



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



PE
PROGRESSION MAP

Year 6			
	AUTUMN TERM	SPRING TERM	SUMMER TERM
	Swimming Indoor Athletics Problem Solving/Orienteering (Residential) Dance	Games (Invasion Games) Gymnastics (Synchronisation & Cannon) Dance	Games (Striking & Fielding) Outdoor Athletics Gymnastics (Counter-Balance And Counter-Tension)
Domain	Progression Statement		
Gymnastics		<ul style="list-style-type: none"> Understand, identify and use the terms synchronisation and cannon Understand and explore the possible variations in level, speed and direction when working with a partner Join together a series of movements then synchronise them with a partner Use rhythm and timing to produce a sequence of cannon movement with a partner or small group Understand how to produce combined balances emphasising levels and shape and link three balances using cannon and synchronisation to show an understanding of compositional principles 	<ul style="list-style-type: none"> Understand, identify and use the terms counter balance and counter tension Show counter balance/counter tension balances in twos, threes or small groups and know variation can be developed through changing shape/levels/pushing or pulling on different body parts Understand, identify and use a variety of methods of moving into and away from balances and link moves Link balances with appropriate movements and show variations in shape, level, speed and direction Link all of the above to apparatus
Dance	<ul style="list-style-type: none"> Develop motifs using time / space / people Organise small groups to suit the idea of the dance Perform with increased control, fluency and accuracy Perform with appropriate dynamics to suit the meaning of the idea Work collaboratively to suggest ways of improving performance and composition 	<ul style="list-style-type: none"> Display the appropriate dynamics to colour the movement Change and vary the use of relationships and add different actions Perform with expression – understand and demonstrate the intention of dance Showcase their ability to refine their movements in order to improve performance Display the confidence to include personal responses 	

Games		<ul style="list-style-type: none"> • To choose, combine and perform ball handling skill more fluently and effectively in games • To sue attacking and defending strategies more consistently in similar games • To develop their ability to evaluate work and suggest improvements • To understand why exercise is good for their fitness, health and wellbeing 	<ul style="list-style-type: none"> • Know, understand and show the correct striking stance and direct the ball away from fielder using different angles and speeds • Bowl in competitive situations and understand strategies that can be deployed between bowler / wicket keeper / back stop / bases • Field the ball and return it with an overarm throw and know when to run after hitting a ball • Play confidently and effectively in a range of small sided striking / fielding games and work as a team • Recognise and identify what needs to be improved in their performance and suggest way of doing it
Indoor / Outdoor Athletics	<ul style="list-style-type: none"> • Sustain their pace over longer distances • Throw with greater control, accuracy and efficiency • Perform a range of jumps showing power, control and consistency at both take-off and landing • Know and understand the basic principles of relay take-overs and confidently take part in relay races • Explain how warming up can affect performance and perform a range of warm up activities • Watch a performance and be able to pick out the main strengths and suggest improvements 		

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