



**Bloxwich Academy**  
'Be The Best You Can Be'

## Physical Education & Sport Framework Overview

### Overview

This progression map shows the concepts and small steps taught to pupils from Year 1 to Year 6. PE & Sport is mapped across each term and concepts revisited incorporating a spiral approach through retrieval this is to ensure we broaden and deepen pupils' knowledge and they have the chance to use and apply new knowledge. In brackets, after the concept, is the small steps taught for remembering and mastering.

Term	Autumn	Spring	Summer
<b>Year 1</b>	<p><b>Orienteering</b> (develop simple map skills, following instructions closely, follow simple maps of school grounds, match symbols to pictures)</p> <p><b>Gymnastics</b> (develop fundamental movement skills, learn a variety of balances focusing on correct posture; pointed toes and arm extension, develop a range of jumps including tuck and half twist jumps, develop different ways to travel, high and low, fast and slow)</p> <p><b>Dance</b> (learn the names and simple definitions of the 6 dance actions, turn, fall, jump, gesture, freeze, accurately copy the 6 dance actions)</p> <p><b>Fitness</b> (develop fundamental skills of coordination, endurance, balance and agility, jogging on the spot, 2-footed jumps, learn about the heart and what happens to heart rates when we exercise)</p>	<p><b>Gymnastics</b> (continue to practise and develop fundamental movement skills including tuck, straddle, stretch, star and half twist jumps, learn a variety of individual balances on different body parts including arabesque)</p> <p><b>Invasion Games 1</b> (practise fundamental skills through invasion games, develop passing, both sending and receiving, learn how to throw, catch and kick a ball correctly, dribble a ball and develop an awareness of space)</p> <p><b>Tennis / Pickleball</b> (learn the correct grip and how to drop / bounce the ball on the ground and hit it, how to push a ball across the floor with a racket, how to hit and return the ball when a partner hits it towards them)</p> <p><b>Invasion Games 2</b> (continue practising fundamental skills through a variety of invasion games, develop passing both sending and receiving with a partner, develop the ability to dodge and get away from a defender)</p>	<p><b>Athletics</b> (develop speed, endurance and ability to change direction, children will practise running jumps and using their arms to generate movement, develop standing throws using push, overarm throw and sling techniques)</p> <p><b>Sports Day</b> (practise skills needed for sports day events, standing long jump, target throw, speed bounce, javelin, egg and spoon race, obstacle course race, running race and jumping race)</p> <p><b>Multi-skills</b> (develop knowledge of more alternative sports and practise the skills required for each activity – tri-golf, lacrosse, frisbee, dodgeball, goalball, boccia and handball)</p> <p><b>Striking &amp; Fielding</b> (practice striking and fielding skills playing games similar to rounders and cricket, practise throwing overarm, underarm and catching using cupped hands, develop</p>

			batting skills including correct grip and posture, learn rules to simple games)
<b>Year 2</b>	<p><b>Orienteering</b> (develop the ability to work with a partner or small group effectively, listen carefully and follow instructions, develop skills to use map and key symbols to orientate a map of the school grounds )</p> <p><b>Invasion Games</b> (practise fundamental skills focusing on developing the correct technique for throwing, catching and kicking a ball over a variety of distances, develop dribbling techniques moving at different speeds, develop the ability to dodge, get free and outwit an opponent, mark a player and apply pressure)</p> <p><b>Dance</b> (recap the names and simple definitions of the 6 dance actions - turn, fall, jump, gesture, freeze (stillness) and travel, recap and copy the 6 dance actions, create a simple motif independently showing different levels)</p> <p><b>Fitness</b> (develop the fundamental skills of coordination, endurance, balance and agility, take part in a variety of circuits to increase coordination, endurance, balance and agility, will learn about personal best and what they are capable of)</p>	<p><b>Gymnastics 1</b> (improving the quality of fundamental skills, cover a variety of shapes and jumps, develop a variety of individual balances on different body parts, develop rolls independently, develop different methods of travel)</p> <p><b>Invasion Games</b> (practise fundamental skills and refine techniques for e, develop dribbling techniques, develop the ability to dodge and outwit an opponent, develop the ability to mark a player closely and apply pressure)</p> <p><b>Gymnastics 2</b> (improving the quality of fundamental skills, develop more control in their jumps, making individual balances more aesthetically pleasing, create a sequence including low apparatus)</p> <p><b>Tennis / Pickle Ball</b> (recap the correct grip and how to drop/ bounce the ball on the ground and hit it with a racket, learn about the ready position, learn the basic technique for a forehand groundstroke)</p>	<p><b>Athletics</b> (learn about the need for speed for shorter distances and the need for slower paced running when completing longer endurance type events, use arms as part of an effective running technique, practise jumping using arms and legs during long jump take-offs)</p> <p><b>Sports Day</b> (practise skills needed for sports day events, standing long jump, target throw, speed bounce, javelin, egg and spoon race, obstacle course race, running race and sack race)</p> <p><b>Multi Skills</b> (develop knowledge of more alternative sports and practise the skills required for each activity – tri-golf, lacrosse, frisbee, dodgeball, goalball, boccia and handball)</p> <p><b>Striking and Fielding</b> (practise striking and fielding skills, throwing overarm, underarm, and catching using cupped hands, develop batting skills, recapping correct grip and posture/stance)</p>
<b>Year 3</b>	<p><b>Orienteering</b> (develop their ability to work with a partner or small group effectively, learn to solve problems and complete tasks while navigating a course)</p> <p><b>Gymnastics</b> (improving the quality of fundamental skills, cover all the shapes and jumps, develop more advanced balances, begin to learn the technique for forward rolls, develop their cartwheels and begin to look at round offs)</p> <p><b>Dance</b> (know the names and simple definitions of the 6 dance actions, incorporate facings into their performance)</p>	<p><b>Football</b> (develop the basic fundamental skills and performing them with control, learn the correct passing technique and how to receive the ball, learn to how to dribble, develop their ability to dodge)</p> <p><b>Basketball</b> (introduced to basketball and will focus on developing the basic fundamental skills of the game and performing them with control, learn the technique for the four different passes, learn how to catch and receive the ball, develop their ability to dribble)</p> <p><b>Tag Rugby</b></p>	<p><b>Tennis</b> (develop the ability to hit the ball over the net, develop sending and receiving skills, re-visit the technique for a forehand groundstroke, begin to learn the technique for both backhand groundstrokes and volleying)</p> <p><b>Striking &amp; Fielding</b> (practise striking and fielding skills, practise throwing overarm, underarm, catching, bowling and batting, develop bowling and batting skills)</p> <p><b>Multi Skills</b> (develop knowledge of more alternative sports and practise the skills required for each activity – tri-golf,</p>

	<p><b>Fitness</b></p> <p>(develop the fundamental skills of coordination, endurance, balance and agility, start to develop speed, learn the correct technique when carrying out different exercises)</p>	<p>(introduced to tag rugby and will focus on developing the basic fundamental skills of the game, learn how to catch and receive the ball, develop their ability to carry the ball utilising space)</p> <p><b>Gymnastics</b></p> <p>(develop a range of jumps off a variety of apparatus, improve the quality of individual balances, develop forward rolls and learn the correct technique for backward rolls with support)</p>	<p>lacrosse, frisbee, dodgeball, goalball, boccia and handball)</p> <p><b>Athletics</b></p> <p>(introduced to the concept of throwing and jumping for distance, use a variety of objects for the throws, complete running events that require both speed and endurance)</p>
<b>Year 4</b>	<p><b>Hockey</b></p> <p>(develop basic fundamental skills, develop the correct push pass technique and how to receive the ball, develop the skill of dribbling, utilising the space effectively, changing direction and increasing speed)</p> <p><b>Gymnastics</b></p> <p>(continue practising and improving the quality of fundamental skills, practise a range of jumps off a variety of apparatus, improve the quality of individual balances, practise a range of paired balances)</p> <p><b>Dance</b></p> <p>(know the names and definitions of the 6 dance actions, creating a simple motif incorporating different levels and facings, incorporate formations into performances, work cooperatively with a partner to create a sequence)</p> <p><b>Fitness</b></p> <p>(develop the fundamental skills of coordination, endurance (stamina), balance, agility and speed, take part in a variety of circuits, focus on personal best and striving to be the best they can be)</p>	<p><b>Football</b></p> <p>(develop basic fundamental skills, develop the correct passing technique and how to receive the ball, develop the skill of dribbling, utilising the space effectively, develop their ability to mark a player, apply pressure and carry out a standing tackle, using laces as part of the shooting technique)</p> <p><b>Basketball</b></p> <p>(develop the basic fundamental skills of the game, develop the technique for the four different passes, develop their ability to dribble utilising the space available, begin to look at the set shot and lay-up techniques when shooting)</p> <p><b>Tag Rugby</b></p> <p>(focus on developing the basic fundamental skills, develop the correct passing technique and how to send the ball without breaking any rules, develop their ability to carry the ball, develop their ability to dodge using the side step technique)</p> <p><b>Striking &amp; Fielding</b></p> <p>(practise striking and fielding skills, practise throwing overarm, underarm, catching, bowling and batting, develop their bowling and batting skills focusing on consistency)</p>	<p><b>Athletics</b></p> <p>(develop throwing and jumping for distance, use a variety of objects for the throws, develop the correct technique and quality for all athletic events, complete running events that require both thought, speed and endurance)</p> <p><b>Swimming</b></p> <p>(learn a range of swimming skills and strokes, learn to perform a star float and work towards holding it for 3 seconds, learn to tread water for 10 seconds, learn to jump into the water, practise submerging in the water to touch the floor in the shallow end, perform a log roll)</p> <p><b>Tennis</b></p> <p>(develop sending and receiving skills, re-visit the technique for forehand and backhand groundstrokes, develop volleying techniques further)</p>
<b>Year 5</b>	<p><b>Hockey</b></p> <p>(develop basic fundamental skills, refine their push passing and receiving technique, introduced to the technique of slapping the ball, practise dribbling, develop their ability to utilise space, develop their ability to mark a player)</p>	<p><b>Swimming</b></p> <p>(learn a range of swimming skills and strokes, perform a tuck float with their face in the water, develop their confidence of going under the water, practise treading water for 15 seconds, swimming a width without stopping, learn a self-rescue technique)</p>	<p><b>Basketball</b></p> <p>(develop the basic fundamental skills of the game, develop different passes focusing on power and accuracy, use the correct footwork when receiving the ball, develop their ability to dribble, develop their ability</p>

	<p><b>Leadership</b> (looking at what it is to be a leader and the sorts of characteristics and qualities that a good leader needs, investigate and discuss how best to deliver activities, try out popular playground games)</p> <p><b>Gymnastics</b> (continue practising and improving the quality of fundamental skills, develop the technique for forward and backward rolls, develop forward and backward walk overs)</p> <p><b>Dance</b> (know the names and definitions of the 6 dance actions, incorporate freeze framing in their performance to tell a story, work cooperatively as part of a group to create a dance)</p>	<p><b>Football</b> (develop basic fundamental skills, refine their passing and receiving technique, practise dribbling, develop their ability to dodge, develop their ability to mark a player, develop their ability to shoot further)</p> <p><b>Tag Rugby</b> (develop the basic fundamental skills of the game, develop their passing focusing on passing on the move and developing power, practise catching and receiving the ball, develop their ability to carry the ball at pace)</p>	<p>to dodge and outwit their opponent and mark a player and apply pressure focusing on consistency)</p> <p><b>Striking &amp; Fielding</b> (practise striking and fielding skills, practise throwing overarm, underarm, catching, bowling and batting, develop their bowling technique, practise long and short barriers when fielding)</p> <p><b>Tennis</b> (continue practising their rallying skills with a partner, practise forehand and backhand groundstrokes, develop their volleying technique, know the ready position and the benefits)</p> <p><b>Athletics</b> (focus on improving the quality of their performance, develop throwing and jumping for distance, practise developing the correct grip and generating power by transferring body weight from back foot to front foot, practise long jump and high jump)</p>
<b>Year 6</b>	<p><b>Football</b> (develop fundamental skills, refine their passing and receiving technique, practise dribbling, develop their ability to dodge, develop their ability to mark a player, develop their ability to shoot using different techniques, participate in competitive games)</p> <p><b>Leadership</b> (investigate and discuss how best to deliver activities, thinking about voice projection, tone of voice, confidence, revisit the topic of risk assessments and will create their own)</p> <p><b>Swimming</b> (learn a range of swimming skills, perform a feet first surface dive and feet first sculling over a width, learn to swim under water, practise treading water for 30 seconds, practise push and glide techniques, work towards swimming 25m front crawl)</p> <p><b>Dance</b> (know the names and definitions of the 6 dance actions, understand and be able to give an explanation of what</p>	<p><b>Gymnastics</b> (continue practising and improving the quality of fundamental skills, improve the quality of individual balances, learn the technique for the more advanced individual balance handstand, develop the technique for forward and backward rolls, create a sequence incorporating apparatus)</p> <p><b>Hockey</b> (continue to develop fundamental skills, refine their passing and receiving technique, practise dribbling, develop their ability to mark a player, develop their ability to shoot using different techniques (hitting, slapping, flicking) and will learn to shoot on their reverse stick)</p> <p><b>Tag Rugby</b> (focus on developing the fundamental skills of the game, develop their passing focusing on passing on the move with the correct amount of power, develop their ability to carry the ball at pace, learn how to catch one-handed)</p>	<p><b>Basketball</b> (focus on developing the fundamental skills of the game, develop different passes focusing on power and accuracy, practise catching on the move, develop their ability to dribble utilising the space available, develop their ability to mark a player)</p> <p><b>Tennis</b> (continue practising their rallying skills, practise forehand and backhand groundstrokes, develop their volleying technique, know the ready position and the benefits, participate in competitive games)</p> <p><b>Striking &amp; Fielding</b> (practice striking and fielding skills focusing on improving the quality, practise throwing overarm, underarm, catching, bowling and batting, develop their bowling technique, practise long and short barriers when fielding, practise catching the ball over a variety of distances)</p> <p><b>Athletics</b></p>

	<p>a dance motif is, work cooperatively as part of a group, develop their ability to time their movements to the beat of the music)</p>		<p>(focus on improving the quality of their performance, practise utilising the correct grip, practise long jump and high jump focusing on using arms and legs to generate power on take-off and landing safely with good balance, practise pacing themselves correctly over different distances)</p>
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