



## PHYSICAL EDUCATION Y5 PROGRESSION MAP

AUTUMN TERM	SPRING TERM	SUMMER TERM
<b>Progression Statement</b>		
<p><b>MINDFUL MOVEMENT</b></p> <ul style="list-style-type: none"> <li><b>Physical:</b> balance, flexibility, strength, coordination</li> <li><b>Social:</b> working safely, sharing ideas, leadership</li> <li><b>Emotional:</b> confidence, working independently</li> <li><b>Thinking:</b> creating, selecting and applying actions, observing and providing feedback</li> </ul>	<p><b>GYMNASTICS</b></p> <ul style="list-style-type: none"> <li><b>Physical:</b> symmetrical and asymmetrical balances, straight roll, forward roll, straddle roll, backward roll, cartwheel, bridge, shoulder stand</li> <li><b>Social:</b> responsibility, collaboration, communication, respect</li> <li><b>Emotional:</b> confidence</li> <li><b>Thinking:</b> observing and providing feedback, selecting and applying actions, evaluating and improving sequences</li> </ul>	<p><b>ATHLETICS</b></p> <ul style="list-style-type: none"> <li><b>Physical:</b> pacing, sprinting technique, relay changeovers, jumping for distance, push and pull throwing for distance</li> <li><b>Social:</b> collaborating with others, supporting others</li> <li><b>Emotional:</b> perseverance, determination</li> <li><b>Thinking:</b> observing and providing feedback</li> </ul>
<p><b>NET, COURT &amp; WALL GAMES (VOLLEYBALL)</b></p> <ul style="list-style-type: none"> <li><b>Physical:</b> volley, set, dig, serve, ready position</li> <li><b>Social:</b> communication, respect, supporting and encouraging others</li> <li><b>Emotional:</b> confidence, perseverance, honesty</li> <li><b>Thinking:</b> using tactics, selecting and applying skills, identifying strengths and areas for development</li> </ul>	<p><b>DANCE</b></p> <ul style="list-style-type: none"> <li><b>Physical:</b> performing a variety of dance actions, using canon, unison, formation, dynamics, character, structure, space, emotion, matching, mirroring, transitions</li> <li><b>Social:</b> collaboration, consideration and awareness of others, inclusion, respect, leadership</li> <li><b>Emotional:</b> empathy, confidence</li> <li><b>Thinking:</b> creating, observing and providing feedback, using feedback to improve, selecting and applying skills</li> </ul>	
<p><b>OAA</b></p> <ul style="list-style-type: none"> <li><b>Physical:</b> stamina, running</li> <li><b>Social:</b> communication, teamwork, negotiation, empathy, inclusion, listening</li> <li><b>Emotional:</b> confidence</li> <li><b>Thinking:</b> planning, map reading, decision making, problem solving</li> </ul>	<p><b>INVASION GAMES (BASKETBALL)</b></p> <ul style="list-style-type: none"> <li><b>Physical:</b> throwing and catching, dribbling, intercepting, shooting</li> <li><b>Social:</b> communication, collaboration</li> <li><b>Emotional:</b> perseverance, honesty and fair play</li> <li><b>Thinking:</b> planning strategies and using tactics, observing and providing feedback</li> </ul>	<p><b>INVASION GAMES (FOOTBALL)</b></p> <ul style="list-style-type: none"> <li><b>Physical:</b> dribbling, passing, ball control, tracking / jockeying, turning, goalkeeping, receiving</li> <li><b>Social:</b> communication, collaboration, cooperation, respect</li> <li><b>Emotional:</b> honesty, perseverance</li> <li><b>Thinking:</b> selecting and applying tactics, decision making</li> </ul>

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