

## Benington Primary School Physical Education Curriculum Progression

<b>Class</b>		<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Acorn (R)</b>	Rising Stars	<b>Invasion Games (Football)</b> Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball	<b>Invasion Games (Basketball)</b> Develop and refine a range of ball skills including: dribbling passing and shooting	<b>Gymnastics (Floor/ Apparatus)</b> Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group	<b>Tri-Golf</b> Confidently use a range of large and small apparatus  Continue to develop precision and accuracy when engaging in activities that involve a ball	<b>Athletics</b> Develop overall body strength, co-ordination and agility  Combine different movements with ease and fluency	<b>Striking &amp; Fielding Games (Cricket)</b> Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming
	Class Teacher	A range of Physical Development (PD) activities and equipment to be offered daily as part of the continuous provision in the Early Years setting. Daily Brain Gym (5-10mins) plus occasional sessions of mindfulness and Yoga					
<b>Willow (Yr 1/2)</b>	Rising Stars	<b>Invasion Games (Football)</b> Participate in team games, developing simple tactics for attacking and defending	<b>Invasion Games (Hockey)</b> Participate in team games, developing simple tactics for attacking and defending	<b>Gymnastics (Floor/ Apparatus)</b> Developing balance, agility and co-ordination	<b>Tri-Golf</b> Develop co-ordination and begin to apply this in a range of activities	<b>Striking &amp; Fielding Games (Cricket)</b> Master basic movements including running, throwing and catching	<b>Athletics</b> Master basic movements including running, jumping, throwing and catching
	Class Teacher	<b>Dance</b> Perform dances using simple movement patterns	<b>Multi-skills &amp; Parachute games</b> Master basic movements including running, jumping, throwing and catching	<b>Gymnastics (Floor)</b> Developing balance, agility and co-ordination	<b>Invasion Games (Basketball)</b> Participate in team games, developing simple tactics for attacking and defending	<b>Net/wall Games (Tennis)</b> Master basic movements including running and jumping	<b>Athletics</b> Master basic movements including running, jumping, throwing and catching

<b>Beech</b> (Yr 3/4)	Rising Stars	<b>Invasion Games (Football)</b> Play competitive games and apply basic principles suitable for attacking and defending and looking for space	<b>Invasion Games (Lacrosse)</b> Play competitive games and apply basic principles suitable for attacking and defending	<b>Net/wall (Badminton)</b> Play competitive games, modified where appropriate	<b>Tri-Golf</b> Play competitive games, modified where appropriate	<b>Athletics / OAA</b> Use running, jumping, throwing and catching in isolation Take part in outdoor and adventurous activity challenges both individually and within a team	<b>Striking &amp; Fielding (Cricket / Rounders)</b> Play competitive games and apply basic principles
	Rising Stars	<b>Gymnastics</b> Develop flexibility, strength, technique, control and balance		<b>Dance</b> Perform dances using a range of movement patterns Compare their performances with previous ones and demonstrate improvement to achieve their personal best	<b>Invasion Games (Basketball)</b> Play competitive games and apply basic principles suitable for attacking and defending	<b>Swimming (Stevenage Pool)</b> Swim competently, confidently and proficiently over a distance of at least 25m, use a range of strokes effectively, perform safe rescue in different water based situations	
<b>Oak</b> (Yr 5/6)	Rising Stars	<b>Invasion Games (Football)</b> Play competitive games and apply basic principles suitable for attacking and defending	<b>Invasion Games (Lacrosse)</b> Play competitive games and apply basic principles suitable for attacking and defending	<b>Net/wall (Badminton)</b> Play competitive games, modified where appropriate	<b>Tri-Golf</b> Play competitive games, modified where appropriate	<b>Striking &amp; Fielding (Cricket)</b> Play competitive games and apply basic principles Use running, jumping, throwing and catching in combination	<b>Striking &amp; Fielding (Rounders)</b> Play competitive games and apply basic principles Use running, jumping, throwing and catching in combination
	Rising Stars	<b>Gymnastics</b> Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best		<b>Dance</b> Perform dances using a range of movement patterns	<b>Invasion Games (Basketball)</b> Play competitive games and apply basic principles suitable for attacking and defending	<b>OAA/Athletics</b> Take part in outdoor and adventurous activity challenges both individually and within a team	<b>Athletics</b> Develop flexibility, strength, technique, control and balance

