



Maryland PE progression map

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|-----------|---|--|--|--|---|---|
| Year R | <p>Topic: Outdoor - Locomotion - Walking/ Jumping</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To explore walking •To develop walking •To explore walking in different pathways •To sustain walking •To explore marching •To apply walking into a game •To explore jumping •To develop jumping •To apply jumping into a game •To jump for distance •To explore jumping high •To explore hopping | <p>Topic: Outdoor - Ball skills - Hands</p> <p>Specific skills:</p> <ul style="list-style-type: none"> • To explore pushing •To explore rolling •To explore bouncing •To explore bouncing into pace •To combine pushing and rolling •To combine rolling, pushing and bouncing | <p>Topic: Indoor - Gymnastics - High, Low, Over, Under</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To Introduction to high •To Introduction to low •To Introduction to the apparatus •To use high and low on apparatus •To use high, low, over and under •To high, low, over and under extended | <p>Topic: Indoor - Dance - Nursery Rhymes</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To move in sequence •To create our own movements •To create simple movement sequences •To respond in movement to words and music •To explore contrasting tempos •To work with a partner exploring character movements | <p>Topic: Outdoor - Ball skills - Feet</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To explore moving with a ball using our feet •To develop moving with a ball using our feet •To develop dribbling •To understand dribbling •To develop dribbling against an opponent •To take part in dribbling competitions | <p>Topic: Outdoor - Attack v Defence - Games for understanding</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To develop pupils application and understanding of underarm throwing •To consolidate pupils application and understanding of underarm throwing •To apply the underarm throw to win a game •To apply the underarm throw to beat an opponent •To Introduce overarm throwing: Applying overarm throwing to win a game |



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| Year 1 | <p>Topic: Indoor - Dance - The Zoo</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To create movements as 'big' animals: Exploring expression •To develop our movements as 'small' animals: Adding movements together •To respond to a rhythm: Introducing partner work •To create an animal sequence: Motifs •To explore relationships within our motifs •To show relationships and performance <p>Topic: Outdoor - Ball skills - Hands</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To develop bouncing: Introduce sending with control •To introduce aiming with accuracy •To introduce power and speed when sending a ball •To introduce stopping a ball •To develop stopping, combining sending skills •To combine sending and receiving skills | <p>Topic: Indoor - Gymnastics - Body parts</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To Introduce to 'big' body parts •To Introduce to 'small' body parts •To combine big and small with wide, narrow and curled •To transition between wide narrow and curled using big and small body parts •To add (linking) movements together •To creative ways of adding (linking) movements together <p>Topic: Outdoor - Ball skills - Hands</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To introduce throwing with accuracy (beanbags) •To apply throwing with accuracy in a team (beanbags) •To extend throwing with accuracy •To introduce stopping a ball (small ball) •To develop sending (rolling) skills to score a point •To consolidation of sending (rolling) and stopping skills to win a game | <p>Topic: Indoor - Dance - Growing plant 'dance'</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To respond to rhythm •To develop the growing plant 'dance' •To introduction to motifs •To create motifs •To create movement sequences •To show relationships and performance <p>Topic: Outdoor - Ball skills - Feet</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To recap moving with a ball using our feet •To develop moving the ball using the feet •To apply dribbling into games •To consolidate dribbling •To explore kicking (passing) •To apply kicking (passing) to score a point | <p>Topic: Indoor - Gymnastics - Wide, Narrow, Curled</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To introduce to 'Wide' •To introduce to 'Narrow' •To Introduce to 'Curled' •To explore the difference between wide, narrow and curled •To transition between wide, narrow and curled movements •To link two movements together <p>Topic: Outdoor - Locomotion - Running</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To explore running •To apply running into a game •To explore running at different speeds •To running for speed: Acceleration •To explore running in a team • To consolidate running: Apply running into a competitive game | <p>Topic: Ball skills - Rackets, Bats and Balls</p> <p>Specific skills:</p> <ul style="list-style-type: none"> • Develop pushing (dribbling) a ball with a racket: Introducing control • Explore hitting and develop pushing a ball (with a racket) towards a target • Explore hitting a ball (with a racket) with accuracy and power <p>Topic: Outdoor - Attack v Defence - Games for understanding</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To understand the principles of attack •To apply attacking principles into a game •To understand the principles of defence •To apply defending principles into a game •To consolidate attacking •To consolidate defending | <p>Topic: Indoor - Locomotion - Jumping</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To recap jumping •To developing jumping •To jump circuits: Explore how jumping affects our bodies •To explore skipping •To apply skipping and jumping into a game <p>Topic: Outdoor - Team building</p> <p>Specific skills:</p> <ul style="list-style-type: none"> • Introducing teamwork • Develop teamwork • Building trust and developing communication • Cooperation and communication • Explore simple strategies • Problem solving: • Consolidate teamwork |



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| Year 2 | <p>Topic: Indoor - Dance - Explorers</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To prepare for an expedition: responding to stimuli •To develop our motif with expression and emotion •To apply choreography in our motifs •To apply choreography in our motifs •To extend our motifs •To sequence, relationships and performance <p>Topic: Outdoor - Ball skills - Hands</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To develop dribbling: Keeping possession •To develop passing and receiving: Keeping possession •To combine dribbling, passing and receiving, keeping possession •To develop dribbling to score a point •To develop passing and receiving to score a point •To combine dribbling, passing and receiving to score a point | <p>Topic: Indoor - Gymnastics - Pathways</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To explore zig-zag pathways •To develop zig-zag pathways on apparatus •To explore curved pathways •To develop curved pathways on apparatus •To create pathway sequences •To complete pathways sequences and performance <p>Topic: Outdoor - Ball skills - Hands</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To develop pupils application and understanding of underarm throwing •To consolidate pupils application and understanding of underarm throwing •To apply the underarm throw to win a game •To apply the underarm throw to beat an opponent •To introduce overarm throwing: Apply overarm throwing to win a game | <p>Topic: Indoor - Dance - Water</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To respond to stimuli •To develop whole group movement •To improvise and physical descriptions •To create sequences •To create contrasting movement sequences •To create sequences, relationships and performance <p>Topic: Outdoor - Ball skills - Feet 1</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To develop dribbling: Keeping possession •To develop passing and receiving: Keeping possession •To combine dribbling, passing and receiving, keeping possession •To develop dribbling to score a point •To combine dribbling, passing and receiving to score a point •To apply dribbling, passing and receiving as a team to score a point | <p>Topic: Indoor - Gymnastics - Linking</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To develop 'Linking' •To link on apparatus •To jump, roll, balance sequences •To jump, roll, balance on apparatus •To create of sequences •To complete of sequences and performance <p>Topic: Outdoor - Locomotion - Dodging</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To explore dodging •To develop dodging • To apply dodging: Explore attacking and defending •To apply dodging in teams •To consolidate dodging | <p>Topic: Ball skills - Rackets, Bats and Balls</p> <p>Specific skills:</p> <p>Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent</p> <p>Introduce hitting (sending/striking) a ball into a space: Where and why?</p> <p>Striking the ball (with a bat) into space with intent</p> <p>Topic: Outdoor - Attack v Defence - Games for understanding</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To attack as a team •To defend as a team •To understand the transition between defence and attack •To create and apply attacking tactics •To create and apply defensive tactics | <p>Topic: Indoor - Locomotion - Jumping</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To consolidate jumping •To apply jumping into a game •To linking jumping •To explore jumping combinations •To develop jumping combinations <p>Topic: Outdoor - Team building</p> <p>Specific skills:</p> <ul style="list-style-type: none"> ● Introducing teamwork ● Develop teamwork ● Building trust and developing communication ● Cooperation and communication ● Explore simple strategies ● Problem solving: ● Consolidate teamwork |



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| Year 3 | <p>Topic: Indoor - Dance - Weather</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To respond to stimuli •To develop character dance into a motif •To develop sequences with a partner in character that show relationships •To extend sequences with a partner in character <p>Topic: Outdoor - Games - Handball</p> <p>Specific skills:</p> <ul style="list-style-type: none"> • Introduce passing, receiving and creating space • Develop passing and moving • Combine passing and moving • Introduce shooting • Develop passing and shooting | <p>Topic: Indoor - Gymnastics - Symmetry and Asymmetry</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To show an understanding of what symmetry is •To show an understanding of what asymmetry is •To apply sequence of learning onto apparatus •To form sequences •To form and complete sequences <p>Topic: Outdoor - Games - Basketball</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To introduce dribbling; keeping control •To introduce passing and receiving •To combine dribbling and passing to create space •To develop passing, receiving and dribbling •To introduce shooting | <p>Topic: Indoor - Dance - Wild animals</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To respond to stimuli •To develop character dance into a motif •To develop sequences with a partner in character that show relationships •To extend sequences with a partner in character <p>Topic: Outdoor - Football</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To introduce dribbling keeping control •To develop dribbling keeping control •To introduce passing and receiving •To combine dribbling and passing to create space •To develop passing, receiving and dribbling | <p>Topic: Indoor - Outdoor adventurous activities - Communication and Tactics</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To create and apply simple tactics •To develop leadership •To develop communication as a team •To communicate as a team •To communicate to collaborate effectively as a team •To communicate to create defending and attacking tactics as a team <p>Topic: Outdoor - Athletics - Running</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To identify and demonstrate how different technique can affect their performances •To focus on their arm and leg action to improve their sprinting technique •To begin to combine running with jumping over hurdles •To focus on trail leg and lead leg action when running over hurdles •To understand the importance of adjusting running pace to suit the distance being run. | <p>Topic: Outdoor - Games - Tennis</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To introduce tennis; outwitting an opponent •To create space to win a point •To consolidate how to win a game introduce rackets •To introduce the forehand <p>Topic: Outdoors - Athletics - Competition</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To perform learnt skills and techniques with control and confidence. •To compete against self and others in a controlled manner. | <p>Topic: Indoor - Outdoor adventurous activities - Problem Solving</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •Benches and mats challenge •Round the clock card challenge •The pen challenge •The river rope challenge •Caving challenges <p>Topic: Outdoor - Games - Cricket</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To understand the concept of batting and fielding •To introduce throwing overarm •To introduce throwing underarm •To introduce catching •To strike with intent |



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| Year 4 | <p>Topic: Indoor - Dance - Space</p> <p>Specific skills: -</p> <ul style="list-style-type: none"> •To respond to stimuli working together •To extend sequences with a partner in character •To explore contrasting relationships and interlinking dance moves <p>Topic: Outdoor - Games - Cricket</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To develop an understanding of batting and fielding •To introduce bowling underarm •To develop stopping and returning the ball •To develop retrieving and returning the ball •To strike the ball at different angles and speeds | <p>Topic: Indoor - Gymnastics - Bridges</p> <p>Specific skills: -</p> <ul style="list-style-type: none"> •To introduce to bridges •To apply of bridge learning onto apparatus •To develop sequences with bridges •To bridge sequences formation •To bridge sequences completion <p>Topic: Outdoor - Games - Basketball</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To refine dribbling •To refine passing and receiving •To refine passing and dribbling creating space •To refine passing and dribbling creating shooting opportunities •To introduce marking | <p>Topic: Indoor - Dance - Cats</p> <p>Specific skills: -</p> <ul style="list-style-type: none"> •To respond to stimuli working together •To extend sequences with a partner in character •To explore contrasting relationships and interlinking dance moves <p>Topic: Outdoor - Games - Football</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To refine dribbling •To turn •To refine passing and receiving •To develop passing and dribbling creating space •To introduce shooting | <p>Topic: Indoor - Outdoor adventurous activities - Problem Solving</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •Benches and mats challenge •Round the clock card challenge •The pen challenge •The river rope challenge •Caving challenges <p>Topic: Outdoor - Athletics - Throwing and Jumping</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To learn how to combine a hop, step and jump to perform the standing triple jump. •To land safely and with control. •To begin to measure the distance jumped. •To perform a pull throw •To measure the distance of their throws •To continue to develop their techniques to throw for increased distance | <p>Topic: Outdoor - Games - Tennis</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To develop the forehand •To create space to win a point using a racket •To introduce the backhand •To apply the forehand and backhand in game situations •To apply the forehand and backhand creating space to win a point <p>Topic: Outdoor - Athletics - Competition</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To perform and apply skills and techniques with control and accuracy. •To take part in a range of competitive games and activities. | <p>Topic: Indoor - Outdoor adventurous activities - Communication and Tactics</p> <p>Specific skills:</p> <ul style="list-style-type: none"> •To create and applying simple tactics •To develop leadership •To developing communication as a team •To communicate as a team •To communicate to collaborate effectively as a team •To communicate to create defending and attacking tactics as a team <p>Topic: Outdoor - Games - Handball</p> <p>Specific skills:</p> <ul style="list-style-type: none"> • Refine passing and receiving • Develop passing and creating space • Develop passing, moving and shooting • Combine passing and shooting • Introduce defending |



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| Year 5 | <p>Topic: Indoor - Dance - Greeks</p> <p>Specific skills: -</p> <ul style="list-style-type: none"> • Exploring the Greeks using compositional principles • Extending sequences with a partner using compositional principles • Creating movement using improvisation where movement is reactive <p>Topic: Outdoor - Games - Basketball</p> <p>Specific skills:</p> <ul style="list-style-type: none"> • Recap and refine dribbling and passing to create attacking opportunities • Develop marking • Refine shooting • Refine attacking skills, passing, dribbling and shooting introduce officiating | <p>Topic: Indoor - Gymnastics - Counter Balance and Counter Tension</p> <p>Specific skills:</p> <ul style="list-style-type: none"> • Introduction to counterbalance • Application of counter balance learning onto apparatus • Sequences formation • Counter tension <p>Topic: Outdoor - Games - Football</p> <p>Specific skills:</p> <ul style="list-style-type: none"> • Recap and refine dribbling and passing to maintain possession • Introduce defending • Develop defending • Develop shooting • Refine attacking skills, passing, dribbling and shooting, introduce officiating | <p>Topic: Indoor - Dance - The Circus</p> <p>Specific skills:</p> <ul style="list-style-type: none"> • Explore using compositional principles • Extend sequences with a partner using • Create movement using improvisation where movement is reactive • Extend performances by incorporating props and apparatus <p>Topic: Outdoor - Games - Hockey</p> <p>Specific skills:</p> <ul style="list-style-type: none"> • Recap and refine dribbling and passing to create attacking opportunities • Develop defending; block and tacking • Refine shooting • Refine attacking skills, passing dribbling and shooting • Refine defending skills developing transition from defence to attack | <p>Topic: Indoor - Outdoor adventurous activities - Communication and Tactics</p> <p>Specific skills:</p> <ul style="list-style-type: none"> • Creating and applying simple tactics • Developing leadership • Developing communication as a team • Communicating as a team • Communicating to collaborate effectively as a team • Communicating to create defending and attacking tactics as a team <p>Topic: Outdoor - Games - Rounders</p> <p>Specific skills:</p> <ul style="list-style-type: none"> • Develop fielding tactics maximising players • Understand what happens if the batter misses the ball • Refine fielding tactics, what players where? • Applying tactics in mini games | <p>Topic: Outdoor - Games - Tennis</p> <p>Specific skills: -</p> <ul style="list-style-type: none"> • To introduce and develop the volley • To control the game from the serve • To play doubles and show understanding and apply tactics to win a point <p>Topic: Outdoor - Athletics - Competition</p> <p>Specific skills:</p> <ul style="list-style-type: none"> • Consistently perform and apply skills and techniques with accuracy and control. • Take part in competitive games with a strong understanding of tactics and composition. | <p>Topic: Indoor - Health-Related Exercise</p> <p>Specific skills:</p> <ul style="list-style-type: none"> • Explore and understand cardio fitness • Explore and understand flexibility fitness • Explore and understand strength fitness <p>Topic: Outdoor - Outdoor adventurous activities - Orienteering</p> <p>Specific skills:</p> <ul style="list-style-type: none"> • Face orienteering • Cone orienteering • Point and return • Point to point • Timed course • Orienteering competition |



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| Year 6 | <p>Topic: Indoor - Dance - Titanic</p> <p>Specific skills: -</p> <ul style="list-style-type: none"> • Creating rhythmic patterns using our body • Extending our choreography through controlled movements, character emotion and expression • Explore the relationships between characters applying character emotion and expression • Performance and reflection <p>Topic: Outdoor - Games - Hockey</p> <p>Specific skills:</p> <ul style="list-style-type: none"> • Consolidate keeping possession • Consolidation of possessional skills, develop officiating • Consolidate defending • Create, understand and apply attacking tactics in game situations • Create, understand and apply defending tactics in game situations | <p>Topic: Indoor - Gymnastics - Matching and Mirroring</p> <p>Specific skills:</p> <ul style="list-style-type: none"> • Introduction to matching/ mirroring • Application of matching/ mirroring learning onto apparatus • Sequence development • Sequences formation <p>Topic: Outdoor - Games - Football</p> <p>Specific skills:</p> <ul style="list-style-type: none"> • Consolidate keeping possession • Consolidation of possessional skills, develop officiating • Consolidate defending • Organise formations and manage teams • Organise formations decide tactics, manage reams and officiate games | <p>Topic Indoor - Dance - Carnival</p> <p>Specific skills:</p> <ul style="list-style-type: none"> • Perform with technical control and rhythm in a group • Create rhythmic patterns using the body • Experience dance from different cultures • Extend choreography through controlled movements, character emotion and expression • Explore the relationship between characters applying emotion and expression • Reflect and improve on choreography <p>Topic: Outdoor - Games - Basketball</p> <p>Specific skills:</p> <ul style="list-style-type: none"> • Consolidate keeping possession • Consolidation of possessional skills, develop officiating • Consolidate defending • Create, understand and apply attacking tactics in game situations • Create, understand and apply defending tactics in game situations | <p>Topic: Indoor - Outdoor adventurous activities - Problem Solving</p> <p>Specific skills:</p> <ul style="list-style-type: none"> • Benches and mats challenge • Round the clock card challenge • The pen challenge • The river rope challenge • Caving challenges <p>Topic: Outdoor - Games - Rounders</p> <p>Specific skills:</p> <ul style="list-style-type: none"> • Introduction to full rounders • Consolidate fielding tactics • Refine our understanding of what happens if the batter misses or hits the ball backwards • Batting considerations | <p>Topic: Outdoor - Games - Tennis</p> <p>Specific skills:</p> <ul style="list-style-type: none"> • To apply skills in games • To play mixed ability doubles matches and round robin games <p>Topic: Outdoor - Athletics - Competition</p> <p>Specific skills:</p> <ul style="list-style-type: none"> • Recap, practise and refine an effective sprinting technique, include reaction time • Build up speed quickly for a sprint finish • Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern • Accelerate to pass other competitors • Work as a team to competitively perform a relay • Confidently and independently select the most appropriate pace for different distance and different parts of the run • Demonstrate endurance and stamina over longer distances in order to maintain a sustained run • Develop the technique for the standing vertical jump • Maintain control at each of the different stages of the triple jump. • Land safely and with control. • Develop and improve their techniques for jumping for heights and distances and support others in improving their performance. • Perform and apply different types of jumps in other contexts. • Set up and lead jumping activities including measuring the jumps with confidence and accuracy • Perform a heave throw. • Measure and record the distances of their throws. | <p>Topic: Indoor - Swimming</p> <p>Topic: Outdoor - Outdoor adventurous activities - orienteering</p> <p>Specific skills:</p> <ul style="list-style-type: none"> • Face orienteering • Cone orienteering • Point and return • Point to point • Timed course • Orienteering competition |



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| | | | | | <ul style="list-style-type: none">• Continue to develop techniques to throw for increased distance and support others in improving their personal best. | |
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