



Foston CE, Terrington CE VA & Stillington Primary Schools Progression Map

'Love, Learn & Grow Together'

 <p>Subject: PE</p>	<p>Golden Threads & Key Concepts: Multi skills & Athletics, Invasion games, Dance, Gymnastics Net & wall, Striking and fielding, swimming, outdoor and adventurous.</p>			<p>Curriculum Enhancers: Sustainability Creativity Diversity Community</p>	
<p>Golden Thread & Key Concept</p> 	<p>EYFS</p>	<p>KS1 Cycle A</p>	<p>KS1 Cycle B</p>	<p>KS2 Cycle A/C</p>	<p>KS2 Cycle B/D</p>
<p>Multi-Skills & Athletics</p>	<p>Multi-skills: Movement Games (Agility, spatial awareness)</p>	<p>Multi-skills (agility focus- hurdles, ladders, running, jumping)</p> <p>Multi Skills (Coordination focus)</p>	<p>Multi-skills (running, hurdles, ladders, jumping)</p>	<p>Athletics- Sports Day Prep (Long distance running/cross country, races, hurdles, relays with batons, discus, javelin, shot put)</p>	
	<p>Athletics: Bats and small balls</p>	<p>Athletics (running, individual and team races with batons, bean bags)</p>	<p>Athletics (standing long jump, 3 strides, chest push, speed bounce, skipper station, banana splat, side jumps, sprint station)</p>		<p>Indoor athletics (standing long jump, five strides, chest push, speed bounces, skipper station, vertical jump, individual and relay.)</p>
<p>Invasion Games</p> <ul style="list-style-type: none"> • Rugby • Netball • Football • Basketball • Hockey 	<p>Multi-skills: (Large Ball skills)</p>	<p>Basketball (Bounce, catch, throw)</p>	<p>Football (Dribble, control) Hockey skills (dribble, control)</p>	<p>Football Basketball Netball Hockey</p>	<p>Football Basketball Netball Tag rugby</p>

Dance	Dance (moving to music and with emotion).	HRE: (Balance and coordination):Dance (movement to music, move with control, communicate ideas, feelings or moods, travelling- stepping, skipping, jumping)	HRE: (Balance and coordination): Dance (Sequencing actions on different levels, travelling-sliding, turning, gesturing, performing with control in time to music)	HRE Dance (dance with a partner, Dance in canon , different levels and pathways)	HRE Dance (Dance with a group in unison, Dance in canon in a group)
Gymnastics	HRE: Gymnastics (Agility, speed and balance)	HRE:(Agility and speed) Gymnastics (rolling, balancing, jumping)	HRE:(Agility and speed): Gymnastics (travelling, movement, actions)	HRE: Gymnastics (sequencing, speed, direction, kinaesthetic awareness).	Gymnastics day trip?
Net & wall <ul style="list-style-type: none"> • Tennis • Badminton • Volleyball 	Ball skills (Small ball skills)	Multi-skills: Hitting tennis/ badminton	Tennis (Small ball skills)	Badminton Tennis Volleyball (enhancement day)	Nothing?
Striking & Fielding <ul style="list-style-type: none"> • Rounders • Golf • Baseball • Cricket 	Striking and fielding (Bean bag rounders, kick rounders)	Striking and fielding: (bean bag rounders, kick rounder, tri-golf)	Multi-skills (throwing and catching, hitting-cricket, game tactics.)	Striking and fielding: cricket	Striking and fielding: Kick rounders & rounders
Swimming		Swimming		Swimming	
Outdoor and adventurous	Forest Schools	Forest schools / orienteering which one? Each school is different due to Forest school.	Forest schools / orienteering- which one? Each school is different due to Forest school.	Forest Schools	Orienteering Forest schools
Sports Enhancement Day					