



Filey Junior School

Widening Horizons and Reaching Our Potential. Respecting the World and Each Other.
A Happy, Healthy and Positive Learning Community

Curriculum Pillars

PE

Motor Competence	Rules, strategies and tactics	Healthy Participation
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Themes

PE

Netball/Basketball	Dance	Gymnastics
Dance	Hockey	Athletics
Swimming	Outdoor Education	Tennis
Fitness	Ball Skills (Y3/4)	Badminton (Y5/6)
Cricket	Rounders	Tag Rugby

**Pillars Progression
PE**

Motor Competence

Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> - Master basic movements that involve fine and gross motor skills, including running, jumping, throwing and catching. - Follow movement patterns. 	<ul style="list-style-type: none"> - Use fine and gross motor skills for running, jumping, throwing and catching in isolation. - Begin to create own movement patterns. 	<ul style="list-style-type: none"> - Use fine and gross motor skills for running, jumping, throwing and catching in isolation and in combination. - Create own movement patterns with more confidence. 	<ul style="list-style-type: none"> - Use confident and controlled fine and gross motor skills. - Create increasingly complex movement patterns that include accuracy.

Rules, strategies and tactics

Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> - Participate in team games and individual sporting activities and develop simple tactics. 	<ul style="list-style-type: none"> - Begin to recall rules, tactics and strategies. 	<ul style="list-style-type: none"> - Focus on the rules, tactics and strategies with the support of the teacher. 	<ul style="list-style-type: none"> - Confidently recall the rules, strategies and tactics for success and apply these when participating in a range of sporting activities.

Healthy Participation

Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> - Understand the importance of participation in sporting activities. - Begin to provide feedback to peers. 	<ul style="list-style-type: none"> - Begin to show how to participate in sports safely. - Participate in sporting activities. - Compare performances with previous ones. 	<ul style="list-style-type: none"> - Begin to show how to participate in sports safely. - Know how to participate in a wider range of sporting activities. - Provide feedback to self and peers to allow improvement in 	<ul style="list-style-type: none"> - Pupils know and can show the short-term and long-term impact of sport and physical activity. - Participate in sports safely. - Fully participate in a wide range of sporting activities.

		performances.	- Provide purposeful feedback to develop healthy participation.
Declarative knowledge - How well do they recall the key points? Procedural knowledge - How well do they demonstrate the pillars?			

Theme Progression			
Gymnastics			
Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> - Adapt sequences to suit the apparatus. - Use increasing balance and control. - Move in unison with a partner 	<ul style="list-style-type: none"> - Plan and perform sequences with a partner that include a change of level and shape. - Understand how body control can improve the control and quality of movements. - Identify some muscle groups used in gymnastics. 	<ul style="list-style-type: none"> - Create and perform sequences, individually and with a partner, including canoning and synchronisation. - Use strength and flexibility to improve performances. 	<ul style="list-style-type: none"> - Combine and perform gymnastic actions, shapes and balances with control and fluency. - Work collaboratively with others to create a sequence. - Understand what counter balance and counter tension is, show examples with a partner.
Outdoor Education			
Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> - Follow and give instructions. - Plan and attempt to apply strategies to solve problems. - Work collaboratively with a partner and small group. 	<ul style="list-style-type: none"> - Identify symbols on a map and use a key to navigate. - Plan and apply strategies to solve problems. - Accurately follow and give instructions. 	<ul style="list-style-type: none"> - Be inclusive of others and share job roles. - Use critical thinking to approach a task. - Orientate a map confidently. 	<ul style="list-style-type: none"> - Be inclusive of others, share job roles and lead when necessary. - Share ideas within a group, selecting and applying the best method to solve a problem. - Orientate a map efficiently to navigate around a course.
Athletics			
Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> - Develop jumping for distance. 	<ul style="list-style-type: none"> - Demonstrate the difference 	<ul style="list-style-type: none"> - Choose the best pace for a 	<ul style="list-style-type: none"> - Perform jumps for distance using

<ul style="list-style-type: none"> - Throw a variety of objects, changing actions for accuracy and distance. - Use key points to develop sprinting techniques. 	<ul style="list-style-type: none"> between sprinting and jogging techniques. - Jump for distance with balance and control. - Throw with some accuracy and power to a target area. 	<ul style="list-style-type: none"> running event. - Perform a range of jumps showing some technique. - Take on the role of coach, official and timer when working in a group. 	<ul style="list-style-type: none"> a good technique. - Select and apply the best pace for a running event. - Show accuracy and good technique when throwing for distance.
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Cricket

Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> - Able to bowl a ball towards a target. - Learning the rules of the game and beginning to use them honestly. - Use overarm and underarm, throwing and catching skills. 	<ul style="list-style-type: none"> - Bowl a ball with some accuracy and consistency. - Use the rules of the game fairly and honestly. - Strike a bowled ball after a bounce. 	<ul style="list-style-type: none"> - Develop a wider range of fielding skills. - Strike a bowled ball with increasing consistency. - Understand the need for tactics and identify when to use them in different situations. 	<ul style="list-style-type: none"> - Select the appropriate action for the situation. - Use the rules of the game consistently to play fairly. - Work in collaboration with others so that games run smoothly.

Netball/Basketball/Dodgeball

Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> - Defend an opponent and try to win the ball. - Pass, receive and shoot the ball with some control. - Communicate with their team and move into a space to support them. 	<ul style="list-style-type: none"> - Defend one on one and know when to win the ball. - Pass, receive and shoot the ball with increasing control. - Use simple tactics to help their team score a goal or gain possession. 	<ul style="list-style-type: none"> - Pass, receive and shoot the ball with some control under pressure. - Know what position they are playing in and how to contribute when attacking and defending. - understand the rules of the game and can apply them honestly most of the time. 	<ul style="list-style-type: none"> - Create and use space to help their team. - Select the appropriate action for the situation and make this decision quickly. - Pass, receive and shoot the ball with increasing control under pressure.

Dance

Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> - Repeat, remember and perform a dance phrase. - Use counts to keep in time with a partner and group. - Create short dance phrases that communicate an idea. 	<ul style="list-style-type: none"> - Respond imaginatively to a range of stimuli relating to character and narrative. - Use changes in timing and spacing to develop a dance. - Use simple movement 	<ul style="list-style-type: none"> - Choreograph phrases individually and with others considering actions and dynamics. - Perform different styles of dance, clearly and fluently, 	<ul style="list-style-type: none"> - Perform dances confidently and fluently with accuracy and good timing. - Work creatively and imaginatively on my own, with a partner and in a group to

	patterns to structure dance phrases on my own, with a partner and in a group.	showing a good sense of timing. - Use counts when choreographing to stay in time with others and the music.	choreograph and structure dances. - Refine the way I use actions, dynamics and relationships to represent ideas, emotions, feelings and characters.
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Fitness

Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> - Complete exercises with some control. - Persevere when a challenge gets hard. - Show balance when changing direction. 	<ul style="list-style-type: none"> - Show balance when changing direction at speed. - Show control when completing activities to improve balance. - Show determination to continue working over a period of time. 	<ul style="list-style-type: none"> - Choose the best pace for a running event and maintain speed. - Encourage and motivate others to work to their best ability. - Identify how different activities can benefit my physical health. 	<ul style="list-style-type: none"> - Change running technique to adapt to different distances. - Understand the different components of fitness and ways to test and develop them. - Work to their maximum consistently when presented with challenges.

Hockey

Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> - Begin to use simple tactics. - Dribble, pass, shoot and score with some accuracy. - Understand the role as an attacker and defender. 	<ul style="list-style-type: none"> - Delay an opponent and help to prevent the other team from scoring. - Dribble, pass, shoot and score with increasing control. - Understand the rules of the game and use them often and honestly. 	<ul style="list-style-type: none"> - Communicate with the team and move into space to gain possession and score. - Use tracking, tackling and intercepting when playing in defence. - Understand the need for tactics and identify when to use them in different situations. 	<ul style="list-style-type: none"> - Create and use space to help the team. - Dribble, pass, shoot and score with increasing control, under pressure. - Work in collaboration with others so that games run smoothly.

Ball Skills

Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> - Dribble a ball with control. - Show a variety of throwing techniques. - Throw with accuracy and increasing consistency towards a target. 	<ul style="list-style-type: none"> - Use a range of throwing techniques to throw towards a target. - Catch different sized objects with increasing consistency with one and two hands. - Consistently track the path of a ball that is not sent directly to me. 	N/A	N/A

Badminton

Year 3	Year 4	Year 5/6
N/A	N/A	<ul style="list-style-type: none"> - Develop a range of shots to keep a rally going. - Select and apply appropriate skills in a game situation. <ul style="list-style-type: none"> - Work collaboratively to create tactics.

Rounders

Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> - Bowl a ball towards a target. - Begin to strike a bowled ball. - Use overarm and underarm throwing and catching skills. 	<ul style="list-style-type: none"> - Bowl a ball with some accuracy and consistency. - Communicate with team mates to apply simple tactics. - Strike a bowled ball with adapted equipment e.g. tennis racket. - Use overarm and underarm throwing and catching skills, with increasing accuracy. 	<ul style="list-style-type: none"> - Begin to strike a ball with a rounders bat. - Develop a wider range of fielding skills and begin to use these under pressure. - Understand the rules of the game and apply them honestly most of the time. 	<ul style="list-style-type: none"> - Strike a bowled ball with increasing consistency. - Work collaboratively with others to get batters out. - Understand and apply tactics in the game, as a batter, bowler and fielder.

Tennis

Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> - Return a ball to a partner. - Use basic racket skills. - Understand the aim of the game. 	<ul style="list-style-type: none"> - Return to the ready position to defend my own court. - Can sometimes play a continuous game. - Use a range of basic racket skills. 	<ul style="list-style-type: none"> - Work cooperatively with others to manage a game. - Understand the need for tactics and use them in different situations. - Understand the rules of the game and apply them honestly most of the time. 	<ul style="list-style-type: none"> - Use a wider range of skills with increasing control under pressure. - Use the rules of the game consistently to play honestly and fairly. - Work collaboratively to create tactics with team and evaluate the effectiveness of these.

Swimming

Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> - Swim using a recognised stroke a distance of 10m. - Perform a self rescue in different water based situations. <ul style="list-style-type: none"> - Begin to use a range of strokes. 		<ul style="list-style-type: none"> - Swim confidently and proficiently over a distance of at least 25m. <ul style="list-style-type: none"> - Perform a self rescue in different water based situations. <ul style="list-style-type: none"> - Use a range of strokes effectively. 	

Tag Rugby

Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> - Communicate with team and move into a space to help them. - Pass and receive the ball with some control. - Defend an opponent and try 	<ul style="list-style-type: none"> - Help my team to keep possession and score tries when playing in attack. - Pass and receive the ball with increasing control. - Understand the rules of the 	<ul style="list-style-type: none"> - Tag opponents and close down space. - Know what position they are playing and how to contribute when attacking and defending. 	<ul style="list-style-type: none"> - Select the appropriate action for the situation and make this decision quickly. - Pass and receive the ball with accuracy and control under pressure.

to tag them.

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- Understand there are
different skills for different
situations and begin to apply
those.

- Work collaboratively to
create tactics with the team
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effectiveness of these.