



Sacred Heart Catholic Primary School

PE Curriculum Progression

Years 4 - 6



Skills progression	Year 4	Year 5	Year 6
Autumn 1 - Bootcamp	<p>Understand how to prepare the body for exercise.</p> <p>Understand what fitness means</p> <p>To complete a range of circuit-based activities and understand the reason for doing them.</p> <p>To understand what happens to the heart rate during exercise.</p> <p>Demonstrate the correct technique for activities.</p> <p>Discover which activities individuals find easy or difficult.</p> <p>Develop agility and co-ordination.</p> <p>Perform more complex patterns of movement.</p>	<p>Understand how to prepare the body for exercise. Understand what fitness means.</p> <p>To complete a range of circuit-based activities and understand the reason for doing them.</p> <p>To understand what happens to the heart rate during exercise.</p> <p>Learn new moves and perform them with good technique and balance.</p> <p>Demonstrate the correct technique for activities. Discover which activities individuals find easy or difficult.</p> <p>Develop agility and co-ordination.</p> <p>Perform more complex patterns of movement.</p>	<p>To understand how to prepare the body for exercise.</p> <p>To understand what fitness means.</p> <p>Learn new circuit moves and perform them with good technique and balance</p> <p>Demonstrate the correct technique for activities. Discover which activities individuals find easy or difficult.</p> <p>Develop agility and co-ordination.</p> <p>Perform more complex patterns of movement.</p>
Autumn 1 - Dynamic dance	<p>To identify and practise the patterns and actions of line dancing.</p> <p>Perform a line dance using a range of movement patterns.</p> <p>Develop dancing and performance skills</p> <p>To demonstrate an awareness of the music's rhythm and phrasing when improvising.</p> <p>To create an individual dance that reflects the line dancing style.</p> <p>To create partnered dances that reflect the line dancing style and apply the key components of dance.</p> <p>Develop and improve dancing and performance skills.</p> <p>Develop an understanding of how to prepare for a dance performance.</p> <p>Identify the key skills needed to provide accurate and tactful evaluative feedback to peers.</p>	<p>To identify and practise the patterns and actions of the Bollywood dance style.</p> <p>To demonstrate an awareness of the music's rhythm and phrasing when improvising.</p> <p>To create and perform an individual dance that reflects the Bollywood dance style.</p> <p>Develop and improve dancing and performance skills.</p> <p>Identify the key components of successful dancing and understand how to apply them to own sequences.</p> <p>Develop and improve dancing and performance skills.</p> <p>Develop an understanding of how to prepare for a dance performance.</p> <p>Identify the key skills needed to provide accurate and tactful evaluative feedback to peers.</p>	<p>To identify and practise the patterns and actions in a street dance style.</p> <p>To demonstrate an awareness of the music's rhythm and phrasing when improvising.</p> <p>To learn new moves that can be developed into a dance</p> <p>To explore dance patterns and moving to the beat</p> <p>To know how to use expressive movements in dance.</p> <p>To work with a partner to create a short dance phrase.</p> <p>To work as a group and co-operate to adapt two routines and put them together.</p> <p>To perform in front of an audience.</p> <p>To dance as a group in time to music in a street dance style.</p>
Autumn 2 - Gym sequences	<p>Use and refine the following skills: flexibility, strength, balance, power and mental focus.</p> <p>Learn how to perform symmetrical and asymmetrical balances with a partner and put them into a sequence.</p> <p>Use linking moves to maintain the fluency of a Sequence</p> <p>To construct sequences using balancing and linking movements.</p> <p>Adapt a sequence.</p> <p>Perform gymnastic moves using a piece of equipment.</p> <p>Use own and others' body weight to balance. Add interest to a sequence by varying movement or balance.</p>	<p>Perform new gymnastic moves with control and accuracy</p> <p>To identify and practise body shapes and balances.</p> <p>To identify and practise symmetrical and asymmetrical body shapes.</p> <p>Learn how to link moves together with fluency and good body tension.</p> <p>To use and refine the following skills: flexibility, strength, balance, power and mental focus.</p> <p>To develop skills for movement, including rolling, bridging and dynamic movement.</p> <p>To use counterbalances and incorporate them into a sequence of movements</p> <p>To perform movements in canon and in unison.</p> <p>Make up longer sequences and perform</p>	<p>To use and refine the following skills: flexibility, strength, balance, power and mental focus.</p> <p>To identify and practise symmetrical and asymmetrical body shapes.</p> <p>To construct sequences using balancing and linking movements</p> <p>To develop skills for movement, including rolling, bridging and dynamic movement.</p> <p>To use own and others' bodyweight to balance. Add interest to a sequence by varying the movements.</p> <p>To perform movements in canon and in unison.</p> <p>To make up longer sequences</p>

		<p>them with fluency and clarity of movement.</p> <p>Develop the skill of critique, including the ability to identify strengths and areas for improvement.</p>	<p>and perform them with fluency and clarity of movement.</p> <p>To develop the skill of critique, including the ability to identify strengths and areas for improvement.</p>
Autumn 2 - Cool core (pilates)	<p>Perform basic Pilates moves with good technique and understanding. Perform some controlled Pilates movements, and understand the benefit of doing them.</p> <p>To develop balance techniques when performing cool core moves. Understand why breathing is important throughout all of the moves</p> <p>To sustain balance and concentration when performing a variety of cool core moves. Create a cool core move using balance techniques</p> <p>Master Pilates moves with accuracy and control, and understand the value of doing them.</p>	<p>To identify techniques to improve balance and core strength.</p> <p>Perform Pilates/yoga moves with accuracy.</p> <p>Learn how to link moves together to make a sequence.</p> <p>Learn a new pose with accuracy.</p> <p>Help a partner to achieve good technique by observing and coaching.</p> <p>Learn improvement is needed and how to improve.</p> <p>Discover our strengths.</p> <p>Perform moves with fluency and control.</p> <p>Devise a sequence of yoga/Pilates moves with fluency and accuracy.</p> <p>Devise own unique move and name it.</p> <p>Devise a sequence of yoga/Pilates moves with fluency and accuracy</p>	<p>To identify exercises that will improve core strength and stability.</p> <p>Link core strength activities together with fluency.</p> <p>Demonstrate good technique in moves already learned.</p> <p>To apply balance techniques when performing cool core exercises.</p> <p>To perform cool core exercises of increased difficulty with balance.</p> <p>Learn new Pilates moves.</p> <p>Learn how to improve cool core, and how to create moves that need balance and strength.</p> <p>To perform others' sequences with control and balance.</p>
Spring 1- invaders	<p>To keep possession of a ball.</p> <p>Learning outcome:</p> <p>Know how to dribble a ball, change direction and maintain control.</p> <p>To use ABC (agility, balance, co-ordination) techniques to keep control of a ball in a competitive situation.</p> <p>Improve accuracy of passing by using a target. Learn how to receive a ball.</p> <p>Dribble with control.</p> <p>To identify and apply ways to move the ball towards an opponent's goal.</p> <p>To learn concepts of attack and defence.</p>	<p>To demonstrate basic passing and receiving skills using a netball.</p> <p>To develop an understanding and knowledge of the basic footwork rule of netball</p> <p>Apply the footwork rule into a modified game.</p> <p>To use good hand/eye co-ordination to pass and receive a ball successfully.</p> <p>To develop skills in the range of passes – chest pass, overhead pass, bounce pass and to understand which pass to use depending on the distance the ball needs to travel.</p> <p>Begin to use a variety of dodges to outwit opponents and get free to receive a pass in a modified game situation</p> <p>To be able to demonstrate a range of defending skills and understand how to mark an opponent.</p> <p>To understand how to intercept a pass.</p> <p>Use the correct technique to successfully shoot a ball into a netball post from various points within the shooting circle.</p> <p>To understand the different positions in a netball team (five-a-side).</p> <p>To recognise which positions are attacking and which are defending.</p>	<p>To understand the basic rules of tag rugby</p> <p>To know how to tag.</p> <p>To practise ball-handling skills</p> <p>To improve spatial awareness.</p> <p>To practise moving into a space.</p> <p>To pass and carry a ball using balance and co-ordination.</p> <p>To be able to place a ball down as if scoring a try</p> <p>To practise footwork and dodging skills while carrying the ball</p> <p>To reinforce catching and tagging skills and to apply them in a game.</p> <p>To play in a mini tag rugby competition.</p>
Spring 1- gymfit circuits	<p>Perform a simple ball-skill circuit with understanding and accuracy.</p> <p>To understand that a fitness circuit can be sport-specific.</p> <p>Work collaboratively with a partner in a skills-based situation.</p> <p>Evaluate own and others' performance.</p>	<p>To understand why fitness is good for health and wellbeing.</p> <p>Perform a fitness circuit that aims to improve strength and stamina.</p> <p>Understand the relevance of each activity</p> <p>To develop consistency in technique.</p> <p>Explore reasons for improvement or lack of improvement.</p> <p>Perform a fitness circuit with</p>	<p>Develop a personal programme that is suitable for each child, using the knowledge and understanding they have learned from previous fitness sessions.</p>

		<p>understanding, aiming to improve strength and stamina</p> <p>Use the correct technique for new stations that involve equipment.</p>	
Spring 2-nimble nets	<p>Learn how the racket feels and the best methods of holding it.</p> <p>Improve hand-eye co-ordination by sending and receiving a ball with a hand and racket.</p> <p>Learn how to drop and hit the ball.</p> <p>Use the correct technique for holding the racket (forehand)</p> <p>To accurately serve underarm.</p> <p>To build up a rally.</p> <p>Practise backhand technique.</p> <p>Practise the volley technique</p> <p>Learn when to play the correct shot in order to beat a partner.</p>	<p>Know the correct technique for forehand, backhand and volley</p> <p>Explore tactics for beating an opponent.</p> <p>Consolidate backhand technique.</p> <p>Use all strokes appropriately</p> <p>To use the scoring system and court for singles tennis.</p> <p>Run towards the net to play a volley (approach shot).</p> <p>Learn the correct techniques for an overhead serve</p> <p>Apply all the tennis skills learned to a game. Choose the correct shot to play when trying to beat an opponent.</p> <p>To understand and use doubles scoring in a tennis game.</p>	<p>To demonstrate and use the correct grip of the racket and understand how to get into the ready position.</p> <p>To use good hand/eye co-ordination to be able to contact the shuttle with the face of the racket.</p> <p>Understand how to serve the shuttle in order to start the game.</p> <p>Recognise the difference between the low serve and the high serve</p> <p>Be able to explain and demonstrate the correct technique for the overhead clear shot.</p> <p>To know the purpose and benefits of playing</p> <p>To understand that the drop shot is an attacking shot, and why.</p> <p>To know where the drop should be aimed for, for it to be most productive, and why</p> <p>Be able to select and apply a range of shots in a game situation to win points.</p> <p>Be able to demonstrate a variety of badminton shots in order to perform rallies and clearly understand, know how, and be able to win a point.</p>
Spring 2 – step to the beat	<p>Learn basic step moves, practise and perfect them.</p> <p>Raise the heart rate and understand the importance of doing this.</p> <p>Perform step moves in time to the music with co-ordination.</p> <p>Understand the importance of a warm-up. Practise and apply a sequence of step moves to a beat.</p> <p>Create and perform a sequence of step moves.</p>	<p>Improve timing and stepping to the beat.</p> <p>Count moves and perform in repetitions of eight, four, two and singles.</p> <p>Perform step moves in time with the music.</p> <p>Work with a partner to produce a sequence of moves.</p> <p>Analyse and evaluate own and others' performance.</p> <p>To understand the benefits of improving muscle tone in the abdominals and legs</p> <p>Perform a sequence of steps in time with the music.</p> <p>Create some new moves based on those taught in previous lessons</p>	<p>To understand the value of aerobic exercise.</p> <p>To learn how to measure heart rate and note any changes</p> <p>Devise a routine based on moves already learned.</p> <p>Analyse and evaluate others' performance and suggest areas of improvement</p> <p>To practise and apply a sequence of step moves to the beat of the music.</p> <p>To understand the value of step-based exercise.</p> <p>Select and use a wide range of compositional ideas and skills to create a routine.</p> <p>Suggest ways to improve performance showing sound knowledge and understanding.</p>
Summer 1-striking and	<p>Practise underarm and overarm throws and when to use them.</p>	<p>Hold the bat correctly and place the ball accurately.</p>	<p>To know how to react quickly.</p> <p>To demonstrate good agility and</p>

fielding	<p>Practise receiving skills. Know to play a kwik cricket game. Be able to field a ball in a variety of ways in order to stop it travelling further. Be able to return the ball accurately. Be able to catch the ball in a variety of situations. Practise the correct technique for batting and use it in a game situation Field an approaching ball. Strike a stationary ball. To play in a competitive situation, and to demonstrate sporting behaviour.</p>	<p>Return the ball accurately Choose which type of fielding technique to use. Develop a technique for overarm throwing and know when to use it. To practise batting technique. To know how to direct the ball. Score and play a game in a sporting manner.</p>	<p>balance in order to throw accurately. To revise the long barrier technique. To learn batting control To know how to play as a backstop in a game To assess and analyse others' strengths. To play in a mini tournament and understand the rules of the game.</p>
Summer 1 – boxercise	<p>To learn footwork movement patterns showing co-ordination. To demonstrate correct technique for a jab. Apply the correct technique for the cross jab – co-ordination Develop personal fitness levels, particularly strength and stamina. To create and perform a boxercise sequence with increased accuracy.</p>	<p>To perform a boxercise routine demonstrating good technique. To understand the principles of dynamic stretching Learn how to include linking moves into a sequence. Perform a sequence with precision and accuracy. Maintain balance throughout all the moves. To learn how boxercise moves can be adapted and used in a different format.</p>	<p>To know and understand the basic principles of a good warm-up. Compose an aerobic warm-up that raises the heart rate over a sustained time To understand how moves can be linked together to perform more complex/challenging moves. Demonstrate fluency of moves. Perform complex moves to music. Understand the value of this type of exercise. Demonstrate understanding of boxercise moves and how they can be linked together to make a routine.</p>
Summer 2 – young Olympians	<p>Learn how to modify stride length, arm action and knee lift to select and maintain appropriate running paces for different distances. Learn the pull technique for throwing. Throw and retrieve implements safely Describe the effect of different throwing positions. Sprint a short distance as part of a team. React quickly to a stimulus. Demonstrate good running technique when jumping over obstacles. Understand how to perform a standing broad jump – (two feet to two feet).</p>	<p>Sustain running at a continuous pace. Improve the technique for running at speed. To throw with accuracy and power. Demonstrate correct push technique. Know the position to stand in when receiving a baton Understand how to successfully perform a standing long jump. Throw for accuracy and speed in a game. To demonstrate good techniques in a competitive situation.</p>	<p>To investigate running styles and changes of speed. To run efficiently for speed. To demonstrate good arm and leg technique Learn the pull technique for throwing. Throw and retrieve implements safely Describe the effect of different throwing positions Sprint a short distance as part of a team. React quickly to a stimulus. Demonstrate good running technique when jumping over obstacles. Understand how to perform a standing broad jump – (two feet to two feet). Put skills into practice, aiming to improve on previous results.</p>
Summer 2 – fitness frenzy	<p>Demonstrate the correct technique for activities. Develop agility and co-ordination. Perform more complex patterns of movement. To perform a boxercise routine with</p>	<p>Demonstrate the correct technique for activities. Develop agility and co-ordination. Perform more complex patterns of movement Perform a fitness circuit incorporating</p>	<p>Demonstrate the correct technique for activities. Develop agility and co-ordination. Perform more complex patterns of movement. Demonstrate understanding of</p>

	<p>precision. Understand the importance of a warm-up. Practise and apply a sequence of step moves to the beat of the music. Create and perform a sequence of step moves. To develop cool core moves using balance techniques.</p>	<p>boxercise moves. To perform a sequence of steps in time with the music. Perform a fitness circuit that aims to improve strength and stamina. Understand the relevance of each activity. Improve performance. Devise a sequence of yoga/Pilates moves with fluency and accuracy</p>	<p>boxercise moves and how they can be linked together to make a routine. Select and use a wide range of compositional ideas and skills to create a routine. Suggest ways to improve performance showing sound knowledge and understanding. Develop a personal programme that is suitable for each child, using the knowledge and understanding they have learned from previous fitness sessions. Learn how to evaluate others' creations. Perform sequences of strength and balance.</p>
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