

Broomgrove Junior School PE Progression Grid



Below is an overview of the curriculum delivery topics that will be delivered throughout the year. We aim to create a broad and balanced PE curriculum that also revisits the skills developed at different touch points throughout the year to reinforce the learning within that topic. The curriculum will also be developed to link into other key values and topics within the school.

	Y3	Y4	Y5	Y6
Gymnastics	<ul style="list-style-type: none"> -Understand and use contrasting actions in a sequence using different pathways, directions and shapes. -Use a variety of rolls in a sequence -Consolidate and improve the qualities of movements and gymnastic actions eg. roll, jump -Relate strength and flexibility to the actions and movements they are performing -Perform in unison with a partner <ul style="list-style-type: none"> -Identify similarities and differences in sequences - develop body management over a range of floor exercises, including dish/arch/'japana' - create explosive moves in floor work through jumps and leaps -show flexibility in shapes and balances -Perform sequences mirroring and matching partner with 3 or 4 elements <p>Key vocabulary: fluency, contrasting, unison, low, combinations, full turn, half-turn, flexibility, compositional ideas, healthy active lifestyle, sustained, explosive, power, control, group, similar,</p>	<ul style="list-style-type: none"> -Develop competence and confidence in performing skills consistently - Perform in time with a partner or group - Use compositional ideas in sequences such as changes in height, speed and direction with 4 elements <ul style="list-style-type: none"> -Sequences include taking weight on hands <ul style="list-style-type: none"> -Develop a range of body actions, shapes and balances to include in a sequence - Define muscle groups needed to support the core of the body - Refine taking weight on small and large body parts, eg. hand and shoulder <p>Key vocabulary: control, group, similar, different, direction, speed, partner, actions, compositional, stamina, leap, refine, progression, tension, travelling steps, muscles (abdominals, obliques), engage, core, stabilise.</p>	<ul style="list-style-type: none"> -Create longer and more complex sequences including counterbalances, and adapt performances -Take the lead in a group when preparing the sequence - Develop symmetry and asymmetry individually, as a pair and in a small group -Compare performances and judge strengths and areas for improvement - Select the component for improvement eg timing or flow <ul style="list-style-type: none"> -Take responsibility for own warm-up, including remembering and repeating a variety of stretches -Perform and refine more complex actions, shapes and balances with consistency -Use information given by others to improve performance - Remember and repeat longer sequences with more difficult actions with 6 elements <p>Key vocabulary: symmetry, asymmetry, sequences, combinations, directions, speed, partner, asymmetrical,</p>	<ul style="list-style-type: none"> -Lead group warm-up showing understanding of the need for strength and flexibility -Demonstrate accuracy, consistency and clarity of movement in flight -Work independently and in small groups to make up own sequences using hoops or balls with 6 elements <ul style="list-style-type: none"> -Arrange own apparatus to enhance work and vary compositional ideas -Experience flight on and off high apparatus -Control flight using cannon and unison <ul style="list-style-type: none"> -Perform increasingly complex sequences with 10 elements -Combine own ideas with others to build sequences -Compose and practice actions , and relate to music -Show a desire to improve across a broad range of gymnastic actions <p>Key vocabulary: flight, consistent, vault, vaulting sequences, combinations, directions, dismount, half lever, box splits, bridge, broad jump, splits, dish, arch, bounce, competency, complex, stimuli, mirror, match.</p>

	different, bounce, box splits, fluency, dynamic, static, half lever, extension.		symmetrical, aesthetics, counterbalance, elements, control, balance, strength, bridge, warmup, injury, core temperature	
Basketball	<ul style="list-style-type: none"> -Perform some basic basketball skills – throwing, catching, dribbling -Build attacking or defensive play -Implement some basic rules -Begin communicating with others during a game -Know how to start a game <p>Key vocabulary: control, bounce, shoot, target, assist, jump ball, attack, defend, shoot, offensive</p>	<ul style="list-style-type: none"> - Increase confidence and accuracy when dribbling, throwing and shooting -Use footwork skills in game situations -Explore basic marking -Help someone to improve a particular skill <p>Key vocabulary: turnover, double dribble, crossover ball, tip-off, intercept, bounce pass, jump shot, opposed, violation.</p>	<ul style="list-style-type: none"> Use strength, agility, co-ordination when defending -Increase power and strength of passes -Move the ball with greater accuracy -Combine dribbling and passing skills -Select and apply a range of tactics and techniques to play with consistency -Explain the need for tactics in a game <p>Key vocabulary: blocking, pivot, forward, reverse, exploit, lay off, accurately, rebound, fake, feint.</p>	<ul style="list-style-type: none"> -Implement a range of strategies to attack and defend -Consistently use skills with co-ordination, control and fluency -Counterattack with team using a fast-break -Play to agreed rules and explain them to others -Compare and comment on skills to support improving performances <p>Key vocabulary: fast break, counterattack, retreat, maintain, pressure, free throw, L-cut, V-cut, pin down.</p>
Cricket	<ul style="list-style-type: none"> -Follow some basic rules -Play in simple striking and fielding games -Hit a stationary ball -Strike a bowled ball -Bowl an underarm ball -Stop a moving ball using long barrier technique -Throw over longer distances <p>Key vocabulary: Batting, fielding, bowling, bat, wicket, stump, crease, boundary, run, batsman, bowler, wicketkeeper, innings, forward drive, long barrier, over</p>	<ul style="list-style-type: none"> -Develop and apply throwing, fielding and striking skills in competitive situations -Apply skills with more consistency and co-ordination -Hit the ball in different directions -Intercept a moving ball -Bowl overarm <p>Key vocabulary: zones, directing, conditioned game, intercepting, isolation, pull shot, ground ball, overarm bowling, run singles.</p>	<ul style="list-style-type: none"> -Link a range of skills and use in combination -Collaborate with team to choose, use and adapt rules in a game -Apply overarm bowling with more consistency -Show perseverance and commitment to the team -Throw accurately over shorter distances -Score runs with a partner <p>Key vocabulary: calling, accuracy, rise of the ball, anticipating, forward defensive shot, setting a field, flexibility, cardiovascular endurance, power</p>	<ul style="list-style-type: none"> -Apply rules in a variety of games -Explore different shots -Use a range of tactics for attacking and defending in the role of bowler, batter and fielder -Track and catch a high ball consistently -Work in a pair to field effectively <p>Key vocabulary: urgency, acquire, high ball, tracking, short delivery, long balls, on drive, off side, on side, slip, short leg, silly point, innings, retires, attack</p>
Football	<ul style="list-style-type: none"> -Use basic control skills to send and receive a ball -Pass the ball accurately into a space over a short distance - Control the ball with the inside and outside of the foot -Recognise and move into space to receive a ball -Dribble the ball into a space -Suggest ways to improve skills learnt -Implement the basic rules of football in small games <p>Key vocabulary: teamwork, score, shoot, intercept, foot, inside of the foot, touch, possession, accuracy, dribble.</p>	<ul style="list-style-type: none"> -Run onto the ball to receive it and work collaboratively to score a goal -Explore marking techniques -Practise and apply some defensive skills -Dribble in different directions using different parts of the feet -Pass and receive the ball over longer distances -Perform passing and moving with a teammate in a game -Evaluate skills to aid improvement <p>Key vocabulary: control, use space, defend, defensive, attack, dribble, pass, tactics, direction, tackle.</p>	<ul style="list-style-type: none"> Play effectively in a variety of positions and formations on the pitch -Change direction and turn with the ball when running into a space - Move into a space and travel at speed with the ball -Select how and where to pass the ball into a space - Choose and implement a range of strategies to attack and defend, including a step over to beat a defender - Play in small-sided games to implement a wider range of more complex skills - Recognise good individual and team performances 	<ul style="list-style-type: none"> Choose and implement a range of strategies to attack and defend -Perform a wider range of more complex skills -Work collaboratively as a team to score in a variety of situations Recognise and describe good individual and team performances, including how to restrict attacker’s movements; why certain goal areas are better to aim for than others -Suggest, plan and lead simple drills for given skills -Demonstrate the skills acquired in a game situation <p>Key vocabulary: fair play, tackle, covering, supporting, strategy, set up, assist, deny, set play, covering, defender</p>

			<p>Key vocabulary: distance, perform, consistent, speed, fair play, regain, possession, goal side, interchange, position, maintain</p>	
Handball	<ul style="list-style-type: none"> -Use basic passing and catching skills -Perform different passes -Use defensive skills to intercept passes - Implement some handball game rules <p>Key vocabulary: shoot, defend, attack, block, run, control, catch, pass, teamwork, score, intercept, possession, movement, using space</p>	<ul style="list-style-type: none"> -Use a bounce pass -Block and intercept passes -Pass and move with a ball to set up attacks Use overarm shooting technique -Demonstrate and implement rules <p>Key vocabulary: footwork, foul, free throw, link, teamwork, double dribble, 3-step, 3-man weave.</p>	<ul style="list-style-type: none"> -Use specific skills in games, such as jump shots and pivots -Begin to play effectively in different positions -Increase power and strength of passes - Work as a team to defend and attack -Use a wider range of handball rules consistently <p>Key vocabulary: dribble, block, screen, pivoting, steps, double fault, offensive foul, free throw.</p>	<ul style="list-style-type: none"> -Work as a team to improve group tactics and gameplay -Consistently use skills with co-ordination, control and fluency -Implement 'screening' in gameplay -Make decisions when playing competitively -Compares and makes suggestions for how to improve performances <p>Key vocabulary: control, use space, skill selection, conditioned games, appropriate, organisation, consistency, counterattack.</p>
Netball	<ul style="list-style-type: none"> -Pass and catch the ball in a variety of ways- chest pass, shoulder pass, bounce pass -Dodge to get free -Implement basic rules of netball -Create opportunities to score <p>Key vocabulary: space, pass, accurately, mark, dodge, attack, defend, footwork, possession, shoot, rules, improve</p>	<ul style="list-style-type: none"> -Show some awareness of High 5 positions and rules -Use basic shooting techniques -Begin to use one-to one marking -Learn the footwork rules and apply in a game <p>Key vocabulary: protect, semi-circle, one-to-one, pivot, pivoting, preliminary</p>	<ul style="list-style-type: none"> -Begin to play efficiently in different position on court, in attack and defence -Increase power and strength of passes -Find spaces to move to -Describe some specific skills used in a game and how effective they were -Perform pivoting to pass - Use some dodging techniques <p>Key vocabulary: score, shoot, possession, react, foul, umpire, quick turns, dodge, pivot, stationary, shooting circle/semi-circle.</p>	<ul style="list-style-type: none"> -Make the choice where to pass a ball -Anticipate, track and control a rebounding ball -Work as a team to improve group tactics and gameplay -Mark the pass or the shot -Make good choices about what passes to use in a competitive game <p>Key vocabulary: tactics, gameplay, blocking, free, metre, organisation, rebounds, prone, thirds, area, offside, intercepting.</p>
Rounders	<ul style="list-style-type: none"> -Strike a stationary/moving ball -Know why it is important to be ready in the field -Bowl an underarm bowl with some consistency -Stop a moving ball with the long barrier technique -Throw over longer distance using overarm technique -Suggest ways to improve own and others' game <p>Key vocabulary: batting, fielding, bowling, bases, long barrier, batter, bowler, fielder, innings, no ball, batting box, backstop, rounders, half rounders.</p>	<ul style="list-style-type: none"> -Identify different roles in rounders -Play backstop in small game situations -Identify and describe some successful play -Hit the ball in different directions -Implement the stumping rule and bowling rules -Work with team when fielding -Describe how to score a full rounder and half a rounder <p>Key vocabulary: zones, directing, speed, avoid, intercept, role, scoring system, gain, stumped</p>	<ul style="list-style-type: none"> -Apply backward hitting rule -Collaborate with the team and show perseverance to the game play -Throw over short distance with power and accuracy -Take part in competition with understanding of tactics and rules -Distinguish between deep and close fielding <p>Key vocabulary: power, consistently, accuracy, stump, conditioned, fitness, miss hit, strength, encouragement, defensive, offensive.</p>	<ul style="list-style-type: none"> -Apply rules consistently -Use a range of tactics for attacking and defending -Play in complete game with markings and bases -Track and catch a high ball -Work in a pair fielding to restrict scoring -Apply tactics to avoid overtakes <p>Key vocabulary: tactics, gameplay, blocking, free, metre, organisation, rebounds, prone, thirds, area, offside, intercepting.</p>

<p>Tag Rugby</p>	<ul style="list-style-type: none"> -Handle a rugby ball -Explore different ways to send and receive a ball -Use speed to run past defenders and avoid a tagger -Use a back pass -Use basic game principles and play with simplified rules. <p>Key vocabulary: space, accurately, mark, dodge, attack, defend, footwork, possession, evading, close down, sportsmanlike.</p>	<ul style="list-style-type: none"> -Pass and receive with more accuracy -Pick up and run with the ball -Keep possession unchallenged -Use different length passes -Evade defenders -Run into space -Suggest ways to improve own and others game <p>Key vocabulary: possession, consistently, evade, columns, space, length, pace, compete</p>	<ul style="list-style-type: none"> -Combine catching and passing in one movement -Tag opposition -Use a pop pass -Use 'magic diamond' formation -Apply attack and defence tactics in competition <p>Key vocabulary: contest, possession, pressure, support, pop pass, turn over, loose pass, W grip, offence, formation</p>	<ul style="list-style-type: none"> -Combine and perform more complex skills at speed -Choose and implement a range of strategies and tactics to attack and defend -Support player with ball -Use set plays for attack -Identify good individual and team performances -Plan and lead a warm-up <p>Key vocabulary: transition, principle, STEP agility, turnover, support, observe, analyse</p>
<p>Tennis</p>	<ul style="list-style-type: none"> -Identify and describe some rules -Explore forehand hitting -Serve underarm to begin a game -Play against an opponent -Use the ready position to return a ball -Play co-operatively to keep a rally going -Move towards the ball <p>Key vocabulary: hit, return, court, forehand, backhand, bounce, points, score, net, tactics, underarm, overarm</p>	<ul style="list-style-type: none"> -Explore different shots- forehand, backhand with more accuracy -Work to return a serve -Be in the correct position to return/ receive balls -Co-operate with a partner to score points -Play competitively with and against others -Describe how to score <p>Key vocabulary: hit, return, court, forehand, backhand, bounce, points, score, net, tactics, underarm, overarm, position, ready</p>	<ul style="list-style-type: none"> -Perform a range of shots with control and accuracy in a game. -Throw and run to a volley shot -Play an overhead shot and know when you might use it -Recognise position differences used when playing doubles -Keep own scores <p>Key vocabulary: service rules, volley, overhead, singles, doubles</p>	<ul style="list-style-type: none"> -Develop backhand shot -Perform a lob shot -Continue developing doubles play and tactics to improve via good communication -Identify ways to improve play -Make good choices about the best shot to play -Apply knowledge of scoring to umpire and play without dispute <p>Key vocabulary: Lob shot, positioning, footwork, listening skill, dispute, peers, attacking, defensive, improvement.</p>
<p>Dance</p>	<ul style="list-style-type: none"> -Improvise and translate ideas from a stimulus into movement -Use props -Share and create phrases individually and in a group -Repeat, remember and perform phrases <p>Key vocabulary: facial expression, improvisation, rehearse, director, solo, duo, categories, dynamics, phrases, timings, layers, harm, pollution, zones, ocean, sea, travel, improvise</p>	<ul style="list-style-type: none"> -Take the lead when working with a partner or group -Use freeze frame -Use dance to communicate an idea -Perform a dance using a range of patterns <p>Key vocabulary: improvisation, rehearse, director, choreographer, slide, formation, freeze frames, size, direction, background, ornamentation, facing, choreography, peer, contact</p>	<ul style="list-style-type: none"> -Compose and perform in different styles -Perform to an accompaniment -Refine and improve dances to include rhythm and expression -Perform with a partner and in a small group <p>Key vocabulary: facial expressions, rehearse, choreographer, locomotion, bangra line dance, wall patterns, assemblé, sissone, sauté, chaîné, retrograde, inversion, instrumentation, fragmentation</p>	<ul style="list-style-type: none"> -Compose group dances in creative ways, adapting the style of music -Develop sequences in a specific style -Evaluate and improve an individual or group performance constructively <p>Key vocabulary: motif, street, dance, composition, collaborate, stag leap, rebound, expression, narrative, tension & relationships, aural setting, accompany, contact, quality, confidence</p>
<p>Athletics</p>	<ul style="list-style-type: none"> -Run at fast, medium and slow speeds; changing speed and direction -Take part in a relay, remembering when to run and what to do 	<ul style="list-style-type: none"> -Select and maintain different running paces for different distances. -Practice throwing with power and accuracy. 	<ul style="list-style-type: none"> -Sustain pace over longer shorter distances. -Throw in different ways -Jump in different ways with a controlled take-off and landing 	<ul style="list-style-type: none"> -Throw with power and accuracy -Demonstrate good running techniques over different distances in competitive environments -Combine different jumps for most effective triple jump technique

	<p>-Compete in mini-competitions, recording scores</p> <p>Key vocabulary: run, jump, throw, agility, power, speed, track, force, distance, curve, accelerate, hurdles, pull, record, pace, approach, combine.</p>	<p>-Use different jumping techniques and footwork patterns.</p> <p>-Apply knowledge in competitive situations</p> <p>Key vocabulary: track, force, distance, curve, accelerate, hurdles, foam javelins, vortex howler, bounce, target, take off, sling, exchange, accuracy.</p>	<p>-Understand which techniques are effective when jumping for distance</p> <p>-Demonstrate good techniques in a competitive situation</p> <p>Key vocabulary: bounce, relay, baton, safety, rules, targets, record, set, take over, pass, sustain, push, receive, hop-step-jump.</p>	<p>-Utilise skills in competitive environments and record scores</p> <p>Key vocabulary: safety, rules, target, record, set, take over, pass, strength, judge, trajectory, sprint, shuttle, assess.</p>
<p>Outdoor and Adventurous Activities [May be taught through Geography or residential trips]</p>	<p>-Follow a map in a familiar context</p> <p>-Work with others to solve problems</p> <p>-Create maps and directions</p> <p>Key vocabulary: maps, diagrams, scale, symbols, orienteering, controls, challenges, problem-solving, lead, follow, plan, trust</p>	<p>-Follow a map in a (more demanding) familiar context</p> <p>-Plan and refine strategies to solve problems</p> <p>-Work well with a team in a given role</p> <p>Key vocabulary: challenges, problem-solving, lead, follow, plan, trust, solve, cardinal points, success</p>	<p>-Follow a map in an unknown location</p> <p>-Communicate using code</p> <p>-Navigate and solve problems from memory</p> <p>Key vocabulary: challenge, plan, trust, solve, team, design, instructions, extend, orient, morse, code, decipher, individual, signal</p>	<p>-Suggest adaptations and variations to activities</p> <p>-Refine and adapt ideas in a group task</p> <p>-Work collaboratively</p> <p>-Take responsibility for a role</p> <p>Key vocabulary: maps, diagrams, scale, symbols, orienteering, compass, challenges, design, instructions, extend, knot, orient</p>
Swimming				<p>- Swims competently, confidently and proficiently over a distance of at least over a distance of at least 25m</p> <p>-Uses a range of strokes effectively e.g. front crawl, backstroke and breaststroke</p> <p>- Perform safe self-rescue in different water-based situations</p> <p>Beginner swimming key vocabulary: swim, kick, front, back, arms, legs, lie on front back, breath, splash, sculling, doggy paddle, prone, supine, glide, stroke, float, pace.</p> <p>Intermediate swimming key vocabulary: breathe, rotate, submerge, sink, float, sculling, breaststroke, glide, surface dive, jump, on top of the water, underwater, front crawl.</p> <p>Advanced swimming key vocabulary: meters, distance, back crawl, front crawl, breaststroke, compete, improve, challenge, personal survival, treading, crouching.</p>
Healthy Lifestyles	<p>-Can describe the effect exercise has on the body</p> <p>-Can explain some of the reasons for exercising and a healthy lifestyle</p>	<p>-Can describe the effect exercise has on the body</p> <p>-Can explain the importance of exercise and a healthy lifestyle</p>	<p>-Can describe the effect exercise has on the body</p> <p>-Understands the importance of leading a healthy lifestyle</p> <p>-Understands the need to warm up and cool down</p>	<p>-Can explain how individuals need different types of and levels of fitness to be more effective in their lifestyles</p> <p>-Understands ways to become healthier</p> <p>-Knows the benefits of a balanced lifestyle</p>