



Coverage and progression across cycles A and B

	<i>Cycle A Entry</i>	<i>Cycle B Entry</i>
<i>Willows Reception Autumn</i>	<p><u>Gymnastics FS Unit 1</u></p> <ul style="list-style-type: none"> To develop basic movements such as jumping, changing direction, moving at speed and balancing. To accurately replicate basic movements and enjoy participating in a broad range of activities. <p><u>Dance Foundation Stage Unit 1:</u></p> <ul style="list-style-type: none"> To recognise that actions can be reproduced in time to music. To perform a wide variety of dance actions both similar and contrasting. To copy, repeat and perform simple movement patterns. 	<p><u>Gymnastics FS Unit 1</u></p> <ul style="list-style-type: none"> To develop basic movements such as jumping, changing direction, moving at speed and balancing. To accurately replicate basic movements and enjoy participating in a broad range of activities. <p><u>Dance Foundation Stage Unit 1:</u></p> <ul style="list-style-type: none"> To recognise that actions can be reproduced in time to music. To perform a wide variety of dance actions both similar and contrasting. To copy, repeat and perform simple movement patterns.
<i>Spring Reception</i>	<p><u>Body Management</u></p> <ul style="list-style-type: none"> To develop balance, flexibility and body management. To gain confidence in a variety of gross motor skills. To work with others. <p><u>Speed, Agility and Travel</u></p> <ul style="list-style-type: none"> To travel with some control and coordination. To change direction at speed through both choice and instructions. To perform actions demonstrating changes in speed. To stop, start, pause and prepare for and anticipate movement in a variety of situations. 	<p><u>Body Management</u></p> <ul style="list-style-type: none"> To develop balance, flexibility and body management. To gain confidence in a variety of gross motor skills. To work with others. <p><u>Speed, Agility and Travel</u></p> <ul style="list-style-type: none"> To travel with some control and coordination. To change direction at speed through both choice and instructions. To perform actions demonstrating changes in speed. To stop, start, pause and prepare for and anticipate movement in a variety of situations.
<i>Summer Reception</i>	<p><u>Manipulation and Coordination</u></p> <ul style="list-style-type: none"> To send and receive a variety of objects with different body parts. To work with others to control objects in space. To coordinate body parts such as hand-eye and foot-eye over a variety of activities and in different ways. <p><u>Cooperation and Solving Problems</u></p> <ul style="list-style-type: none"> To move confidently and cooperatively in a space. To travel in a range of ways. <p>To create shapes as a team.</p>	<p><u>Manipulation and Coordination</u></p> <ul style="list-style-type: none"> To send and receive a variety of objects with different body parts. To work with others to control objects in space. To coordinate body parts such as hand-eye and foot-eye over a variety of activities and in different ways. <p><u>Cooperation and Solving Problems</u></p> <ul style="list-style-type: none"> To move confidently and cooperatively in a space. To travel in a range of ways. <p>To create shapes as a team.</p>
<i>Willows Year 1 Autumn</i>	<p><u>Swimming (1st Half Term): Beginner</u></p> <ul style="list-style-type: none"> Develop basic locomotion in water 	<p><u>Swimming (1st Half Term): Beginner</u></p> <ul style="list-style-type: none"> Develop basic locomotion in water

	<ul style="list-style-type: none"> • Develop basic shapes in the water showing some balance • Replicate a supine floating position • Use basic swimming actions to move and stay afloat • Begin to develop skills of a recognised stroke Able to perform simple swimming actions and link together <p>Intermediate</p> <ul style="list-style-type: none"> • Develop gliding skills to travel underwater • Develop skills further to submerge and pick up objects • Master basic swimming actions and apply confidently • Apply control and balance to swimming movements • Compete against self to improve speed and distance <p>PE hub unit – Gymnastics Unit 1 (Year 1)</p> <ul style="list-style-type: none"> • Mastering basic movements and developing agility, balance and coordination (ABCs) • To extend performance in movement patterns and sequences <p>PE hub unit – Dance Unit 1 Year 1</p> <ul style="list-style-type: none"> • <i>Extend coordination, flexibility and balance</i> • <i>Perform short, simple movement patterns</i> • <i>Watch others and say what they liked about a performance</i> 	<ul style="list-style-type: none"> • Develop basic shapes in the water showing some balance • Replicate a supine floating position • Use basic swimming actions to move and stay afloat • Begin to develop skills of a recognised stroke Able to perform simple swimming actions and link together <p>Intermediate</p> <ul style="list-style-type: none"> • Develop gliding skills to travel underwater • Develop skills further to submerge and pick up objects • Master basic swimming actions and apply confidently • Apply control and balance to swimming movements • Compete against self to improve speed and distance <p>PE hub unit – Gymnastics Unit 2 (Year 1)</p> <ul style="list-style-type: none"> • Mastering basic movements and developing agility, balance and coordination (ABCs) • To extend performance in movement patterns and sequences <p>PE hub unit – Dance Unit 2 Year 1</p> <ul style="list-style-type: none"> • <i>Extend coordination, flexibility and balance</i> • <i>Perform short, simple movement patterns</i> • <i>Watch others and say what they liked about a performance</i>
<p><i>Willows</i> <i>Spring</i> <i>Year 1</i></p>	<p>PE Hub Unit – Send and Return Year 1</p> <ul style="list-style-type: none"> • <i>Extend co-ordination for hitting</i> • <i>Participate in simple sending and receiving games</i> • <i>Score points through sending balls using hitting skills to correct areas</i> <p>PE Hub Unit – Run, Jump Throw Unit 1 Year 1</p> <ul style="list-style-type: none"> • <i>Engage in competitive activities against self and others</i> • <i>Master basic running, jumping and throwing skills</i> 	<p>PE Hub Unit – Hit, Catch, Run Year 1</p> <ul style="list-style-type: none"> • <i>Extend agility and coordination through throwing, catching and retrieving</i> • <i>Participate in simple hit, catch and run games</i> • <i>Score points through sending balls and running</i> <p>PE Hub Unit – Run, Jump Throw Unit 1 Year 1</p> <ul style="list-style-type: none"> • <i>Engage in competitive activities against self and others</i> • <i>Master basic running, jumping and throwing skills</i>
<p><i>Willows</i> <i>Summer</i> <i>Year 1</i></p>	<p>PE hub unit – Attack, Defend, Shoot Year 1 unit 1</p> <ul style="list-style-type: none"> • Develop fundamental movement skills in a variety of games • Engage in competitive situations with some attacking and defending skills <p>Outdoor and adventurous PE Hub unit - Year 1</p> <ul style="list-style-type: none"> • Work as an individual to solve problems 	<p>PE hub unit – Attack, Defend, Shoot Year 1 unit 1</p> <ul style="list-style-type: none"> • Develop fundamental movement skills in a variety of games • Engage in competitive situations with some attacking and defending skills <p>Outdoor and adventurous PE Hub unit - Year 1</p> <ul style="list-style-type: none"> • Work as an individual to solve problems

<p><u>Maples</u> <u>Autumn</u></p>	<p><u>Swimming (1st Half term)</u> <u>Beginner</u></p> <ul style="list-style-type: none"> • <u>Develop basic locomotion in water</u> • <u>Develop basic shapes in the water showing some balance</u> • <u>Replicate a supine floating position</u> • <u>Use basic swimming actions to move and stay afloat</u> • <u>Begin to develop skills of a recognised stroke Able to perform simple swimming actions and link together</u> <p><u>Intermediate</u></p> <ul style="list-style-type: none"> • <u>Develop gliding skills to travel underwater</u> • <u>Develop skills further to submerge and pick up objects</u> • <u>Master basic swimming actions and apply confidently</u> • <u>Apply control and balance to swimming movements</u> • <u>Compete against self to improve speed and distance</u> <p><u>PE Hub Unit – Run, Jump Throw Unit 2 Year 2</u></p> <ul style="list-style-type: none"> • <i>Develop agility in running</i> <p><i>Participate in competitions for running, jumping and throwing</i></p>	<p><u>Swimming (1st Half Term):</u> Beginner</p> <ul style="list-style-type: none"> • Develop basic locomotion in water • Develop basic shapes in the water showing some balance • Replicate a supine floating position • Use basic swimming actions to move and stay afloat • Begin to develop skills of a recognised stroke Able to perform simple swimming actions and link together <p>Intermediate</p> <ul style="list-style-type: none"> • Develop gliding skills to travel underwater • Develop skills further to submerge and pick up objects • Master basic swimming actions and apply confidently • Apply control and balance to swimming movements • Compete against self to improve speed and distance <p><u>PE Hub Unit – Run, Jump Throw Unit 2 Year 2</u></p> <ul style="list-style-type: none"> • <i>Develop agility in running</i> • <i>Participate in competitions for running, jumping and throwing</i>
<p><u>Spring</u></p>	<p><u>PE hub unit – Attack, Defend, Shoot unit 1 year 2</u></p> <ul style="list-style-type: none"> • Develop eye to foot coordination • Participate in increasingly challenging games situations <p><u>PE hub unit – Dance Unit 1 Year 2</u></p> <ul style="list-style-type: none"> • Become increasingly competent and confident in fundamental basic ABC in relation to dance activity • Develop and perform simple movements 	<p><u>Gymnastics (2nd Half Term)</u> <u>PE hub unit – Gymnastics Unit 1 Year 2</u></p> <ul style="list-style-type: none"> • Become increasingly confident and competent in fundamental agility, balance and coordination (ABCs) in relation to gymnastic activity • Develop and perform simple sequences <p><u>PE Hub Unit – Send and Return Year 2</u></p> <ul style="list-style-type: none"> • Participate in modified net/wall games • Combine isolated skills e.g. moving towards a ball to make contact • Compete against self and others to score points
<p><u>Summer</u></p>	<p><u>PE Hub Unit – Send and Return Year 2</u></p> <ul style="list-style-type: none"> • Participate in modified net/wall games • Combine isolated skills e.g. moving towards a ball to make contact <p>Compete against self and others to score points</p> <p><u>Outdoor and adventurous</u> <u>PE Hub unit - Year 2</u></p> <ul style="list-style-type: none"> • Work as an individual to solve problems 	<p><u>PE Hub Unit – Hit, Catch, Run Year 2</u></p> <ul style="list-style-type: none"> • Develop eye to hand coordination for hitting • Participate in striking and fielding situations <p><u>Outdoor and adventurous</u> <u>PE Hub unit - Year 2</u></p> <ul style="list-style-type: none"> • Work as an individual to solve problems

<p><u>Firs</u> <u>Autumn</u></p>	<p><u>Tag Rugby</u> <u>PE hub units year 3</u></p> <ul style="list-style-type: none"> • Play in a competitive game developing basic tactics • Master basic movements including change of speed, throwing and catching • Work collaboratively to use basic tactics for attack <p><u>PE hub units year 4</u></p> <ul style="list-style-type: none"> • Develop stamina and speed in competitive games • Practice and use running and dynamic balance in games <p>Work as a team to use basic defending and attacking tactics in games</p> <p><u>Netball</u> <u>PE hub unit – Year 3</u></p> <ul style="list-style-type: none"> • Play in competitive games developing simple tactics • Master basic movements including running, throwing and catching • Work collaboratively to use basic tactics for attacking play <p><u>PE hub unit – Year 4</u></p> <ul style="list-style-type: none"> • Play in competitive games developing stamina and endurance • Practise and use running, sprinting and dynamic balance in games • Work collaboratively to use basic tactics for defending and attacking 	<p><u>Football</u> <u>PE hub unit year 3</u></p> <ul style="list-style-type: none"> • Play in competitive games using basic attacking principles • Master basic movements including sprinting, change of direction and coordination of the feet • Work collaboratively to use basic tactics to attack <p><u>PE hub unit year 34</u></p> <ul style="list-style-type: none"> • Play in competitive games developing stamina and endurance • Practise and use running, sprinting and dynamic balance in games • Work collaboratively to use basic tactics for defending and attacking <p><u>Hockey</u> <u>PE hub unit – Year 3</u></p> <ul style="list-style-type: none"> • Play in competitive games developing agility • Able to recognise where improvements could be made in their work • Select and combine more complex skills in game situations <p><u>PE hub unit – Year 4</u></p> <ul style="list-style-type: none"> • Play in competitive games developing stamina and endurance • Practise and use running, sprinting and dynamic balance in games <p>Work collaboratively to use basic tactics for defending and attacking</p>
<p><u>Spring</u></p>	<p><u>Gymnastics</u> <u>PE Hub planning – Year 3 (Unit 1)</u></p> <ul style="list-style-type: none"> • Devise simple sequences using compositional ideas • Master basic movements including leaping, jumping, balancing and stretching • Work collaboratively to adapt, change and improve individual sequence <p><u>PE Hub planning – Year 4 (Unit 1)</u></p> <ul style="list-style-type: none"> • Develop strength and stamina through sustained periods of vigorous activity • Practice and implement runs, leaps, jumps and locomotion in more complex sequences <p>Work collaboratively to perform with a partner</p>	<p><u>Dance</u> <u>PE Hub Unit 1 (Year 3)</u></p> <ul style="list-style-type: none"> • Develop and perform simple routines • Perform to an audience <p><u>PE Hub Unit 1 (Year 4)</u></p> <ul style="list-style-type: none"> • Perform routines to audiences • Perform using a range of movement patterns and set phrases • Work collaboratively in groups. <p><u>Basketball</u> <u>PE hub unit – Year 3</u></p> <ul style="list-style-type: none"> • Play in competitive games developing simple tactics

	<p><u>Outdoor and Adventurous</u> <u>PE Hub Planning Year 3</u></p> <ul style="list-style-type: none"> • Take part in outdoor and adventurous activity challenges both individually and within a team <p><u>PE Hub Planning Year 4</u></p> <ul style="list-style-type: none"> • Take part in outdoor and adventurous activity challenges developing strength and flexibility 	<ul style="list-style-type: none"> • Master basic movements including running, throwing and catching • Work collaboratively to use basic tactics for attacking play <p><u>PE hub unit – Year 4</u></p> <ul style="list-style-type: none"> • Play in competitive games developing stamina and endurance • Practise and use running, sprinting and dynamic balance in games • Work collaboratively to use basic tactics for defending and attacking
<i>Summer</i>	<p><u>Athletics</u> <u>PE hub planning (Year 3)</u></p> <ul style="list-style-type: none"> • Complete against self and others developing simple technique • Master basic movements including running, throwing and jumping • Work collaboratively and individually to help improve self and others <p><u>PE hub planning (Year 4)</u></p> <ul style="list-style-type: none"> • Complete against self and others developing simple technique • Master basic movements including running, throwing and jumping • Work collaboratively and individually to help improve self and others <p><u>Rounders</u> <u>PE hub planning Year 3</u></p> <ul style="list-style-type: none"> • Play in competitive games developing simple tactics • Master basic movements including running throwing, catching and striking • Work collaboratively to use basic tactics for batting and fielding <p><u>PE hub planning Year 4</u></p> <ul style="list-style-type: none"> • Play in competitive games developing stamina and endurance • Practice and use running, sprinting and dynamic balance in games • Work collaboratively to use basic tactics for batting and fielding 	<p><u>Tennis</u> <u>PE Hub Planning Year 3</u></p> <ul style="list-style-type: none"> • Play competitively against others and work together with others • Work hard to challenge self to improve the consistency of shots including newly learnt shots • Implement basic tactics in gameplay <p><u>PE Hub Planning Year 4</u></p> <ul style="list-style-type: none"> • Play competitively against others and work together with others • Work hard to challenge self to improve the consistency of shots including newly learnt shots • Implement basic tactics in gameplay <p><u>Cricket PE hub Planning Year 3</u></p> <ul style="list-style-type: none"> • Play in competitive games developing simple tactics • Master basic movements including running, throwing, catching and striking • Work collaboratively to use basic tactics for batting and fielding <p><u>PE Hub Unit 1 (Year 4)</u></p> <ul style="list-style-type: none"> • Play in competitive games developing stamina and endurance. • Practise and use running, sprinting and dynamic balance in games. <p>Work collaboratively to use basic tactics and strategies for batting and fielding.</p>

<p>Oaks Autumn</p>	<p>Tag Rugby PE hub units year 5</p> <ul style="list-style-type: none"> • Able to recognise where improvement could be made in their work • Develop, select and combine more complex skills in competitive environments • Play in games developing strength and technique <p>Tag Rugby PE hub units year 6</p> <ul style="list-style-type: none"> • Play in competitive games developing fluency in skills and techniques • Work as a team implementing attacking and defending tactics • Compare team performances against other team performance <p><u>Swimming (1st Half Term):</u> Intermediate</p> <ul style="list-style-type: none"> • Develop gliding skills to travel underwater • Develop skills further to submerge and pick up objects • Master basic swimming actions and apply confidently • Apply control and balance to swimming movements • Compete against self to improve speed and distance <p><u>Advanced</u></p> <ul style="list-style-type: none"> • Develop and apply a broad range of skills including collecting, carrying and floating • Increase proficiency in backstroke • Swim confidently over longer distances using a recognised stroke • Perform self-rescue in different situations • Engage in swimming for sustained periods of time improving weaker strokes <p>Cross country practise.</p>	<p>Football PE Hub Planning – Year 5</p> <ul style="list-style-type: none"> • Play in competitive games developing fluency in skills and techniques. • Able to recognise where improvements could be made in their work • Select and combine more complex skills in game situations <p>Football PE Hub Planning – Year 6</p> <ul style="list-style-type: none"> • Play in competitive games developing fluency in skills and techniques. • Work in collaboration to play in different formations. • Compare team performance against other team performances. <p><u>Swimming (1st Half Term):</u> Intermediate</p> <ul style="list-style-type: none"> • Develop gliding skills to travel underwater • Develop skills further to submerge and pick up objects • Master basic swimming actions and apply confidently • Apply control and balance to swimming movements • Compete against self to improve speed and distance <p><u>Advanced</u></p> <ul style="list-style-type: none"> • Develop and apply a broad range of skills including collecting, carrying and floating • Increase proficiency in backstroke • Swim confidently over longer distances using a recognised stroke • Perform self-rescue in different situations • Engage in swimming for sustained periods of time improving weaker strokes <p>Cross country practise.</p>
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<p><i>Spring</i></p>	<p><u>Netball</u> <u>PE hub units year 5</u></p> <ul style="list-style-type: none"> • Play in competitive games developing strength and technique • Able to recognise where improvements could be made in their work • Select and combine more complex skills in game situations <p><u>PE hub units year 6</u></p> <ul style="list-style-type: none"> • Play in competitive games developing fluency in skills and techniques • Work in collaboration to play using different tactics • Compare the team's performance against others <p><u>Dance</u> <u>PE Hub Planning – Unit 1 Year 5</u></p> <ul style="list-style-type: none"> • To perform routines to audiences • To perform in a variety of dance styles • To work collaboratively in groups. <p><u>PE Hub Planning – Unit 1 Year 6</u></p> <ul style="list-style-type: none"> • To work collaboratively with a partner and in small groups to perform more complex dances. • To compare performance with previous performances and demonstrate improvement to achieve personal best. • To develop flexibility, balance, strength and control in a range of dances. 	<p><u>Hockey</u> <u>PE Hub Planning – Year 5</u></p> <ul style="list-style-type: none"> • Play in competitive games developing strength and technique • Able to recognise where improvements could be made in their work • Select and combine more complex skills in game situations <p><u>PE Hub Planning – Year 6</u></p> <ul style="list-style-type: none"> • Play in competitive games developing fluency in skills and techniques • Work in collaboration to play in different formations • Compare the team's performance against others <p><u>Gymnastics</u> <u>PE Hub Planning – Unit 1 Year 5</u></p> <ul style="list-style-type: none"> • Work collaboratively with a partner to perform. • Compare performance with previous performances. • Develop flexibility, balance, strength and control. <p><u>PE Hub Planning – Unit 1 Year 6</u></p> <ul style="list-style-type: none"> • Work collaboratively with a partner and in small groups to perform. • Compare performance with previous performances and demonstrate improvement to achieve personal best. • Develop flexibility, balance, strength and control.
<p><i>Summer</i></p>	<p><u>Athletics</u> <u>PE Hub Planning – Year 5</u></p> <ul style="list-style-type: none"> • Perform routines to audiences • Perform in a variety of dance styles • Work collaboratively in groups <p><u>PE Hub Planning – Year 6</u></p> <ul style="list-style-type: none"> • Work collaboratively with a partner and in small groups to perform more complex dances • Compare performances with previous performances and demonstrate improvement to achieve personal best • Develop flexibility, balance, strength and control in a range of dances <p><u>Rounders</u> <u>PE Hub Planning – Year 5</u></p> <ul style="list-style-type: none"> • Play in competitive games developing power, flexibility and cardiovascular endurance • Able to recognise where improvements could be made in their work • Select and combine more complex skills in game situations <p><u>PE Hub Planning – Year 6</u></p> <ul style="list-style-type: none"> • Play in competitive games developing fluency in skills and techniques • Work in collaboration to apply defensive and attacking tactics 	<p><u>Outdoor and Adventurous</u></p> <ul style="list-style-type: none"> • Compare performance with previous performances • Apply a range of skills to complete a task • Practise using problem-solving skills <p><u>Cricket</u> <u>PE Hub Planning – Year 5</u></p> <ul style="list-style-type: none"> • Play in competitive games developing power, flexibility and cardiovascular endurance. • Able to recognise where improvements could be made in their work. • Select and combine more complex skills in game situations. <p><u>PE Hub Planning – Year 6</u></p> <ul style="list-style-type: none"> • Play in competitive games developing fluency in skills and techniques • Work in collaboration to apply defensive and attacking skills • Compare team performance against other team performances <p><u>Tennis</u> <u>PE hub planning year 5</u></p> <ul style="list-style-type: none"> • Play competitively against others and work together with others • Work hard to challenge self to improve the consistency of shots including newly learnt shots

To compare team performance against other team performances.

- Implement basic tactics in gameplay

PE hub planning year 6

- Play competitively against others and work together with others in gameplay
- Work hard to challenge self to improve the consistency of shots including newly learnt shots
- Implement basic tactics and score games using an appropriate scoring system