RHJ PE Progression Indoor PE Outdoor PE

Year 3

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Communication and Tactics	**Dance - Weather**	**Dodgeball**	**Health and Wellbeing (Mindfulness)**	**Gymnastics – Canon and Unison**	**Gymnastics – Symmetry and Asymmetry**
• Developing leadership • Develop communication as a team • Create defending and attacking tactics as a team	• Responding to stimuli, • extreme weather • Developing thematic • dance into a motif • Extending dance to create sequences with a partner • Developing sequences with a partner	• Developing changing • Direction • Introduce throwing with • Accuracy • Introduce catching • Develop moving, changing direction at speed	• Exploring relaxation techniques • Applying relaxation techniques and using them effectively • Performing balanced meditative poses • Using props to help us balance in our meditative poses	• Introduction to Unison • Introduction to Canon • Application of sequences in 'Unison' and 'Canon' onto apparatus • Combining Canon • and Unison in groups	• Introduction to symmetry • Introduction to asymmetry • Application of learning onto • apparatus • Sequence formation • Sequence completion
Game sense - Invasion	**Basketball**	**Football**	**Hockey**	**Athletics**	**Cricket**
• Introduce passing and • receiving • Introduce passing and creating space • Introduce scoring and the concept of shooting	• Introduce dribbling • Introduce passing and receiving • Combine dribbling and passing to create space • Develop passing, receiving and dribbling • Introduce shooting	• Introduce/develop dribbling • Keeping control • Introduce passing and receiving • Combine dribbling and • passing to create space • Develop passing, receiving and dribbling	• Introduce dribbling • Introduce passing and receiving • Combine dribbling and passing to create space • Develop passing, receiving and dribbling • Introduce shooting	• Explore acceleration • Explore changing speed • Introduce /develop relay: • Running for speed in a team • Throwing: Accuracy vs distance • Standing Long Jump	• Understand the concept of batting and fielding • Introduce throwing overarm • Introduce throwing underarm • Introduce catching • Striking with intent

Year 4

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Swimming		**Problem Solving**	**Dance - Cats**	**Gymnastics – Levels and Direction**	**Dodgeball**
• Aim to swim competently, confidently and proficiently over a distance of at least 25 metres • Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • Perform safe self-rescue in water-based situations		• Benches and mats challenge • Round the clock card challenge • The pen challenge • The river rope challenge • Caving challenges	• Responding to stimuli • Working together • Extending sequences with a partner in character • Exploring two contrasting • Relationships and interlinking • dance moves	• Exploring changes in 'Level' • Exploring changes in 'Direction' • Application of learning onto apparatus to include changes in 'Level' and 'Direction' • Sequence completion and performance	• Introduce jumping and ducking • Develop throwing with accuracy and power over an increased distance • Develop catching • Consolidate dodging, jumping and ducking
Game Sense (Invasion)	**Netball**	**Tag Rugby**	**Tennis**	**Athletics**	**Rounders**
• Develop passing and creating space • Combine passing, moving and shooting • Introduce dribbling: Keeping control • Introduce defending and the concept of marking	• Develop passing and receiving • Develop passing, moving and shooting • Develop Footwork • Introduce defending and the concept of marking	• Develop passing, moving and creating space • Apply learning to 3v3 mini games • Develop defending in game situations • Combine passing and moving to create an attack and score	• Developing the forehand • Creating space to win a point using a racket • Introduce the backhand • Applying the forehand and backhand in game situations • Applying the forehand and backhand creating space to win a point	• Develop running at speed • Exploring our stride pattern • Exploring running at pace • Understand and apply tactics when running for distance • Javelin • Standing Triple Jump	• Develop fielding bowling with a backstop • Introduce batting; how • Develop batting; where and why • Introduce and apply basic fielding tactics

Year 5

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Game sense - Invasion	**Dance – Street Art**	**Dodgeball**	**Health Related Exercise**	**Gymnastics – Flight**	**Gymnastics – Counter Balance and Counter Tension**
• Consolidate dribbling and passing to maintain possession to create scoring opportunities • Refine attacking skills • Refine defensive skills: Transition from defence to attack	• Using movement to create Street Artists' 'Tags' • Using a variety of concepts/relationships to change and develop our Street Art movements • Combining Breakdance with Street Art	• Introduce blocking • Consolidate catching • Understand where we throw and why we need to throw with accuracy and power • Explore basic attacking and defending tactics	• Explore and understand cardio fitness • Explore and understand flexibility fitness • Explore and understand strength fitness	• Introduction to Flight: Developing Jumping • Developing Flight: Jumping and Turning • Application of 'Jumping,' learning, onto apparatus • Combining jumping on apparatus with Canon and Unison	• Introduction to Counter • Balance • Application of Counter Balance learning onto apparatus • Sequence formation • Counter Tension • Sequence completion
Orienteering	**Basketball**	**Football**	**Hockey**	**Athletics**	**Cricket**
• Face orienteering • Cone orienteering • Point and return • Point to point • Timed course • Orienteering competition	• Refine passing and receiving • Apply passing, footwork and shooting into mini games • Introduce officiating • Introduce defending • Explore the function of other passing styles	• Refine dribbling and passing to maintain possession • Introduce and develop defending • Develop shooting • Refine attacking skills, passing, dribbling and shooting, introduce officiating	• Develop defending; blocking and tackling • Refine dribbling/passing to create attacking opportunities • Refine attacking skills, passing dribbling and shooting • Refine defending skills, developing transition from defence to attack	• Finishing a race • Evaluating our performance • Sprinting: My personal best • Relay changeovers • Shot Put • Introducing the Hurdles	• Refine batting, batting and • bowling tactics • Refine fielding stopping, catching and throwing • Combine bowling and fielding creating and applying tactics • Introduce umpiring and scoring

Year 6

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Health Related Exercise	**Leadership**	**Dodgeball**	**Gymnastics – Creating Sequences**	**Gymnastics – Matching and Mirroring**	**Dance – Prejudice and Discrimination**
• Develop a secure understanding of cardio fitness • Develop a secure understanding of flexibility fitness • Develop a secure understanding of strength fitness	• Understanding what makes an effective leader • Communicating as a leader • Introducing the STEP principle: Space, Task, Equipment and People	• Consolidate/understanding attacking and defending tactics • Transition between attack and defence • Applying the rules • Officiating games • Managing tactics	• Challenging creativity • Sequence development • Sequence performance	• Introduction to matching/mirroring • Application of matching/mirroring learning onto apparatus • Sequence development	• Exploring Prejudice and • Discrimination • Exploring Sexism/Classism through dance • The power of unity through • Dance: Tackling Prejudices
Game Sense (Invasion)	**Netball**	**Tag Rugby**	**Tennis**	**Athletics**	**Rounders**
• Consolidate attacking: Possession scenarios • Consolidate defending: Defensive scenarios • Application of 'powers' into game play to challenge tactical thinking	• Consolidate attacking • Consolidate defending • Understand and apply attacking tactics to game scenarios • Understand and apply defending tactics in game situations	• Consolidate passing • and moving • Consolidate defending • Create, understand and apply • attacking/defending tactics in • game situations • Consolidate attacking and defending in games	• Introduce/develop the volley • Controlling the game • from the serve • Doubles, understanding and applying tactics to win a point • Game application, mixed ability doubles, round robin games	• Running for speed competition • Running for distance competition • Throwing competition • Jumping competition	• Introduction to full rounders • Consolidate fielding tactics • Refine our understanding of what happens if the batter misses or hits the ball backwards • Batting considerations