



PHYSICAL EDUCATION Y6 PROGRESSION MAP

AUTUMN TERM	SPRING TERM	SUMMER TERM
Progression Statement		
<p>FITNESS</p> <ul style="list-style-type: none"> Physical: strength, speed, power, agility, coordination, balance, stamina Social: supporting and encouraging others, working safely Emotional: perseverance, determination Thinking: analysing scores 	<p>GYMNASTICS</p> <ul style="list-style-type: none"> Physical: straddle roll, forward roll, backward roll, counter balance, counter tension, bridge, shoulder stand, handstand, cartwheel, headstand, vault Social: responsibility, collaboration, communication, respect Emotional: confidence Thinking: observing and providing feedback, selecting and applying actions, evaluating and improving sequences 	<p>ATHLETICS</p> <ul style="list-style-type: none"> Physical: pacing, sprinting, jumping for distance, push throwing for distance, fling throwing for distance Social: negotiating, collaborating with others Emotional: perseverance, determination Thinking: observing and providing feedback
<p>SWIMMING</p> <ul style="list-style-type: none"> Physical: rotation, sculling, treading water, gliding, front crawl, backstroke, breaststroke, surface dives, floating, huddle and H.E.L.P. position Social: communication, supporting and encouraging others Emotional: determination Thinking: creating, decision making, using tactics 	<p>DANCE</p> <ul style="list-style-type: none"> Physical: performing a variety of dance actions, using canon, unison, formation, dynamics, character, structure, space, emotion, matching, mirroring, transitions Social: collaboration, consideration and awareness of others, inclusion, respect, leadership Emotional: empathy, confidence Thinking: creating, observing and providing feedback, using feedback to improve, selecting and applying skills 	
<p>OAA</p> <ul style="list-style-type: none"> Physical: stamina, running Social: communication, teamwork, trust, inclusion, listening Emotional: confidence Thinking: planning, map reading, decision making, problem solving 	<p>INVASION GAMES (NETBALL)</p> <ul style="list-style-type: none"> Physical: passing, catching, footwork, intercepting, shooting, dodging Social: communication, collaboration Emotional: perseverance, honesty and fair play Thinking: planning strategies and using tactics, selecting and applying skills, decision making 	<p>STRIKING & FIELDING (ROUNDERS)</p> <ul style="list-style-type: none"> Physical: throwing & catching, bowling, tracking, fielding & retrieving a ball, batting Social: organising & self-managing a game, respect, supporting & encouraging others, communicating ideas & reflecting with others Emotional: honesty & fair play, confident to take risks, managing emotion Thinking: decision making, using tactics, identifying how to improve, selecting skills

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