

XII Apostles RCPS – PE Curriculum Mapping and Progression of Skills

Year Group	Focus	Topic	Outcomes	Key Vocabulary	Further Vocabulary
Reception	Motor Competence (stability skills) Healthy Participation	Fundamentals	Develop fundamental skills such as running, jumping, dancing, skipping and hopping Successfully coordinate through a simple obstacle course	Run, jump, hop, skip, catch, throw	rolling, balancing, sliding, jogging, running, leaping, jumping, hopping, dodging skipping, bouncing, throwing, catching, kicking, striking.
	Motor Competence (stability skills) Healthy Participation	Gymnastics	Demonstrate simple balancing skills Demonstrate simple co-ordination skills Play as part of a team or pair and understand when to take turns		Roll, travel, balance, curl, stretch, movement
	Motor Competence (stability skills) Healthy Participation	Dance	Begin to create basic dance movements		Receive, throw, target, bounce, catch, dribble, kick

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	Motor Competence (stability skills)	Fun Games (OAA)			Run, jump, beanbag, control, co-ordination, throw, catch, target
	Healthy Participation				
	Motor Competence (stability skills)	Ball skills			Throw, catch, feet, kick, dribble, push, control
	Healthy Participation				
	Motor Competence (stability skills)	Athletics			Run, balance, running, throwing, jumping
	Healthy Participation				
Year 1	Motor Competence (manipulation skills) Tactics and Strategies	Ball Skills – Throwing and Catching	<ul style="list-style-type: none"> Develop basic movements including running and jumping. Begin to catch and throw a range of balls successfully and apply this to a range of activities 	Travel, balance, pass, attack, defend	Throw, catch, co-ordination, games, send, receive, underarm, overarm,

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	Healthy Participation		<ul style="list-style-type: none"> Develop balance skills in a range of activities for example: walking across a bench, balancing in different shapes Develop co-ordination and agility skills in a range of activities Participate in a range of team games and understand how to attack and defend Begin to use simple dance patterns Know and use key vocabulary: Travel, balance, pass, attack, defend 		
	Motor Competence (stability skills)	Gymnastics			Shape, jump, balance, perform, good, improve, control,
	Healthy Participation				
	Motor Competence (stability skills)	Dance			Copy, explore, patterns, shape, movement, dance, step, images, practice, perform
	Healthy Participation				
	Motor Competence (Locomotor skills) (Manipulation)	Introduction Invasion Games			Throw, catch, invasion, co-ordinate, team, teamwork, participation
	Rules				
	Healthy Participation				

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	Tactics and Strategies				
	Motor Competence (Locomotor skills) (Manipulation Skills)	Net and Wall (Tennis)			, Throw, catching, target, co-ordination, games, tennis, ball hit net, wall
	Rules				
	Tactics and Strategies				
	Healthy Participation				
	Motor Competence (Locomotor skills) (Manipulation)	Athletics			Run, jump, speed, standing, throw, accurate, skilful, control, distance, javelin, shot put
	Rules				
	Healthy Participation				

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Year 2	Motor Competence (manipulation skills) Tactics and Strategies Healthy Participation	Ball Skills- sending and receiving	<ul style="list-style-type: none"> Master basic movements including running and jumping Successfully throw and catch a range of objects and balls and apply these to a range of sports Master balancing skills in a range of activities Master co-ordination skills in a range of activities Participate in a range of team games and begin to apply simple tactics Perform simple dance patterns Know and use key vocabulary: Direction, speed, space, teamwork, pattern 	Direction, speed, space, teamwork, pattern	Send, receive, pass, catch,
	Motor Competence (stability skills) Healthy Participation	Gymnastics			Sequence, movements, pathway, pattern
	Motor Competence (stability skills) Healthy Participation	Dance			Body shapes, space, imagination, perform, movement, pattern, pirate, sea
	Motor Competence (Locomotor	Invasion Games – Tag rugby			Rugby, pass, try, tag, backwards,

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	skills) (Manipulation)					run, tackle, defend, attack, line,
	Rules					
	Healthy Participation					
	Tactics and Strategies					
	Motor Competence (Locomotor Skills) (Manipulation Skills)	Striking and Fielding Games				Strike, field, bat, ball, out, run, base,
	Rules					
	Tactics					
	Healthy Participation					
	Motor Competence (Locomotor skills)	Athletics				Speed, direction, jump, distance, shot put, javelin,

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	(Manipulation Skills Rules Stragies Healthy Participation				sprint, jog, relay, baton
Year 3	Motor Competence (Locomotor skills) (Manipulation) Rules Healthy Participation Tactics and Strategies	Invasion games- Basketball/Footba ll	<ul style="list-style-type: none"> • Begin to use throwing, catching, jumping and running in Isolation and combination through rugby and basketball • Begin to play simple competitive games with simple attacking and defending e.g. Basketball, tag rugby, simple striking and fielding games • Begin to use strength, balance, flexibility techniques and control in a range of gymnastics activities and Athletics activities • Begin to safely participate in OAA activities as an induvial or as part of a team 	Fielder, base, float, technique, shoot,	Invade, ball, pass, bounce pass, chest pass, net, control, travel, tackle, dribble, goal, shoot, strike, space, goal keeper, defender, midfielder, striker
	Motor Competence Healthy Participation	Aut 1 – Spr 1 Swimming			

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	Motor Competence (stability skills)	Gymnastics	<ul style="list-style-type: none"> • Begin to understand how to achieve their best in sport • Begin to swim confidently and safely • Understand key vocabulary: Fielder, base, float, technique, shoot, 		
	Healthy Participation				
	Motor Competence (Locomotor skills) (Manipulation)	Outdoor Adventures Activities			Dodgeball, dodge, catch, duck, deflect, out, re-enter, net, catch,
	Rules				
	Healthy Participation				
	Tactics and Strategies				
	Motor Competence (Locomotor skills) (Manipulation)	Invasion Games Tag rugby			Throw, catch, kick, opponent, attack, defend, try, rugby ball, pass, forward pass, backwards
	Rules				

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	Healthy Participation				
	Tactics and Strategies				
	Motor Competence (Locomotor Skills) (Manipulation Skills)	Striking and Fielding Games- Cricket/Rounders			Stance , retrieve , opposition stumped, pick up technique short barrier, outwit, rounder, base, overarm, underarm, four, six
	Rules				
	Tactics				
	Healthy Participation				
	Motor Competence (Locomotor skills) (Manipulation Skills)	Athletics			Power, "Clean Palm, Dirty Neck", "Toe-Knee-Chin", Accuracy, Momentum, Distance, Javelin, Grip, Baton, Accelerate, Decelerate, Change-over, Fluency, Strength, Speed
	Rules				
	Strategies				

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	Healthy Participation				
Year 4	Motor Competence (Locomotor skills) (Manipulation)	Invasion Games Netball/Basketball	<ul style="list-style-type: none"> Develop skills such as throwing, catching, jumping and running in Isolation and combination through Volleyball, Rugby, Netball Develop skills in simple competitive games with and begin develop tactical awareness in games e.g. Volleyball, Rugby, Netball, tennis Develop strength, balance, technique and control in a range of gymnastics activities Develop a range of movement patterns to perform dances Understand key vocabulary: Serve, sequence, flexibility, control, tackle 	Serve, sequence, flexibility, control, tackle	Movement, Space, Attack, Defend, Positioning, Communication, Direction, Speed, Agility, Man-mark, Overload, Precision, Pass, Receive
	Rules				
	Healthy Participation				
	Tactics and Strategies				
	Motor Competence (stability skills)	Gymnastics			Balance, Routine, Control, Canon, Unison, Fluid, Flowing, Flexibility, Transition, Shape, Link, Analyse, Strength, Weakness, Improvemen
	Healthy Participation				
	Motor Competence (stability skills)	Dance			Sequence, Levels, Tempo, Speed, Rhythm, Creative, Dynamics, Relationships, Canon, Space,

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	Healthy Participation				Action and Reaction, Count
	Motor Competence (Locomotor skills) (Manipulation)	Net and Wall Games- Tennis/Volleyball			Accuracy, Striking, Control, Aim, Power, Flight, Distance, Backhand, Overhand, Serve, Return, Rally, Spike, Position, Space
	Rules				
	Healthy Participation				
	Tactics and Strategies				
	Motor Competence (Locomotor Skills) (Manipulation Skills)	Striking and Fielding Games Cricket/ Rounders			Accuracy, Striking, Control, Space, Power, Technique, Direction, Aim, Fielding, Trapping, Direction, Overarm, Teamwork, Back-up, Long Barrier
	Rules				
	Tactics				

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	Healthy Participation				
	Motor Competence (Locomotor skills) (Manipulation Skills) Rules Strategies Healthy Participation	Invasion games- Rugby league/Quiddich			Movement, Space, Attack, Defend, Positioning, Communication, Direction, Speed, Agility, Man-mark, Overload, Precision, Pass, Receive, Play the Ball, W-grip, Hooker, Dummy, Accelerate, Speed, Power, Take-Off, Flight, Position, Hang, Follow Through, Technique, Landing, Fluency
Year 5	Motor Competence (Locomotor skills) (Manipulation) Rules Healthy Participation	Invasion Games- Hockey/football	<ul style="list-style-type: none"> • Apply skills such as throwing, catching, jumping and running in Isolation and combination through Football, Hockey, Flag football and cricket • Apply skills in competitive games with modifications and develop tactical awareness in games e.g. Football, Hockey, Flag football and cricket 	batting, wicket, run (cricket), send, receive	Movement, Space, Attack, Defend, Positioning, Communication, Direction, Speed, Agility, Man-mark, Overload, Precision, Pass, Receive, Press, Win, Lose, Tactics

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	Tactics and Strategies		<ul style="list-style-type: none"> • Apply strength, balance, technique and control in a range of gymnastics activities • Develop techniques in a range of Athletics activities • Compare performance in a range of sports and develop improvement to achieve their best • Understand key vocabulary: batting, wicket, run (cricket), send, receive, 		
	Motor Competence (stability skills)	Gymnastics			Balance, Routine, Control, Canon, Unison, Fluid, Flowing, Flexibility, Transition, Shape, Link, Analyse, Strength, Weakness, Improvement, Powerful
	Healthy Participation				
	Motor Competence (Locomotor skills) (Manipulation)	Net and wall			Strike, Forehand, Backhand, Lob, Smash, Serve, Loft, Flight, Return, Rally, Aim, Accuracy, Footwork, Acceleration, Space, Awareness, Court
	Rules				
	Healthy Participation				
	Tactics and Strategies				
	Motor Competence (Locomotor	Invasion Games- Flag football			Throw, Catch, Control, Distance, Accurate, Aim, Strike, Field, Position,

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	skills) (Manipulation)				Communication, Co-operation, Spiral, Set, Route, Gunslinger, Man Mark, Stutter Step, Touchdown, Downs, Rush
	Rules				
	Healthy Participation				
	Tactics and Strategies				
	Motor Competence (Locomotor Skills) (Manipulation Skills)	Striking and Fielding Games- Cricket			Space, Strike, Technique, Follow Through, Aim, Cover, Back-Up, Long Barrier, Deep, Tactic, Front Foot, Back Foot, Precision, Overarm, WicketKeeper
	Rules				
	Tactics				
	Healthy Participation				
	Motor Competence (Locomotor skills)	Athletics			Technique, Acceleration, Fluidity, Bounding, Power, Sprint Start, Explode, Momentum,

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	(Manipulation Skills Rules Strategies Healthy Participation				Release, Training, Effort, Aerobic, Anaerobic
Year 6	Motor Competence (Locomotor skills) (Manipulation) Rules Healthy Participation Tactics and Strategies	Invasion games- Basketball/Netball	<ul style="list-style-type: none"> Confidently apply skills such as throwing, catching, jumping and running in isolation and combination through Rounders, Rugby, Basketball, Netball Confidently apply skills in competitive games with modifications and apply tactical awareness within attacking and defending in games e.g. Rounders, Rugby, Basketball, Netball Use strength, balance, technique and control confidently in a range of gymnastics activities Take part in challenging OAA activities as an individual and as part of a team 	backstop, determination, personal best, unison, possession.	Movement, Space, Attack, Defend, Positioning, Communication, Direction, Speed, Agility, Man-mark, Overload, Precision, Pass, Receive, Press, Intercept, Reading the game, Body language, Sportsmanship, Respect
	Motor Competence Healthy Participation	Aut 1 – Spr 1 Swimming			Swim, front crawl, backstroke, breaststroke, safe, control, technique, rescue

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	Motor Competence (stability skills) Healthy Participation	Gymnastics	<ul style="list-style-type: none"> Perform dances with a range of complex movement patterns Successfully pass 25m badge in swimming and use effective strokes safely Understand key vocabulary: backstop, determination, personal best, unison, possession. 		Balance, Routine, Control, CounterBalance, Body Weight, Support, Extend, Elevate, Points, Momentum, Levels, Symmetrical, Asymmetrical, Flight, Take Off, Landing
	Motor Competence (stability skills) Healthy Participation	Dance			Sequence, Levels, Tempo, Speed, Rhythm, Creative, Dynamics, Expression, Action and Reaction, CounterBalance, Control, Direction, Formation, Pathways, Travelling
	Motor Competence (Locomotor skills) (Manipulation) Rules Healthy Participation	Net and wall Badminton			positioning, Accuracy, Aim, Forehand, Backhand, Serve, Smash, Set, Spike, Lob, Aerobic, Footwork, Acceleration, Space, Awareness, Alert, Competition, Evaluate, Officiate

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	Tactics and Strategies				
	Motor Competence (Locomotor skills) (Manipulation Skills) Rules Tactics and Strategies Healthy Participation	Striking and fielding- Rounders /			Rounder, underarm, overarm, out, backstop, base, batter, rounder, half rounder, control, technique, rules, strategies, tactics
	Motor Competence (Locomotor skills) (Manipulation Skills) Rules Strategies	Athletics			Pace, Acceleration, Deceleration, Measure, Time, Accurate, Technique, Endurance, Stamina, Fitness, Power, Speed, Strength, Extend, Follow Through, Effort

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	Healthy Participation				
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