



## **Intent for Physical Education**

At Mary Bassett we teach PE as an active lesson, supporting our children to lead a healthy lifestyle and understand the importance of exercise for healthy bodies and minds developing physical confidence when participating in sports and exercise.

We aim to teach skills and techniques required for different sports and active lessons through the use of Primary PE Planning, which is in line with the National Curriculum. Our lessons aim to provide children with transferable tools to enable them to work individually and collaboratively. Throughout the PE curriculum, children participate in creative, competitive and noncompetitive sports, providing opportunities to embed the values of fairness and respect in participation and competition. PE lessons are inclusive of all pupils' needs and adaptations are made by teachers to challenge and progress individuals during lessons and units of work.

Through our membership of the local Sports Partnership, there are many opportunities for Mary Bassett pupils to participate in competitive and noncompetitive sports with pupils from other schools. Pupils have opportunities to participate in events with role models from local middle and upper schools, as well as developing their own leadership skills through Sports leader training and implementation on the playground.

All children are expected to have appropriate PE equipment in school to allow them to access the curriculum safely and confidently. By the time the children leave Mary Bassett we hope that they leave being PE literate, they understand the importance and purpose of PE and how to transfer these skills.

## Physical Education Progression Map

Key skills	Year 1	Year 2	Year 3	Year 4
<b>Multi - Skills</b>	<ul style="list-style-type: none"> <li>● Balance on lines with control and use equipment to balance on various parts of the body</li> <li>● Changing direction quickly with some control (agility)</li> <li>● Co-operate, compete and challenge themselves as a team in various games</li> <li>● Co-operate, compete and challenge themselves as a team in various games</li> </ul>	<ul style="list-style-type: none"> <li>● Balance on low apparatus with good control</li> <li>● Changing direction quickly with good balance and control (agility)</li> <li>● Co-ordinating body whilst beginning to move at different speeds with various equipment</li> <li>● Compete challenges in a team in various running/obstacle games and working together to improve team performance</li> </ul>	<ul style="list-style-type: none"> <li>● Balancing on various body parts while moving</li> <li>● Agility focus-changing direction and speed</li> <li>● Co-ordinate body to perform a combination of movements</li> <li>● Complete a variety of fitness tests successfully and get a personal best</li> </ul>	<ul style="list-style-type: none"> <li>● Balancing confidently using various equipment and body parts</li> <li>● Agility focus - changing direction at speed with good technique</li> <li>● Co-ordinate body efficiently to perform combination of movements or actions</li> <li>● Complete a variety of fitness tests confidently and achieve a number of personal bests</li> </ul>
<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>● Can perform various shapes</li> <li>● Perform basic jump (straight jump, Star jump)</li> <li>● Perform a tuck rock and a tuck roll and rocket roll with pointed toes</li> <li>● Perform a simple balance holding for 3 seconds</li> </ul>	<ul style="list-style-type: none"> <li>● Can perform shapes with a strong body and control</li> <li>● Perform jumps (straight, star, tuck jump) with control and a strong body</li> <li>● Perform a tuck rock, tuck roll, forward roll and dish/arch roll</li> </ul>	<ul style="list-style-type: none"> <li>● Can perform a variety of shapes with good control</li> <li>● Perform a straight jump with a half turn</li> <li>● Perform a Teddy bear roll</li> <li>● Perform Point and Patch balances</li> <li>● Perform a short sequence on mats (using</li> </ul>	<ul style="list-style-type: none"> <li>● Can perform a variety of shapes with good control when performing various skills</li> <li>● Perform various jumps and develop travelling across the mat</li> <li>● Teddy bear roll with a partner/group in sequence with pointed</li> </ul>

	<ul style="list-style-type: none"> <li>• Perform a bunny hop- hands first then feet</li> <li>• Perform a basic sequence (roll, jump and roll)</li> <li>• Moving on and off apparatus with control</li> </ul>	<ul style="list-style-type: none"> <li>• Perform a balance on one or more parts of body</li> <li>• Perform a bunny hop - hands flat with straight arms</li> <li>• Perform a sequence on apparatus- (roll, jump and balance)</li> <li>• Moving on and off apparatus with strong body and control</li> </ul>	<ul style="list-style-type: none"> <li>• Hopscotch on throw down feet- introduction to hurdle step onto apparatus</li> </ul>	<ul style="list-style-type: none"> <li>• Perform matching and mirroring balance routines on apparatus</li> <li>• Perform a bunny hop onto a variety of apparatus with control</li> <li>• Perform a short sequence on mats and apparatus showing levels,unison, and pointed toes</li> <li>• Hopscotch across the floor to develop hurdle step onto low apparatus</li> </ul>
<b>Ball Skills</b>	<ul style="list-style-type: none"> <li>• Catch a soft ball safely</li> <li>• Pass the soft ball from chest - 'W' shape when passing and receiving.</li> <li>• Small sided games (super hero ball) 3v3 introducing passing and receiving a ball</li> <li>• Play an adapted superhero game and introduces rules</li> <li>• Scoring in a variety of ways</li> <li>• Stopping a ball with the inside of feet</li> </ul>	<ul style="list-style-type: none"> <li>• Catch a ball in an adapted game</li> <li>• Bounce pass from a short distance to a partner.</li> <li>• Small sided games (super hero ball) Small sided games 3v3 encouraging chest passes in game</li> <li>• Play an adapted super hero netball game. One team is to attack and attempt to score, the</li> <li>• opposing team is to stop</li> </ul>		

	<ul style="list-style-type: none"> <li>● Pass the ball beginning to use inside of feet "toe, toe, toe, no, no, no!"</li> <li>● Dribble the ball with the inside of feet</li> <li>● Follow my leader - trying to stay near their partner</li> <li>● Scoring point in a variety of ways in adapted games</li> <li>● Play a simple game of tag</li> <li>● Move with control with the ball in their hands at chest height</li> <li>● Hand over the Rugby ball sideways</li> <li>● Attempt to get past a defender</li> <li>● Scoring a try in a modified drill using correct technique- stay on feet using 2 hands</li> </ul>	<p>(defending) them from scoring.</p> <ul style="list-style-type: none"> <li>● Scoring in a variety of ways and begin to use in a game situation</li> <li>● Stopping a ball with the sole and inside of feet</li> <li>● Pass the ball to a partner P,P,P, Plant, Pass Point to help with accuracy</li> <li>● Dribble the ball with the inside of feet keeping the ball close to their body</li> <li>● Tag game- trying to catch their partner</li> <li>● Scoring in a variety of ways and begin to use scoring techniques game situations</li> <li>● Play a tag game whilst moving at speed</li> <li>● Move with the ball holding it with hands - in 'W' shape at chest height</li> <li>● Pass the ball sideways- with smile technique</li> <li>● Dodge around a defender in small area</li> </ul>		
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<p><b>Ball Games (Rounders, Dodge Ball,</b></p>	<ul style="list-style-type: none"> <li>• Moving into a space when playing a game In the warm up game 'squashed' look at how to find and get into a space</li> <li>• Develop space awareness in a small 2v2 game</li> <li>• Pass the ball to someone on their team-encouraging to pass to a team member who is in a space</li> <li>• Pass the ball and attempt to move forward. Developing skills to keep head up when passing the ball, then move straight after</li> <li>• Begin defending -trying to follow a partner in a game, keeping their head up</li> </ul>	<ul style="list-style-type: none"> <li>• Moving into a space and catching a ball. Beginning To try and dodge into a spaceDevelop space through small-sided games 4v4</li> <li>• Pass the ball to someone on their team who is in a space. Looking to only pass the ball if team member has their hands ready and in a space.</li> <li>• Pass the ball, move forward and look to receive the ball. Beginning to develop dodging into a space-moving away from their position once they have thrown the ball.</li> <li>• Developing defending skills, follow an opponent in a game and attempting to win the ball. Keeping as close as possible to a player on the other team.</li> <li>• Winning a ball in a</li> </ul>		

	<ul style="list-style-type: none"> <li>• Winning a ball in a game-bouncy feet to try and catch the ball</li> <li>• Begin to communicate with their team to try and score</li> </ul>	<p>game-looking up to try and intercept the pass</p> <ul style="list-style-type: none"> <li>• Communicating and working together to try and score a point</li> </ul>		
<b>Indoor Athletics</b>	<ul style="list-style-type: none"> <li>• Throwing using a sitting chest push- small ball</li> <li>• Jumping bending knees and pushing off - being competitive to improve distance</li> <li>• Speed bounce/jump over a throw down strip, cone, spot</li> <li>• Leaping developing coordination</li> <li>• Skipping - stepping through the hoop- two feet or one at a time</li> <li>• Vertical jump - coordination of banana splat tap- jumping at various heights</li> <li>• Co-operate and compete on own and in a team in various running games</li> </ul>	<ul style="list-style-type: none"> <li>• Throwing with control using a sitting chest push</li> <li>• Use arms to improve jumping technique - beating their own score</li> <li>• Speed bounce over a cone/mat</li> <li>• Leaping, developing coordination of 3 big leaps .</li> <li>• Skipping - stepping/jumping through the hoop with some control</li> <li>• Vertical jump - standing side on, jumping up to target</li> <li>• Compete in a team in various running races and working together to improve team</li> </ul>	<ul style="list-style-type: none"> <li>• Chest push using correct stance</li> <li>• Jumping bending knees, use arms for distance</li> <li>• Speed bounce develop control over a mat 5 strides- co-ordinating steps with arms</li> <li>• Vertical jump - standing side on, jumping up to target, bending your knees</li> <li>• Running individually using FAST technique, and developing relay change over techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Chest push with height and distance</li> <li>• Jumping bending knees, use arms for distance measure with some accuracy</li> <li>• Speed bounce- increase speed and coordination over the speed bounce mat 5 strides- co-ordinating steps, increasing distance using arms</li> <li>• Skipping - with rhythm and focus</li> <li>• Vertical jump - lower in to squat position, feet hip width apart</li> <li>• Run and jump over hurdles with some speed and control</li> </ul>

		performance		
<b>Tennis</b>	<ul style="list-style-type: none"> <li>• Throwing and catching a small ball with control and bounce catch to self and partner</li> <li>• Balance a ball on racket</li> <li>• Racket familiarisation- moving ball with racket in forehand position</li> <li>• Racket Familiarisation - moving a ball in backhand position</li> <li>• Tap up tennis to self keeping control</li> </ul>	<ul style="list-style-type: none"> <li>• Throw and catch from one hand to the other and bounce catch into a target with a partner</li> <li>• Balance a ball on racket with control</li> <li>• Racket familiarisation- moving ball with racket in forehand and backhand position whilst moving</li> <li>• Racket Familiarisation - moving a ball in backhand position whilst moving</li> <li>• Tap up tennis with a partner to keep control of the ball</li> </ul>	<ul style="list-style-type: none"> <li>• Move to catch a ball</li> <li>• Control a ball on racket when moving</li> <li>• Hit ball across the floor with forehand position</li> <li>• Hit the ball across the floor using back hand position</li> <li>• Hit a ball into a target (with one bounce)</li> </ul>	<ul style="list-style-type: none"> <li>• Move with balance and control to catch a ball</li> <li>• Hit/bounce ball on racket when moving</li> <li>• Hit ball in forehand position with drop feed</li> <li>• Hit a ball in backhand position with a dropfeed</li> <li>• Hit a ball into a target from a variety of distances with no bounce</li> </ul>
<b>Dance</b>	<p>Great Fire of London</p> <ul style="list-style-type: none"> <li>• Listen to the music and begin to move in time to it</li> <li>• Perform basic dance movements</li> <li>• Perform dance movements showing some levels</li> <li>• Perform basic dance travelling movements e.g.</li> </ul>	<p>Winter Dance</p> <ul style="list-style-type: none"> <li>• Move in time to the music showing some expression</li> <li>• Perform dance movements with control</li> <li>• Perform dance movements showing a variety of levels</li> <li>• Perform dance movements showing</li> </ul>	<p>Romans</p> <ul style="list-style-type: none"> <li>• Collaborate to make a dance warm up</li> <li>• Use a stimulus to create a dance</li> <li>• Dance in unison with a partner</li> <li>• Perform in canon with a group</li> <li>• Use some different levels and pathways</li> </ul>	<p>World War II</p> <ul style="list-style-type: none"> <li>• Cooperate to make a dance warm up and take on a leadership role</li> <li>• Respond imaginatively to a stimulus</li> <li>• Dance in unison with a partner/group performing a range of movement patterns</li> <li>• Perform in canon</li> </ul>

	<p>stepping, skipping, jumping</p> <ul style="list-style-type: none"> <li>• Perform simple dance moves with some control</li> </ul>	<p>travelling in different directions e.g. sliding, turning, gesturing</p> <ul style="list-style-type: none"> <li>• Remember simple dance steps, perform with control in time to the music</li> </ul>		<p>showing a range of movement patterns</p> <ul style="list-style-type: none"> <li>• Perform a variety of levels and pathways in a dance</li> </ul>
<b>Kwik Cricket</b>	<ul style="list-style-type: none"> <li>• Rolling and stopping a ball with one/two hands</li> <li>• Throw and catch a ball with some control</li> <li>• Bowl underarm towards a target</li> <li>• Hit a ball off a tee using various bats</li> <li>• Play a modified game hitting off a tee</li> </ul>	<ul style="list-style-type: none"> <li>• Roll and stop a ball with control/accuracy</li> <li>• Throw underarm with some accuracy and catch a ball</li> <li>• Bowl underarm towards a target with control and accuracy</li> <li>• Begin to hold the bat in correct position and hit a ball off a tee</li> <li>• Play a modified game encouraging teamwork when fielding</li> </ul>		
<b>Tag Rugby</b>			<ul style="list-style-type: none"> <li>• Tag a player in isolation using the tag belts</li> <li>• Move with a ball in their hand using correct position 'dirty fingers clean palms'</li> <li>• Pass the ball backwards and sideways in isolation</li> </ul>	<ul style="list-style-type: none"> <li>• Tag a player whilst moving using tag belts</li> <li>• Move with control in a variety of directions holding the ball in the correct position.</li> <li>• Pass the ball backwards/sideways with control</li> </ul>



			<ul style="list-style-type: none"> <li>• In warm ups develop running for distance</li> <li>• Move into a space to avoid a defender through dodging techniques</li> <li>• Beat a defender to score a try</li> </ul>	<ul style="list-style-type: none"> <li>whist moving</li> <li>• In warm ups develop running for distance increasing each lesson</li> <li>• Use speed and space to avoid a passive defender</li> <li>• Beat a defender at speed to score a try</li> </ul>
<b>Mini Muay Thai</b>	<ul style="list-style-type: none"> <li>• Get into a stance and keep my hands up while attempting the jab cross</li> <li>• Challenge myself when performing some of the skills</li> <li>• Perform a knee strike with some correct technique</li> <li>• Perform a shin check with some balance and control</li> <li>• Perform a jab cross with control</li> </ul>	<ul style="list-style-type: none"> <li>• Perform a jab cross while standing in the correct stance</li> <li>• Challenge myself when performing all of the skills</li> <li>• Perform a knee strike and a kick, and exercise continuously for 30 seconds</li> <li>• Perform a shin check with good balance and control</li> <li>• Perform a shin check, knees and kicks with good balance and control</li> </ul>		
<b>Outdoor Athletics</b>	<ul style="list-style-type: none"> <li>• Running pumping arms at various speeds</li> <li>• Throw a variety of objects with some accuracy</li> </ul>	<ul style="list-style-type: none"> <li>• Using arms and keeping head still when exploring running patterns</li> <li>• Throw in correct stance 'Usain Bolt position'</li> </ul>	<ul style="list-style-type: none"> <li>• Begin to perform 'FAST' technique</li> <li>• Throw a javelin/vortex using correct stance rotating hips forward</li> </ul>	<ul style="list-style-type: none"> <li>• Perform 'FAST' technique confidently when sprinting</li> <li>• Throw a javelin/vortex with height and distance</li> </ul>

	<ul style="list-style-type: none"> <li>• Jumping bending knees and pushing off - being competitive to improve distance as a pair</li> <li>• Co-operate and compete in a team in various running games turns</li> </ul>	<ul style="list-style-type: none"> <li>• Use arms to improve jumping technique - beating their own score</li> <li>• Compete in a team in various running/obstacle games and working together to improve team performance</li> </ul>	<ul style="list-style-type: none"> <li>• Perform a hop, step and jump (standing triple jump) in isolation and in combination</li> <li>• In warm ups develop running for distance</li> <li>• Develop relay change over techniques</li> <li>• Run and take off over obstacles at some speed</li> </ul>	<ul style="list-style-type: none"> <li>• Perform a hop, step and jump (standing triple jump)</li> <li>• In warm ups develop running for distance increasing each lesson</li> <li>• Pass a relay baton with control with a partner in adapted games</li> <li>• Run and jump over hurdles with some speed and control</li> </ul>
<b>Dodge Ball</b>	<ul style="list-style-type: none"> <li>• Stop a ball using either the sole or inside of their foot</li> <li>• Attempt to pass a ball using the inside of their foot</li> <li>• Dribble a ball using their feet with some control</li> <li>• Roll a ball at a target with some success</li> <li>• Throw a ball underarm at a target with some success</li> <li>• Sometimes catch a ball</li> <li>• Bounce a ball with some control</li> <li>• Throw a ball to score with some accuracy and</li> </ul>	<ul style="list-style-type: none"> <li>• Stop a ball using both the sole and inside of their foot</li> <li>• Pass the ball using the inside of their foot</li> <li>• Dribble a ball using their feet with control</li> <li>• Roll a ball at a target</li> <li>• Throw a ball underarm at a target with some success</li> <li>• Catch a ball with success</li> <li>• Pass a ball with success</li> <li>• Bounce a ball with control</li> <li>• Throw to score with accuracy and control</li> <li>• Move with control with a</li> </ul>	<ul style="list-style-type: none"> <li>• Throw the ball with good technique</li> <li>• Dodge the ball with some success</li> <li>• Block the ball with some success</li> <li>• Catch the ball in the ready position with good control</li> <li>• Play and accept the rules; competing fairly, being gracious in victory and defeat most of the time</li> </ul>	<ul style="list-style-type: none"> <li>• Throw the ball with accuracy and good technique</li> <li>• Dodge the ball successfully Block the ball successfully</li> <li>• Catch a ball in ready position and attempt it in a game situation</li> <li>• Play and embrace the rules, being gracious in victory and defeat</li> </ul>

	<p>control</p> <ul style="list-style-type: none"> <li>• Move with some control with a ball in their hands</li> <li>• Throw a ball in different directions with some control</li> <li>• Place a ball down on the ground with both hands to score with control</li> </ul>	<p>ball in their hands</p> <ul style="list-style-type: none"> <li>• Throw a ball in different directions with control</li> <li>• Place a ball down to score, staying on two feet to score with control</li> </ul>		
<b>Football</b>			<ul style="list-style-type: none"> <li>• Control a ball using inside, outside and sole of feet</li> <li>• Pass the ball with inside of feet with accuracy</li> <li>• Dribble the ball beginning to turn with some control (inside and outside hook)</li> <li>• Begin to defend making a standing tackle in a 1v1</li> <li>• Kick a ball stationary past a goalkeeper</li> <li>• Embracing rules and playing fairly</li> </ul>	<ul style="list-style-type: none"> <li>• Move body to correct position to stop and control a ball</li> <li>• Pass the ball with inside of feet whilst on the move</li> <li>• Dribble the ball using inside, outside hook and drag back beginning to accelerate</li> <li>• Begin to defend making a standing tackle or intercept a pass</li> <li>• Kick a ball whilst moving past a goalkeeper with some accuracy</li> <li>• Inspire others with fair play and being gracious in victory and defeat</li> </ul>

<p><b>Rounders</b></p>			<ul style="list-style-type: none"> <li>• Throw under/over arm and catch a ball with control and some accuracy</li> <li>• Bowl a good ball (between the batters knee and head) from a short distance</li> <li>• Attempt to bat a ball using a rounders bat</li> <li>• Stop the ball using two hands and attempt a long barrier</li> <li>• Begin to use some fielding skills I have learned and use them in a game</li> </ul>	<ul style="list-style-type: none"> <li>• Throw under/over arm and catch a ball with control and accuracy</li> <li>• Consistently bowl a good ball (between the batters knee and head) from a short distance</li> <li>• Bat a ball using a rounders bat</li> <li>• Perform a long barrier moving into position to scoop up the ball</li> <li>• Use batting and fielding skills I have learned and use them with confidence in a game</li> </ul>
<p><b>Swimming</b></p>			<ul style="list-style-type: none"> <li>• Enter the water safely using the steps.</li> <li>• Be confident to walk the width of the pool in the shallow end unaided.</li> <li>• Exit the water safely using the steps.</li> <li>• Put my face in the water to blow bubbles as I walk/swim.</li> <li>• Swim on my front with a noodle.</li> <li>• Swim on my back with a</li> </ul>	<ul style="list-style-type: none"> <li>• Enter the water safely by lowering myself into the pool from the side.</li> <li>• Exit the water safely by lifting myself to the pool side.</li> <li>• Swim on my front with two floats then one float kicking.</li> <li>• Swim on my back with two floats then one float kicking.</li> <li>• Begin to swim on my</li> </ul>

			<p>noodle.</p> <ul style="list-style-type: none"> <li>• Begin to swim on my front with two floats kicking.</li> <li>• Begin to swim on my back with two floats kicking.</li> </ul>	<p>front unaided.</p> <ul style="list-style-type: none"> <li>• Begin to swim on my back unaided.</li> <li>• Begin to explore different strokes over increasing distances.</li> </ul>
<b>Quicksticks</b>			<ul style="list-style-type: none"> <li>• Score whilst the ball is stationary. Adapted games to focus on accuracy</li> <li>• Dribble the ball at various speeds- both in isolation and a game situation</li> <li>• Pass and move into a space with accuracy, control and speed (in isolation/game situation)</li> <li>• Pass the ball over a variety of distances in attacking or defensive situations #</li> <li>• Begin to defend as an individual and communicate to defend as a team (marking and tackling) Hit a moving ball into a goal from different angles and</li> </ul>	<ul style="list-style-type: none"> <li>• Dribble and stop the ball with control</li> <li>• Pass the ball over a longer distance with accuracy and power</li> <li>• Perform a short pass and begin to move into a space and receive the ball with some control Tackle a player beginning to use the correct grip and positioning -bend knees, low to the ground.</li> <li>• Develop shooting - at targets/goals.</li> <li>• Beginning to score whilst the ball is moving</li> <li>• Play adapted games,</li> <li>• Children encouraged to think of tactics when attacking and defending</li> </ul>

			<p>sometimes with different levels of power</p> <ul style="list-style-type: none"><li>• Dribble the ball holding the stick in correct position</li><li>• Perform a pass and look for a space in an adapted game to receive the ball</li><li>• Pass and receive a ball with some control</li><li>• Begin to tackle a player safely- when stationary and moving</li><li>• Adapted games, with variations of rules, begin to apply some basic principles for attacking &amp; defending</li></ul>	
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