, long jump, scissor kick, shot put, push action, javelin, discus, sling action, sprint, **PB – Personal Best**.*

	Skills	Collaboration	Connectivity	Enquiry	Learners for Life	Ambition and Fairness
Year 5 Activity Areas: Tag Rugby Basketball	Pass and receive a ball confidently and accurately. Strike a ball accurately and	Work alongside others to plan and devise ideas.	Identify links between the skills and conventions needed in different activities.	Begin to show an interest in wider aspects of the activity and develop	Have a wider knowledge of the range of activities available and be willing to try new	Begin to officiate and apply basic rules fairly. Begin to evaluate own and others'

HRF Handball Hockey Cricket Athletics Striking and Fielding Net Games Real PE/Gym/Dance	be able to direct it into space with increasing accuracy. Use sport specific attacking and defending tactics. Perform sport specific techniques and movements with developing fluency and confidence. Run, jump and throw with control and increasing speed and power.	Begin to work tactically as a team.		knowledge by retaining additional information and through questioning.	opportunities when offered. Understand and be able to apply the conventions of different sports.	performances and give basic feedback.
Vocabulary: <i>Triple jump, take-off, run up, no jump, foul throw, technique, long distance, (relay) changeover, long term effects of exercise, short term effects of exercise, PB – Personal Best, dribbling, pivot, double dribble, pressure, possession, travelling, grip, wide ball, runs, wicket, wicket keeper, shoot, accurate, balanced, tactics, receive, attacking, defending, evade, passing backwards, strength, reaction time, power, speed, plan, evaluate.</i>						
Year 6 Activity Areas: OAA Tag Rugby Basketball HRF Handball	Pass and receive a ball confidently, accurately and at speed. Strike a ball accurately and direct it into space.	Work with others to evaluate, give feedback and officiate. Work tactically as a team and	Make links between activities and suggest how skills and conventions can be/are transferred.	Show an interest in finding out more about the activity/lesson focus. Ask questions to extend their	Display enjoyment for being active and trying new things. Be able to adopt different roles in PE/sport.	Be able to officiate fairly. Be able to evaluate how to improve and aim to improve your personal best. Be able to evaluate others'

Hockey Cricket Volleyball Athletics Rounders Multi-sports/games Real PE/Gym/Dance	Use sport specific attacking and defending tactics to be effective in team games. Perform sport specific techniques and movements with increased fluency and confidence. Run, jump and throw with control and increasing speed and power.	make decisions together on how to make changes.		knowledge and support their learning.	Have had experience of a variety of activities. Understand and be able to apply the conventions of different sports.	performances and give advice on how to improve.
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Vocabulary:

***PB – Personal Best**, components of fitness, strength, reaction time, power, speed, stamina/endurance, flexibility, cardiovascular, record, world record, **dribble**, double dribble, chest pass, javelin pass, bounce pass, set shot, foul, travelling, over, run out, umpire, stumped out, skills, tackle, block tackle, **officiate**, **referee**, **attacking**, **defending**, **tactics**, circuit training, reps/repetitions, drop shot, lob, volley, baseline, shuttlecock, wrong footed, **devise**, **evaluate**, **communicate**, non-verbal communication, **collaborate**, solutions, backstop, fielders, no ball.*