



Newman Catholic Collegiate  
Physical Education Progression Pathway

Text in Green indicates the content children are required to learn to ensure they are meeting the aims of the National Curriculum for P.E  
Text in blue indicates the content our Collegiate would like our children to attempt to attain, these are a little more ambitious than NCPE but we think our children will enjoy the challenge!

| EYFS   |                                |  |  |  |                               |  |   |
|--|--------------------------------|--|--|--|-------------------------------|--|---|
| Invasion Games   | Dance                          | Accurate Replication (Gymnastics & Parkour)    | Striking & Fielding  | Net & Wall   | OAA                           | Health Related Exercise  | Athletics   |
| <p>~Develop ability to throw and catch large balls and bean bags</p> <p>~Develop ability to kick a ball with control</p> | <p>~Enjoy moving to music!</p> | <p>~Begin to develop basic jumps and rolls</p> | <p>~Develop ability to throw and catch large balls and bean bags</p> | <p>~Strike a ball with hand or a piece of equipment (racquet, bat etc) displaying some control</p> | <p>~Enjoy being outdoors!</p> | <p>~Explain how the heart changes when we exercise</p> <p>~Locate where the heart is on the body</p> <p>~Explain why we breath faster when we exercise</p> | <p>~Develop ability to run and stop with control</p> <p>~Jump from standing and still and land on two feet with control</p> |



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| Year One  |   |  |  |   |   |  |  |
|---|---|--|--|---|---|--|--|
| Invasion Games  | Dance   | Accurate Replication (Gymnastics & Parkour)  | Striking & Fielding  | Net & Wall  | OAA   | Health Related Exercise  | Athletics  |
| <p>~Participate in a team game</p> <p>~Use an over-arm throw to cover a greater distance</p> <p>~Throw a bean bag/ball under-arm with accuracy over a shorter distance</p> <p>~Kick a stationary ball towards a</p> | <p>~Perform a dance using simple movement patterns (as part of a large group following the lead of an adult)</p> <p>~Recall and explain the movements the child had performed</p> | <p>~Become confident movers (display competence in the FUNDamental movement skills – Running, Stopping, Throwing, Catching, Jumping, Hopping)</p> <p>~Roll &amp; balance in a range ways effectively</p> | <p>~Participate in a team game</p> <p>~React and move to a rolling ball to stop, catch or collect it</p> <p>~Strike a medium-large ball with a larger bat or racquet</p> | <p>~Strike a moving medium-large ball with a larger racquet</p> | <p>~List the points on a compass</p> <p>~Follow simple routes and/or trails by following a leader</p> | <p>~Explain what eating unhealthy food often will do to our body</p> <p>~Participate in an effective warm-up (stretches and pulse raiser)</p> <p>~Explain how exercise will effect the body (breathing</p> | <p>~Master basic movements including running, jumping and throwing</p> <p>~I know how to participate in sporting competition fairly, trying my best</p> <p>~Use an over-arm throw to cover a</p> |



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| stationary target with accuracy  |   | ~Travel safely over simple apparatus (Bench, small box tops)   |  |  |   | rate, heart rate)   | greater distance<br><br>~Demonstrate the difference between a jog and a sprint                     |
| Year Two   |   |  |  |  |   |   |  |
| Invasion Games   | Dance   | Accurate Replication (Gymnastics & Parkour)  | Striking & Fielding  | Net & Wall   | OAA   | Health Related Exercise   | Athletics  |
| ~Perform in a team game, developing simple tactics for attacking and defending (when to pass, when to retreat behind the ball to defend) | ~Perform a dance using simple movement patterns<br><br>~Learn and perform a dance to a small audience | ~Become confident movers (display competence in the FUNDamental movement skills – Running, Stopping, Throwing, | ~Perform in a team game, developing simple tactics for attacking and defending (adjust field to block where a batter likes to hit) | ~Demonstrate how to hold a racquet correctly<br><br>~Strike a moving medium-large ball with a larger racquet | ~Participate in team challenges and work cooperatively in a small group<br><br>~Follow basic maps | ~Explain the long term process of building muscle in basic terms<br><br>~Show the physical resilience | ~Master basic movements including running, jumping and throwing<br><br>~Participate in basic races |



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| <p>~Travel with the ball displaying control (whether using hands, feet or stick!)</p> | <p>as part of a large, adult led group</p> | <p>Catching, Jumping, Hopping)</p> <p>~Experiment with linking balances and ways of travelling to create a gymnastics routine</p> <p>~Travel safely over apparatus and balance on one leg on apparatus</p> | <p>~Apply hitting, catching, stopping and throwing techniques in a game situation</p> | <p>showing a degree of accuracy</p> | <p>independently (simple routes using benches, cones and hoops)</p> | <p>needed to keep moving when getting tired</p> | <p>~Participate in hurdles</p> |
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| Year Three  |   |   |   |  |   |  |  |
|---|---|---|---|--|---|--|--|
| Invasion Games  | Dance   | Accurate Replication (Gymnastics & Parkour)   | Striking & Fielding   | Net & Wall   | OAA   | Health Related Exercise  | Athletics  |
| <p>~Play competitive games and apply basic principles for attacking &amp; defending</p> <p>~Refine ways of throwing and kicking to sport specific shooting &amp; passing techniques</p> | <p>~Perform dances using a range of movement patterns</p> <p>~Adjust dance to movements to portray an idea or feeling</p> | <p>~Develop flexibility, strength, technique, control and balance</p> <p>~Develop gymnastics resources that display a change of level</p> | <p>~Refine batting techniques to choose where to play shots</p> <p>~Demonstrate the correct batting stance</p> <p>~Demonstrate the long barrier</p> | <p>~Play competitive games and apply basic principles for attacking &amp; defending</p> <p>~Strike a moving, medium-large ball both forehand and backhand showing a degree of accuracy</p> | <p>~Take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>~Use a simple map of school to locate specified locations</p> | <p>~Explain that there are multiple types of fitness</p> <p>~Show the physical resilience needed to improve physical fitness</p> | <p>~Develop flexibility, strength, technique, control and balance</p> <p>~Demonstrate effective sprinting technique displaying an understanding of key teaching points</p> |



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| Year Four   |   |  |  |   |   |  |   |
|---|---|--|--|---|---|--|---|
| Invasion Games  | Dance   | Accurate Replication (Gymnastics & Parkour)  | Striking & Fielding  | Net & Wall  | OAA   | Health Related Exercise  | Athletics   |
| <p>~Play competitive games and apply basic principles for attacking &amp; defending</p> <p>~Display an ability to choose when to use a skill at the right time moment (pass, shoot, travel)</p> | <p>~Perform dances using a range of movement patterns</p> | <p>~Develop flexibility, strength, technique, control and balance</p> <p>~Develop gymnastics routines using mirror &amp; match</p> | <p>~Refine ways of throwing for sport specific bowling &amp; fielding techniques</p> <p>~Develop correct bowling technique in cricket (to a stationary target)</p> | <p>~Play competitive games and apply basic principles for attacking &amp; defending</p> <p>~Develop ability to serve legally and effectively</p> <p>~Run to a moving ball to play both a forehand or a backhand</p> | <p>~Take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>~Use the key on a map to locate nearby landmarks</p> <p>~Use a compass and the key to a</p> | <p>~Describe the different types of fitness</p> <p>~Describe the effect that exercise has on the brain</p> <p>~Show the physical resilience needed to improve physical fitness</p> | <p>~Develop flexibility, strength, technique, control and balance</p> <p>~Perform athletic techniques precisely in running, jumping and throwing events</p> <p>~Demonstrate effective relay</p> |



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| ~Use a variety of techniques to pass effectively in different sports  |   |  |  |  | navigate a nap effectively  |  | change over technique<br><br>~Develop Javelin and triple jump technique.  |
| Year Five   |   |  |  |  |   |  |   |
| Invasion Games  | Dance   | Accurate Replication (Gymnastics & Parkour)  | Striking & Fielding  | Net & Wall   | OAA   | Health Related Exercise  | Athletics   |
| ~Play competitive games and apply basic principles for attacking & defending<br><br>~Use running, jumping, throwing & | ~Perform dances using a range of movement patterns<br><br>~Begin to choreograph simple dance routines for | ~Develop flexibility, strength, technique, control and balance<br><br>~Participate in group routines using both mirror & match | ~Understand different tactics and follow a plan in a competitive situation<br><br>~Select and apply sport specific techniques at | ~Play competitive games and apply basic principles for attacking & defending<br><br>~Use a range of shots/strokes to | ~Take part in outdoor and adventurous activity challenges both individually and within a team | ~List and describe some of the different types of fitness<br><br>~Explain how muscles increase in size and power | ~Develop flexibility, strength, technique, control and balance<br><br>~Develop ability to use tactics when competing in |



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| <p>catching in isolation and in combination</p> <p>~Select and apply complex sport specific skills to help their team</p> <p>~Understand different tactics and follow a plan in a competitive situation</p> | <p>pairs or small groups</p> <p>~Match dance movements with a stimulus, tempo or mood of music</p> <p>~Perform to an audience</p> | <p>and canon/unison</p> <p>~Begin to experiment with basic partner balances</p> <p>~Develop ability to travel in a range of ways</p> <p>~Perform to an audience</p> | <p>the right moment during competition (I.e Applying the short barrier if a ball is moving quickly towards you when close)</p> | <p>strike a moving ball</p> <p>~Show an understanding of using space to manipulate an opponent</p> | <p>~Participate in challenging activities outside, solving increasingly complex problems as a team</p> | <p>~Explain why it is important to warm-up correctly</p> | <p>middle-longer distance races</p> <p>~Use knowledge of technique to evaluate and improve their own performance in various runs, jumps and throws</p> |
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| Year Six  |  |  |   |   |  |   |  |
|---|--|--|---|---|--|---|--|
| Invasion Games  | Dance  | Accurate Replication (Gymnastics & Parkour)  | Striking & Fielding   | Net & Wall  | OAA  | Health Related Exercise   | Athletics  |
| <p>~Play competitive games and apply basic principles for attacking &amp; defending</p> <p>~Use running, jumping, throwing &amp; catching in isolation and in combination</p> <p>~Use leadership skills to select appropriate</p> | <p>~Perform dances using a range of movement patterns</p> <p>~Choreograph and lead small parts in a dance for a small-medium sized group</p> | <p>~Develop flexibility, strength, technique, control and balance</p> <p>~Develop ability to hold more complex partner balances</p> <p>~Lead a group in creating routines using both mirror &amp; match and canon/unison</p> | <p>~Use leadership skills to select appropriate tactics for their team, reacting to circumstances within the match</p> <p>~Use knowledge of a teams strengths &amp; weaknesses to improve performance</p> | <p>~Play competitive games and apply basic principles for attacking &amp; defending</p> <p>~Develop competency in a range of different shots</p> <p>~Use skills and knowledge to select appropriate tactics and</p> | <p>~Take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>~Participate in challenging activities outside, solving increasingly complex</p> | <p>~Lead an effective warm-up for a small group</p> <p>~Explain the positive effects exercise has on the brain</p> <p>~Develop an understanding of which types of fitness are strengths and where</p> | <p>~Develop flexibility, strength, technique, control and balance</p> <p>~Use knowledge of technique to evaluate and improve their peers performance in various basic runs, jumps and throws</p> |



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| <p>tactics for their team, reacting to circumstances within the match</p> <p>~Use knowledge of a teams strengths &amp; weaknesses to improve performance</p> |  |  |  | <p>shots, reacting to circumstances within the match</p> | <p>problems as a team</p> <p>~Use knowledge and skills to compete in OAA related competitions (Orienteering, Problem solving etc)</p> | <p>improvements can be made</p> |  |
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| Year 7   |   |  |   |  |   |   |  |
|--|---|--|---|--|---|---|--|
| Invasion Games   | Dance   | Accurate Replication (Gymnastics & Parkour)  | Striking & Fielding   | Net & Wall   | OAA   | Health Related Exercise   | Athletics  |
| <p>~Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]</p> | <p>~Perform dances using advanced dance techniques within a range of dance styles and forms</p> <p>~Choreograph collaboratively and lead small parts in a dance for a small-medium sized group whilst sharing ideas</p> | <p>~Develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]</p> <p>~Develop routines individually and as a group, use these to begin to compete within lessons</p> | <p>~Take part in competitive sports and activities outside school through community links or sports clubs.</p> <p>~Use knowledge of various sports to act in differing roles (coach, umpire, lead warm-ups etc)</p> | <p>~Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]</p> | <p>~Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either</p> | <p>~Lead an effective warm-up for a medium sized group</p> <p>~Use knowledge of the body and various types to fitness to begin to make improvements physically</p> <p>~Use knowledge of fitness</p> | <p>~Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</p> <p>~Use knowledge of technique to evaluate and improve their peers performance</p> |



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|---|--|--|--|--|-----------------------------------|--|--|
| <p>~ Take part in competitive sports and activities outside school through community links or sports clubs.</p> <p>~Use knowledge of various sports to act in differing roles (coach, referee, lead warm-ups etc)</p> |  |  |  | <p>~Use knowledge of various sports to act in differing roles (coach, umpire, lead warm-ups etc)</p> | <p>individually or as a group</p> | <p>components and principles of training to help others to make progress</p> | <p>in various complex runs, jumps and throws (High Jump, Javelin, Shotput)</p> |
|---|--|--|--|--|-----------------------------------|--|--|