Ashbourne Primary School's
Physical Education Scheme of Work with skills and knowledge progression

Intent:

Physical Education at Ashbourne Primary School equips pupils with transferable skills that enable them to live long, active and healthy lives. Through a broad and balanced programme, pupils develop physical competence, confidence and a positive attitude towards physical activity, supporting their wellbeing both now and in the future.

Our curriculum is built upon our Golden Threads of Language and Literacy, Resilience and Regulation, and Belonging and Becoming, which underpin all teaching, learning and relationships across our school and ensure pupils develop secure knowledge alongside confidence, aspiration and readiness for life beyond school.

Our PRAISE aims bring these expectations to life in daily practice by teaching pupils to take pride in their work, show respect for all, act with kindness, become independent achievers, stay resilient and demonstrate excellent behaviour. These shared expectations shape how pupils approach learning, relationships and challenges, helping them develop confidence, responsibility and positive attitudes that support success across the curriculum and beyond.

Our high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It provides opportunities for pupils to become physically literate through the key themes of *think, feel, move and connect*, reflected in the PE Passport approach. These themes promote a lifelong love of physical activity, build character and support values such as fairness and respect.

The national curriculum for physical education covers a broad range of aims, and at Ashbourne Primary School pupils develop competence across a wide range of physical activities through a rich curriculum and extensive extra-curricular offer. All classes receive two hours of physical education each week, enabling pupils to remain physically active for sustained periods of time.

Through our partnership with the Rural Derbyshire School Sport Partnership and Queen Elizabeth's Grammar School, pupils across all year groups have opportunities to participate in competitive events at both friendly festival level and qualification-based competitions. Our extensive extra-curricular programme, strengthened through long-established links with local sports clubs such as Ashbourne Golf Club, Peak Performance Triathlon Club, Ashbourne Aztecs Junior Football Club and the Derbyshire Cricket Board, further enriches provision and supports progression into lifelong participation in sport.

Continual professional development is an important element of Physical Education at Ashbourne Primary School, and staff are provided with regular opportunities to develop their subject knowledge and teaching expertise.

This carefully structured approach ensures pupils develop secure skills progressively over time and gain confidence applying them across a range of physical activities and contexts.

High expectations for all pupils are central to our curriculum. Teaching is adapted to remove barriers and ensure that every learner can access, participate in and succeed.

By the time pupils leave our school, they are equipped with the knowledge, skills and confidence to continue learning successfully at the next stage of their education and beyond.

National Curriculum Aims

The national curriculum for physical education aims to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives

KS1 Content	KS2 Content

• Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. • Perform dances using simple movement patterns. • Participate in team games, developing simple tactics for attacking and defending.		• Play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis and apply basic principles suitable for attacking and defending. • Use running, jumping, throwing and catching in isolation and in combination. • Develop flexibility, strength, technique, control and balance. • Perform dances using a range of movement patterns. • Take part in outdoor and adventurous activity challenges both individually and within a team. • Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Swimming and water safety: take swimming instruction either in Key Stage 1 or Key Stage 2.		
P.E. in EYFS		
Three and Four-Year-Olds	Personal, Social and Emotional Development	• Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen or one which is suggested to them. • Increasingly follow rules, understanding why they are important. • Remember rules without needing an adult to remind them.
	Physical Development	• Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. • Go up steps and stairs, or climb up apparatus, using alternate feet. • Skip, hop, stand on one leg and hold a pose for a game like musical statues. • Use large-muscle movements to wave flags and streamers, paint and make marks. • Start taking part in some group activities which they make up for themselves, or in teams. • Increasingly able to use and remember sequences and patterns of music that are related to music and rhythm. • Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width. • Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel. • Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks. • Show a preference for a dominant hand. • Be increasingly independent as they get dressed and undressed. For example, putting coats on and doing up zips.
	Expressive Arts and Design	• Respond to what they have heard, expressing their thoughts and feelings.

<table>
<tr><td>Reception</td><td>Personal, Social and Emotional Development</td><td colspan="2">• Manage their own needs.
-personal hygiene
• Know and talk about the different factors that support overall health and wellbeing: -regular physical activity</td></tr>
<tr><td></td><td>Physical Development</td><td colspan="2">• Revise and refine the fundamental movement skills they have already acquired:
- rolling - running
- crawling - hopping
- walking - skipping
- jumping - climbing
• Progress towards a more fluent style of moving, with developing control and grace.
• Develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions and other physical disciplines, including dance, gymnastics, sport and swimming.
• Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.
• Combine different movements with ease and fluency.
• Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group.
• Develop overall body strength, balance, coordination and agility.</td></tr>
<tr><td rowspan="3">ELG</td><td rowspan="2">Personal, Social and Emotional Development</td><td>Managing Self
Building Relationships</td><td rowspan="2">• Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge.
• Explain the reasons for rules, know right from wrong and try to behave accordingly.
• Manage their own basic hygiene and personal needs, including dressing.</td></tr>
<tr><td>Physical Development</td><td>Gross Motor Skills</td><td>• Work and play cooperatively and take turns with others.</td></tr>
<tr><td>Expressive Arts and Design</td><td>Being Imaginative and Expressive</td><td>• Negotiate space and obstacles safely, with consideration for themselves and others.
• Demonstrate strength, balance and coordination when playing.
• Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</td></tr>
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= External providers

Whole-school P.E. Curriculum Map												
	Wellbeing		Communication		Diversity				Creativity		Aspirations	
	Autumn 1 (7 weeks)		Autumn 2 (7 weeks)		Spring 1 (6 weeks)		Spring 2 (5 weeks)		Summer 1 (6 weeks)		Summer 2 (7 weeks) Sports Day	
Nursery	Embedded through CP	Yoga	Embedded through CP	Gymnastics	Embedded through CP	Dance	Embedded through CP	Stability 1	Embedded through CP	Locomotion 1	Embedded through CP	Personal Challenges
Reception	Embedded through CP	Yoga	Embedded through CP	Gymnastics	Embedded through CP	Dance	Embedded through CP	Object Control 1	Embedded through CP	Target Games 1	Embedded through CP	Personal Challenges
Year 1 1W	Fundamental movement skills 1	Yoga	Net and wall skills 1	Gymnastics	Striking and fielding game skills 1	Dance	Invasion Game Skills 1	Object Control 2	OAA	Target Games 2	Locomotion 2	Personal Challenges
Year 2 2K	Fundamental movement skills 2	Yoga	Net and wall skills 2	Gymnastics	Striking and fielding game skills 2	Dance	Invasion Game Skills 2	Fundamental Movement Skills 3	OAA	Target Games 3	Athletics 2	Personal Challenges
Year 3 3S	Yoga	Swimming	Gymnastics	Swimming	Dance	Swimming	Invasion Game Skills 3	Swimming	OAA	Swimming	Athletics 3	Swimming
Year 4 4A	Health-related fitness	Yoga	Tennis	Gymnastics	Danish longball	Dance	Hockey	Handball	OAA	Cricket	Athletics 4	Personal Challenges
Year 5 5G	Health-related fitness	Yoga	Dodgeball	Gymnastics	Cricket	Dance	Football	Basketball	OAA	Badminton	Athletics 5	Personal Challenges
Year 6 6B	Team building and problem solving	Yoga	Volleyball	Gymnastics	Rounders	Dance	NFL Flag	Ultimate Frisbee	OAA	Leadership	Athletics 6	Personal Challenges
Afterschool provision KS1	Mega Sports (FUNdamentals) Primary Stars Wednesday 3:20–4:20pm		Gymnastics/Parkour Primary Stars Wednesday 3:20-4:20pm		Dodgeball Primary Stars Wednesday 3:20–4:20pm		Football Primary Stars Wednesday 3:20-4:20pm		Basketball Primary Stars Wednesday 3:20-4:20pm		Mega Sports (FUNdamentals) Primary Stars Wednesday 3:20-4:20pm	

Afterschool provision KS2	Year 5/6 Multi-sports Club – Football, Basketball, Hockey. Mr Murphy Tuesday 3:10-4:25pm	Y3/4 Multi-sports Club – Sportshall athletics, Tag rugby, Basketball. Mr Murphy Tuesday 3:10-4:25pm	Y5/6 Multi-sports Club – Sportshall athletics, Netball, Hockey. Mr Murphy Tuesday 3:10-4:25pm	Y3/4 Multi-sports Club – Cricket, Athletics, Hockey. Mr Murphy Tuesday 3:10-4:25pm	Y5/6 Multi-sports Club – Cricket, Athletics, Rounders. Mr Murphy Tuesday 3:10-4:25pm	Y3/4 Multi-sports Club – Athletics, Rounders, FUNdamentals. Mr Murphy Tuesday 3:10-4:25pm
Lunchtime	Year 5/6 Tag Rugby Mr Murphy Tuesday 12:30-1pm	Y5/6 Basketball Mr Murphy Tuesday 12:30-1pm	Y5/6 Athletics Mr Murphy Tuesday 12:30-1pm	Y3/4 Basketball Mr Murphy Tuesday 12:30-1pm	Y3/4 Athletics Mr Murphy Tuesday 12:30-1pm	Y3/4 Basketball Mr Murphy Tuesday 12:30-1pm
Before-school provision	KS2 Running Club Miss Beresford and Miss Lambert 7:45 – 8:15am	KS2 Running Club Miss Beresford and Miss Lambert 7:45 – 8:15am	KS2 Running Club Miss Beresford and Miss Lambert 7:45 – 8:15am	KS2 Running Club Miss Beresford and Miss Lambert 7:45 – 8:15am	KS2 Running Club Miss Beresford and Miss Lambert 7:45 – 8:15am	KS2 Running Club Miss Beresford and Miss Lambert 7:45 – 8:15am

Yoga – PE Passport scheme of work		
Nursery/Reception	**Year 1**	**Year 2**
Know & Grow • Understand that breathing, balance and movement help the body to exercise safely whilst developing creativity, communication, confidence and enjoyment of being physically active. **Show** • Perform a variety of yoga poses. • Pose like different animals and natural features. • Stretch tall whilst maintaining balance. • Use arms to support balance. • Perform a tree pose.	**Know & Grow** • Understand the importance of quiet focus, controlled breathing and good posture during yoga whilst recognising how physical activity supports health, confidence and wellbeing. **Show** • Pose like a variety of animals and characters. • Bend, stretch and reach with control. • Begin to control breathing whilst moving. • Use imagination to create yoga poses. • Create poses to represent simple themes and stories.	**Know & Grow** • Understand how breathing techniques, concentration and posture improve yoga performance whilst recognising the wider physical and mental benefits of regular exercise. **Show** • Control breathing throughout yoga activities. • Perform three-part breathing. • Bend, stretch and reach with increasing control. • Create imaginative poses confidently.

• Perform a downward dog pose. • Hold poses to represent people, places and objects. • Use imagination to create movements and poses.	• Work quietly and remain focused during activities.	• Represent people, places and stories through yoga poses. • Sustain concentration throughout a yoga session. • Work independently and with confidence.
Year 3	**Year 4**	**Year 5**
Know & Grow • Understand how breathing, stretching, concentration, meditation and relaxation improve yoga performance and explain the physical benefits of yoga, including changes to heart rate, breathing and body temperature during exercise. **Show** • Perform a variety of yoga poses with confidence. • Hold positions with good alignment and body shape. • Control individual body parts during movement. • Coordinate breathing whilst exercising. • Work collaboratively to create and perform yoga poses. • Explain the benefits of yoga.	**Know & Grow** • Understand how preparation, concentration, meditation and relaxation improve performance whilst identifying muscles used during exercise and explaining the importance of warming up and cooling down. **Show** • Hold yoga positions with accurate alignment and posture. • Control and isolate different body parts effectively. • Maintain focus throughout yoga activities. • Devise and lead a simple meditation. • Demonstrate controlled breathing during movement. • Explain the importance of relaxation. • Work collaboratively to perform sequences of poses. • Articulate the benefits of yoga.	**Know & Grow** • Understand the wider physical and mental benefits of yoga, including how positive mindset and affirmations improve wellbeing, whilst developing effective communication, teamwork and respect for others' ideas. **Show** • Adopt the correct rest position. • Prepare the body effectively for yoga. • Perform a wide range of yoga poses with control. • Perform a relaxation and meditation sequence. • Create and use positive affirmations. • Explain how different yoga poses benefit physical and mental wellbeing.
Year 6	**Progression Overview**	
Know & Grow • Understand how mindset, relaxation, affirmations and reflection enhance yoga practice whilst recognising the importance of respectful communication, active listening and asking thoughtful questions when working with others. **Show** • Adopt the relaxation pose correctly.	Nursery: Explore basic yoga poses through imaginative movement whilst developing balance, body awareness and confidence. Year 1: Perform simple yoga poses with increasing control, balance, focus and breathing awareness. Year 2: Develop control, concentration and breathing techniques whilst creating and sustaining themed yoga poses.	

• Hold yoga poses for sustained periods using controlled breathing. • Prepare both body and mind for yoga. • Perform an extended relaxation and meditation sequence. • Mirror a partner's movements accurately. • Use positive affirmations confidently. • Explain how individual poses benefit different people. • Create and lead an affirmation circle. • Reflect upon and articulate personal enjoyment and the benefits of yoga.	Year 3: Refine yoga technique through improved alignment, controlled movement, breathing and collaborative sequences. Year 4: Perform yoga with greater precision and independence whilst understanding how yoga affects the body and leading simple relaxation activities. Year 5: Apply mindfulness, meditation and positive affirmations whilst performing a wide range of poses with control and explaining their benefits. Year 6: Demonstrate mastery of yoga through sustained control, mindfulness, leadership and reflection, applying advanced breathing, relaxation and communication skills

Gymnastics – PE Passport scheme of work		
Nursery	**Reception**	**Year 1**
Know & Grow • Understand how to work safely with others and equipment whilst developing confidence, creativity and communication through imaginative movement and exploration. **Show** • Travel in different ways along the floor. • Balance on different body parts. • Mirror a partner's movements. • Jump and land safely using different techniques. • Travel around, under, over and through apparatus. • Travel using different pathways and levels. • Travel with weight on hands. • Stop and balance in curled and stretched shapes. • Link two or more movements together. • Create and perform short sequences. • Use apparatus safely and imaginatively. • Start and finish movements in interesting ways.	**Know & Grow** • Understand how to jump, land and use apparatus safely whilst developing creativity, teamwork and confidence when performing simple sequences. **Show** • Jump using a variety of techniques. • Demonstrate safe take-off and landing. • Perform star and pencil jumps. • Jump with quarter and half turns. • Perform tucked jumps. • Change body shape whilst in the air. • Perform jumps and leaps with control. • Create simple jumping sequences independently and with a partner. • Incorporate jumps into floor and apparatus sequences.	**Know & Grow** • Understand the five basic balances, simple sequences and safe use of apparatus whilst recognising how balance and physical activity support health and confidence. **Show** • Perform the five basic balances individually and with a partner. • Create simple sequences using balances. • Link balances with travelling actions. • Improve travelling within a sequence. • Perform partner sequences. • Create sequences using apparatus. • Refine apparatus sequences with a partner.
Year 2	**Year 3**	**Year 4**

Know & Grow • Understand how to improve intermediate balances and combine them with travelling movements whilst developing cooperation, coordination and teamwork. **Show** • Perform basic and intermediate balances individually and with a partner. • Link balances smoothly with travelling. • Improve travelling within sequences. • Create partner sequences using apparatus. • Refine apparatus sequences with a partner. • Perform dynamic balance routines within a small group	**Know & Grow** • Understand how control, coordination and transitions improve gymnastics sequences whilst developing curiosity, imagination and open-mindedness when creating routines. **Show** • Demonstrate control and coordination during movement. • Perform partner balances with control. • Create effective transitions between movements. • Devise, repeat and perform sequences. • Adapt sequences from partner work to small-group performances.	**Know & Grow** • Understand how balances, transitions and collaboration improve gymnastics performance whilst developing creativity, problem-solving and safe working practices. **Show** • Demonstrate control and coordination independently and with a partner. • Perform the five basic balances safely. • Create paired floor sequences. • Link balances using smooth transitions. • Adapt sequences for apparatus. • Perform controlled jumps on apparatus. • Refine and improve apparatus sequences
Year 5	**Year 6**	**Progression Overview**
Know & Grow • Understand how balances, transitions, jumping and teamwork contribute to effective gymnastics whilst developing perseverance, positivity and the ability to use feedback to improve performance. Show • Demonstrate control and coordination during gymnastics. • Create paired sequences. • Develop floor sequences incorporating jumps. • Develop small-group sequences. • Perform group sequences using apparatus. • Refine and improve group performances.	**Know & Grow** • Understand how balances, transitions, expressive movement and safe group work contribute to high-quality gymnastics whilst developing perseverance, positivity and the ability to respond to feedback. **Show** • Perform balances and transitions with precision. • Create paired sequences. • Develop floor sequences incorporating jumps. • Perform expressive gymnastics movements. • Develop and perform small-group routines. • Perform expressive sequences using apparatus. • Refine performance quality through control and expression.	Nursery: Explore travelling, balancing, jumping and simple sequences whilst learning to move safely and confidently. Reception: Develop a range of jumps and landings, creating simple sequences with increasing control on the floor and apparatus. Year 1: Perform basic balances and travelling movements, linking them together to create simple partner and apparatus sequences. Year 2: Refine balances and travelling actions with greater control, creating longer partner and small-group sequences on and off apparatus. Year 3: Develop control, coordination and transitions to create fluent sequences and adapt routines for different group sizes.

		Year 4: Perform increasingly controlled and technically accurate sequences, using balances, transitions and apparatus confidently with a partner. Year 5: Create increasingly complex paired and group routines incorporating balances, jumps and apparatus while refining performance through feedback. Year 6: Demonstrate expressive, controlled and technically proficient gymnastics through advanced group sequences, leadership, refinement and confident apparatus work.

PE Passport scheme of work – Net/Wall Skills		
Year 1 – Net and Wall Game Skills 1	**Year 2 – Net and Wall Game Skills 2**	**Year 4 - Tennis**
Know & Grow • Understand how ready positions, tracking the ball and correct striking techniques improve performance whilst recognising how physical activity develops confidence, health and balance. **Show** • Send and receive a ball with control. • Strike a ball with increasing accuracy. • Strike a ball with an open palm. • Strike a ball whilst airborne. • Dig underneath the ball to return it. • Develop an effective grip and ready position. • Track the flight of the ball. • Return a ball after one bounce. • Throw accurately and with power.	**Know & Grow** • Understand how movement, positioning and shot selection improve success in net and wall games whilst developing confidence, coordination and decision-making. **Show** • Send a ball with increasing accuracy. • Strike a ball consistently with control. • Return a ball after one bounce. • Develop an effective grip and ready position. • Move quickly into good positions. • Recover to the centre after each shot. • Strike a backhand from a self-feed. • Track the flight of the ball.	**Know & Grow** • Understand the rules, scoring, tactics and positional play in tennis whilst recognising how continuous improvement, resilience and reflection enhance performance. **Show** • Consistently adopt an effective ready position. • Hit accurate forehand returns. • Play controlled backhand shots. • Volley confidently on both forehand and backhand. • Serve consistently from the baseline. • Move efficiently to play different shots. • Recover to the centre of the court after each shot. • Apply tactics to outwit an opponent.

Year 5 - Dodgeball	Year 6 - Volleyball	Progression Overview
Know & Grow • Understand how tactics, teamwork, officiating and decision-making improve performance in net and wall games whilst developing honesty, inclusion and effective collaboration. **Show** • Throw with power and accuracy. • Dodge effectively to avoid opponents. • Catch moving balls consistently. • Block attacking shots. • Attack and defend at appropriate times. • Apply tactics within competitive games. • Play by the rules and officiate when required. • Work collaboratively to develop team tactics.	**Know & Grow** • Understand advanced tactics, positional play, rotation and communication within net and wall games whilst developing resilience, persistence and learning through challenge. **Show** • Receive using dig and bump techniques. • Set accurately. • Spike with control and power. • Serve over distance consistently. • Block effectively at the net. • Execute bump, set and spike combinations. • Defend before launching attacks. • Move into attacking positions. • Play tip shots effectively. • Communicate consistently with teammates. • Apply tactics within full-sided games. • Demonstrate School Games values during competition.	**Year 1:** Develop accurate striking, throwing and receiving skills, introducing ready positions, tracking the ball and controlled returns. **Year 2:** Refine striking techniques, movement and court positioning whilst returning balls consistently and recovering effectively between shots. **Year 4:** Apply accurate tennis techniques, positional play and tactical decision-making to compete successfully against opponents. **Year 5:** Transfer net and wall principles into more tactical invasion-style games, developing teamwork, defensive play, officiating and strategic decision-making. **Year 6:** Demonstrate advanced net and wall game skills through controlled attacking and defensive play, effective communication, tactical awareness and full-sided competition.

PE Passport scheme of work - Dance		
Nursery	**Reception**	**Year 1**
Know & Grow • Understand how to express ideas through movement whilst developing confidence, creativity, communication and safe movement in shared spaces. **Show** • Create simple shapes, movements and actions to represent a theme.	**Know & Grow** • Understand how movement can communicate ideas and feelings whilst developing control, creativity, listening skills and confidence when performing with others. **Show** • Express themes through increasingly controlled movements.	**Know & Grow** • Understand how words, pictures and ideas can inspire movement whilst recognising how confidence, posture and physical activity contribute to successful dance performances. **Show** • Create shapes and movements to represent a theme.

• Express ideas and feelings through movement. • Travel safely around a space. • Use different levels when travelling. • Work cooperatively with a partner. • Create movements from pictures and simple prompts. • Listen carefully and respond through movement. • Remember and perform a short teacher-led movement sequence.	• Travel safely using different pathways and levels. • Work effectively with a partner. • Create movements from pictures and simple stories. • Perform simple movement sequences from memory. • Identify successful performances. • Perform with increasing control.	• Express ideas and feelings through movement. • Travel safely using different pathways and levels. • Communicate effectively with a partner. • Create movements from pictures. • Remember and perform simple movement sequences. • Begin to evaluate performances.
Year 2	**Year 3**	**Year 4**
Know & Grow • Understand how ideas can be linked together to create flowing dance sequences whilst developing confidence, creativity and the ability to provide simple constructive feedback. **Show** • Create movements from poems and other stimuli. • Link movements together fluently. • Communicate effectively with a partner. • Travel with control using different pathways and levels. • Remember and perform longer sequences. • Identify strengths in performances. • Give simple constructive feedback to improve a partner's performance.	**Know & Grow** • Understand how motifs, travelling actions and communication develop creative dance whilst appreciating curiosity, imagination and open-mindedness when creating and evaluating performances. **Show** • Develop and perform a dance motif. • Transform static actions into travelling movements. • Use different pathways, directions and levels. • Communicate effectively with a partner. • Communicate effectively within a group. • Create sequences using images and themes. • Evaluate performances using simple dance vocabulary.	**Know & Grow** • Understand how choreography devices such as canon, formations and transitions improve dance whilst developing creativity, collaboration and the confidence to refine performances. **Show** • Develop and refine dance motifs. • Create travelling movements with control. • Use a range of pathways, directions and levels. • Communicate effectively within a group. • Apply canon, formation changes and transitions. • Improve choreography through evaluation. • Evaluate performances using appropriate technical language.
Year 5	**Year 6**	**Progression Overview**
Know & Grow • Understand how choreography, communication and creative decision-	**Know & Grow** • Understand how advanced choreography, communication and evaluation improve	Nursery: Explore simple movements, shapes and actions whilst expressing ideas through imaginative movement and travelling safely in space.

making improve dance performance whilst developing a growth mindset, resilience and confidence when responding to challenge. **Show** • Develop creative dance motifs. • Transform static actions into travelling movements. • Use varied pathways, directions and levels. • Communicate effectively with a partner. • Communicate effectively within a group. • Use chance choreography to create sequences. • Create and refine choreography collaboratively. • Evaluate performances using technical vocabulary.	dance performance whilst developing resilience, learning from mistakes and confidently refining work through feedback. **Show** • Develop sophisticated dance motifs demonstrating agility, balance, coordination and precision. • Create expressive travelling movements. • Use varied pathways, levels, directions and formations effectively. • Communicate confidently within pairs and groups. • Apply canon, formation changes and advanced choreography devices. • Refine dance sequences through evaluation and feedback. • Evaluate performances using accurate technical language.	Reception: Develop control, confidence and creativity by performing simple sequences with partners and responding to stories, pictures and music. Year 1: Create and remember simple dance sequences inspired by themes and images whilst developing safe movement and partner work. Year 2: Link movements together fluently, respond creatively to a range of stimuli and begin evaluating performances to improve dance quality. Year 3: Develop motifs, travelling actions and group communication to create increasingly creative and expressive dance sequences. Year 4: Refine choreography through canon, formations, transitions and evaluation, creating more polished collaborative performances. Year 5: Create increasingly sophisticated choreography using a range of compositional devices whilst refining performances through collaboration and reflection. Year 6: Demonstrate confident, expressive and technically accomplished dance performances using advanced choreography, communication and evaluation skills.

PE Passport scheme of work – Striking and fielding		
Year 1 – Striking and Fielding Game Skills 1	**Year 2 – Striking and Fielding Game Skills 2**	**Year 4 – Danish Longball**
Know & Grow • Understand how striking into space, accurate throwing and teamwork improve performance whilst recognising how physical activity develops confidence, posture and balance. **Show** • Strike a ball from a tee with increasing control. • Strike a ball from a cricket tee. • Throw overarm accurately to a target. • Throw overarm to a teammate. • Receive a moving ball. • Strike a ball into space. • Apply simple tactics when striking and fielding.	**Know & Grow** • Understand how placement, decision-making and movement create scoring opportunities whilst developing confidence, cooperation and tactical awareness. **Show** • Strike a ball consistently from a tee. • Strike a ball into space to score runs. • Throw accurately overarm to teammates. • Bowl underarm with increasing consistency. • Decide when to run and when to stop safely. • Apply simple attacking and fielding tactics. • Work effectively as part of a team.	**Know & Grow** • Understand how positioning, movement, teamwork and tactical decision-making improve performance in Danish Longball whilst recognising the importance of managing emotions, reflecting on performance and demonstrating sporting values. **Show** • Send a ball accurately using a javelin-style pass. • Throw accurately using good overarm technique. • Catch a ball at different heights. • Receive the ball whilst moving. • Receive the ball in a sideways position. • Pass and throw quickly and accurately under pressure. • Track the run of an opponent. • Participate purposefully in small-sided games. • Abide by the rules of the game. • Demonstrate a wide range of striking and fielding skills. • Maintain emotional control during competitive games.
Year 5 - Cricket	**Year 6 - Rounders**	**Progression Overview**
Know & Grow • Understand how batting, bowling, field placement and teamwork influence the outcome of a cricket match whilst	**Know & Grow** • Understand how leadership, communication, tactical awareness and technical accuracy contribute to successful	**Year 1:** Develop accurate throwing, receiving and striking skills, introducing simple tactics and teamwork within striking and fielding games.

developing resilience, communication and reflective decision-making during competitive play. **Show** • Strike a moving ball with increasing consistency and control. • Bowl overarm with accuracy and consistency. • Catch high and low balls confidently. • Throw accurately over longer distances and under pressure. • Ground field using the long barrier and other appropriate techniques. • Back up teammates when fielding. • Move into effective fielding positions. • Communicate effectively whilst batting and fielding. • Judge when to run and when to remain at the crease. • Apply simple batting and fielding tactics. • Demonstrate an understanding of cricket rules during competitive games. • Work effectively as part of a team to create scoring and wicket-taking opportunities.	striking and fielding performance whilst developing honesty, responsibility and effective leadership. **Show** • Grip equipment correctly for batting and throwing. • Ground field consistently. • Strike accurately into chosen spaces. • Throw accurately under pressure. • Catch and return quickly from fielding positions. • Back up fielders effectively. • Communicate confidently with teammates. • Adapt play according to opponents and match situations. • Play full games whilst fulfilling a variety of team roles. • Demonstrate leadership and sportsmanship throughout competition.	**Year 2:** Refine batting, bowling and fielding skills whilst making simple tactical decisions about scoring and field placement. **Year 4:** Apply accurate throwing, catching and tactical decision-making in Danish Longball, demonstrating awareness of space, opponents, teamwork and emotional control during competitive play. **Year 5:** Develop cricket-specific batting, bowling and fielding techniques, applying tactical awareness, communication and teamwork within competitive games. **Year 6:** Demonstrate advanced striking and fielding skills in Rounders through leadership, technical consistency, tactical awareness and adapting play to different opponents.

PE Passport scheme of work – Invasion games		
Year 1 – Invasion Game Skills 1	**Year 2 – Invasion Game Skills 2**	**Year 3 – Invasion Game Skills 3**
Know & Grow • Understand how movement, communication and simple tactics improve invasion games whilst recognising how physical activity supports health, confidence and teamwork.	**Know & Grow** • Understand how movement off the ball, communication and tactical decision-making improve invasion game performance whilst developing confidence, cooperation and spatial awareness.	**Know & Grow** • Understand how movement, communication, attacking and defending improve invasion game performance whilst recognising the importance of resilience,

Show • Throw underarm accurately to a partner. • Throw and catch successfully with a partner. • Dodge to receive a pass. • Apply simple attacking tactics. • Select an appropriate tactic. • Play simple 3v1 games. • Move into space after passing. • Look for teammates before passing.	**Show** • Throw accurately underarm to teammates. • Catch consistently under pressure. • Dodge effectively to receive possession. • Move into space to support teammates. • Create space after passing. • Select and apply simple attacking tactics. • Use simple tactics in small-sided games. • Communicate effectively with teammates.	sportsmanship and positive behaviour during competition. **Show** • Travel with control whilst keeping your head up. • Move into good positions to receive a pass. • Shield the ball from an opponent. • Dodge effectively. • Deceive opponents using feints and dummy passes. • Close down attackers when defending. • Jockey an opponent. • Communicate effectively with teammates.
Year 4 - Handball	**Year 4 - Hockey**	**Year 5 – Basketball**
Know & Grow • Understand how movement, passing, shooting, defending and teamwork improve handball performance whilst developing tactical awareness, emotional control and sporting behaviour during competition. **Show** • Pass and receive whilst moving. • Pass accurately under pressure. • Throw and shoot accurately using correct overarm technique. • Catch a handball whilst running. • Intercept passes. • Block attacking shots. • Play effectively in small-sided games. • Play according to the rules. • Perform successfully in a range of positions. • Maintain emotional control during competition.	**Know & Grow** • Understand how stick control, passing, defending and tactical awareness improve hockey performance whilst developing teamwork, movement and positive sporting behaviours. **Show** • Dribble confidently with close control. • Stop a moving ball. • Change direction whilst dribbling. • Pass accurately using a variety of techniques. • Control passes effectively. • Receive passes whilst moving. • Perform a jab tackle. • Apply the advantage rule. • Work effectively as part of a team. • Compete successfully in game situations.	**Know & Grow** • Understand how ball control, passing, defending and teamwork improve basketball performance whilst developing honesty, inclusion, resilience and tactical awareness during competitive games. **Show** • Control a basketball confidently. • Pass accurately using chest and bounce passes. • Demonstrate a range of dribbling techniques. • Mark a player or area effectively. • Shoot using the correct BEEF technique. • Dribble, pass and shoot successfully in games. • Communicate effectively with teammates. • Apply attacking and defensive tactics.

Year 5 - Football	Year 6 – Flag Football	Year 6 – Ultimate Frisbee
Know & Grow • Understand how possession, movement, defending and communication improve football performance whilst developing teamwork, inclusion, honesty and tactical awareness. **Show** • Demonstrate close ball control. • Combine skills to retain possession. • Select appropriate shooting techniques. • Communicate effectively with teammates. • Combine skills to create scoring opportunities. • Cooperate and collaborate within a team. • Play competitive games whilst maintaining emotional control.	**Know & Grow** • Understand how positional play, attacking strategies, defensive organisation and teamwork improve flag football performance whilst developing respect, equality and fair play. **Show** • Throw accurately using a javelin pass. • Carry out basic and advanced snaps. • Receive hand-offs securely. • Grab opponents' tags consistently. • Throw accurately overarm. • Receive passes whilst running. • Run effective attacking lines. • Evade defenders. • Plan attacking strategies. • Apply player-to-player and zone defence. • Work collaboratively to develop defensive tactics.	**Know & Grow** • Understand how movement, passing, possession and tactical awareness improve Ultimate Frisbee performance whilst demonstrating respect, equality and fair play during competition. **Show** • Throw forehand and backhand passes accurately. • Catch confidently with one and two hands. • Intercept passes. • Use dummy passes to deceive opponents. • Build attacks whilst retaining possession. • Time attacking runs effectively. • Find space in challenging situations. • Contribute in both attack and defence. • Apply skills successfully during competitive games. • Communicate effectively with teammates.

Progression Overview

Year 1: Develop accurate passing, catching and movement skills whilst introducing simple attacking tactics, communication and teamwork within invasion games.

Year 2: Refine passing, receiving and movement off the ball, applying simple tactical decisions to support teammates and create attacking opportunities.

Year 3: Develop attacking and defending principles through improved movement, shielding, communication and simple tactical decision-making during invasion games.

Year 4 – Handball: Develop accurate passing, catching, shooting and defensive skills whilst applying tactical awareness, teamwork and positional play within competitive handball.
Year 4 – Hockey: Develop close control, dribbling, passing, receiving and defensive skills whilst applying tactical awareness and teamwork during competitive hockey.

Year 5 – Basketball: Develop confident ball-handling, passing, dribbling and shooting skills whilst applying attacking and defensive tactics, communication and teamwork within competitive basketball.
Year 5 – Football: Develop technical football skills through improved ball control, passing, movement and shooting whilst applying tactical awareness, teamwork and decision-making during competitive games.

Year 6 – Flag Football: Apply advanced passing, movement and defensive strategies whilst executing attacking plays, communicating effectively and working collaboratively within competitive flag football.
Year 6 – Ultimate Frisbee: Demonstrate advanced throwing, catching, movement and tactical awareness whilst maintaining possession, creating attacking opportunities and contributing effectively in attack and defence.

PE Passport scheme of work - OAA		
Year 1	**Year 2**	**Year 3**
Know & Grow • Understand how to work safely with others, follow simple maps and directions, and solve problems collaboratively whilst developing confidence, communication and positive teamwork. **Show** • Jump and land with balance and control. • Reach, lift and place objects safely. • Follow a simple map. • Work with others to solve simple problems. • Give and follow clear directions. • Motivate and encourage a partner. • Work with control and make sensible decisions. • Find clues using a simple map. • Lead a simple warm-up activity.	**Know & Grow** • Understand how planning, communication and teamwork help solve problems whilst developing confidence, decision-making and leadership during outdoor activities. **Show** • Follow a simple map accurately. • Solve mathematical and practical problems with a partner. • Give and follow clear directions confidently. • Work collaboratively to solve challenges. • Make good decisions under simple pressure. • Find clues using a map independently. • Support and encourage teammates. • Lead a simple warm-up confidently.	**Know & Grow** • Understand how communication, teamwork, perseverance and basic navigation improve success in outdoor adventurous activities whilst recognising how physical activity affects the body. **Show** • Work effectively as part of a team. • Work together in small groups to solve problems. • Negotiate and communicate with teammates. • Solve problems collaboratively. • Identify locations using a map. • Identify controls using photographic clues. • Follow simple maps confidently.
Year 4	**Year 5**	**Year 6**

Know & Grow • Understand how navigation, communication, resilience and teamwork improve performance in outdoor adventurous activities whilst recognising the importance of warming up, cooling down and using equipment safely. **Show** • Compete effectively under pressure. • Plan simple routes using a map. • Follow activity rules safely. • Navigate around an area using maps. • Run and think simultaneously during challenges. • Take photographs to record checkpoints. • Work collaboratively to solve problems. • Demonstrate resilience during challenging tasks.	**Know & Grow** • Understand how planning, communication, teamwork and map-reading improve success in outdoor adventurous activities whilst recognising the value of listening, sharing ideas and keeping others safe. **Show** • Communicate using verbal and non-verbal methods. • Navigate around an area using a map. • Work with a partner through obstacle challenges. • Stay focused during tasks. • Think creatively to solve problems. • Find controls using a map. • Identify controls using letters and symbols. • Work effectively within a team. • Demonstrate teamwork during group challenges.	**Know & Grow** • Understand how leadership, communication, teamwork and advanced navigation contribute to successful outdoor adventurous activities whilst developing active listening, respectful communication and collaborative problem-solving. **Show** • Give clear instructions to others. • Lead others safely through challenges. • Work effectively as part of a team. • Demonstrate high-quality communication during group tasks. • Solve problems collaboratively. • Work efficiently against the clock. • Communicate positively with teammates. • Motivate others successfully. • Demonstrate advanced map-reading skills.

Progression Overview

Year 1: Explore simple maps, directions and problem-solving activities whilst developing confidence, communication and teamwork through cooperative challenges.

Year 2: Develop leadership, planning and decision-making skills whilst solving increasingly complex challenges using simple maps and effective teamwork.

Year 3: Apply teamwork, communication and basic navigation skills to solve problems collaboratively whilst beginning to use maps and photographic clues confidently.

Year 4: Develop resilience, route planning and navigation skills whilst solving more challenging problems under pressure using maps and teamwork.

Year 5: Apply planning, communication and map-reading skills to increasingly complex team challenges, demonstrating creativity, leadership and collaborative problem-solving.

Year 6: Demonstrate confident leadership, advanced communication, navigation and teamwork whilst solving complex outdoor challenges safely, efficiently and collaboratively.

PE Passport scheme of work – Personal challenges		
Nursery	**Reception**	**Year 1**
Know & Grow • Understand how to move safely, balance, share equipment and take turns whilst developing confidence, creativity and communication through physical challenges. **Show** • Find and move into a space safely. • Balance on one leg whilst stationary. • Move a ball with control in different directions. • Move confidently in a variety of ways. • Jump with control. • Dodge safely. • Slide to the left and right. • Gallop with increasing confidence. • Manipulate objects whilst galloping.	**Know & Grow** • Understand how balance, coordination, movement and fair play improve physical performance whilst developing confidence, creativity and communication during personal challenges. **Show** • Negotiate space confidently. • Maintain balance whilst moving slowly. • Apply the correct amount of force to a ball. • Move confidently in a variety of ways. • Jump using different techniques with control. • Dodge and slide with control. • Gallop confidently using either lead leg. • Manipulate equipment whilst moving.	**Know & Grow** • Understand how focus, balance, jumping and sprinting techniques improve physical performance whilst recognising the importance of confidence, posture and being physically active. **Show** • React quickly to a stimulus. • Demonstrate agility, balance and coordination. • Jump in a variety of ways. • Coordinate a run with a jump. • Leap, jump and hop with control. • Show determination and perseverance. • Perform exercises using good technique. • Start and finish a sprint using correct technique.
Year 2	**Year 3**	**Year 4**
Know & Grow • Understand how technique, strength, stamina and determination improve physical performance whilst recognising the benefits of regular exercise and developing confidence when tackling personal challenges. **Show**	**Know & Grow** • Understand how strength, stamina, posture and movement improve physical performance whilst recognising how exercise affects heart rate, breathing and body temperature. **Show** • Demonstrate determination during physical challenges.	**Know & Grow** • Understand how strength, stamina, posture and movement contribute to improved performance whilst recognising the importance of warming up, cooling down and preparing the body for exercise. **Show** • Bounce and catch whilst travelling. • Travel with control and pace.

• Demonstrate agility, balance and coordination confidently. • Discover and apply different jumping techniques. • Leap, jump and hop fluently. • Maintain a steady running pace. • Perform a variety of exercises with increasing control. • Work with determination during physical challenges. • Demonstrate effective sprinting technique.	• Bounce and catch using both hands. • Travel with good control and pace. • Perform exercises using good technique. • Demonstrate good movement whilst maintaining control.	• Run for sustained periods maintaining a consistent pace. • Perform exercises with good technique. • Demonstrate determination and resilience. • Maintain control throughout physical challenges.
Year 5	**Year 6**	**Progression Overview**
Know & Grow • Understand how strength, stamina, posture and movement contribute to improved physical performance whilst developing effective communication, teamwork and resilience during personal challenges. **Show** • Bounce and catch confidently using both hands. • Travel with control and pace. • Perform a variety of exercises with good technique. • Demonstrate determination throughout physical challenges. • Maintain control whilst moving. • Apply movement skills consistently across a range of activities.	**Know & Grow** • Understand how strength, stamina, movement and effective communication contribute to successful physical performance whilst developing leadership, active listening, respectful communication and resilience during personal challenges. **Show** • Bounce and catch whilst travelling confidently. • Travel with excellent control and pace. • Maintain a consistent pace over longer periods. • Demonstrate excellent technique during physical challenges. • Show determination and resilience throughout activities. • Perform physical challenges with confidence, control and consistency. •	**Nursery:** Explore balance, movement and coordination through simple physical challenges whilst learning to move safely, share equipment and develop confidence. **Reception:** Develop balance, coordination and movement control whilst applying simple physical skills with increasing confidence, accuracy and independence. **Year 1:** Develop agility, balance, coordination, jumping and sprinting skills whilst building confidence, determination and effective movement techniques. **Year 2:** Refine jumping, running and movement techniques whilst developing strength, stamina, perseverance and confidence during increasingly challenging physical activities.

		Year 3: Apply strength, stamina and coordinated movement to personal challenges whilst understanding how exercise affects the body and improving physical performance. **Year 4:** Develop greater endurance, movement control and resilience whilst applying effective physical techniques and understanding how to prepare and recover the body for exercise. **Year 5:** Demonstrate increasingly refined movement, strength and stamina whilst applying resilience, communication and teamwork to overcome personal challenges. **Year 6:** Demonstrate confident, controlled and resilient physical performance whilst leading by example, communicating effectively and applying advanced movement skills across a range of personal challenges.

PE Passport scheme of work - Athletics		
Year 2	**Year 4**	**Year 5**
Know & Grow • Understand how improving technique, warming up and throwing safely increase performance whilst developing teamwork, resilience and confidence in athletics. **Show** • Jump confidently using a variety of techniques.	**Know & Grow** • Understand how refining sprinting, hurdling, jumping and throwing techniques improves performance whilst recognising the importance of mindfulness, personal improvement and regular exercise. **Show**	**Know & Grow** • Understand how pacing, throwing technique, jumping mechanics and resilience improve athletic performance whilst recognising the importance of goal setting, motivation and developing a strong work ethic. **Show**

• Add a controlled run-up before jumping. • Throw with increasing accuracy and power. • Throw following a run-up. • Demonstrate a range of athletic techniques competently. • Provide simple feedback to help others improve.	• Sprint with improved coordination and acceleration. • Sprint efficiently between hurdles. • Jump consistently from the same take-off foot. • Perform a scissor kick confidently. • Throw overarm with increased power and distance. • Transfer a relay baton safely and efficiently. • Apply correct techniques during competitive athletics. • Challenge personal best performances.	• Control pace during middle-distance running. • Throw accurately using the pull technique. • Throw with increasing control and efficiency. • Perform correct triple jump, standing vertical jump and high jump techniques. • Combine sprinting with hurdling. • Transfer a relay baton efficiently. • Demonstrate resilience during athletic challenges.

Year 6	Progression Overview
Know & Grow • Understand how advanced pacing, throwing, jumping and hurdling techniques maximise performance whilst recognising how motivation, target setting and reflection contribute to continuous improvement. **Show** • Sustain pace over longer distances. • Throw accurately following a run-up. • Throw with greater force over increased distances. • Measure standing vertical jump performances accurately. • Perform efficient hurdling techniques. • Combine sprinting with hurdling fluently. • Transfer a relay baton efficiently within a team. • Demonstrate advanced throwing, jumping and running techniques in competition.	**Year 2:** Refine athletic techniques by introducing run-ups, improving throwing accuracy and beginning to evaluate performance whilst working cooperatively with others. **Year 3:** Apply correct sprinting, hurdling, jumping and throwing techniques whilst measuring performances and developing an understanding of how exercise improves physical fitness. **Year 4:** Refine athletic performance through improved sprinting, hurdling, jumping, throwing and relay techniques whilst striving to improve personal bests. **Year 5:** Develop advanced pacing, jumping, throwing and relay skills whilst applying resilience, motivation and goal setting to improve athletic performance. **Year 6:** Demonstrate technically accomplished athletic performances through sustained pacing, advanced throwing and jumping techniques, efficient relay exchanges and continuous self-improvement.

PE Passport scheme of work – Fundamental movement skills		
Year 1 – Fundamental Movement Skills 1	**Year 2 - Fundamental Movement Skills 2**	**Year 2 - Fundamental Movement Skills 3**
Know & Grow • Understand how balance, landing and throwing techniques improve movement whilst developing persistence, cooperation and confidence when learning new physical skills. **Show** • Perform accurate overarm and underarm throws. • Catch a bounced ball consistently. • Hop confidently on either leg. • Jump for distance with increasing control. • Land safely using two feet. • Demonstrate a range of fundamental movement skills with increasing control.	**Know & Grow** • Understand how balance, catching, throwing and spatial awareness improve movement whilst recognising the importance of confidence, posture and safe participation in physical activity. **Show** • Catch an object securely using two hands. • Skip with rhythm. • Side gallop with control. • Dodge and change direction effectively. • Throw accurately using an underarm technique. • Kick a ball using the laces.	**Know & Grow** • Understand how cooperation, movement, dribbling and striking improve physical performance whilst developing confidence, teamwork and control when working with others. **Show** • Bounce a ball with control. • Kick a ball accurately. • Dodge and change direction whilst playing games. • Catch a ball securely using two hands. • Throw accurately using an overarm technique. • Kick a ball for distance.
Progression Overview		
Year 1: Refine these skills with greater control and coordination whilst improving technique and confidence across a wider range of movements. **Year 2 – Module 2:** Apply balance, skipping, catching, dodging, throwing and kicking skills confidently whilst improving coordination and body control. **Year 2 – Module 3:** Consolidate and extend object-control and movement skills through dribbling, overarm throwing, kicking for distance and cooperative activities requiring greater precision and spatial awareness.		

PE Passport scheme of work – Object Control		
Reception – Object Control 1	**Year 1 – Object Control 2**	**Progression Overview**

Know & Grow • Understand how to move safely whilst controlling a variety of objects, developing confidence, creativity and teamwork through fundamental object control activities. **Show** • Roll different objects with control. • Travel whilst carrying an object safely. • Strike an object using the correct body part. • Bounce and catch a ball. • Throw an object underarm. • Roll a ball accurately.	**Know & Grow** • Understand how balance, striking, throwing and carrying objects safely improve object control whilst developing persistence, cooperation and confidence in physical activity. **Show** • Roll different objects with increasing accuracy. • Travel confidently whilst carrying an object. • Strike different objects with control. • Bounce and catch consistently. • Throw accurately using an underarm technique. • Roll a ball with increasing accuracy.	**Reception:** Explore rolling, carrying, striking, bouncing and throwing objects whilst developing confidence, coordination and safe movement. **Year 1:** Refine rolling, striking, bouncing and throwing skills with increasing control, coordination and accuracy whilst developing confidence and cooperation.

PE Passport scheme of work – Health-related fitness		
Year 4	**Year 5**	**Progression Overview**
Know & Grow • Understand how stamina, flexibility, core strength, relaxation and warming up contribute to improved physical fitness whilst recognising the importance of preparing and recovering the body safely before and after exercise. **Show** • Warm up and cool down effectively before and after exercise.	**Know & Grow** • Understand how regular exercise, strength, stamina, flexibility and effective preparation improve physical fitness whilst recognising the importance of determination, teamwork, communication and evaluating personal performance. **Show** • Sustain pace whilst running. • Show determination and perseverance during physical challenges.	**Year 4:** Develop stamina, flexibility, core strength and sprinting technique whilst understanding how warming up, cooling down and maintaining focus improve physical fitness and performance. **Year 5:** Apply fitness knowledge to improve strength, stamina and overall performance whilst demonstrating determination, evaluating progress and collaborating effectively to plan and complete fitness activities.

• Perform a variety of yoga poses with control. • Demonstrate good core strength. • Sustain performance even when tiring. • Jump dynamically with safe landing technique. • Demonstrate effective sprinting technique. • Start and finish a sprint race using correct technique. • Refine techniques across a range of fitness activities. • Improve personal best performances. • Maintain focus and concentration throughout physical activities	• Work consistently with determination. • Demonstrate a desire to improve previous performances. • Improve personal best performances. • Develop all-round strength through a variety of exercises. • Perform exercises with increasing control and good technique. • Prepare appropriately for physical activity. • Communicate and collaborate effectively when working in groups. • Plan and set up a simple fitness circuit with others.	

PE Passport scheme of work – Target games		
Reception	**Year 1**	**Year 2**
Know & Grow • Understand how accurate throwing, rolling and kicking improve success in target games whilst developing confidence, cooperation, active listening and safe participation. **Show** • Throw underarm towards a target with increasing accuracy. • Work cooperatively and take turns. • Strike a ball with the foot for power. • Kick a ball with increasing accuracy using both feet. • Roll a ball accurately towards a target. • Roll confidently using either hand.	**Know & Grow** • Understand how selecting appropriate throwing techniques, aiming accurately and making simple tactical decisions improve performance whilst developing creativity, teamwork and safe participation. **Show** • Bounce and catch a ball using two hands. • Catch a bounced ball during a game. • Throw underarm accurately towards a target. • Throw overarm towards a target with increasing accuracy. • Throw overarm with power towards a target.	**Know & Grow** • Understand how body position, striking technique, force and tactical decision-making improve accuracy in target games whilst developing cooperation, coordination and confidence when working with others. **Show** • Throw accurately underarm using either hand. • Kick a ball accurately using both feet. • Strike moving targets. • Roll accurately using either hand. • Punt a ball accurately using both feet. • Control the height and distance of a punt.

	• Choose when to use an underarm or overarm throw. • Apply simple tactics to outwit an opponent.	• Strike a target using a racket or bat with increasing force and accuracy. • Aim for targets using different trajectories, including the second bounce. • Throw flatter and with greater force. • Participate enthusiastically in challenges and take turns.
Progression Overview		
Reception: Explore accurate throwing, rolling and kicking towards targets whilst developing confidence, coordination, active listening and cooperative play. **Year 1:** Refine throwing, catching and aiming skills whilst selecting appropriate techniques and applying simple tactics to improve accuracy in target games. **Year 2:** Apply increasingly accurate throwing, rolling, kicking and striking techniques whilst adapting force, trajectory and tactics to achieve success in a wider range of target games.		

PE Passport scheme of work – Locomotion and Stability		
Nursery - Stability	**Nursery - Locomotion**	**Year 1 - Locomotion**
Know & Grow • Understand how balance, body control and movement help us stay stable whilst developing confidence, creativity, communication and safe participation in physical activity. **Show** • Balance on one leg whilst stationary. • Maintain balance whilst moving slowly. • Twist, bend and reach whilst maintaining balance. • Respond quickly to instructions. • Push and pull objects in different directions.	**Nursery** **Know & Grow** • Understand how balance, coordination and body position help us travel safely whilst developing confidence, active listening, communication and enjoyment through movement. **Show** • Hop on one foot. • Travel on hands and feet. • Travel on hands and feet using different movements. • Gallop forwards.	**Know & Grow** • Understand how correct jumping, dodging, travelling and landing techniques improve movement whilst developing creativity, teamwork, resilience and safe decision-making during physical activity. **Show** • Skip with rhythm and coordination. • Jump for distance with increasing control. • Jump for height using effective technique. • Dodge effectively during games. • Gallop confidently. • Side gallop fluently.

• Jump in a variety of ways. • Leap with increasing confidence. • Maintain balance whilst lifting and carrying objects. • Pick up an object whilst balancing on one leg. • Dodge safely whilst moving. • Use space safely.	• Gallop sideways. • Jump from two feet to two feet. • Stop quickly and under control whilst running. • Use arms to maintain balance whilst hopping and jumping. • Land safely on two feet with bent knees.	• Change direction quickly whilst maintaining balance. • Land safely after jumping. • Travel efficiently using a range of locomotor movements.
Progression Overview		
Nursery: Explore travelling in a variety of ways whilst developing balance, coordination and confidence through hopping, galloping, jumping and moving safely around space. **Year 1:** Refine travelling, jumping and agility skills with increasing control, coordination and confidence whilst applying them effectively during physical activities and simple games.		

PE Passport scheme of work – Leadership and team building		
Year 6 - Team Building	**Year 6 - Leadership**	**Progression Overview**
•**Know & Grow** •Understand how planning, communication, trust and teamwork contribute to successful problem solving whilst developing respectful communication, active listening and collaborative decision-making. •**Show** •Listen to others' ideas and share your own. •Work effectively with others. •Make and follow a team plan. •Perform calmly under pressure. •Trust teammates during challenges.	•**Know & Grow** •Understand how effective leadership relies on organisation, communication, creativity and collaboration whilst developing respectful communication, active listening and the confidence to support and motivate others. •**Show** •Recognise when teams are balanced and fair. •Recognise when activities require greater challenge or adaptation. •Sort teams quickly and fairly. •Organise activities to maximise participation.	Team Building & Problem Solving focuses on being an effective team member—planning, trusting others, communicating clearly and solving problems collaboratively. Leadership builds on those skills by developing pupils' ability to lead others, organise activities, make fair decisions, motivate teammates and adapt activities to meet the needs of the group.

•Communicate clearly using verbal and non-verbal methods. •Apply a team plan to solve problems. •Communicate your role clearly within the team. •Show resilience and perseverance when challenges become difficult.	•Suggest strategies to manage inappropriate behaviour. •Lead an effective warm-up. •Organise activities safely. •Work collaboratively to apply a shared plan. •Plan activities alongside others. •Support and encourage teammates positively. •Demonstrate resilience when activities do not go to plan.	

Impact

We assess the impact of our curriculum by checking that our children know more and remember more. Teachers ensure pupils regularly revisit prior learning over time. This ensures learning is embedded into pupils' long-term memory. Explain your learning is one of the school's PRAISE aims and this skill ensures children can confidently articulate what they know and have learned. Teachers and leaders monitor the impact of the curriculum through:

- Key questioning
- Observations within lessons
- Outcomes from tasks/topics
- Flashback Friday
- Pupil voice
- Learning walks
- Curriculum Team reviews