




PE Progression Map Year 6

National Curriculum	Area	Theme	Knowledge/Skills (Sequence of learning)	
<ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic • principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • perform dances using a range of movement patterns • take part in outdoor and adventurous activity challenges both 	Athletics	Health and Fitness	<ol style="list-style-type: none"> 1) Understand the importance of warming up and cooling down 2) Carry out warm ups and cool downs safely and effectively 3) Understand why exercise is good for health, fitness and well being 4) Know ways they can become healthier 	warm up, cool down leadership health, fitness, well-being ways, healthier
		Running	<ol style="list-style-type: none"> 1) Recap, practise and refine an effective sprinting technique including reaction time 2) Build up speed quickly for a sprint finish 3) Run over hurdles with fluency focusing on the lead leg technique and a consistent stride pattern 4) Accelerate to pass other competitors 5) Work as a team to competitively perform a relay 6) Confidently and independently select the most appropriate pace for different distances and different parts of the run 7) Demonstrate endurance and stamina over longer distances in order to maintain a sustained run 	sprinting technique build up, sprint finish stride pattern accelerate relay appropriate pace endurance, stamina, sustained
		Throwing	<ol style="list-style-type: none"> 1) Perform a fling throw 2) Throw a variety of implements using a range of throwing techniques 3) Measure and record the distance of their throws 4) Continue to develop techniques to throw for increased distance 	fling throw throwing technique measure, record technique, distance
		Jumping	<ol style="list-style-type: none"> 1) Develop the technique for the standing vertical jump 2) Maintain control at each of the different stages of the triple jump 3) Land safely and with control 4) Develop and improve their techniques for jumping for height and distance and support others in improving their performance 5) Perform and apply different types of jumps in other contexts 6) Set up and lead jumping activities including measuring the jumps with confidence and accuracy 	standing vertical jump stages, triple jump land, control jump, height, distance perform, apply lead
		Compete/ Perform	<ol style="list-style-type: none"> 1) Perform and apply a variety of skills and techniques confidently, consistently and with precision 2) Take part in competitive games with a strong understanding of tactics and composition 	perform, apply, precision competition, tactics, composition
		Evaluate	<ol style="list-style-type: none"> 1) Thoroughly evaluate their own and others' work suggesting thoughtful and appropriate improvements 	evaluate, own, others, improvements

<p>individually and within a</p> <ul style="list-style-type: none"> • team • compare their performances with previous ones and demonstrate improvement to • achieve their personal best. <p>•swim competently, confidently and proficiently over a distance of at least 25 metres</p> <ul style="list-style-type: none"> •use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] •perform safe self-rescue in different water-based situations. 	Dance	Health and Fitness	<ol style="list-style-type: none"> 1) Understand the importance of warming up and cooling down 2) Carry out warm ups and cool downs safely and effectively 3) Understand why exercise is good for health, fitness and well being 4) Know ways they can become healthier 	<p>warm up, cool down</p> <p>leadership</p> <p>health, fitness, well-being</p> <p>ways, healthier</p>
		Dance Skills	<ol style="list-style-type: none"> 1) Identify and repeat the movement patterns and actions of a chosen dance style 2) Compose individual, partner and group dances that reflects the chosen dance style 3) Use dramatic expression in dance movements and motifs 4) Perform with confidence using a range of movement patterns 5) Demonstrate strong and controlled movements throughout a dance sequence 6) Combine flexibility, techniques and movements to create a fluent sequence 7) Move appropriately and with the required style in relation to the stimulus, eg using various levels, ways of traveling and motifs 8) Show a change of pace and timings in their movements 9) Move rhythmically and accurately in dance sequences 10) Improvise with confidence, still demonstrating fluency across their sequence 11) Dance with fluency and control, linking all movements and ensuring that transitions flow 12) Modify some elements of a sequence as a result of self and peer evaluation 13) Use complex dance vocabulary to compare and improve work 	<p>Identify, repeat, style</p> <p>compose, alone, partner, group</p> <p>dramatic expression</p> <p>strong, controlled movements</p> <p>flexibility</p> <p>required style</p> <p>change of pace, timings</p> <p>rhythmical movement</p> <p>improvise confidently</p> <p>transitional flow</p> <p>modify through evaluation</p> <p>compare, improve</p>
		Complete / Performs	<ol style="list-style-type: none"> 1) Link actions to create a complex sequence using a full range of movement 2) Perform the sequence in time to music 3) Perform and apply a variety of skills and techniques confidently, consistently and with precision 	<p>link actions, sequence</p> <p>in time to music</p> <p>perform and apply</p>
		Evaluate	<ol style="list-style-type: none"> 1) Thoroughly evaluate their own and others' work suggesting thoughtful and appropriate improvements 	<p>evaluate, own, others, improvements</p>
	Games	Health and Fitness	<ol style="list-style-type: none"> 1) Understand the importance of warming up and cooling down 2) Carry out warm ups and cool downs safely and effectively 3) Understand why exercise is good for health, fitness and well being 4) Know ways they can become healthier 	<p>warm up, cool down</p> <p>leadership</p> <p>health, fitness, well-being</p> <p>ways, healthier</p>
		Tactics and Rules	<ol style="list-style-type: none"> 1) Follow and create complicated rules to play a game successfully 2) Communicate plans to others during a game 3) Lead others during a game 	<p>rules</p> <p>communicate, during play</p> <p>leadership</p>
		Strike and hitting a ball	<ol style="list-style-type: none"> 1) Hit a bowled ball over longer distances 2) Use good hand eye co-ordination to be able to direct a ball when striking or hitting 3) Understand how to serve in order to start a game 	<p>hit, distance</p> <p>hand-eye co-ordination, direct, serve</p>
		Throwing and catching a ball	<ol style="list-style-type: none"> 1) Throw and catch accurately and successfully under pressure in a game 	<p>Throw, catch, under pressure</p>
		Attacking and defending	<ol style="list-style-type: none"> 1) Think ahead and create a plan of attack or defence 2) Apply knowledge of skills for attacking and defending 3) Work as a team to develop fielding strategies to prevent the opposition from scoring 	<p>think, plan, attack, defence</p> <p>apply knowledge</p> <p>strategies</p>
		Travelling with a ball	<ol style="list-style-type: none"> 1) Show confidence in using ball skills in various ways in a game situation and link these together effectively 	<p>link</p>

	Using space	1) Demonstrate a good awareness of space		spatial awareness
	Passing a ball	1) Choose and make the best pass in a game situation and link a range of skills together with fluency eg passing and receiving the ball on the move		choices, fluency
	Complete / Perform	1) Perform and apply a variety of skills and techniques confidently, consistently and with precision 2) Take part in competitive games with a strong understanding of tactics and composition		perform and apply competition, tactics
	Evaluate	1) Thoroughly evaluate their own and others' work suggesting thoughtful and appropriate improvements		evaluate, own, others, improvements
Gymnastics	Health and Fitness	1) Understand the importance of warming up and cooling down 2) Carry out warm ups and cool downs safely and effectively 3) Understand why exercise is good for health, fitness and well being 4) Know ways they can become healthier		warm up, cool down leadership health, fitness, well-being ways, healthier
	Rolls	1) Forward roll from standing 2) Straddle forward roll 3) Pike forward roll 4) Dive forward roll	5) Tucked backward roll 6) Backward roll to straddle 7) Backward roll to standing pike 8) Pike backward roll	roll straddle pike dive, tuck
	Acquiring and developing skills (General)	1) Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching 2) Demonstrate precise and controlled placement of body parts in their actions, shapes and balances 3) Confidently use equipment to vault and incorporate this into sequences 4) Apply skills and techniques consistently showing precision and control 5) Develop strength, technique and flexibility throughout performances		Travel, balance, hold, jump, leap, swing, vault, stretch placement of body vault, precision, control strength, technique, flexibility
	Vault	1) Hurdle step onto springboard 2) Squat on vault 3) Straddle on vault 4) Star jump off 5) Tuck jump off	6) Straddle jump off 7) Pike jump off 8) Squat through vault 9) Straddle over vault	hurdle step, squat straddle star tuck pike
	Shapes and Balances	1) 1, 2, 3 and 4 point balances 2) Balances on apparatus 3) Develop technique, control and complexity of part-weight partner balances 4) Group formations 5) Pike, tuck, star, straight, straddle shapes 6) Front and back support		point balance, apparatus part- weight balance group formation, pike, tuck, star, straight, straddle front, back support
	Handstands, cartwheels and round offs	1) Lunge into cartwheel 2) Lunge into round-off 3) Hurdle step 4) Hurdle step into cartwheel 5) Hurdle step into round off		lunge, cartwheel round off hurdle step
	Jumps	1) Straight jump 2) Tuck jump 3) Jumping jack 4) Star jump	8) Straight jump half turn 9) Straight jump full turn 10) Cat leap 11) Cat leap half turn	straight, tuck, jumping jack, star, straddle, pike, stag, turn, cat leap, split leap

			5) Straddle jump 6) Pike jump 7) Stag jump	12) Cat leap full turn 13) Split leap 14) stag leap	
		Travelling and linking actions	1) Tiptoe, step, jump and hop 2) Hopscotch 3) Skipping 4) Chassis steps 5) Straight jump half turn	6) Straight jump full turn 7) Cat leap 8) Cat leap half turn and full turn 9) Pivot	tiptoe, step, jump, hop hopscotch, skip, chassis step straight jump, turn cat leap, pivot
		Compete and perform	1) Link actions to create a complex sequence using a full range of movement that showcases different agilities, performed in time to music 2) Perform and apply a variety of skills and techniques confidently, consistently and with precision 3) Begin to record their peers' performances and evaluate these		actions, agility, in time perform, precision record, evaluate
		Evaluate	1) Thoroughly evaluate their own and others' work suggesting thoughtful and appropriate improvements		evaluate, own, others, improvements
	Outdoor Adventurous Activities	Health and Fitness	1) Understand the importance of warming up and cooling down 2) Carry out warm ups and cool downs safely and effectively 3) Understand why exercise is good for health, fitness and well being 4) Know ways they can become healthier		warm up, cool down leadership health, fitness, well-being ways, healthier
		Trails	1) Orientate themselves with confidence and accuracy around an orienteering course when under pressure 2) Design an orienteering course that is clear to follow and offers challenge to others 3) Use navigation equipment (maps, compasses) to improve the trail		orientate, course, pressure design, challenge navigation equipment
		Problem Solving	1) Use clear communication to effectively complete a particular role in a team 2) Complete orienteering activities both as part of a team and independently 3) Use a range of map styles and make an informed decision on the most effective		communication, role team, independent map styles
		Preparation and Organisation	1) Choose the best equipment for an outdoor activity 2) Prepare an orienteering course for others to follow 3) Identify the quickest route to accurately navigate an orienteering course 4) Manage an orienteering event for others to compete in		choice, equipment prepare, course quickest route, navigate orienteering event
		Communication	1) Communicate clearly and effectively when under pressure 2) Work effectively as part of a team demonstrating leadership skills when necessary 3) Successfully use a map to complete an orienteering course 4) Use a compass for navigation 5) Organise an event for others		communicate leadership skills compass event
		Compete and Perform	1) Complete an orienteering course on multiple occasions in a quicker time due to improved techniques 2) Offer a detailed and effective evaluation of both personal performances and activities with an aim of increasing challenge and improving performance 3) Listen to feedback and improve an orienteering course from it		quicker time detailed, effective evaluation feedback, listen, improve
		Evaluate	1) Complete an orienteering course on multiple occasion in a quicker time due to improved techniques 2) Offer a detailed and effective evaluation of both personal performances and activities with an aim of increasing challenge and improving performance 3) Listen to feedback and improve an orienteering course from it		time, technique improvement feedback