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 GetSet4PE, 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 activities, 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. We have Commando Joe's Enrichment which offers a wider range of cross curricular learning opportunities and supports children with their orienteering skills.

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 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 of Skills Map

Key skills	Reception	Year 1	Year 2	Year 3	Year 4
Fundamentals	**Running-** Explore running and stopping. Explore changing direction safely. **Balancing** – Explore balancing whilst stationary and on the move. **Jumping** – Begin to explore take-off and landing safely. **Hopping** – Explore hopping on both feet. **Skipping** – Explore skipping as a travelling action.	**Running-** Explore changing direction and dodging. Discover how the body moves at different speeds. **Balancing** – Move with some control and balance. Explore stability and landing safely. **Jumping** – Demonstrate control in take-off and landing when jumping. **Hopping** – Begin to explore hopping in different directions. **Skipping** – Show co-ordination when turning a rope. Use rhythm to jump continuously in a French rope.	**Running-** Demonstrate balance when changing direction. Clearly show different speeds when running. **Balancing** – Demonstrate balance when performing movements. **Jumping** – Demonstrate jumping for distance, height and in different directions. **Hopping** – Demonstrate hopping for distance, height and in different directions. **Skipping** – Explore single and double bounce when jumping in a rope.	**Running-** Change direction. Show an increase and decrease in speed. **Balancing** – Demonstrate balance when performing other fundamental skills. **Jumping & Hopping** – Link jumping and hopping actions. **Skipping** – Jump and turn a skipping rope.	**Running-** Change direction quickly under pressure. Demonstrate when and how to accelerate and decelerate. **Balancing** – Demonstrate good balance and control when performing other fundamental skills. **Jumping & Hopping** – Link hopping and jumping actions with other fundamental skills. **Skipping** – Consistently skip in a rope.
Gymnastics	**Shapes** – Show contrast with my body including wide / narrow,	**Shapes** – Explore basic shapes straight, tuck, straddle, pike.	**Shapes** – Explore using shapes in different gymnastic balances.	**Shapes** – Explore matching and contrasting shapes.	**Shapes** – Develop the range of shapes I use in my sequence.

	straight / curved. **Balances** – Explore basic shapes in stillness using different parts of my body. **Rolls** – Explore rocking and rolling. **Jumps** – Explore jumping safely.	**Balances** – Perform balances making my body tense, stretched and curled. **Rolls** – Explore barrel, straight and forward roll progressions. **Jumps** – Explore shape jumps, including jumping off low apparatus.	**Balances** – Remember, repeat and link combinations of gymnastic balances. **Rolls** – Explore barrel, straight and forward roll and put into sequence work. **Jumps** – Explore shape jumps and take-off combinations.	**Balances** – Explore point and patch balances and transition smoothly into and out of them. **Rolls** – Develop the straight, barrel and forward roll. **Jumps** – Develop stepping into shape jumps with control.	**Inverted movements** – Develop strength in bridge and shoulder stand. **Balances** – Develop control and fluency in individual and partner balances. **Rolls** – Develop the straight, barrel, forward and straddle roll and perform them with increased control. **Jumps** – Develop control in performing and landing rotation jumps.
Dance	**Actions** – Explore how my body moves. Copy basic body and rhythms. **Dynamics** – Explore actions in response to music and an idea. **Space** – Begin to explore pathways and the space around me and in relation to others. **Performance** – Perform	**Actions** – Copy, remember and repeat actions to represent a theme. Create my own actions in relation to a theme. **Dynamics** – Explore varying speeds to represent an idea. **Space** – Explore pathways within my performance. **Relationships** – Begin to	**Actions** – Accurately remember, repeat and link actions to express an idea. **Dynamics** – Develop an understanding of dynamics. **Space** – Develop the use of pathways and travelling actions to include levels. **Relationships** – Explore working with a partner	**Actions** – Create actions in response to a stimulus individually and in groups. **Dynamics** – Use dynamics effectively to express an idea. **Space** – Use direction to transition between formations. **Performance** – Perform short, self-choreographed	**Actions** – Respond imaginatively to a range of stimuli related to character and narrative. **Dynamics** – Change dynamics confidently within a performance to express changes in character. **Space** – Confidently use changes in level, direction and idea.

	short phrases of movement in front of others.	explore actions and pathways with a partner. **Performance** – Perform on my own and with others to an audience.	using unison, matching and mirroring. **Performance** – Develop the use of facial expressions in my performance.	phrases showing an awareness of timing.	**Performance** – Perform complex dances that communicate narrative and character well, performing clearly and fluently.
Ball Skills	**Sending** – Explore sending an object with hands and feet. **Catching** – Explore catching to self and with a partner. **Tracking** – Explore stopping a ball with hands and feet. **Dribbling** – Explore dropping and catching with two hands and moving a ball with feet.	**Sending** – Roll and throw with some accuracy towards a target. **Catching** – Begin to catch with two hands. Catch after a bounce. **Tracking** – Track a ball being sent directly. **Dribbling** – Explore dribbling with hands and feet.	**Sending** – Roll, throw and a kick a ball to hit a target. **Catching** – Develop catching a range of objects with two hands. Catch with and without a bounce. **Tracking** – Consistently track and collect a ball being sent directly. **Dribbling** – Explore dribbling with hands and feet with increasing control on the move.	**Sending** – Send a ball with accuracy and increasing consistently to a target. **Catching** – Catch a range of objects with increasing consistency. **Tracking** – Track a ball not sent directly. **Dribbling** – Dribble a ball with hands and feet with control.	**Sending** – Accurately use a range of techniques to send a ball to a target. **Catching** – Catch different sized objects with increasing consistency with one and two hands. **Tracking** – Consistently track a ball sent directly and indirectly. **Dribbling** – Dribble a ball with increasing control and co-ordination.
Fitness	**Agility** – Explore changing direction safely. **Balance** – Explore balancing whilst stationary and on the move.	**Agility** – Change direction whilst running. **Balance** – Explore balancing in more challenging activities with some success.	**Agility** – Demonstrate improved technique when changing direction on the move. **Balance** – Demonstrate increased balance whilst travelling along	**Agility** – Show balance when changing direction. **Balance** – Explore more complex activities which challenge balance.	**Agility** – Show balance when changing direction at speed. **Balance** – Show control whilst completing activities which challenge balance.

	Co-ordination – Explore moving different body parts together. **Speed** – Explore moving and stopping with control. **Strength** – Explore taking weight on different body parts. **Stamina** – Explore moving for extended periods of time.	**Co-ordination** – Explore co-ordination when using equipment. **Speed** – Explore running at different speeds. **Strength** – Explore exercises using my own body weight. **Stamina** – Explore moving for longer periods of time and identify how it makes me feel.	and over equipment. **Co-ordination** – Perform actions with increased control when co-ordinating my body with and without equipment. **Speed** – Demonstrate running at different speeds. **Strength** – Demonstrate increased control in body weight exercises. **Stamina** – Show an ability to work for longer periods of time.	**Co-ordination** – Co-ordinate my body with increased consistency in a variety of activities. **Speed** – Explore moving and stopping with control. **Strength** – Explore sprinting technique. **Stamina** – Explore using my breath to increase my ability to work for longer periods of time.	**Co-ordination** – Explore increased speed when co-ordinating my body. **Speed** – Demonstrate improved sprinting technique. **Strength** – Develop building strength in different muscle groups. **Stamina** – Demonstrate using my breath to maintain my work rate.
Target Games	**Throwing** – Explore throwing using a variety of equipment. **Catching** – Explore catching using a variety of equipment.	**Throwing overarm** – Explore technique when throwing overarm towards a target. **Throwing underarm** – Explore technique when throwing underarm towards a target.	**Throwing overarm** – Develop co-ordination and technique when throwing overarm towards a target. **Throwing underarm** – Develop co-ordination and technique when throwing underarm towards a target. **Striking** – Develop striking a ball with equipment with some	**Throwing** – Explore throwing at a moving target. **Catching** – Begin to catch whilst on the move. **Striking** – Begin to strike a ball with accuracy and balance.	**Throwing** – Throw with increasing accuracy at a target. **Catching** – Catch with increasing consistency. **Striking** – Strike a ball with increasing consistency.

			consistency.		
Striking & fielding games	**Striking** – Explore sending a ball to a partner. **Fielding** – Explore tracking and stopping a rolling ball. **Throwing & Catching** – Explore rolling, throwing and catching using a variety of equipment.	**Striking** – Explore striking a ball with their hand and equipment. **Fielding** – Develop tracking and retrieving a ball. **Throwing** – Explore technique when throwing over and underarm. **Catching** – Develop co-ordination and technique when catching.	**Striking** – Develop striking a ball with their hand and equipment with some consistency. **Fielding** – Develop tracking a ball and decision making with a ball. **Throwing** – Develop co-ordination and technique when throwing over and underarm. **Catching** – Catch with two hands with some co-ordination and technique.	**Striking** – Begin to strike a bowled ball after a bounce with different equipment. **Fielding** – Explore bowling to a target and fielding skills to include a two-handed pick-up. **Throwing -** Use overarm and underarm throwing in game situations. **Catching** – Catch with some consistency in game situations.	**Striking** – Develop batting technique with a range of equipment. **Fielding** – Develop bowling with some consistency, abiding by the rules of the game. **Throwing** – Use overarm and underarm throwing with increased consistency in game situations. **Catching** – Begin to catch with one and two hands with some consistency in game situations.
Invasion games		**Sending & receiving** –Explore s&r with hands and feet to a partner. **Dribbling** – Explore dribbling with hands and feet. **Space** – Recognise good space when playing	**Sending & receiving** – Developing s&r with increased control. **Dribbling** – Explore dribbling with hands and feet with increasing control on the move. **Space** – Explore moving	**Sending & receiving** – Explore s&r abiding by the rules of the game. **Dribbling** – Explore dribbling the ball abiding by the rules of the game under some pressure. **Space** – Develop using	**Sending & receiving** – Develop passing techniques appropriate to the game with increasing success. Catch and receive a ball with feet/ object with increasing success. **Dribbling** – Link

		games. **Attacking** – Explore tracking and moving to stay with a partner. **Defending** – Explore tracking and moving to stay with a partner.	into space away from defenders. **Attacking** – Developing moving into space away from defenders. **Defending** – Explore staying close to other players to try and stop them getting the ball.	space as a team. **Attacking** – Develop movement skills to lose a defender. Explore shooting actions in a range of invasion games. **Defending** – Develop tracking opponents to limit their scoring opportunities.	dribbling the ball with other actions and change direction whilst dribbling with some control. **Space** – Develop moving into space to help my team. **Attacking** – Change direction to lose an opponent with some success. **Defending** – Develop defending one on one and begin to intercept.
Net & wall games		**Hitting** – Explore hitting a dropped ball with rocket. **Feeding** – Throw a ball over a net to land into the court area. **Rallying** – Explore sending a ball with hands a racket. **Footwork** – Use the ready position to move towards a ball.	**Hitting** – Develop hitting a dropped ball over a net. **Feeding** – Accurately underarm throw over a net to a partner. **Rallying** – Explore underarm rallying with a partner catching after once bounce. **Footwork** – Consistently use the ready position to move towards a ball.	**Shots** – Explore returning a ball using shots such as the forehand and backhand. **Rallying** – Explore rallying using a forehead. **Footwork** – Consistently use and return to the ready position in between shots.	**Shots** – Demonstrate technique when using shots playing co-operatively and beginning to execute this competitively. **Rallying** – Develop rallying using both forehand and backhand with increased technique. **Footwork** – Begin to use appropriate footwork patterns to move around the court.

Athletics	**Running** – Explore running and stopping safely. **Jumping** – Explore jumping and hopping safely. **Throwing** – Explore throwing to a target.	**Running** – Explore running at different speeds. **Jumping** – Develop balance whilst jumping and landing. Explore hopping, jumping and leaping for distance. **Throwing** – Explore throwing for distance and accuracy.	**Running** – Develop the sprinting technique. **Jumping** – Develop jumping, hopping and skipping actions. Explore safely jumping for distance and height. **Throwing** – Develop overarm throwing for distance.	**Running** – Develop the sprinting technique and apply it to relay events. **Jumping** – Develop technique when jumping for distance in a range of approaches and take off positions. **Throwing** – Explore the technique for a pull throw.	**Running** – Develop an understanding of speed and pace in relation to distance. Develop power and speed in the sprinting techniques. **Jumping** – Develop technique when jumping for distance. **Throwing** – Explore power and technique when throwing for distance in a pull and heave throw.
OAA	**Problem solving** – Explore activities where I have to make my own decisions. **Navigational skills** – Explore moving in space and following a path. **Communication** – Develop confidence in expressing myself.	**Problem solving** – Suggest ideas in response to a task. **Navigational skills** – Follow a path and lead others. **Communication** – Communicate simple instructions and listen to others.	**Problem solving** – Begin to plan and apply strategies to overcome a challenge. **Navigational skills** – Follow and create a simple diagram / map. **Communication** – Work co-operatively with a partner and a small group.	**Problem solving** – Discuss how to follow trails and solve problems. Work with others to select appropriate equipment for the task. **Navigational skills** – Identify where I am on a simple map. Use and begin to create simple maps and diagrams and follow a trail. **Communication** – Follow and give instructions and accept other	**Problem solving** – Plan independently and in small groups. **Navigational skills** – Identify key symbols on a map and follow a route. **Communication** – Confidently communicate ideas and listen to others.

				peoples' ideas.	
Parkour				**Locomotion** – Experiment with a variety of movement patterns. **Jumping & Landing** – Explore different landing patterns, 2-2 / 1-1 etc. **Vaulting** – Explore going over low-level obstacles using hands and feet. **Balance** – Balance on low level apparatus with 1 and 2 feet.	**Locomotion** – Explore different transitional moves. **Jumping & Landing** – Develop landing to prevent injury. **Vaulting** – Experiment with adding half and full twists to vaults. **Balance** – Explore with landing on small areas and balancing to change direction.
Yoga				**Balance** – Demonstrate increased control when in poses. **Flexibility** – Explore poses and movement in relation to my breath. **Strength** – Explore balances showing some stability. **Strategy** – Develop my ability to stay still and keep my focus.	**Balance** – Explore using my breath to maintain balance within a pose. **Flexibility** – Demonstrate increased extension in poses. **Strength** – Demonstrate increased control and strength when in a pose. **Strategy** – Engage with mindfulness activities with increased focus.

Swimming				**Strokes** – Explore technique for specific stroke to include head above water breaststroke, backstroke and front crawl. **Breathing** – Begin to explore front crawl breathing technique. **Water safety** – Explore techniques for personal survival to include strokes such as sculling and treading water.	**Strokes** – Develop technique for specific strokes to include head above water breaststroke, backstroke and front crawl. **Breathing** – Demonstrate improved breathing technique in front crawl. **Water safety** – Are comfortable with some personal survival techniques to include survival strokes such as sculling and treading water.