


Progression Map



<p><u>Essential Knowledge for an athlete</u></p> <ul style="list-style-type: none"> • Knowledge of the importance of warming up and cooling down and the effect it is having on the body and muscles. • Knowledge of the relevant rules, tactics, techniques and equipment used in a specific area (within areas below) • Knowledge of how to improve their own and their peers' performance. • Knowledge of successful experts in their field. 	<p><u>Essential Skills for an athlete</u></p> <ul style="list-style-type: none"> - Running - Jumping - Coordination - Teamwork and cooperation - Competitiveness - Respect - Throwing - Catching - Kicking - Striking - Resilience - Initiative - Discipline
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	EYFS	Key Stage 1	Key Stage 2
Health and Fitness	<p>To describe how their body feels when still and when exercising.</p> <p>Specific Vocab: Healthy, exercise</p>	<p>Children gain opportunities to become physically confident in a way which supports their health and fitness.</p> <p>Children to recognise and describe how the body feels during and after different activities.</p> <p>Children to be able to explain and identify what they need to stay healthy.</p> <p>Specific Vocab: recognise, physical</p>	<p>Children to recognise and describe the effects of exercise on the body. To know the importance of strength and flexibility for physical activity.</p> <p>To understand the importance of warming up and cooling down safely and effectively.</p> <p>Children to understand why exercise is good for health, fitness and wellbeing and to recognise ways they can become healthier.</p> <p>Specific Vocab: wellbeing, effective, principles, performance</p>
Competitive team games	<p>Hit a ball with a bat or racquet.</p> <p>To follow simple rules</p> <p>Specific Vocab: racquet, roll, throw, catch, direction, space</p>	<p>Participate in team games, developing simple tactics for attacking and defending.</p> <p>To strike or hit a ball with increased control and position their body correctly to strike a ball in a particular way.</p> <p>Catch, bounce and pass the ball with increasing speed, accuracy and success in a game situation.</p> <p>To travel in different directions and begin to look for space in games.</p> <p>To understand the importance of rules in games</p> <p>Specific Vocab: strike, field, body position, accuracy, distance, hand-eye coordination, dribble,</p>	<p>Play competitive games, modified where appropriate.</p> <p>They should apply basic principles for attacking and defending.</p> <p>To throw and catch accurately, to use hand-eye coordination to be able to direct a ball when striking or hitting and to do this successfully under the pressure of a game.</p> <p>To be confident in choosing the best pass in a game situation. To demonstrate a good awareness of space.</p> <p>Follow and create complicated rules to play a game successfully</p> <p>Specific Vocab: bowl, serve, possession, attack and defence, awareness, strategy, technique.</p>

Progression and Skills Map



<p>GYMNASTICS (Develop flexibility, strength, technique, control and balance)</p>	<p>Roll in different ways with control. To begin to balance with control and move around, under, over and through objects</p> <p>Specific Vocab: travel, stretch, control, balance, under, over, through</p>	<p>Develop balance, agility and co-ordination. To move with increasing control and care. To hold a shape whilst balancing of different parts of the body.</p> <p>Specific Vocab: actions, sequence, combination, shape, flexibility, tuck roll, star, straddle, pike, squat, chassis step</p>	<p>Develop flexibility, strength, technique, control and balance. Use running and jumping in isolation and in combination Create complex sequences involving the full range of actions and movements. To demonstrate precise controlled placement of body parts in their actions, shapes and balances.</p> <p>Specific Vocab: complex, leap, vault, precise, performance, hurdle step, partner balance, agility</p>
<p>Dance</p>	<p>Join a range of movements together and change the speed of their actions.</p> <p>To talk about what they have done and what others have done.</p> <p>Specific Vocab: control, pattern.</p>	<p>Perform dances using simple movement patterns. Use simple choreographic devises such as unison and mirroring.</p> <p>Watch and describe a performance and use that to improve their own performance.</p> <p>Talk about differences between their work and that of others.</p> <p>Specific Vocab: repeat, stimulus, choreograph, unison,</p>	<p>Perform dances linking a range of movement patterns. To dance with fluency and control. Compare performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Combine flexibility, techniques and link actions and movements to create a fluent or complex sequences. Evaluate their own and others work – suggesting thoughtful and appropriate improvements. Modify some elements based on peer evaluation.</p> <p>Specific Vocab: compose, reflect, style, expression, rhythmic, improvise,</p>
<p>Athletics</p>	<p>To be able to run and jump in a range of ways for a variety of purposes – stopping and landing safely. To control their bodies when performing a specific movement.</p> <p>Specific Vocab: safely, underarm,</p>	<p>To be able to master basic movements including running and jumping, balance and agility. To vary their pace and speed.</p> <p>To throw different types of equipment for accuracy and distance.</p> <p>Specific Vocab: sprint, flight phase, overarm, push throw,</p>	<p>To use running, jumping, throwing catching in isolation and in combination. Develop flexibility, strength, technique, control and balance. To select the most appropriate pace confidently and independently for different distances or activities. To measure and record the distance of their throws.</p> <p>To understand tactics and composition.</p> <p>Specific Vocab: refine, accelerate, stamina, endurance, vertical jump, heave throw,</p>

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<p>Outdoor Adventurous Activities</p>			<p>Take part in outdoor and adventurous activity challenges both individually and within a team. To orientate themselves with confidence and accuracy around a course. Use communication effectively within the role of the team. To use a compass for navigation. Specific Vocab: orientate, communication, navigate, compass, route,</p>
<p>Swimming and Water Safety</p>			<p>Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively. Perform safe self-rescue in different water-based situations.</p>

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