

## XII Apostles RCPS – PE Curriculum Mapping and Progression of Skills

	Focus	Topic/Support	Prior Knowledge	Declarative Knowledge	Procedural Knowledge	Key Vocabulary	Further Vocabulary
<b>Reception</b>	Fundamentals		No formal prior knowledge (EYFS entry). Builds on natural exploration of movement in play (running,	<p>Motor Competence: Know names of basic movements (walk, run, jump, hop, skip, crawl). Know what balance means.</p> <p>Rules/Strategies/Tactics: Know 'stop' means freeze, 'go' means move.</p>	<p>Motor Competence: Travel in different ways, change speed/direction, stop safely. Balance on one foot.</p> <p>Rules/Strategies/Tactics: Follow instructions in simple games. Stay in own spot.</p> <p>Healthy Participation: Join warm-</p>	Run, jump, hop, skip, catch, throw	rolling, balancing, sliding, jogging, running, leaping, jumping,

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			climbing, crawling).	Know how to move safely in space.  Healthy Participation: Know exercise makes heart beat faster. Know importance of water after exercise.	ups, rest when needed. Recognise when body feels hot/tired.		hopping, dodging skipping, bouncing, throwing, catching, kicking, striking.
	Gymnastics		Fundamental movement vocabulary from Autumn 1.	Motor Competence: Know what a 'shape' is (star, tuck, straight). Know what a 'balance' means in gymnastics.  Rules/Strategies/Tactics: Know importance of waiting turns and using equipment safely.  Healthy Participation: Know stretching helps make bodies flexible.	Motor Competence: Create basic shapes and balances on floor. Perform a short movement phrase. Rules/Strategies/Tactics: Use mats safely, follow apparatus routines. Healthy Participation: Join in stretches and cool-down.		Roll, travel, balance, curl, stretch, movement
	Ball Skills		Rolling, catching large balls, balancing from previous terms.	Motor Competence: Know the difference between throwing and rolling. Know two hands make catching easier.  Rules/Strategies/Tactics: Know to aim towards target when throwing.  Healthy Participation: Know practice improves accuracy.	Motor Competence: Roll and catch large balls. Attempt underarm throw. Rules/Strategies/Tactics: Take turns, throw towards partner. Healthy Participation: Persevere with repeated attempts.		Receive, throw, target, bounce, catch, dribble, kick
	Invasion Games (Unit 1)		Ball skills foundation: rolling, throwing, stopping ball.	Motor Competence: Know that invasion games involve scoring in opponent's goal/area.  Rules/Strategies/Tactics: Know that	Motor Competence: Dribble ball with feet. Pass short distances.  Rules/Strategies/Tactics: Move		Run, jump, beanbag, control, co-ordination, throw,

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				<p>passing helps team keep possession.</p> <p>Healthy Participation: Know importance of working with a partner/team.</p>	<p>into space. Follow simple rules of team games.</p> <p>Healthy Participation: Celebrate teammates' effort, take part fairly.</p>		<p>catch, target</p>
	Ball skills		<p>Prior ball skills: rolling, catching, dribbling.</p>	<p>Motor Competence: Know bounce pass means ball touches floor first.</p> <p>Rules/Strategies/Tactics: Know accuracy improves by looking at target.</p> <p>Healthy Participation: Know effort improves results.</p>	<p>Motor Competence: Bounce and catch medium ball. Dribble with more control.</p> <p>Rules/Strategies/Tactics: Throw towards cones/targets.</p> <p>Healthy Participation: Demonstrate persistence.</p>		<p>Throw, catch, feet, kick, dribble, push, control</p>
	Athletics		<p>Fundamentals of running, jumping, balancing.</p>	<p>Motor Competence: Know running can be short sprint or long run. Know what a jump is.</p> <p>Rules/Strategies/Tactics: Know races involve fair starts.</p> <p>Healthy Participation: Know why it's important to try best in races.</p>	<p>Motor Competence: Run in races, jump and land safely. Begin simple relay passing.</p> <p>Rules/Strategies/Tactics: Wait turns at start, listen for 'go'.</p> <p>Healthy Participation: Compete positively, support peers.</p>		<p>Run, balance, running, throwing, jumping</p>
<b>Year 1</b>	Ball Skills-Control		<p>Reception ball skills: rolling, catching large balls, simple aiming.</p>	<p>Motor Competence: Know difference between rolling, dribbling, bouncing.</p> <p>Rules/Strategies/Tactics: Know accuracy means aiming correctly.</p> <p>Healthy Participation: Know regular practice makes skills easier.</p>	<p>Motor Competence: Dribble with hands/feet under control. Stop/start with ball.</p> <p>Rules/Strategies/Tactics: Aim when rolling or bouncing to partner.</p> <p>Healthy Participation: Show persistence when tasks are tricky.</p>	<p><b>Travel, balance, pass, attack, defend</b></p>	<p>Throw, catch, co-ordination, games, send, receive, underarm, overarm,</p>

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	Gymnastics		Reception gym shapes and balances	<p>Motor Competence: Know shapes (tuck, straddle, pike) and balances.</p> <p>Rules/Strategies/Tactics: Know safe use of low equipment.</p> <p>Healthy Participation: Know stretching improves flexibility.</p>	<p>Motor Competence: Create sequences of 2–3 balances and jumps.</p> <p>Rules/Strategies/Tactics: Perform in order, wait turns.</p> <p>Healthy Participation: Participate in group routines.</p>		Shape, jump, balance, perform, good, improve, control,
	Dance		Reception creative movement and copying actions.	<p>Motor Competence: Know dance is using body to show ideas.</p> <p>Rules/Strategies/Tactics: Know dances have beginnings and endings .</p> <p>Healthy Participation: Know dance can be energetic exercise.</p>	<p>Motor Competence: Copy and repeat simple phrases. Use rhythm.</p> <p>Rules/Strategies/Tactics: Perform to music with start/finish.</p> <p>Healthy Participation: Take part confidently in group dances.</p>		Copy, explore, patterns, shape, movement, dance, step, images, practice, perform
	Introduction Invasion Games		Reception invasion: dribbling, passing, moving in space.	<p>Motor Competence: Know passing keeps ball moving.</p> <p>Rules/Strategies/Tactics: Know simple scoring rules.</p> <p>Healthy Participation: Know teamwork makes games fun.</p>	<p>Motor Competence: Pass ball to partner using hands/feet.</p> <p>Rules/Strategies/Tactics: Move into open space to receive.</p> <p>Healthy Participation: Play fairly, encourage others.</p>		Throw, catch, invasion, co-ordinate, team, teamwork, participation
	Athletics		Reception: running, jumping, relay fundamentals	<p>Motor Competence: Know sprint is fast, distance is steady.</p> <p>Rules/Strategies/Tactics: Know baton must be passed in relay.</p> <p>Healthy Participation: Know competition can be enjoyable.</p>	<p>Motor Competence: Sprint short distance. Jump for height/distance.</p> <p>Rules/Strategies/Tactics: Wait for fair start in races.</p> <p>Healthy Participation: Try best, celebrate success.</p>		,  Run, jump, speed, standing, throw, accurate, skilful, control,

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Year 2							distance, javelin, shot put
	Target Games		Ball aiming and accuracy from Reception/Year 1.	<p>Motor Competence: Know target games involve aiming.</p> <p>Rules/Strategies/Tactics: Know how to keep score.</p> <p>Healthy Participation: Know practice increases accuracy.</p>	<p>Motor Competence: Roll/throw at targets. Improve aim.</p> <p>Rules/Strategies/Tactics: Record scores fairly.</p> <p>Healthy Participation: Show resilience with repeated attempts.</p>		Throw, catching, target, co-ordination, games, tennis, ball hit net, wall
	Ball Skills	<b>Sending/Receiving</b>	Year 1 ball control: dribbling, passing, aiming.	<p>Motor Competence: Know overarm/underarm throw difference.</p> <p>Rules/Strategies/Tactics: Know accuracy requires aim and control.</p> <p>Healthy Participation: Know practice develops hand-eye coordination.</p>	<p>Motor Competence: Send ball accurately underarm. Catch with two hands.</p> <p>Rules/Strategies/Tactics: Position body to receive ball.</p> <p>Healthy Participation: Keep trying to improve throws/catches.</p>	<b>Direction, speed, space, teamwork, pattern</b>	Send, receive, pass, catch,
	Gymnastics	<b>Shapes</b>	Year 1 sequences of balances and jumps.	<p>Motor Competence: Know roll types (egg roll, log roll). Know travel means moving across space.</p> <p>Rules/Strategies/Tactics: Know apparatus rules.</p> <p>Healthy Participation: Know gymnastics builds strength.</p>	<p>Motor Competence: Perform rolls and balances in sequence.</p> <p>Rules/Strategies/Tactics: Sequence moves logically.</p> <p>Healthy Participation: Take turns and share space safely.</p>		Sequence, movements, pathway, pattern
	Dance	<b>Pirates</b>	Year 1 simple dance phrases and rhythm.	Motor Competence: Know rhythm means moving in time.	Motor Competence: Link movements to show ideas. Keep rhythm with music.		Body shapes, space,

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				<p>Rules/Strategies/Tactics: Know dances can show feelings.</p> <p>Healthy Participation: Know dance improves fitness.</p>	<p>Rules/Strategies/Tactics: Work with partner/group in dance.</p> <p>Healthy Participation: Participate with energy and enthusiasm.</p>		<p>imaginati on, perform, moveme nt, pattern, pirate, sea</p>
	Invasion Games	<b>Tag Rugby</b>	<p>Year 1 introduction to invasion (passing, moving into space).</p>	<p>Motor Competence: Know tag rugby is non-contact.</p> <p>Rules/Strategies/Tactics: Know scoring is reaching try line.</p> <p>Healthy Participation: Know respect for rules is important.</p>	<p>Motor Competence: Run with ball safely. Pass backwards.</p> <p>Rules/Strategies/Tactics: Evade opponents by dodging.</p> <p>Healthy Participation: Play fairly and respect opposition.</p>		<p>Rugby, pass, try, tag, backward s, run, tackle, defend, attack, line,</p>
	<b>Athletic s</b>		<p>Year 1 sprinting, jumping, relays.</p>	<p>Motor Competence: Know sprint, relay, jump, throw.</p> <p>Rules/Strategies/Tactics: Know races start on signal.</p> <p>Healthy Participation: Know warming up helps performance.</p>	<p>Motor Competence: Jump and land safely. Throw for distance.</p> <p>Rules/Strategies/Tactics: Follow race rules, share lanes.</p> <p>Healthy Participation: Cheer for peers, show sportsmanship.</p>		<p>Relay, pass, Baton, sequence, throw, land, safety</p>
	Striking and Fielding Games	<b>Cricket</b>	<p>Target games and ball skills from Year 1.</p>	<p>Motor Competence: Know striking means hitting with bat. Know fielding means collecting ball.</p>	<p>Motor Competence: Strike ball off tee. Stop/collect ball in field.</p> <p>Rules/Strategies/Tactics: Throw ball to fielder/base.</p>		<p>Strike, field, bat, ball, out, run, base,</p>

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				<p>Rules/Strategies/Tactics: Know turns for batting/fielding.</p> <p>Healthy Participation: Know rules make games fair.</p>	<p>Healthy Participation: Take part as batter/fielder with equal effort.</p>		
<b>Year 3</b>	Invasion games- /Swimming	Basketball/Football Water Safety	Year 2 throwing, catching, invasion basics, teamwork.	<p>Motor Competence: Know swimming strokes (front crawl, backstroke). Know basic passing types (chest, bounce, kick pass). Rules/Strategies/Tactics: Know netball/football involve scoring in goals. Know water safety rules. Healthy Participation: Know importance of swimming for safety and fitness.</p>	<p>Motor Competence: Swim 10m with aid, practice floats. Pass and receive with control in invasion games. Rules/Strategies/Tactics: Move into space, defend goals, follow swimming pool rules. Healthy Participation: Show perseverance in swimming, play fairly in invasion games.</p>	Fielder, base, float, technique, shoot,	<p>Invade, ball, pass, bounce pass, net, control, travel, tackle, cross, strike, space, goal keeper, defender, midfielder, striker, water, safety.</p>
	Gymnastics	Jumps and Rolls	Year 2 rolls, balances, sequences.	<p>Motor Competence: Know different rolls (forward roll). Know flight moves (leap, jump). Rules/Strategies/Tactics: Know sequences combine balances, rolls, jumps. Healthy Participation: Know practice improves performance.</p>	<p>Motor Competence: Link 3–4 elements smoothly. Perform controlled jumps and rolls. Rules/Strategies/Tactics: Perform sequence in order, use apparatus. Healthy Participation: Share equipment safely.</p>		<p>Jump, balance, sequence, straddle jump, pencil jump, tuck, roll.</p>
	OAA activities	<b>Orienteering</b>	Year 2 teamwork and following instructions.	<p>Motor Competence: Know orienteering uses maps and movement. Know how to navigate space. Rules/Strategies/Tactics: Know rules of team challenges and map symbols. Healthy Participation: Know teamwork builds cooperation.</p>	<p>Motor Competence: Follow simple map routes. Complete problem-solving tasks. Rules/Strategies/Tactics: Work cooperatively in pairs/groups. Healthy Participation: Support teammates in challenges.</p>		<p>Map, Compass, Direction, Route, Partner, Team, Partner, Map key, North, Landmark, Start point, Finish point, Clue, Turn, Near, Far, Follow, Find, Explore, Work, Share, Help, Challenge, Safe, Map, Adventure,</p>

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	Invasion Games	Tag rugby	Year 2 introduction to Tag Rugby (passing backwards, dodging).	Motor Competence: Know importance of agility. Know rules: pass backwards, score by try. Rules/Strategies/Tactics: Know tagging ends run. Know basic defending tactics. Healthy Participation: Know teamwork and respect essential.	Motor Competence: Pass and receive on the move. Evade tags using dodges. Rules/Strategies/Tactics: Play in small-sided tag games fairly. Healthy Participation: Respect referees, opponents.		Throw, catch, kick, opponent, attack ball, pass, forward pass, backwards
	<b>Athletics</b>		Year 2 sprinting, jumping, throwing.	Motor Competence: Know sprint, middle-distance difference. Know how to throw for distance. Rules/Strategies/Tactics: Know relay changeover rules. Healthy Participation: Know pacing helps endurance.	Motor Competence: Sprint 50m, perform standing long jump, throw with technique. Rules/Strategies/Tactics: Time runs, measure distances fairly. Healthy Participation: Compete respectfully, self-improve.		Stance, retrieve, opposition stump, short barrier, outwit, rounder, base four, six
	Striking and Fielding Games	Cricket/Rounders	Year 2 striking with bat/tee, basic fielding.	Motor Competence: Know catching cues (hands ready, eyes on ball). Know overarm throw is for distance. Rules/Strategies/Tactics: Know how to score runs. Know importance of fielding placement. Healthy Participation: Know equal roles in team.	Motor Competence: Strike ball from hand/tee, field with accuracy. Rules/Strategies/Tactics: Choose best throw type when fielding. Healthy Participation: Encourage peers, rotate roles.		Power, "Clean Palm, Dirty Knee-Chin", Accuracy, Measure Distance, Javelin, Grip, Accelerate, Decelerate, Fluency, Strength, Speed
<b>Year 4</b>	Invasion Games	Netball/Basketball	Year 3 invasion: moving into space, passing, defending.	Motor Competence: Know basketball chest, bounce, shoulder pass. Netball pivoting. Rules/Strategies/Tactics: Know basic court markings and rules. Healthy Participation: Know importance of teamwork.	Motor Competence: Dribble in basketball, pivot in netball. Pass accurately under pressure. Rules/Strategies/Tactics: Apply marking and spacing tactics. Healthy Participation: Show fairness in competition.	<b>Serve, sequence, flexibility, control, tackle</b>	Movement, Space, Attack, Positioning, Communication, Speed, Agility, Man-marking, Precision, Pass, Receive
	Gymnastics	<b>Sequences</b>	Year 3 sequences using apparatus.	Motor Competence: Know flight and rotation moves. Know paired balances. Rules/Strategies/Tactics: Know transitions make sequences smooth.	Motor Competence: Perform more complex rolls, cartwheels. Build 4–5 part sequence. Rules/Strategies/Tactics: Include symmetrical/asymmetrical		Balance, Routine, Control, Unison, Fluid, Flowing, Transition, Shape, Link, Strength, Weakness, Imbalance



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				Healthy Participation: Know safety spotting techniques.	shapes. Healthy Participation: Support peers in partner balances.		
	Dance	<b>Electricity</b>	Year 2 linking movements in dance.	Motor Competence: Know use of pathways, levels, speed in dance. Rules/Strategies/Tactics: Know choreography means creating a routine. Healthy Participation: Know self-expression is valued.	Motor Competence: Choreograph with partner/group. Use timing and rhythm. Rules/Strategies/Tactics: Perform to audience with clarity. Healthy Participation: Encourage confidence and creativity.		Sequence, Levels, Tempo, Rhythm, Creative, Dynamic Relationships, Canon, S and Reaction, Count
	Net and Wall Games-	Tennis/Volley ball	Year 3 ball striking and control.	Motor Competence: Know forehand, underarm serve. Know volley means striking before bounce. Rules/Strategies/Tactics: Know scoring systems. Healthy Participation: Know practice builds consistency.	Motor Competence: Rally using forehand. Serve underarm over net. Rules/Strategies/Tactics: Position self to return ball. Healthy Participation: Play in pairs with fairness.		Accuracy, Striking, Control, Flight, Distance, Backhand Serve, Return, Rally, Spin, Space
	<b>Athletics</b>		Year 3 sprint, throw, jump events.	Motor Competence: Know triple jump phases. Know javelin technique basics. Rules/Strategies/Tactics: Know start commands. Healthy Participation: Know sportsmanship importance.	Motor Competence: Sprint with sprint start, perform standing triple jump. Rules/Strategies/Tactics: Measure distances accurately. Healthy Participation: Compete respectfully.		Sprint, Pace, Start line, Reaction, Drive phase, Arm Stride, Hop, Step, Jump, Take-off board, Balance, Landing, Distance, Grip, Throwing line, Release, Follow-through, Safety
	Striking and Fielding Games	Cricket/ Rounders	Year 3 striking and basic fielding roles.	Motor Competence: Know bowling underarm, striking with bat techniques. Rules/Strategies/Tactics: Know fielding positions. Healthy Participation: Know inclusion of all team roles.	Motor Competence: Bowl underarm, strike consistently. Catch high balls. Rules/Strategies/Tactics: Choose effective fielding tactics. Healthy Participation: Take roles responsibly.		Accuracy, Striking, Control, Power, Technique, Direction, Fielding, Trapping, Direction, Teamwork, Back-up, Location

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<b>Year 5</b>	Invasion Games-	Hockey/football	Year 4 invasion tactics, passing, defending.	Motor Competence: Know hockey push pass, dribble. Football passing and control. Rules/Strategies/Tactics: Know offside basics in football, safety in hockey. Healthy Participation: Know value of resilience.	Motor Competence: Control hockey ball with stick. Perform football dribble under pressure. Rules/Strategies/Tactics: Apply attacking/defending strategies. Healthy Participation: Show determination in practice.	<b>batting, wicket, run (cricket), send, receive</b>	Movement, Space, Attacking, Positioning, Communication, Speed, Agility, Man-marking, Precision, Pass, Receive, Lose, Tactics
	Gymnastics	Vaulting	Year 4 advanced sequences.	Motor Competence: Know flight vaults. Know counter balances. Rules/Strategies/Tactics: Know sequencing and transitions. Healthy Participation: Know peer evaluation improves skills.	Motor Competence: Perform vaults, link sequences with fluidity. Rules/Strategies/Tactics: Use canon/unison in routines. Healthy Participation: Evaluate own and others' performances.		Balance, Routine, Control, Unison, Fluid, Flowing, Transition, Shape, Link, Strength, Weakness, Imagination, Powerful
	Net and wall-	Badminton	Year 4 tennis/volleyball skills.	Motor Competence: Know forehand/backhand grip, serve techniques. Rules/Strategies/Tactics: Know badminton scoring system. Healthy Participation: Know perseverance improves accuracy.	Motor Competence: Rally using forehand, backhand. Serve legally. Rules/Strategies/Tactics: Position tactically in singles/doubles. Healthy Participation: Take turns, encourage partner.		Strike, Forehand, Backhand, Smash, Serve, Loft, Flight, Aim, Accuracy, Footwork, Space, Awareness, Communication
	Invasion Games-	Flag football/ Handball	Year 4 invasion tactics.	Motor Competence: Know dodging, feinting, tactical passing. Rules/Strategies/Tactics: Know netball positions. Flag football rules. Healthy Participation: Know teamwork central to success.	Motor Competence: Perform accurate long passes, dodge defenders. Rules/Strategies/Tactics: Apply positional awareness in play. Healthy Participation: Value contributions of all players.		Throw, Catch, Control, Accurate, Aim, Strike, Communication, Co-operation, Set, Route, Gunslinger, Stutter Step, Touchdown
	<b>Athletics</b>		Year 4 athletics disciplines.	Motor Competence: Know sprint start blocks. Know discus/javelin basic technique. Rules/Strategies/Tactics: Know	Motor Competence: Sprint from blocks, throw discus/javelin. Rules/Strategies/Tactics: Time and measure events.		Space, Strike, Technique, Through, Aim, Cover, Barrier, Deep, Tactic, Fr

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				<p>acing in longer runs.</p> <p>Healthy Participation: Know sportsmanship in competition.</p>	<p>Healthy Participation: Strive for personal bests.</p>		<p>Foot, Precision, Overarm</p> <p>WicketKeeper</p>
	Striking and Fielding Games	Cricket	Year 4 cricket and rounders roles.	<p>Motor Competence: Know overarm bowling technique. Batting stance.</p> <p>Rules/Strategies/Tactics: Know tactical fielding.</p> <p>Healthy Participation: Know importance of resilience.</p>	<p>Motor Competence: Bowl overarm, strike in different directions.</p> <p>Rules/Strategies/Tactics: Set field positions tactically.</p> <p>Healthy Participation: Respect opposition and umpires.</p>		<p>Technique, Acceleration</p> <p>Bounding, Power, Sprint</p> <p>Momentum, Release, T</p> <p>Aerobic, Anaerobic</p>
<b>Year 6</b>	Invasion games	Basketball/Netball	Year 5 invasion games and basic swimming skills.	<p>Motor Competence: Know advanced swimming strokes, breathing techniques. Netball shooting, football tactics.</p> <p>Rules/Strategies/Tactics: Know offside in detail, netball 3-second rule.</p> <p>Healthy Participation: Know swimming promotes lifelong fitness.</p>	<p>Motor Competence: Swim 25m unaided, use effective stroke technique. Shoot in netball, dribble in football under pressure.</p> <p>Rules/Strategies/Tactics: Apply advanced tactics (pressing, spacing).</p> <p>Healthy Participation: Act as role model in teamwork.</p>	<p><b>backstop, determination, personal best, unison, possession.</b></p>	<p>Movement, Space, Att</p> <p>Positioning, Communic</p> <p>Speed, Agility, Man-man</p> <p>Precision, Pass, Receive</p> <p>Intercept, Reading the g</p> <p>language, Sportsmansh</p> <p>Front crawl, backstroke</p> <p>water safety, dive,</p>
	Swimming	Complete NC requirements					
	Gymnastics	Creating sequences	Year 5 vaults, advanced sequences.	<p>Motor Competence: Know complex vaults, tumbling skills.</p> <p>Rules/Strategies/Tactics: Know routine composition.</p> <p>Healthy Participation: Know mental preparation aids performance.</p>	<p>Motor Competence: Perform flight vault, tumbling sequence.</p> <p>Rules/Strategies/Tactics: Design routine with fluency.</p> <p>Healthy Participation: Evaluate critically but constructively.</p>		<p>Balance, Routine, Contr</p> <p>CounterBalance, Body</p> <p>Support, Extend, Elevat</p> <p>Momentum, Levels, Syr</p> <p>Asymmetrical, Flight, Ta</p>
	Dance	World War 1	Year 5 choreographing group dances.	<p>Motor Competence: Know use of formations, canon, unison.</p> <p>Rules/Strategies/Tactics: Know choreography structure.</p> <p>Healthy Participation: Know creativity is important.</p>	<p>Motor Competence: Create group dance with varied formations.</p> <p>Rules/Strategies/Tactics: Perform confidently to audience.</p> <p>Healthy Participation: Celebrate others' creativity.</p>		<p>Sequence, Levels, Temp</p> <p>Rhythm, Creative, Dyna</p> <p>Expression, Action and</p> <p>CounterBalance, Contr</p> <p>Formation, Pathways, T</p>

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	OAA	Orienteering	Year 3 orienteering, teamwork challenges.	Motor Competence: Know advanced navigation symbols, compass basics. Rules/Strategies/Tactics: Know importance of planning strategies. Healthy Participation: Know outdoor activity supports wellbeing.	Motor Competence: Navigate with map/compass, solve physical challenges. Rules/Strategies/Tactics: Collaborate on problem-solving. Healthy Participation: Demonstrate leadership, support team.		positioning, Accuracy, A Backhand, Serve, Smas Lob, Aerobic, Footwork Space, Awareness, Aler Evaluate, Officiate
	Net and Wall	Badminton	Year 5 badminton rallying and scoring.	Motor Competence: Know overhead clear, drop shot, smash. Rules/Strategies/Tactics: Know doubles positioning. Healthy Participation: Know resilience needed in competition.	Motor Competence: Play controlled rallies using variety of shots. Rules/Strategies/Tactics: Apply tactics in singles/doubles. Healthy Participation: Compete with fairness, accept outcomes.		Rounder, underarm, overarm, batter, rounder, half rounder, rules, strategies, tactics
	Striking and fielding-	Rounders	Year 5 cricket striking/fielding roles.	Motor Competence: Know batting tactics (place shots). Fielding relay throws. Rules/Strategies/Tactics: Know rounders scoring system. Healthy Participation: Know inclusive play is essential.	Motor Competence: Strike ball with placement. Bowl with accuracy. Rules/Strategies/Tactics: Use tactical decisions in batting/fielding. Healthy Participation: Model sportsmanship and fairness.		Pace, Acceleration, Dec Measure, Time, Accurat Endurance, Stamina, Fit Speed, Strength, Extens Through, Effort