



# PE

## Chaddlewood Primary School's PE Progression Grid Years 5 and 6.

	Year 5			Year 6		
Coverage	Gymnastics and Tag Rugby	Dance and Netball	Tennis, Rounders, Athletics, Cricket and OAA	Gymnastics, Basketball, and Hockey	Dance and Tag Rugby	Athletics, Cricket, Tennis and OAA (Swimming top up lessons)
Substantive themes	<ul style="list-style-type: none"> <li>• Use knowledge of the relationship between the body and exercise to improve various fitness components</li> <li>• Create complex and well executed sequences containing a variety of gymnastic components</li> <li>• Display an understanding of fair play, working well with others and</li> </ul>	<ul style="list-style-type: none"> <li>• Use knowledge of the relationship between the body and exercise to improve various fitness components</li> <li>• Compose creative and imaginative dance sequences with a clear stimulus, performing expressively and precisely</li> <li>• Display an understanding of fair play, working well</li> </ul>	<ul style="list-style-type: none"> <li>• Use knowledge of the relationship between the body and exercise to improve various fitness components</li> <li>• Display an understanding of fair play, working well with others and leading a medium sized group</li> <li>• Field, defend and attack tactically by anticipating the direction of</li> </ul>	<ul style="list-style-type: none"> <li>• Uses knowledge of the relationship between the body and exercise to improve all fitness components</li> <li>• Create complex, demanding and well executed sequences containing a variety of gymnastic components</li> <li>• Display an understanding of fair play, working well</li> </ul>	<ul style="list-style-type: none"> <li>• Uses knowledge of the relationship between the body and exercise to improve all fitness components</li> <li>• Compose and perform creative and imaginative dance sequences with a clear stimulus, performing expressively and precisely</li> <li>• Display an understanding of fair play, working well with others</li> </ul>	<ul style="list-style-type: none"> <li>• Uses knowledge of the relationship between the body and exercise to improve all fitness components</li> <li>• Display an understanding of fair play, working well with others and leading a large group</li> <li>• Field, defend and attack tactically by anticipating and reacting to the</li> </ul>

	<p>leading a medium sized group</p> <ul style="list-style-type: none"> <li>Field, defend and attack tactically by anticipating the direction of play.</li> <li>Utilise new skills in competitive situations, as an individual or part of a team</li> </ul>	<p>with others and leading a medium sized group</p> <ul style="list-style-type: none"> <li>Field, defend and attack tactically by anticipating the direction of play.</li> <li>Utilise new skills in competitive situations, as an individual or part of a team</li> </ul>	<p>play.</p> <ul style="list-style-type: none"> <li>Utilise new skills in competitive situations, as an individual or part of a team</li> <li>Utilise knowledge of technique to perform at an optimum level in different types of throw, jump and run</li> </ul>	<p>with others and leading a large group</p> <ul style="list-style-type: none"> <li>Field, defend and attack tactically by anticipating and reacting to the direction of play.</li> <li>Utilise new skills in competitive situations, as an individual or part of a team</li> </ul>	<p>and leading a large group</p> <ul style="list-style-type: none"> <li>Field, defend and attack tactically by anticipating and reacting to the direction of play.</li> <li>Utilise new skills in competitive situations, as an individual or part of a team</li> </ul>	<p>direction of play.</p> <ul style="list-style-type: none"> <li>Utilise new skills in competitive situations, as an individual or part of a team</li> <li>Utilise knowledge of technique to perform at an optimum level in different types of throw, jumps and runs (sprints, middle distance and hurdles)</li> <li>Swim 25m fluently with controlled strokes (breast stroke, front and back.)</li> </ul>
Cross curricular connections		Ancient Egypt dance links to History and Geography unit Egypt: Then and Now.			Dance links to History unit Ancient Greece (Theseus and the Minotaur)	
Overlap of learning: which other areas in other year groups or topics does this relate to?	<b>Links to Year 3 and 4 units:</b> Gymnastics Tag Rugby	<b>Links to Year 3 units:</b> Netball <b>Links to Year 3 and 4 units:</b> Dance	<b>Links to Year 3 units:</b> Rounders <b>Links to Year 3 and 4 units:</b> Athletics	<b>Links to Year 4 units:</b> Basketball Hockey <b>Links to Year 3, 4 and 5 units:</b>	<b>Links to Year 3, 4 and 5 units:</b> Dance Tag Rugby	<b>Links to Year 5 units:</b> Cricket <b>Links to Year 3, 4 and 5 units:</b> Athletics

			Tennis	Gymnastics		Tennis
<p><b>Gymnastics</b></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><b>Power of PE - Gymnastics</b></p> <p>To develop pupils' knowledge of gymnastics balances.</p> <p>To develop pupils ability to hold a balance.</p> <p>To develop pupils ability to travel in a variety of ways</p> <p>To develop children's knowledge of Mirror/Match &amp; Canon &amp; Unison</p>			<p><b>Power of PE - Gymnastics</b></p> <p>To develop pupils' knowledge of gymnastics balances.</p> <p>To develop pupils ability to hold a balance.</p> <p>To develop pupils ability to travel in a variety of ways</p> <p>To develop children's knowledge of Mirror/Match &amp; Canon &amp; Unison</p>		
<p><b>Dance</b></p> <p>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p> <p>perform dances using a range of movement patterns</p> <p>compare their performances with previous ones and demonstrate improvement to</p>		<p><b>Ancient Egypt themed dance</b></p> <p>To improvise a given stimulus.</p> <p>To create a duet and compose within a group</p> <p>Develop movement using changes of levels and direction and space</p> <p>Learn &amp; improve performance skills</p>			<p><b>Ancient Greece themed dance</b></p> <p>To work creatively and imaginatively on their own and with a partner</p> <p>To perform expressively and sensitively to accompaniment</p> <p>To perform dances fluently and with control</p> <p>To observe and evaluate their own other's dances</p>	

<p>achieve their personal best.</p>					<p>To warm up and cool down independently</p>	
<p><b>Games</b></p> <p>use running, jumping, throwing and catching in isolation and in combination</p> <p>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</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><b>Tag Rugby with Eloas+ Elite Sports</b></p> <p>To develop pupils ability to run with the ball</p> <p>To develop pupils ability to pass the rugby effectively</p> <p>To display the 5 rugby values of teamwork, respect, discipline, enjoyment, sportsmanship.</p>	<p><b>Power of PE - Netball</b></p> <p>Develop pupils ability to show the correct footwork for Netball</p> <p>Develop pupils ability to throw effectively</p> <p>Develop pupils ability to catch effectively</p>	<p><b>Power of PE - Cricket</b></p> <p>Develop children's co-ordination &amp; ability to field effectively</p> <p>Develop children's ability to hold &amp; use that bat effectively</p> <p><b>Power of PE - Tennis</b></p> <p>To develop children's ability to grip the racket correctly</p> <p>To develop children's ability to control the movement of a ball with a racket</p> <p><b>Power of PE - Rounders</b></p> <p>Develop children's co-ordination &amp; ability to field &amp; strike effectively</p> <p>Develop children's understanding of the rules of Rounders</p>	<p><b>Power of PE - Basketball</b></p> <p>To develop pupils understanding of the rules of Basketball</p> <p>To develop pupils ability to dribble legally in Basketball</p> <p>To develop pupils ability to pass effectively in Basketball</p> <p>Develop pupils ability to shoot effectively in Basketball</p> <p><b>Power of PE - Hockey</b></p> <p>Develop pupil's ability to pass the Hockey ball to teammates</p> <p>Develop pupil's ability to apply skill in a competitive environment</p>	<p><b>Tag Rugby with Eloas+ Elite Sports</b></p> <p>To develop pupils ability to run with the ball</p> <p>To develop pupils ability to pass the rugby effectively</p> <p>To display the 5 rugby values of teamwork, respect, discipline, enjoyment, sportsmanship.</p>	<p><b>Power of PE - Cricket</b></p> <p>Develop children's co-ordination &amp; ability to field effectively</p> <p>Develop children's ability to hold &amp; use that bat effectively</p> <p><b>Power of PE - Tennis</b></p> <p>To develop children's ability to grip the racket correctly</p> <p>To develop children's ability to control the movement of a ball with a racket</p>

<p><b>Athletics</b></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><b>Power of PE - Athletics</b></p> <p>To develop children's ability to jump as far as they can</p> <p>To develop pupils ability to triple jump effectively</p> <p>To develop pupils ability to hurdle effectively</p> <p>To develop pupils ability to throw the Javelin effectively</p> <p>To develop pupils ability to run the 600m effectively</p> <p>To develop pupils ability to 'putt' the Shot effectively</p> <p>To develop pupils knowledge of how they can use their body to maximise performance</p>			<p><b>Power of PE - Athletics</b></p> <p>To develop pupils ability to hurdle effectively</p> <p>To develop pupils ability to triple jump effectively</p> <p>To develop pupils ability to throw the Javelin effectively</p> <p>To develop pupils ability to run the 800m effectively</p> <p>To develop pupils ability to 'putt' the shot effectively</p> <p>To develop pupils knowledge of how they can use their body to maximise performance</p>
<p><b>Outdoor and Adventurous Activity</b></p>			<p><b>Residential at Adventure International</b></p>			<p><b>Bell boating</b></p> <p>To develop</p>

<p>take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>			<p>To experience: abseiling, mountain biking, surfing, canoeing, dragon boating, caving, swimming, running, team building, high ropes course.</p> <p><b>Orienteering during Well being week</b></p>			<p>children's teamwork, cooperation and coordination skills</p> <p>To enhance children's understanding of risk management</p> <p><b>Orienteering during Well being week</b></p>
<p><b>Swimming and water safety</b></p> <p>swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>perform safe self-rescue in different water-based situations.</p>						<p>Swimming top up sessions for children who haven't met the 25m requirement.</p>
<p><b>Vocabulary</b></p>	<p style="text-align: center;"><b>Running throughout all units:</b></p> <p style="text-align: center;">Warm up, cool down, stretch, muscles (triceps, biceps, glutes, hamstrings), heart rate/pulse, lungs.</p> <p style="text-align: center;">Sporting values: teamwork, respect, discipline, enjoyment, sportsmanship.</p>					

	<p><b>Power of PE - Gymnastics</b> Balance, travel, mirror/match, canon &amp; unison, stretch, core strength, posture.</p> <p><b>Tag Rugby with Eloas+ Elite Sports</b> Pass, move, space, forward pass, defend, attack, catch, pitch, 5 rugby values: teamwork, respect, discipline, enjoyment, sportsmanship.</p>	<p><b>Ancient Egypt themed dance</b> Improvise, inspiration, duet, compose, movement, sequence, performance</p> <p><b>Power of PE - Netball</b> 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, invasion game, tactics.</p>	<p><b>Power of PE - Cricket</b> Coordination, field, wicket, pitch, stumps, bat, ball, bowl, catch, teamwork, long stop, overarm, underarm, defensive stroke, attacking stroke, tactics.</p> <p><b>Power of PE - Tennis</b> Grip, racket, tennis ball, net, base line, side line, out, in, bounce, control, movement, space, volley, half volley, serve, rally, tactics.</p> <p><b>Power of PE - Rounders</b> Field, strike, posts, base, bat, rounders ball, 1st base, run, rounder, in/out, teamwork.</p> <p><b>Power of PE - Athletics</b> Standing jump, long jump, triple jump, hurdle, throw - javelin, shot, run, sprint, posture,</p>	<p><b>Power of PE - Gymnastics</b> Balance, travel, mirror/match, canon &amp; unison, stretch, core strength, posture.</p> <p><b>Power of PE - Basketball</b> Court, points, basketball, dribble, defend, attack, score, hook shot, dunk, 3 pointer, block, time out, pass, move, space, dummy, invasion game, tactics.</p> <p><b>Power of PE - Hockey</b> Hockey, pitch, score, goal, stick, posture, position, pass, move, space, defend, attack, invasion game, tactics.</p>	<p><b>Tag Rugby with Eloas+ Elite Sports</b> Pass, move, space, forward pass, defend, attack, catch, pitch, 5 rugby values: teamwork, respect, discipline, enjoyment, sportsmanship.</p> <p><b>Ancient Greece themed dance</b> Improvise, inspiration, duet, compose, movement, sequence, performance</p>	<p><b>Power of PE - Cricket</b> Coordination, field, wicket, pitch, stumps, bat, ball, bowl, catch, teamwork, long stop, overarm, underarm, defensive stroke, attacking stroke, tactics.</p> <p><b>Power of PE - Tennis</b> Grip, racket, tennis ball, net, base line, side line, out, in, bounce, control, movement, space, volley, half volley, serve, rally, tactics.</p> <p><b>Power of PE - Athletics</b> Standing jump, long jump, triple jump, hurdle, throw - javelin, shot, run, sprint, posture, field event, track event, performance, improvements, technique.</p>
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