



PE

Chaddlewood Primary School's PE Progression Grid Years 3 and 4

	Year 3			Year 4		
Coverage	Gymnastics and Health and related exercise (HRE)	Dance, Multi skills, Netball	Rounders, Tag Rugby, Tennis, Athletics	Basketball, Multi skills, Dance	Gymnastics, Tennis, Hockey	Tag Rugby, Athletics, Swimming
Substantive themes	<ul style="list-style-type: none"> • Demonstrate changes of direction, speed & level in competitive environments or during performances • Demonstrates a clear understanding of how the body changes/functions during exercise • Moves in a fluent and expressive manner • Plan, perform and repeat sequences of movements in a 	<ul style="list-style-type: none"> • Throw and catch displaying with accuracy, in isolation and varied environments • Demonstrate changes of direction, speed & level in competitive environments or during performances • Demonstrates a clear understanding of how the body changes/functions during exercise • Moves in a fluent and 	<ul style="list-style-type: none"> • Throw and catch displaying with accuracy, in isolation and varied environments • Demonstrate changes of direction, speed & level in competitive environments or during performances • Demonstrates a clear understanding of how the body changes/functions during exercise • Moves in a fluent and 	<ul style="list-style-type: none"> • Utilise changes of direction, speed & level during performances/competition to succeed • Select and utilise appropriate tactics and techniques to cause problems for opponents • Demonstrates a developed understanding of how the body changes/functions during exercise 	<ul style="list-style-type: none"> • Utilise changes of direction, speed & level during performances/competition to succeed • Select and utilise appropriate tactics and techniques to cause problems for opponents • Demonstrates a developed understanding of how the body changes/functions during exercise • Displays an understanding of fair play, working 	<ul style="list-style-type: none"> • Utilise changes of direction, speed & level during performances/competition to succeed • Select and utilise appropriate tactics and techniques to cause problems for opponents • Demonstrates a developed understanding of how the body changes/functions during exercise • Displays an understanding

	<ul style="list-style-type: none"> group Competent in the FUNdamentals of movement (Jog, Sprint, Hop, Weight on Hands, Jump, Balance & Coordination) Use FUNdamentals of movement to employ simple tactics in competitive environments 	<ul style="list-style-type: none"> expressive manner Plan, perform and repeat sequences of movements in a group Competent in the FUNdamentals of movement (Jog, Sprint, Hop, Weight on Hands, Jump, Balance & Coordination) Use FUNdamentals of movement to employ simple tactics in competitive environments Displays an understanding of fair play, respect and working well with others 	<ul style="list-style-type: none"> expressive manner Plan, perform and repeat sequences of movements in a group Competent in the FUNdamentals of movement (Jog, Sprint, Hop, Weight on Hands, Jump, Balance & Coordination) Use FUNdamentals of movement to employ simple tactics in competitive environments Displays an understanding of fair play, respect and working well with others 	<ul style="list-style-type: none"> Create movements that convey a clear stimulus, refining these movements into sequences Displays an understanding of fair play, working well with others and leading a small group Plan, perform & repeat sequences of movements, experimenting with ways of travelling and complex movements 	<ul style="list-style-type: none"> well with others and leading a small group Plan, perform & repeat sequences of movements, experimenting with ways of travelling and complex movements 	<ul style="list-style-type: none"> of fair play, working well with others and leading a small group Swim 25m unaided, demonstrates proficiency in a range of strokes at the surface and below. Can adapt throwing technique to ensure success in a variety of activities (distance, accuracy, control) Change running styles according to distance, with the intention of beating personal bests
Cross curricular connections		Nutcracker Dance unit linking to English		Dance - link to Saxons and Vikings?		
Overlap of learning: which other areas in other year groups or topics does this relate to?	Links to KS1 units: Gymnastics HRE Links to Year 4, 5 and 6:	Links to KS1 units: Multi skills Links to Year 5 units: Netball	Links to KS1 units: Athletics Tennis Links to Year 5 units:	Links Year 3: Multi skills Dance Links to Year 6 units:	Links Year 3: Gymnastics Links to Year 6 units: Hockey	Links Year 3: Tag Rugby Athletics Links Years 5 and 6:

	Gymnastics	Links to Year 4, 5 and 6: Dance	Rounders Links to Year 4, 5 and 6: Tag Rugby Athletics Tennis	Basketball Links to Year 5 and 6: Dance	Links to Year 5 and 6: Gymnastics Tennis	Tag Rugby Athletics
Gymnastics develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Power of PE - Gymnastics To develop pupils' knowledge of gymnastics balances. To develop pupils ability to hold a balance. To develop pupils ability to travel in a variety of ways To develop children's knowledge of Mirror/Match & Canon & Unison				Power of PE - Gymnastics To develop pupils' knowledge of gymnastics balances. To develop pupils ability to hold a balance. To develop pupils ability to travel in a variety of ways To develop children's knowledge of Mirror/Match & Canon & Unison	
Dance develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] perform dances using a range of movement patterns		Power of PE - Dance Can children respond in the correct manner to commands (Inside, Outside, Freeze etc) Can children repeat some simple sequences of		Power of PE - Dance Can children respond in the correct manner to commands (Inside, Outside, Freeze etc) Can children repeat some simple sequences of		

<p>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>		<p>movements Can children repeat some simple sequences of movements relating to a stimulus</p>		<p>movements Can children repeat some simple sequences of movements relating to a stimulus</p>		
<p>Games 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] compare their performances with previous ones and demonstrate improvement to</p>	<p>Power of PE - Health and related exercise (HRE) Develop children's knowledge of how the body functions/changes during exercise Develop children's ability to exercise at different intensities Develop children's knowledge of how the food & drink we consume affects our body</p>	<p>Power of PE - Multi Skills To develop children's Agility To develop children's coordination Power of PE - Netball Develop pupils ability to show the correct footwork for Netball Develop pupils ability to throw & catch effectively</p>	<p>Power of PE - Rounders Develop children's understanding of the rules of Rounders Develop children's co-ordination & ability to field & strike effectively Tag Rugby with Eloas+ Elite Sports To develop pupils ability to run with the ball To develop pupils ability to match a change of speed, with change of direction To develop pupils ability to pass the rugby ball effectively To display the 5 rugby values of teamwork, respect,</p>	<p>Power of PE - Basketball To develop pupils understanding of the rules of Basketball To develop pupils ability to dribble legally in Basketball To develop pupils ability to pass effectively in Basketball Develop pupils ability to shoot effectively in Basketball Power of PE - Multi Skills To develop children's Agility To develop children's coordination</p>	<p>Power of PE - Hockey Develop pupil's control of the hockey ball Develop pupil's ability to dribble with stick Develop pupil's ability to pass the Hockey ball to teammates Develop pupil's ability to apply skill in a competitive environment Power of PE - Tennis To develop children's knowledge of the rules of Tennis To develop children's ability to grip the racket correctly To develop children's ability to grip the racket correctly</p>	<p>Tag Rugby with Eloas+ Elite Sports To develop pupils ability to run with the ball To develop pupils ability to match a change of speed, with change of direction To develop pupils ability to pass the rugby ball effectively To display the 5 rugby values of teamwork, respect, discipline, enjoyment, sportsmanship.</p>

<p>achieve their personal best.</p>			<p>discipline, enjoyment, sportsmanship.</p>		<p>To develop children's ability to control the movement of a ball with a racket</p>	
<p>Athletics</p> <p>use running, jumping, throwing and catching in isolation and in combination</p> <p>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>			<p>Power of PE - Athletics</p> <p>To develop children's ability to jump as far as they can</p> <p>To develop children's ability to throw as far as they can</p> <p>To develop children's ability to 'chest push' as far as they can</p> <p>To develop pupils ability to hurdle effectively</p> <p>To develop pupils knowledge of how they can use their body to maximise performance</p>			<p>Where has the unit gone?!</p>
<p>Outdoor and Adventurous Activity</p> <p>take part in outdoor and adventurous activity challenges both individually and within a team</p>			<p>Orienteering during Wellbeing week</p>			<p>Orienteering during Wellbeing week</p>

<p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>						
<p>Swimming and water safety</p> <p>swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations.</p>						<p>Swimming secession at Plympton Pool</p>
<p>Vocabulary</p>	<p>Running throughout all units: Warm up, cool down, stretch, muscles, heart rate/pulse, lungs. Sporting values: teamwork, respect, discipline, enjoyment, sportsmanship.</p>					
	<p>Power of PE - Gymnastics</p> <p>Balance, travel, mirror/match, canon & unison, stretch, core strength, posture.</p>	<p>Power of PE - Dance</p> <p>Improvise, inspiration, duet, compose, movement, sequence, performance</p>	<p>Power of PE - Tennis</p> <p>Grip, racket, tennis ball, net, base line, side line, out, in, bounce, control, movement, space.</p>	<p>Power of PE - Basketball</p> <p>Court, points, basketball, dribble, defend, attack, score, hook shot, dunk, 3 pointer,</p>	<p>Power of PE - Tennis</p> <p>Grip, racket, tennis ball, net, base line, side line, out, in, bounce, control, movement, space.</p>	<p>Tag Rugby with Eloas+ Elite Sports</p> <p>Pass, move, space, forward pass, defend, attack, catch, pitch, 5 rugby values:</p>

	<p>Power of PE - HRE Pulse, stretch, oxygen, participate, supple, bendy,</p>	<p>Power of PE - Netball Footwork, throw - bounce pass, chest pass, shoulder pass, catch, pivot, land, space, move, defend, attack, position, court, base line, D, centre circle, third, GK, GA, C, GD, GK, teamwork</p> <p>Power of PE - Multi skills Fundamental movements, agility, balance, coordination, ready position, direction, acceleration, speed.</p>	<p>Power of PE - Rounders Field, strike, posts, base, bat, rounders ball, 1st base, run, rounder, in/out, teamwork.</p> <p>Power of PE - Athletics Standing jump, long jump, triple jump, hurdle, throw - javelin, shot, run, sprint, posture, field event, track event, performance, improvements, technique.</p> <p>Tag Rugby with Eloas+ Elite Sports Pass, move, space, forward pass, defend, attack, catch, pitch, 5 rugby values: teamwork, respect, discipline, enjoyment, sportsmanship.</p>	<p>block, time out, pass, move, space.</p> <p>Dance Improvise, inspiration, duet, compose, movement, sequence, performance</p> <p>Power of PE - Multi skills Fundamental movements, agility, balance, coordination, ready position, direction, acceleration, speed, catching, soft hands.</p>	<p>Power of PE - Gymnastics Balance, travel, mirror/match, canon & unison, stretch, core strength, posture.</p> <p>Power of PE - Hockey Hockey, pitch, score, goal, stick, posture, position, pass, move, space, defend, attack</p>	<p>teamwork, respect, discipline, enjoyment, sportsmanship.</p> <p>Power of PE - Athletics Standing jump, long jump, triple jump, hurdle, throw - javelin, shot, run, sprint, posture, field event, track event, performance, improvements, technique.</p> <p>Swimming Float, stroke, front crawl, breaststroke, backstroke, butterfly, swim, breathe, lane, 25m.</p>
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