

XII Apostles RCPS – PE Curriculum Mapping and Progression of Skills

Year Group	Focus	Topic/Sport	Outcomes	Key Vocabulary	Further Vocabulary
Reception	Fundamentals		Develop fundamental skills such as running, jumping, dancing, skipping and hopping	Run, jump, hop, skip, catch, throw	rolling, balancing, sliding, jogging, running, leaping, jumping, hopping, dodging skipping, bouncing, throwing, catching, kicking, striking.
	Gymnastics		Successfully coordinate through a simple obstacle course		Roll, travel, balance, curl, stretch, movement
	Ball Skills		Demonstrate simple balancing skills		Receive, throw, target, bounce, catch, dribble, kick
	Invasion Games (Unit 1)		Demonstrate simple co-ordination skills		Run, jump, beanbag, control, co-ordination, throw, catch, target
	Ball skills		Play as part of a team or pair and understand when to take turns		Throw, catch, feet, kick, dribble, push, control
			Begin to create basic dance movements		

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	Athletics				Run, balance, running, throwing, jumping
Year 1	Ball Skills- Control		<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 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 	Travel, balance, pass, attack, defend	Throw, catch, co-ordination, games, send, receive, underarm, overarm,
	Gymnastics				Shape, jump, balance, perform, good, improve, control,
	Dance				Copy, explore, patterns, shape, movement, dance, step, images, practice, perform
	Introduction Invasion Games				Throw, catch, invasion, co-ordinate, team, teamwork, participation
	Athletics				Run, jump, speed, standing, throw, accurate, skilful, control, distance, javelin, shot put

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	Target Games		<ul style="list-style-type: none"> Know and use key vocabulary: Travel, balance, pass, attack, defend 		Throw, catching, target, co-ordination, games, tennis, ball hit net, wall
Year 2	Ball Skills	Sending/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,
	Gymnastics	Shapes			Sequence, movements, pathway, pattern
	Dance	Pirates			Body shapes, space, imagination, perform, movement, pattern, pirate, sea
	Invasion Games	Tag Rugby			Rugby, pass, try, tag, backwards, run, tackle, defend, attack, line,
	Athletics				Relay, pass, Baton, sequence, throw, land, safety

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	Striking and Fielding Games	Cricket			Strike, field, bat, ball, out, run, base,
Year 3	Invasion games- /Swimming	Basketball/Football Water Safety	<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 individual or as part of a team • Begin to understand how to achieve their best in sport • Begin to swim confidently and safely • Understand key vocabulary: Fielder, base, float, technique, shoot, 	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, water, safety, float

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	Gymnastics	Jumps and Rolls			Jump, balance, sequence, star jump, tuck jump, pencil jump, tuck, roll
	OAA activities	Orienteering			Map, Compass, Direction, Route, Path, Symbol, Sign, Team, Partner, Map key, North, Landmark, Checkpoint, Start point, Finish point, Clue, Turn, Straight, Left, Right, Near, Far, Follow, Find, Explore, Work together, Listen, Share, Help, Challenge, Safe, Map reading, Plan, Adventure,
	Invasion Games	Tag rugby			Throw, catch, kick, opponent, attack, defend, try, rugby ball, pass, forward pass, backwards
	Athletics				Stance , retrieve , opposition stumped, pick up technique short barrier, outwit, rounder, base, overarm, underarm, four, six
	Striking and Fielding Games	Cricket/ Rounders			Power, "Clean Palm, Dirty Neck", "Toe-Knee-Chin", Accuracy, Momentum, Distance, Javelin, Grip, Baton, Accelerate, Decelerate, Change-over, Fluency, Strength, Speed
Year 4	Invasion Games	Netball/Basketball	<ul style="list-style-type: none"> Develop skills such as throwing, catching, jumping and running in Isolation and 	Serve, sequence, flexibility, control, tackle	Movement, Space, Attack, Defend, Positioning, Communication, Direction, Speed,

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			<p>combination through Volleyball, Rugby, Netball</p> <ul style="list-style-type: none"> • 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 		Agility, Man-mark, Overload, Precision, Pass, Receive
	Gymnastics	Sequences			Balance, Routine, Control, Canon, Unison, Fluid, Flowing, Flexibility, Transition, Shape, Link, Analyse, Strength, Weakness, Improvemen
	Dance	Electricity			Sequence, Levels, Tempo, Speed, Rhythm, Creative, Dynamics, Relationships, Canon, Space, Action and Reaction, Count
	Net and Wall Games-	Tennis/Volleyball			Accuracy, Striking, Control, Aim, Power, Flight, Distance, Backhand, Overhand, Serve, Return, Rally, Spike, Position, Space
	Athletics				Sprint, Pace, Start line, Finish line, Reaction, Drive phase, Acceleration, Stride, Hop, Step, Jump, Sequence, Take-off board, Balance, Momentum,

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					Landing, Distance, Grip, Run-up, Throwing line, Release, Angle, Power, Follow-through, Safety zone
	Striking and Fielding Games	Cricket/ Rounders			Accuracy, Striking, Control, Space, Power, Technique, Direction, Aim, Fielding, Trapping, Direction, Overarm, Teamwork, Back-up, Long Barrier
Year 5	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 • Apply strength, balance, technique and control in a range of gymnastics activities • Develop techniques in a range of Athletics activities 	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
	Gymnastics	Vaulting			Balance, Routine, Control, Canon, Unison, Fluid, Flowing, Flexibility, Transition, Shape, Link, Analyse, Strength, Weakness, Improvement, Powerful

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	Net and wall-	Badminton	<ul style="list-style-type: none"> Compare performance in a range of sports and develop improvement to achieve their best Understand key vocabulary: batting, wicket, run (cricket), send, receive, 		Strike, Forehand, Backhand, Lob, Smash, Serve, Loft, Flight, Return, Rally, Aim, Accuracy, Footwork, Acceleration, Space, Awareness, Court
	Invasion Games-	Flag football/ Handball			Throw, Catch, Control, Distance, Accurate, Aim, Strike, Field, Position, Communication, Co-operation, Spiral, Set, Route, Gunslinger, Man Mark, Stutter Step, Touchdown, Downs, Rush
	Athletics				Space, Strike, Technique, Follow Through, Aim, Cover, Back-Up, Long Barrier, Deep, Tactic, Front Foot, Back Foot, Precision, Overarm, WicketKeeper
	Striking and Fielding Games	Cricket			Technique, Acceleration, Fluidity, Bounding, Power, Sprint Start, Explode, Momentum, Release, Training, Effort, Aerobic, Anaerobic

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Year 6	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 • 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. 	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, Front crawl, backstroke, breaststroke, water safety, dive,
	Swimming	Complete NC requirements			

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	Gymnastics	Creating sequences			Balance, Routine, Control, CounterBalance, Body Weight, Support, Extend, Elevate, Points, Momentum, Levels, Symmetrical, Asymmetrical, Flight, Take Off, Landing
	Dance	World War 1			Sequence, Levels, Tempo, Speed, Rhythm, Creative, Dynamics, Expression, Action and Reaction, CounterBalance, Control, Direction, Formation, Pathways, Travelling
	OAA	Orienteering			positioning, Accuracy, Aim, Forehand, Backhand, Serve, Smash, Set, Spike, Lob, Aerobic, Footwork, Acceleration, Space, Awareness, Alert, Competition, Evaluate, Officiate

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	Net and Wall	Badminton			Rounder, underarm, overarm, out, backstop, base, batter, rounder, half rounder, control, technique, rules, strategies, tactics
	Striking and fielding-	Rounders			Pace, Acceleration, Deceleration, Measure, Time, Accurate, Technique, Endurance, Stamina, Fitness, Power, Speed, Strength, Extend, Follow Through, Effort