

Curriculum Progression Overview for P.E



This should be used alongside the EYFS Long Term Plan 2021-22 which breaks down each area of the EYFS and intended learning for each term. Each area of the EYFS is also reflected throughout the continuous provision within the learning environment both inside and outside – this enables children to be independent in their own learning and practice and develop skills taught.

Year R	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
CONTENT	Indoor Gross Motor Skills Forest School	Indoor Yoga and dance Forest School	Indoor/Outdoor: Throwing and catching Forest School	Indoor Yoga Forest School	Outdoor Striking and hitting a ball Indoor Dance Off (Friendship) Forest School	Outdoor Athletics and Eight Step Skills Forest School
OBJECTIVES (knowledge)	<p>Indoor:</p> <ul style="list-style-type: none"> Children show good control and co-ordination in large and small movements. (PD – M&H ELG) <p>Forest School: <i>Please see the objectives relating to the headings below at the end of this document</i></p> <ul style="list-style-type: none"> Building, Problem-Solving and Teamwork Science/Nature/Environment Physical Development/Healthy Lifestyles Global Citizenship/ Understanding of the World 	<p>Indoor:</p> <ul style="list-style-type: none"> Move safely around the space and equipment. Travel in different ways, including sideways and backwards. Control my body when performing a sequence of movements Participate in simple games <p>Forest School: <i>Please see the objectives relating to the headings below at the end of this document</i></p> <ul style="list-style-type: none"> Building, Problem-Solving and Teamwork Science/Nature/Environment Physical Development/Healthy Lifestyles Global Citizenship/ Understanding of the World 	<p>Indoor:</p> <ul style="list-style-type: none"> Roll equipment in different ways. Throw underarm. Throw an object at a target. Catch equipment using two hands Move a ball in different ways, including bouncing and kicking. Use equipment to control a ball. Kick an object at a target <p>Forest School: <i>Please see the objectives relating to the headings below at the end of this document</i></p> <ul style="list-style-type: none"> Building, Problem-Solving and Teamwork Science/Nature/Environment Physical Development/Healthy Lifestyles Global Citizenship/ Understanding of the World 	<p>Indoor:</p> <ul style="list-style-type: none"> Experiment with different yoga poses both static and moving Begin short relaxation games Create different sun shapes with their body Challenge themselves to make up their own animal poses Listen to a Yoga story and create poses <p>Forest School: <i>Please see the objectives relating to the headings below at the end of this document</i></p> <ul style="list-style-type: none"> Building, Problem-Solving and Teamwork Science/Nature/Environment Physical Development/Healthy Lifestyles Global Citizenship/ Understanding of the World 	<p>Outdoor:</p> <ul style="list-style-type: none"> Hit a ball with a bat or a racquet. <p>Forest School: <i>Please see the objectives relating to the headings below at the end of this document</i></p> <ul style="list-style-type: none"> Building, Problem-Solving and Teamwork Science/Nature/Environment Physical Development/Healthy Lifestyles Global Citizenship/ Understanding of the World 	<p>Outdoor:</p> <ul style="list-style-type: none"> Control my body when performing a sequence of movements. Participate in simple games. <p>Forest School: <i>Please see the objectives relating to the headings below at the end of this document</i></p> <ul style="list-style-type: none"> Building, Problem-Solving and Teamwork Science/Nature/Environment Physical Development/Healthy Lifestyles Global Citizenship/ Understanding of the World



Curriculum Progression Overview for P.E

Year 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
CONTENT	Outdoor Throwing and catching activities	Outdoor Travelling and passing a range of balls Indoor Dance (for nativity)	Outdoor Attacking and defending skills Indoor Shapes and balances	Outdoor Health and Fitness (SAQ) Indoor Yoga/Mindfulness	Outdoor Athletics/Eight Step Skills Indoor Dance off (Disney)	Outdoor Striking and hitting skills FOREST SCHOOL WEEKLY THROUGHOUT THE YEAR
OBJECTIVES (knowledge)	<p>Outdoor:</p> <ul style="list-style-type: none"> • Throw underarm and overarm. • Catch and bounce a ball. • Use rolling skills in a game. • Practise accurate throwing and consistent catching. 	<p>Outdoor:</p> <ul style="list-style-type: none"> • Travel with a ball in different ways. • Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency. <p>Indoor:</p> <ul style="list-style-type: none"> • Copy and repeat actions. • Put a sequence of actions together to create a motif. • Vary the speed of their actions. • Use simple choreographic devices such as unison, canon and mirroring. • Begin to improvise independently to create a simple dance. 	<p>Outdoor:</p> <ul style="list-style-type: none"> • Pass the ball to another player in a game. Use kicking skills in a game. • Follow simple rules to play games, including team games. • Use simple attacking skills such as dodging to get past a defender. • Use simple defensive skills such as marking a player or defending a space. <p>Indoor:</p> <ul style="list-style-type: none"> • Standing balances • Kneeling balances • Pike, tuck, star, straight, straddle shapes 	<p>Outdoor:</p> <ul style="list-style-type: none"> • Describe how the body feels before, during and after exercise. • Carry and place equipment safely. <p>Indoor:</p> <ul style="list-style-type: none"> • Perform basic yoga poses with some balance • Begin to relax the body in rest pose • Perform Sun Pose • To try some of the challenge poses • Make up a story with some yoga 	<p>Outdoor</p> <ul style="list-style-type: none"> • Begin to perform leant skills with some control. • Engage in competitive activities and team games <p>Indoor:</p> <ul style="list-style-type: none"> • Copy and repeat actions. • Put a sequence of actions together to create a motif. • Vary the speed of their actions. • Use simple choreographic devices such as unison, canon and mirroring. • Begin to improvise independently to create a simple dance. 	<p>Outdoor:</p> <ul style="list-style-type: none"> • Use hitting skills in a game • Practice basic striking, sending and receiving <p>•</p> <p>Forest School: Please see the objectives relating to the headings below at the end of this document Building, Problem-Solving and Teamwork Tool Work Science/Nature/Environment Art Cooking Physical Development/Healthy Lifestyles Global Citizenship/Understanding of the World</p>



Curriculum Progression Overview for P.E

Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
CONTENT	<p style="text-align: center;">Outdoor: Throwing and catching activities</p> <p style="text-align: center;">Indoor: Gymnastics</p>	<p style="text-align: center;">Outdoor: Travelling and passing a range of balls</p> <p style="text-align: center;">Indoor: Dance – fireworks and Christmas</p>	<p style="text-align: center;">Outdoor: Using space, Attacking and Defending, Tactics and rules</p> <p style="text-align: center;">Indoor: Shapes and balances</p>	<p style="text-align: center;">Outdoor Health and Fitness (SAQ)</p> <p style="text-align: center;">Indoor Yoga/Mindfulness</p>	<p style="text-align: center;">Outdoor: Athletics/Eight Step Skills</p> <p style="text-align: center;">Indoor: Dance off (Space)</p>	<p style="text-align: center;">Outdoor: Striking and Hitting a ball</p> <p style="text-align: center; color: green;">FOREST SCHOOL ALTERNATE WEEKS THROUGHOUT THE YEAR</p>
OBJECTIVES (knowledge)	<p>Outdoor:</p> <ul style="list-style-type: none"> Bounce and kick a ball whilst moving. Use kicking skills in a game Use dribbling skills in a game. Know how to pass the ball in different ways. <p>Indoor:</p> <ul style="list-style-type: none"> Create and perform a movement sequence. Copy actions and movement sequences with a beginning, middle and end. Link two actions to make a sequence. Recognise and copy contrasting actions (small/tall, narrow/wide). Travel in different ways, changing direction and speed. Hold still shapes and simple balances. Carry out simple stretches. Carry out a range of simple jumps, landing safely. Move around, under, over, and through different objects and equipment. Begin to move with control and care 	<p>Outdoor:</p> <ul style="list-style-type: none"> Throw different types of equipment in different ways, for accuracy and distance. Throw, catch and bounce a ball with a partner. Use throwing and catching skills in a game. Throw a ball for distance. Use hand-eye coordination to control a ball. Vary types of throw used. <p>Indoor:</p> <ul style="list-style-type: none"> Copy, remember and repeat actions. Create a short motif inspired by a stimulus. Change the speed and level of their actions. Use simple choreographic devices such as unison, canon and mirroring. 	<p>Outdoor:</p> <ul style="list-style-type: none"> Use different ways of travelling at different speeds and following different pathways, directions or courses. Change speed and direction whilst running. Begin to choose and use the best space in a game. Begin to use and understand the terms attacking and defending. Use at least one technique to attack or defend to play a game successfully. <p>Indoor:</p> <ul style="list-style-type: none"> Standing balances Kneeling balances Large body part balances Balances on apparatus Balances with a partner Pike, tuck, star, straight, straddle shapes Front and back support 	<p>Outdoor:</p> <ul style="list-style-type: none"> Recognise and describe how the body feels during and after different physical activities. Explain what they need to stay healthy. <p>Indoor:</p> <ul style="list-style-type: none"> Perform Yoga poses beginning to use tummy muscles (core strength), some flexibility, balance and control Relax in rest post and begin to focus on breathing Perform Sun pose with control To perform challenge poses Make up a story using all Yoga poses 	<p>Outdoor:</p> <ul style="list-style-type: none"> Begin to perform leant skills with some control. Engage in competitive activities and team games <p>Indoor:</p> <ul style="list-style-type: none"> Copy, remember and repeat actions. Create a short motif inspired by a stimulus. Change the speed and level of their actions. Use simple choreographic devices such as unison, canon and mirroring. 	<p>Outdoor:</p> <ul style="list-style-type: none"> Strike or hit a ball with increasing control. Learn skills for playing striking and fielding games. <p style="color: blue;">Forest School: <i>Please see the objectives relating to the headings below at the end of this document</i></p> <ul style="list-style-type: none"> • Building, Problem-Solving and Teamwork • Tool Work • Science/Nature/Environment • Art • Cooking • Physical Development/Healthy Lifestyles • Global Citizenship/ Understanding of the World

Curriculum Progression Overview for P.E



Year 3	Autumn 1	Autumn 2	Spring	Spring 2	Summer	Summer 2
CONTENT	<p>Outdoor: Throwing and catching activities Basketball/Netball games</p> <p>Indoor: Dance Viking dance</p>	<p>Outdoor: Travelling and passing a range of balls Basketball/Netball games</p> <p>Indoor: Gymnastics (travel and balance)</p>	<p>Outdoor: Travelling with a ball, passing a ball, using space, attacking and defending, tactics and rules Football/Tag Rugby Games</p> <p>Indoor: Dance</p>	<p>Outdoor Health and Fitness (SAQ)</p> <p>Indoor: Gymnastics (jump and roll)</p>	<p>Outdoor: Athletics/Eight Step Skills</p> <p>Dance off (Rock)</p>	<p>Outdoor: Striking and Hitting a ball Simplified rounder and tennis</p> <p style="text-align: center;">FOREST SCHOOL ALTERNATE WEEKS THROUGHOUT THE YEAR</p>
OBJECTIVES (knowledge)	<p>Outdoor:</p> <ul style="list-style-type: none"> ● Throw and catch with greater control and accuracy. ● Practise the correct technique for catching a ball and use it in a game. ● Perform a range of catching and gathering skills with control. ● Catch with increasing control and accuracy. ● Throw a ball in different ways (e.g. high, low, fast or slow). Develop a safe and effective overarm bowl. <p>Indoor:</p> <ul style="list-style-type: none"> ● Begin to improvise with a partner to create a simple dance. ● Create motifs from different stimuli. ● Begin to compare and adapt movements and motifs to create a larger sequence. ● Use simple dance vocabulary to compare and improve work. 	<p>Outdoor:</p> <ul style="list-style-type: none"> ● Move with the ball in a variety of ways with some control. ● Use two different ways of moving with a ball in a game. ● Pass the ball in two different ways in a game situation with some success. <p>Indoor:</p> <ul style="list-style-type: none"> ● Choose ideas to compose a movement sequence independently and with others. ● Link combinations of actions with increasing confidence, including changes of direction, speed or level. ● Develop the quality of their actions, shapes and balances. ● Move with coordination, control and care. ● Use turns whilst travelling in a variety of ways. ● Begin to use equipment to vault. ● Create interesting body shapes while holding balances with control and confidence. ● Begin to show flexibility in movements 	<p>Outdoor:</p> <ul style="list-style-type: none"> ● Use simple attacking and defending skills in a game. Use fielding skills to stop a ball from travelling past them. ● Apply and follow rules fairly. Understand and begin to apply the basic principles of invasion games. Know how to play a striking <p>Indoor:</p> <ul style="list-style-type: none"> ● Begin to improvise with a partner to create a simple dance. ● Create motifs from different stimuli. ● Begin to compare and adapt movements and motifs to create a larger sequence. ● Use simple dance vocabulary to compare and improve work. 	<p>Outdoor:</p> <ul style="list-style-type: none"> ● Recognise and describe the effects of exercise on the body. ● Know the importance of strength and flexibility for physical activity. ● Explain why it is important to warm up and cool-down. <p>Indoor:</p> <ul style="list-style-type: none"> ● Choose ideas to compose a movement sequence independently and with others. ● Link combinations of actions with increasing confidence, including changes of direction, speed or level. ● Develop the quality of their jumps and rolls. ● Move with coordination, control and care. ● Use a range of jumps in their sequences. ● Begin to use equipment to vault. ● Begin to show flexibility in movements 	<p>Outdoor:</p> <ul style="list-style-type: none"> ● Perform learnt skills and techniques with control and confidence. Compete against self and others in a. <p>Indoor:</p> <ul style="list-style-type: none"> ● Begin to improvise with a partner to create a simple dance. ● Create motifs from different stimuli. ● Begin to compare and adapt movements and motifs to create a larger sequence. Use simple dance vocabulary to compare and improve work 	<p>Outdoor:</p> <ul style="list-style-type: none"> ● Demonstrate successful hitting and striking skills. ● Develop a range of skills in striking and fielding where appropriate. ● Practise the correct batting technique and use it in a game. Strike the ball for distance. <p>●</p> <p>Forest School: <i>Please see the objectives relating to the headings below at the end of this document</i></p> <ul style="list-style-type: none"> ● Building, Problem-Solving and Teamwork ● Tool Work ● Science/Nature/Environment ● Art ● Cooking ● Physical Development/Healthy Lifestyles ● Global Citizenship/Understanding of the World

Curriculum Progression Overview for P.E



Year 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
CONTENT	<p>Outdoor: Throwing and catching activities Basketball/Netball</p> <p>Indoor: Dance</p>	<p>Outdoor: Travelling, passing and possession of a ball Basketball/Netball</p> <p>Indoor: Gymnastics</p>	<p>Outdoor: Travelling and passing with a ball, Using space, Attacking and Defending, Tactics and rules Football/Tag Rugby Forest School</p>	<p>Outdoor Health and Fitness (SAQ)</p> <p>Forest School</p>	<p>Outdoor: Athletics/Eight Step Skills</p> <p>Indoor: Dance off (90's)</p>	<p>Outdoor: Striking and Hitting a ball Simplified rounders, cricket and tennis</p>
OBJECTIVES (knowledge)	<p>Outdoor:</p> <ul style="list-style-type: none"> Develop different ways of throwing and catching. Consolidate different ways of throwing <p>Indoor:</p> <ul style="list-style-type: none"> Copy, remember and adapt set choreograph Choreograph considering structure individually, with a partner and in a group. Use action and reaction to represent an idea Change dynamics to express changes in character or narrative Use counts when choreographing short phrases 	<p>Outdoor:</p> <ul style="list-style-type: none"> Move with the ball using a range of techniques showing control and fluency. Pass the ball with increasing speed, accuracy and success in a game situation Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game. <p>Indoor:</p> <ul style="list-style-type: none"> Create a sequence of actions that fit a theme. Use an increasing range of actions, directions and levels in their sequences. Move with clarity, fluency and expression. Show changes of direction, speed and level during a performance. Travel in different ways, including using flight. Improve the placement and alignment of body parts in balances. Use equipment to vault in a variety of ways. Carry out balances, recognising the position of their centre of gravity and how this affects the balance. Begin to develop good technique when travelling, balancing and using equipment. Develop strength, technique and flexibility throughout performances. 	<p>Outdoor:</p> <ul style="list-style-type: none"> Make the best use of space to pass and receive the ball. Use a range of attacking and defending skills and techniques in a game. Use fielding skills as an individual to prevent a player from scoring. Vary the tactics they use in a game. Adapt rules to alter games. <p>Forest School: <i>Please see the objectives relating to the headings below at the end of this document</i></p> <ul style="list-style-type: none"> Building, Problem-Solving and Teamwork Tool Work Science/Nature/Environment Art Cooking Physical Development/Healthy Lifestyles Global Citizenship/Understanding of the World 	<p>Outdoor:</p> <ul style="list-style-type: none"> Describe how the body reacts at different times and how this affects performance. Explain why exercise is good for your health. Know some reasons for warming up and cooling down. <p>Forest School: <i>Please see the objectives relating to the headings below at the end of this document</i></p> <ul style="list-style-type: none"> Building, Problem-Solving and Teamwork Tool Work Science/Nature/Environment Art Cooking Physical Development/Healthy Lifestyles Global Citizenship/Understanding of the World 	<p>Outdoor:</p> <ul style="list-style-type: none"> Describe how the body reacts at different times and how this affects performance. Explain why exercise is good for your health. Know some reasons for warming <p>Indoor:</p> <ul style="list-style-type: none"> Copy, remember and adapt set choreograph Choreograph considering structure individually, with a partner and in a group. Use action and reaction to represent an idea Change dynamics to express changes in character or narrative Use counts when choreographing short phrases 	<p>Outdoor:</p> <ul style="list-style-type: none"> Demonstrate successful hitting and striking skills. Develop a range of skills in striking and fielding where appropriate. Practise the correct batting technique and use it in a game Strike the ball for distance.

Curriculum Progression Overview for P.E



Year 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
CONTENT	<p style="text-align: center;">Outdoor: Throwing and catching activities Basketball/Netball</p> <p style="text-align: center;">Indoor: Gymnastics – travel and jump</p>	<p style="text-align: center;">Outdoor: Travelling with a ball, Passing a ball and Possession Basketball/Netball</p> <p style="text-align: center;">Indoor: Dance</p>	<p style="text-align: center;">Outdoor: Travelling with a ball, Passing a ball, Using space, Attacking and Defending, Tactics and rules Football/Tag Rugby</p> <p style="text-align: center;">Indoor: Balances</p>	<p style="text-align: center;">Outdoor Health and Fitness (SAQ)</p> <p style="text-align: center;">Indoor Yoga/Mindfulness</p>	<p style="text-align: center;">Outdoor: Athletics/Eight Step Skills</p> <p style="text-align: center;">Indoor: Dance off (Movies)</p>	<p style="text-align: center;">Outdoor: Striking and Hitting a ball Rounders, Cricket and tennis</p>
OBJECTIVES (knowledge)	<p>Outdoor:</p> <ul style="list-style-type: none"> Develop different ways of throwing and catching. Consolidate different ways of throwing <p>Indoor:</p> <ul style="list-style-type: none"> Travel in different directions Use of body parts (feet, hands, back) Land safely when jumping Jumps with different shapes (star, pike, split) Combine travel and jumps Sequence movements in a small group Mirror partners movements and skills Movements on gymnastic apparatus 	<p>Outdoor:</p> <ul style="list-style-type: none"> Move with the ball using a range of techniques showing control and fluency. Pass the ball with increasing speed, accuracy and success in a game situation Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game. <p>Indoor:</p> <ul style="list-style-type: none"> Accurately copy and repeat set choreography in different styles of dance showing a god sense of timing Choreograph phrases individually and with others considering actions, dynamics, space and relationships in response to a stimulus Confidently perform choosing appropriate dynamics represent an idea Use counts accurately when choreographing perform in time with others and the music. 	<p>Outdoor:</p> <ul style="list-style-type: none"> Demonstrate an increasing awareness of space Choose the best tactics for attacking and defending. Shoot in a game. Use fielding skills as a team to prevent the opposition from scoring. Know when to pass and when to dribble in a game. Devise and adapt rules to create their own game. <p>Indoor:</p> <ul style="list-style-type: none"> Show control, flow and good transition when travelling. Perform basic skills whilst using a ball. Roll with knees and ankles together. Work effectively as a small group to create a sequence. Perform spins with control and smooth flow. Mirror partners movements and skills. Identify well performed skills when watching other groups. 	<p>Outdoor:</p> <ul style="list-style-type: none"> Know and understand the reasons for warming up and cooling down. Explain some safety principles when preparing for and during exercise. <p>Indoor:</p> <ul style="list-style-type: none"> Perform complex Yoga poses with control, core strength and flexibility Perform a variety of poses using breathing techniques and use in relaxation time Remember and perform Sun Salutation Perform extended poses Collaborate in a group to create a Yoga routine of 7 poses 	<p>Outdoor:</p> <ul style="list-style-type: none"> Know and understand the reasons for warming up and cooling down. Explain some safety principles when preparing for and during exercise. <p>Indoor:</p> <ul style="list-style-type: none"> Accurately copy and repeat set choreography in different styles of dance showing a god sense of timing Choreograph phrases individually and with others considering actions, dynamics, space and relationships in response to a stimulus Confidently perform choosing appropriate dynamics represent an idea Use counts accurately when choreographing perform in time with others and the music. 	<p>Outdoor:</p> <ul style="list-style-type: none"> Use a bat or stick to hit a ball or shuttlecock with accuracy and control. Accurately serve underarm. Build a rally with a partner. Use at least two different shots in game. Use hand-eye coordination to strike a moving and stationary ball.



Curriculum Progression Overview for P.E

Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
CONTENT	<p style="text-align: center;">Outdoor: Throwing and catching Basketball/Netball</p> <p style="text-align: center;">Indoor: Dance</p>	<p style="text-align: center;">Outdoor: Travelling with a ball, Passing a ball and Possession Basketball/Netball</p> <p style="text-align: center;">Indoor: Gymnastics</p>	<p style="text-align: center;">Outdoor: Travelling with a ball, Passing a ball, Using space, Attacking and Defending, Tactics and rules Football/Tag Rugby Games</p> <p style="text-align: center;">Indoor: Balances</p>	<p style="text-align: center;">Outdoor Health and Fitness (SAQ)</p> <p style="text-align: center;">Indoor Yoga/Mindfulness</p>	<p style="text-align: center;">Outdoor: Athletics/Eight Step Skills</p> <p style="text-align: center;">Indoor: Dance off (Modern)</p>	<p style="text-align: center;">Outdoor: Striking and Hitting a ball Rounders, Cricket and tennis</p> <p style="text-align: center;">Forest School</p>
OBJECTIVES (knowledge)	<p>Outdoor:</p> <ul style="list-style-type: none"> • Throw and catch accurately and successfully under pressure in a game <p>Indoor:</p> <ul style="list-style-type: none"> • Accurately copy and repeat set choreography in different • Perform dances confidently and fluently with accuracy and good timing • Work creatively and imaginatively individually with a group, with a partner and in a group to choreograph longer phrases and structure dance considering actions, space, relationship and dynamics in relation to a theme • Improvise and combine dynamics demonstrating an awareness of the impact on performance • Use counts when choreographing and performing to improve the quality of work. 	<p>Indoor:</p> <ul style="list-style-type: none"> • Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching. • Demonstrate precise and controlled placement of body parts in their actions, shapes and balances. • Confidently use equipment to vault and incorporate this into sequences. • Apply skills and techniques consistently, showing precision and control. • Develop strength, technique and flexibility throughout performances. 	<p>Outdoor:</p> <ul style="list-style-type: none"> • Show confidence in using ball skills in various ways in a game situation, and link these together effectively <p>Indoor:</p> <ul style="list-style-type: none"> • Show control, flow and good transition when travelling. • Perform basic skills whilst using a ball. • Roll with knees and ankles together. • Work effectively as a small group to create a sequence. • Perform spins with control and smooth flow. • Mirror partners movements and skills. • Identify well performed skills when watching other groups. 	<p>Outdoor:</p> <ul style="list-style-type: none"> • Understand the importance of arming up and cooling down. • Carry out warm ups and cool downs safely and effectively. • Understand why exercise is good for health, fitness and wellbeing. • Know ways they can become healthier. <p>Indoor:</p> <ul style="list-style-type: none"> • Perform complex Yoga poses with good core strength, flexibility and balance for longer periods of time on each pose. • All poses and remembering to use breathing technique when performing them in relaxation time • Perform Sun Salutation and link to other Yoga moves • Perform extended version of a cat pose, dog pose and create own extensions • Collaborate in a group to create a Yoga routine and create a sequence of moves 	<p>Outdoor:</p> <ul style="list-style-type: none"> • Throw and catch accurately and successfully under pressure in a game <p>Indoor:</p> <ul style="list-style-type: none"> • Accurately copy and repeat set choreography in different • Perform dances confidently and fluently with accuracy and good timing • Work creatively and imaginatively individually with a group, with a partner and in a group to choreograph longer phrases and structure dance considering actions, space, relationship and dynamics in relation to a theme • Improvise and combine dynamics demonstrating an awareness of the impact on performance • Use counts when choreographing and performing to improve the quality of work. 	<p>Outdoor:</p> <ul style="list-style-type: none"> • Hit a bowled ball over longer distances. • Use good hand-eye coordination to be able to direct a ball when striking or hitting. • Understand how to serve in order to start a game. <p>Forest School:</p> <p><i>Please see the objectives at the end of this document</i></p> <ul style="list-style-type: none"> • Building, Problem-Solving and Teamwork • Tool Work • Science/Nature/Environment • Art • Cooking • Physical Development/Healthy Lifestyles • Global Citizenship/Understanding of the World

*Note – no swimming in the academic year 2024-25 – year 6 all assessed during years 3 & 5 previously.



Curriculum Progression Overview for P.E



Moreton CE Primary School – Forest School Curriculum Progression of Skills

	Skills	Activities
Foundation and Key Stage 1 - Age Group 5-7	<p>Building, Problem-Solving and Teamwork I can work in a team. I can play team games. I can think about how to solve problems before asking a grown-up for help. I can communicate my ideas to adults and other children. I can work with my team to create a shelter.</p>	<p>Bookbag Keyrings</p> <p>Bug Hotel</p>
	<p>Tool Work I can whittle using age-appropriate tools (potato peeler) (1:6) I can use a palm drill. I can use a bodkin I can use a stone (in place of a mallet) I can use secateurs. (1:1)</p>	<p>Damper Bread</p> <p>Elder Pencil</p> <p>Hedgehogs</p>
	<p>Science/Nature/Environment I can identify and name a variety of wild and garden plants. I can describe the plant structure (including trees). I can identify and name a variety of common animals from amphibians – mammals. I can record what I see within the leaf litter layer of the woodland. I can name sounds that I hear. I can name animals in the environment and group them. I understand the importance of worms within our ecosystem.</p>	<p>Leaf College/People/Animals</p> <p>Loo Roll Residence</p> <p>Medallions</p> <p>Nature Weave</p>
	<p>Art I can use natural materials to create artwork that I can talk about. I can make clay animals.</p>	<p>S'Mores</p> <p>Spider Webs</p>
	<p>Cooking I can be safe around a campfire. I understand why it is important to be safe around a campfire. I can toast a marshmallow on a stick. I can cook on an open fire with appropriate supervision.</p>	<p>Wormeries</p>



Curriculum Progression Overview for P.E



Physical Development/Healthy Lifestyles

I know how to travel safely on rough ground.
 I can carry sticks safely.
 I can talk about how being outside makes me feel.
 I can describe the benefits of being outside.
 I know what I need to survive (food, water, air.)

Global Citizenship/Understanding of the World

I know why it is important to look after the environment.
 I understand I have a responsibility to help take care of our local community and the wider world.

Lower Key Stage 2 - Age Group 7-9

Building, Problem-Solving and Teamwork

I can make and play woodland versions of common games (pick-up sticks, noughts and crosses for example).
 I can work in a team during wide games and scavenger hunts.
 I can build trust with my peers through playing games.

Tool Work

I can whittle using age-appropriate tools.
 I can use a palm drill.
 I can make sparks with a fire steel.

Science/Nature/Environment

I can identify deciduous and evergreen trees.
 I can name some common birds and talk about their features and the sounds they make.
 I can match tracks and other signs to animals.
 I can identify and classify things I observe.
 I can talk about how to encourage wildlife into an area.

Art

I can sketch trees and plants.
 I can choose shapes in nature and use them to inspire my artwork.
 I can use the method Hapa Zome (a traditional Japanese printing method).

Bookbag Keyrings

Bug Hotel

Damper Bread

Forage

Medallions

Nature Weave

S'Mores

Spider Webs

Understanding Habitats



Curriculum Progression Overview for P.E



Cooking

I can be safe around a fire and explain the fire circle.
 I can light a fire safely with close supervision.
 I can toast a marshmallow on a stick.
 I can cook on an open fire with appropriate supervision.

Physical Development/Healthy Lifestyles

I can describe my flexibility, strength, control and balance when participating in outdoor activities. I can carry equipment around safely.
 I can take part in outdoor activities and challenges on my own and in a team.
 I understand and can describe the benefits of being outside.

Global Citizenship/Understanding of the World

I can describe different ways to look after the environment.
 I understand why I have a responsibility to help take care of our local community and the wider world.
 I play an active part in my local community.

Upper Key Stage 2 - Age Group 9-11

Building, Problem-Solving and Teamwork

I can explain what humans need to survive.
 I can work with others to research and obtain survival essentials.
 I understand the rules for safe foraging.
 I can work with a team to build a waterproof shelter using tarpaulins.
 I can use a range of simple knots.

Tool Work

I can use a palm drill.
 I can saw wood with support.
 I can make and tend a fire.
 I can tie suitable knots for different purposes.

Bookbag Keyrings

Bug Hotel

Damper Bread

Egyptian Amulets

Forage

S'Mores



Curriculum Progression Overview for P.E



Science/Nature/Environment

I can name and identify some trees in our grounds by using a simple ID guide.
I can name and identify wildlife in and around our grounds by using a simple ID guide.
I can recognise pollution indicators in different habitats.
I can group objects according to my own criteria.
I am beginning to know the eight points on a compass.

Art

I can plan, make and create a decoration.
I can use natural shapes and structures to inspire my artwork.
I can print using natural materials.

Cooking

I can be safe around a fire and explain the fire circle.
I can prepare the fire-lighting equipment and light a fire safely with close supervision.
I can toast a marshmallow on a stick.
I can cook on an open fire.

Physical Development/Healthy Lifestyles

I can carry equipment around safely.
I can follow and make trails.
I can take part in outdoor activities and challenges on my own and in a team.
I understand and can describe the benefits of being outside.

Global Citizenship/Understanding of the World

I can describe different ways to look after the environment.
I understand why I have a responsibility to help take care of our local community and the wider world.
I play an active part in my local and wider community.

Spider Webs

Understanding Habitats

Whittling Butterknife