Christ Church (Brondesbury) CE Primary School
P.E. Curriculum Progression Map

	Aut 1	Aut 2	Spring 1	Spring 2	Summer 1	Summer 2
1	**Games**: Movement & spatial awareness (Multi-skills) **Gymnastics:** Balance, agility and co-ordination	**Games:** Ball skills – moving a ball with parts of the body. Co-ordination games **Gymnastics:** Balance, agility and co-ordination	**Dance:** BBC – Let's Dance programme: Let's Move! **Games**: - Multi-skills	**Games**: - Multi-skills – Agility **Dance:** BBC – Let's Dance programme: Let's Move!	**Games:** Ball skills – moving a ball with parts of the body. Co-ordination games **Games**: - Multi-skills – Agility	**Athletics:** - Running, jumping & throwing
2	**Games**: Ball skills – Hockey-based skills Co-ordination games **Gymnastics:** Balance, agility and co-ordination	**Dance:** BBC – Let's Dance programme: Let's Move! **Games:** Ball skills – raquet and ball skills Co-ordination games	**Gymnastics:** Balance, agility and co-ordination **Dance:** BBC – Let's Dance programme: Let's Move - Opposites	**Games**: Co-ordination, balance and agility games **Dance:** BBC – Let's Dance programme	**Games:** Ball skills – basketball-based skills Co-ordination games **Games:** ball-striking skills Multi-skills games	**Athletics**: Long jump, over-arm throwing, sprints, high jump, javelin, relay running
3	**Games**: Bench-ball Basketball	**Gymnastics**: flexibility, strength, technique, control and balance **Dance:** BBC – Let's Dance programme: Wonders of the world	**Gymnastics**: flexibility, strength, technique, control and balance **Dance:** BBC – Let's Dance programme: Winter sports	Games: Hockey – uni-**hockey** skills: push, passing, shooting, trapping the ball, moving with the ball **Games**: Bench Ball Hockey carousel – one ball type, three games. Play each other in teams.	**Games**: Cricket Rounders	**Athletics**: Jumping, running, throwing
4	**Games**: Play competitive games - Tennis, Netball	**Gymnastics**: flexibility, strength, technique, control and balance **Dance:** BBC – Let's Dance programme: The Romans	**Gymnastics**: flexibility, strength, technique, control and balance **Dance:** BBC – Let's Dance programme: Extreme Sports	**Games**: Play competitive games - Hockey, Basketball	**Games**: Play competitive games - Rounders, Cricket	**Athletics**: standing long jump, run up and take off long jump, relay runs
5	**Games**: Play competitive games - Basketball, Tag rugby	**Gymnastics**: flexibility, strength, technique, control and balance – rolling, floor work, balancing on and using apparatus **Dance:** BBC – Let's Dance programme: Victorian Childhood Home	**Gymnastics**: flexibility, strength, technique, control and balance – gymnastic positions, floor and apparatus work, sequences **Dance:** BBC – Let's Dance programme: Dance workshop in the gym	**Games**: Play competitive games - Netball: develop into bench ball style game, Hockey – introduce field hockey	**Games**: Play competitive games - Cricket, Rounders	**Athletics**: stages of sprinting, javelin throw, standing long jump, run up and take off, relay running, discus throwing
6	**Games**: Play competitive games - Tag rugby, tennis	**Gymnastics**: flexibility, strength, technique, control and balance – balancing partner sequences, rolling, symmetry, asymmetry **Dance:** BBC – Let's Dance programme: King Henry	**Gymnastics**: flexibility, strength, technique, control and balance – apparatus work, gymnastic positions in sequences, levels work **Dance:** BBC – Let's Dance programme: South American Carnival	**Games**: Play competitive games - Hockey – field hockey, Netball – develop into bench ball style game	**Games**: Play competitive games - rounders, cricket	**Athletics**: Sprinting starts and stages, shot putt, javelin throw with a stride approach, long jump: standing and run-up and take off, baton relay, discus throwing