



Federation of St. Cuthbert's and St. Sebastian's Catholic Primary Schools



PE
PROGRESSION MAP

Year 2			
	AUTUMN TERM	SPRING TERM	SUMMER TERM
	Games (Throwing & Catching) Indoor Athletics Gymnastics (Pathways – Straight/Zig-Zag/Curving)	Games (Aiming, Hitting & Kicking) Gymnastics (Turning, Spinning & Twisting) Dance	Gymnastics (Linking Movements Together) Outdoor Athletics Dance
Domain	Progression Statement		
Gymnastics	<ul style="list-style-type: none"> Understand and show different pathways on the floor eg. Straight, zig-zag and curving and travel along in different directions Show an understanding of different speeds and levels Understand and identify appropriate movement to travel along different shaped pathways Select and link together three different ways of travelling to create an interesting pathway. The sequence should show a definite beginning, middle and end. Observe and copy a partner in “follow my leader” formation to show difference pathways and link appropriate movement Apply, adapt and transfer all these ideas, actions and link movements to a simple, low level apparatus at every stage of learning 	<ul style="list-style-type: none"> Understand and show a variety of controlled turns and jumps Understand the safety implications and demonstrate a variety of rolls and spins on different parts of the body showing coordination and contrasting speed Use a jump to link together a turning movement in the air, with a turning / spinning movement on the floor Understand that fixing one half of the body to the floor and then turning the half produces a twisted position and show various ways of moving out of it Transfer, adapt and apply to apparatus 	<ul style="list-style-type: none"> Understand how one movement can link with another smoothly and continuously and that movement can be performed at different speeds and on different levels Understand and perform movements where different parts of the body lead into the next action eg. Hands and head can lead into a forward roll Compose a short, simple sequence of three or more movements using different combinations of travel, roll, balance and jump, and show changes in direction Perform a simple sequence with a partner Transfer, adapt and apply to apparatus
Dance		<ul style="list-style-type: none"> Respond to a range of stimuli Share mood and feelings through basic dance ideas Change and vary actions and demonstrate contrasting speeds Describe dance phrases and expressive qualities 	<ul style="list-style-type: none"> Use a variety of basic actions to perform a dance (turning, rolling, jumping, travelling, shape, stillness and gesture) Know and perform basic dance actions with some understanding of mood / feeling in relation to the dance

			<ul style="list-style-type: none"> • Move with co-ordination and control • Take time to try different movements and challenge themselves • Look critically at their own and other work to recognise what is good and what could be improved
Games	<ul style="list-style-type: none"> • To throw and catch using a range of apparatus. • To improve the co-ordination, control and consistency of their actions. • To use and vary simple tactics. • To observe, play and improve another person's game. 	<ul style="list-style-type: none"> • To repeat and link combination of skills in a game • To improve the co-ordination, control and consistency of their actions • To use and vary simple tactics • To observe, play and improve another person's game 	
Indoor Athletics	<ul style="list-style-type: none"> • Use various take offs and landings to jump for height and distance • Run to create an even pace • Demonstrate the underarm throw for accuracy and distance • Use skills they have developed to meet different challenges • Describe what happens to their breathing and temperature when they have been moving in different ways • Watch a partner and describe what they are doing 		
Outdoor Athletics			<ul style="list-style-type: none"> • Demonstrate a range of take offs and landings and combine some of them into patterns of jumping • Show the difference between running at speed and jogging and be able to maintain a steady rhythm • Take part in a relay activity • Throw with increasing accuracy using a variety of games and equipment • Use different techniques for running, jumping and throwing • Describe what happened to their heart rate and temperature when they been active • Explain what is successful and what they have to do to perform better

Year group long-term overview (with statutory requirements) and subject progression map (above) to be used together to inform medium term planning.