

PE Vertical Subject Progression

Subject intent:

By the time a Willowbrook pupil leaves our school they will have developed a competence to be able to excel in a broad range of physical activities. Being physically active for a sustained period of time will be at the core of our PE units, developing healthy, active individuals who strive to continue this into their later lives. They will also engage in competitive sports and activities, both within school and with other local schools.

	<u>PE</u>	<u>Subject-specific strands / NC links</u>
<u>EYFS</u>	Foundation to follow REAL PE units 1-6.	Physical Development ELG: Gross Motor Skills <ul style="list-style-type: none"> • Negotiate space and obstacles safely, with consideration for themselves and others • Demonstrate strength, balance and coordination when playing • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
<u>Year 1</u>	Multi-skills Real PE Unit1 (Aut1) Bench ball (Aut1) Multi-skills Real PE Unit2 (Aut2) Dance (I.e. Just dance) (Aut2) Multi-skills Real PE Unit3 (Spr1) Tennis (Spr1) Multi-skills Real PE Unit4 (Spr2) Outdoor learning (Spr2) Multi-skills Real PE Unit5 (Sum1) Athletics (Sum1) Multi-skills Real PE Unit1 (Sum2) Football Rounders (Sum2)	<ul style="list-style-type: none"> • Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • Participate in team games, developing simple tactics for attacking and defending • Perform dances using simple movement patterns.
<u>Year 2</u>	Multi-skills Real PE Unit1 (Aut1) Handball (Aut1) Multi-skills Real PE Unit2 (Aut2) Outdoor learning (Aut2) Multi-skills Real PE Unit3 (Spr1) Gymnastics (Spr1) Multi-skills Real PE Unit4 (Spr2) Football (Spr2) Multi-skills Real PE Unit5 (Sum1) Tennis (Sum1) Multi-skills Real PE Unit1 (Sum2) Cricket (Sum2)	
<u>Year 3</u>	Multi-skills Real PE Unit1 (Aut1) Tennis (Aut1) Multi-skills Real PE Unit2 (Aut2) Hockey (Aut2) Multi-skills Real PE Unit3 (Spr1) Football (Spr2) Swimming (Spring1+2) Dance (Sum1)	<ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in combination • Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending

	<p>Rounders (Sum1) Athletics (Sum2) Outdoor learning (Sum2)</p>	<ul style="list-style-type: none"> • Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • Perform dances using a range of movement patterns • Take part in outdoor and adventurous activity challenges both individually and within a team • Compare their performances with previous ones and demonstrate improvement to achieve their personal best. • Swim competently, confidently and proficiently over a distance of at least 25 metres • Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • Perform safe self-rescue in different water-based situations.
<u>Year 4</u>	<p>Outdoor learning (Aut1) Multi-skills Real PE Unit 4 (Aut1) Multi-skills Real PE Unit 5 (Aut2) Swimming (Aut2) Multi-skills Real PE Unit 6 (Spr1) Dodgeball (Spr1) Gymnastics (Spr2) Tennis (Spr2) Tag Rugby (Sum1) Cricket (Sum1) Netball (Sum2) Ultimate Frisbee (Sum2)</p>	
<u>Year 5</u>	<p>Swimming (Aut1) Multi-skills Real PE Unit1 (Aut1) Multi-skills Real PE Unit2 (Aut2) Hockey (Aut2) Multi-skills Real PE Unit3 (Spr1) Football (Spr1) Dance (Spr2) Ultimate Frisbee (Spr2) Outdoor learning (Sum1) Fitness (Sum1) Rounders (Sum2) Athletics (Sum2)</p>	
<u>Year 6</u>	<p>Multi-skills Real PE Unit4 (Aut1) Handball (Aut1) Multi-skills Real PE Unit5 (Aut2) Netball (Aut2) Outdoor learning (Spr1) Multi-skills Real PE Unit 6 (Spr1) Gymnastics (Spr2) Fitness(Spr2) Swimming (Summer 1 + 2) Tag Rugby (Sum1) Cricket (Sum2)</p>	