



## Nanaksar Primary School - PE Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
<b>RECEPTION</b>	Intro to PE: Unit 2	Fundamentals: Unit 2	Gymnastics: Unit 2	Dance: Unit 2	Games: Unit 2	Ball Skills: Unit 2	
<b>YEAR 1</b>	Fundamentals 1	Sending & Receiving 1	Gymnastics/Dance 1	Invasion Games 1	Athletics 1	Striking & Fielding 1	
<b>YEAR 2</b>	Fundamentals 2	Sending & Receiving 2	Gymnastics/Dance 2	Invasion Games 2	Athletics 2	Striking & Fielding 2	
<b>YEAR 3</b>	Fundamentals 3/4	Netball 3/4	Football 3/4	Gymnastics/Dance 3	Athletics 3	Cricket 3/4	
<b>YEAR 4</b>	Fitness 3/4	Hockey 3/4	Basketball 3/4	Gymnastics/Dance 4	Athletics 4	Rounders 3/4	<i>Swimming all year round</i>
<b>YEAR 5</b>	Netball 5/6	Football 5/6	Gymnastics/Dance	<b>Basketball 5/6</b>	Athletics 5	Cricket 5/6	
<b>YEAR 6</b>	Fitness 5/6	Hockey 5/6	Gymnastics/Dance 6	Tennis	Athletics 6	Rounders 5/6	<i>Swimming catch up PGL (OAA)</i>



# Nanaksar Primary School - PE Skills Progression Map

## Get Set 4 PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>RECEPTION</b>	<b>Intro to PE: Unit 2</b>	<b>Fundamentals: Unit 2</b>	<b>Gymnastics: Unit 2</b>	<b>Dance: Unit 2</b>	<b>Games: Unit 2</b>	<b>Ball Skills: Unit 2</b>
<b>Physical</b>	run, jump, throw, catch, roll, skip	run, jump, hop, balance, change direction, travel	shapes, balances, jumps, rock and roll, barrel roll, straight roll, progressions of a forward roll, travelling	actions, dynamics, space	run, change direction, throw, catch, strike	roll, track, throw, dribble with hands, dribble with feet, kick, catch
<b>Social</b>	work safely, co-operation, support others, communication	work safely, support others, share and take turns, co-operation	work safely, collaboration, share and take turns, support others	work safely, respect, collaboration	communication, help others, respect, take turns, co-operation	co-operation, take turns, work safely, communication
<b>Emotional</b>	honesty, confidence, perseverance, determination	perseverance, honesty, determination, confidence, acceptance	determination, confidence	confidence, independence	perseverance, honesty, determination, manage emotions	perseverance, independence, determination, honesty
<b>Thinking</b>	comprehension, make decisions, creativity	comprehension, creativity, select and apply, exploration	comprehension, creativity, select and apply	comprehension, provide feedback, select and apply actions, creativity	comprehension, decision making, select and apply, reflection	comprehension, use tactics
<b>YEAR 1</b>	<b>Gymnastics/Dance 1</b>	<b>Fundamentals 1</b>	<b>Sending &amp; Receiving 1</b>	<b>Target Games 1</b>	<b>Athletics 1</b>	<b>Striking &amp; Fielding 1</b>
<b>Physical</b>	travelling actions, shapes, balances, shape jumps, barrel roll, straight roll, forward roll	balance, jump, hop, run, speed, agility, dodge, skip, co-ordination	roll, throw, catch, track, kick, receive with feet, send with racket	underarm throw, overarm throw	run, balance, agility, coordination, hop, jump, leap, throw	underarm throw, overarm throw, catch, track, bat
<b>Social</b>	respect, collaboration, sharing, work safely	collaboration, work safely, support others	support others, communication	collaboration, leadership, work safely, encourage others	work safely, collaboration	communication, collaboration, support and encourage others, kindness
<b>Emotional</b>	confidence, self regulation, perseverance	determination, self regulation, honesty, perseverance	determination, honesty, independence	perseverance, honesty	perseverance, independence, honesty, determination	manage emotions, honesty, perseverance

<b>Thinking</b>	comprehension, select and apply action, creativity	comprehension, select and apply skills	comprehension, select and apply skills	comprehension, select and apply, creativity	reflection, comprehension, select and apply skills	comprehension, use tactics, select and apply, decision making
<b>YEAR 2</b>	<b>Fundamentals 2</b>	<b>Sending &amp; Receiving 2</b>	<b>Gymnastics/Dance 2</b>	<b>Invasion Games 2</b>	<b>Athletics 2</b>	<b>Striking &amp; Fielding 2</b>
<b>Physical</b>	run, speed, agility, dodge, balance, jump, hop, skip	roll, track, catch, receive with feet, kick, send and receive with a racket	shapes, balances, travelling actions, shape jumps, barrel roll, straight roll, forward roll	dribble, throw, catch, kick, receive, run, jump, change direction, change speed	run, jump for distance, jump for height, throw for distance, throw for accuracy	underarm throw, overarm throw, catch, track, bowl, bat
<b>Social</b>	collaboration, respect, take turns, communication, encourage others	communication, collaboration, leadership	leadership, work safely, respect	communication, kindness, support others, co-operation, respect, collaborate	communication, work safely, support others	communication, encourage others, collaboration
<b>Emotional</b>	determination, honesty, perseverance	honesty, determination	confidence, independence	empathy, perseverance, honesty, integrity, independence	determination, independence	honesty, perseverance, determination, acceptance
<b>Thinking</b>	comprehension, make decisions, creativity, use tactics, recall	identifying how to improve, comprehension	select and apply actions, creativity	creativity, select and apply, comprehension, problem solving, provide feedback	comprehension, observe and provide feedback, explore ideas, select and apply skills	use tactics, comprehension, select and apply, decision making
<b>YEAR 3</b>	<b>Fundamentals 3/4</b>	<b>Netball 3/4</b>	<b>Football 3/4</b>	<b>Gymnastics/Dance 3</b>	<b>Athletics 3</b>	<b>Cricket 3/4</b>
<b>Physical</b>	balance, run, dodge, hop, jump, skip	throw, catch, change direction, change speed, shoot	dribble, pass, receive, track	point and patch balances, jumps, straight roll, barrel roll, forward roll	sprint, jump for distance, push throw, pull throw	underarm and overarm throwing, overarm bowling, batting, two handed pick up, short barrier
<b>Social</b>	respect, collaboration, support and encourage others	communication, collaboration, support others	co-operation, respect, communication	work safely, collaboration, supportive	collaborate, work safely	collaboration and communication, respect
<b>Emotional</b>	determination, perseverance, honesty	honesty and fair play, persevere, confidence	determination, honesty, persevere, independence	perseverance, confidence, independence	determination, perseverance	perseverance, honesty, determination
<b>Thinking</b>	select and apply, observation, provide feedback, comprehension	comprehension, decision making, recognition, identify, observe and provide feedback, select and apply	decision making, comprehension, select and apply, use tactics	observe and provide feedback, creativity, select and apply skills	observe and provide feedback, comprehension, explore technique	observing and providing feedback, applying strategies

<b>YEAR 4</b>	<b>Fitness 3/4</b>	<b>Hockey 3/4</b>	<b>Basketball 3/4</b>	<b>Gymnastics/Dance 4</b>	<b>Athletics 4</b>	<b>Rounders 3/4</b>
<b>Physical</b>	agility, balance, coordination, speed, stamina, strength	dribble, pass, receive, intercept, run, shoot	run, jump, throw, catch, dribble, shoot	individual and partner balances, rotation jumps, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand	pace, sprint, jump for distance, throw for distance	underarm and overarm throw, catch, bowl, track a ball, field and retrieve a ball, bat
<b>Social</b>	support others, work safely, communication	communication, collaboration, work safely, respect	working safely, collaboration, support and encourage others	work safely, determination, collaboration, communication, respect	collaboration, leadership	collaboration, communication, co-operate, support and encourage others
<b>Emotional</b>	perseverance, determination, honesty	honesty, perseverance, determination	honesty, determination, perseverance	confidence, perseverance	perseverance, determination, honesty,	honesty, fair play, confidence, determination
<b>Thinking</b>	identify areas of strength and areas for development	decision making, select and apply, comprehension, identifying strengths and areas for development	exploration, identify areas of strength and areas for development, decision making, use tactics, reflection	observe and provide feedback, select and apply actions, creativity, evaluate and improve	reflection, observing and providing feedback, exploring ideas, comprehension	comprehension, select and apply skills, tactics, make decisions
<b>YEAR 5</b>	<b>Netball 5/6</b>	<b>Football 5/6</b>	<b>Gymnastics/Dance 5</b>	<b>Basketball 5/6</b>	<b>Athletics 5</b>	<b>Cricket 5/6</b>
<b>Physical</b>	throw, catch, change direction, change speed, shoot	dribble, pass, receive, track, tackle	symmetrical and asymmetrical balances, rotation jumps, straight roll, forward roll, straddle roll, backward roll, cartwheel, bridge, shoulder stand	run, jump, throw, catch, dribble, shoot	pace, sprint, relay changeovers, jump for distance, push throw, pull throw	deep and close catch, underarm and overarm throw, overarm bowl, long and short barrier, batting
<b>Social</b>	communication, collaboration, respect	communication, respect, collaboration, co-operation	work safely, support others, collaboration	collaboration, communication, co-operation, respect	collaboration, negotiation, communication, supporting others	collaboration, communication, respect
<b>Emotional</b>	honesty and fair play, pride, empathise, persevere	honesty, persevere, determination	confidence, perseverance, resilience, determination	honesty and fair play, confidence, persevere	perseverance, confidence, concentration, determination	honesty, perseverance
<b>Thinking</b>	elect and apply, decision	assess, explore,	observe and provide	reflection, decision	observing and	observation, provide

	making, comprehension	decision making, select and apply	feedback, creativity, reflection, select and apply actions, evaluate and improve sequences	making, select and apply, use tactics, observe and provide feedback, identify areas of strength and areas for development	providing feedback, selecting and applying, comprehension	feedback, select and apply skills, tactics, assessing
<b>YEAR 6</b>	<b>Fitness 5/6</b>	<b>Hockey 5/6</b>	<b>Gymnastics/Dance 6</b>	<b>Tennis 6</b>	<b>Athletics 6</b>	<b>Rounders 5/6</b>
<b>Physical</b>	agility, balance, coordination, speed, stamina, strength	dribble, pass, receive, tackle, intercept, run, shoot	straddle roll, forward roll, backward roll, counter balance, counter tension, bridge, shoulder stand, handstand, cartwheel, flight	forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve, rallying	pace, sprint, jump for distance, push throw, fling throw	throw, catch, bowl, bat, field
<b>Social</b>	support and encourage others, collaboration	communication, collaboration, respect, support others	work safely, collaboration, communication, respect	support and encourage others, co-operation, collaboration, respect	negotiating, collaborating, respect	communication, collaboration, respect, co-operation
<b>Emotional</b>	perseverance, determination	perseverance, honesty and fair play, determination	independence, confidence, determination	honesty, perseverance	empathy, perseverance, determination	honesty, self regulation, sportsmanship
<b>Thinking</b>	observation, analysis, comprehension	identify areas of strength and areas for development, select and apply, decision making, comprehension, reflection	observe and provide feedback, comprehension, select and apply actions, evaluate and improve sequences	comprehension, observe and provide feedback, select and apply, use tactics, reflection, identifying areas of strength and areas for development	observing and providing feedback, comprehension	select and apply skills, reflection, assess, tactics