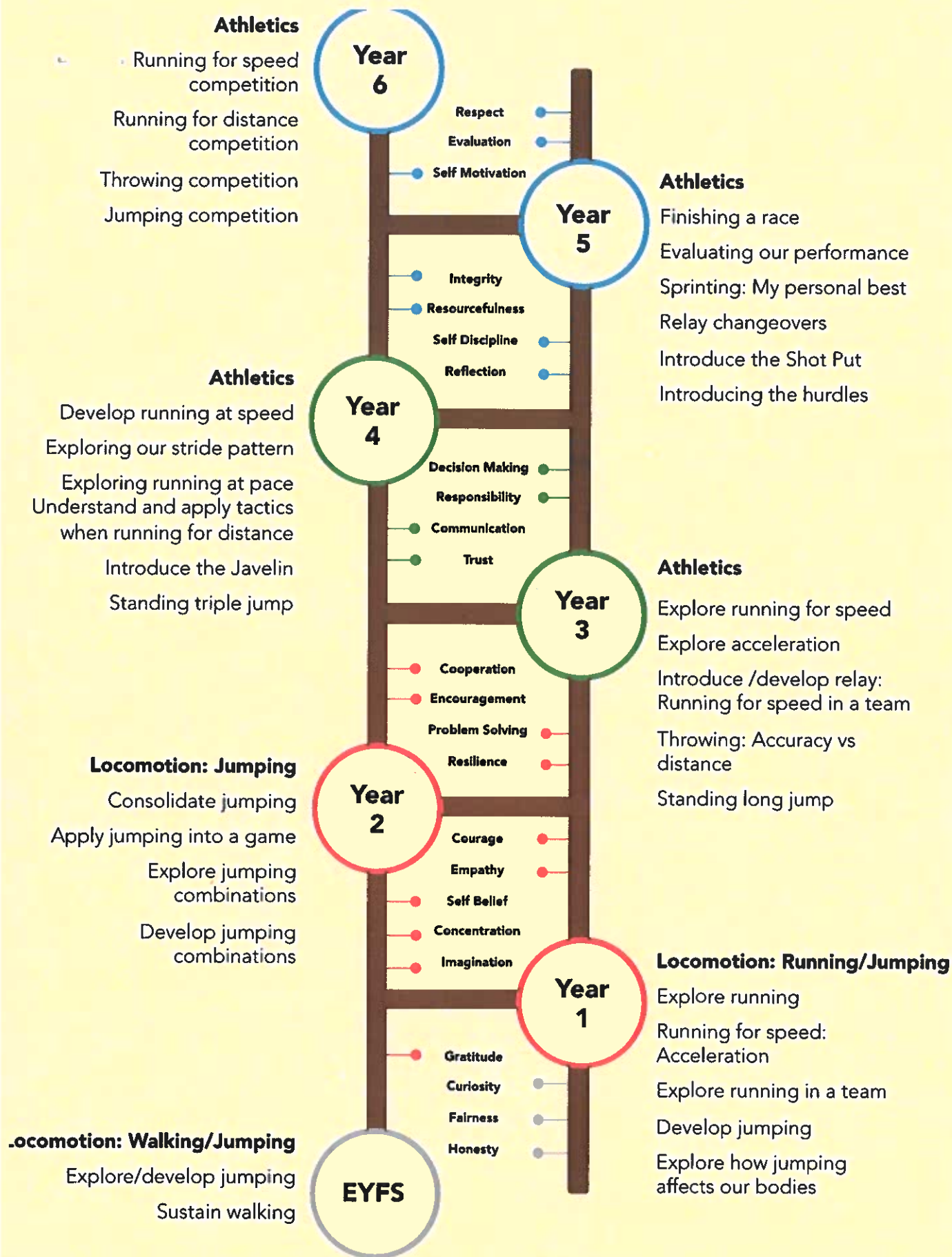


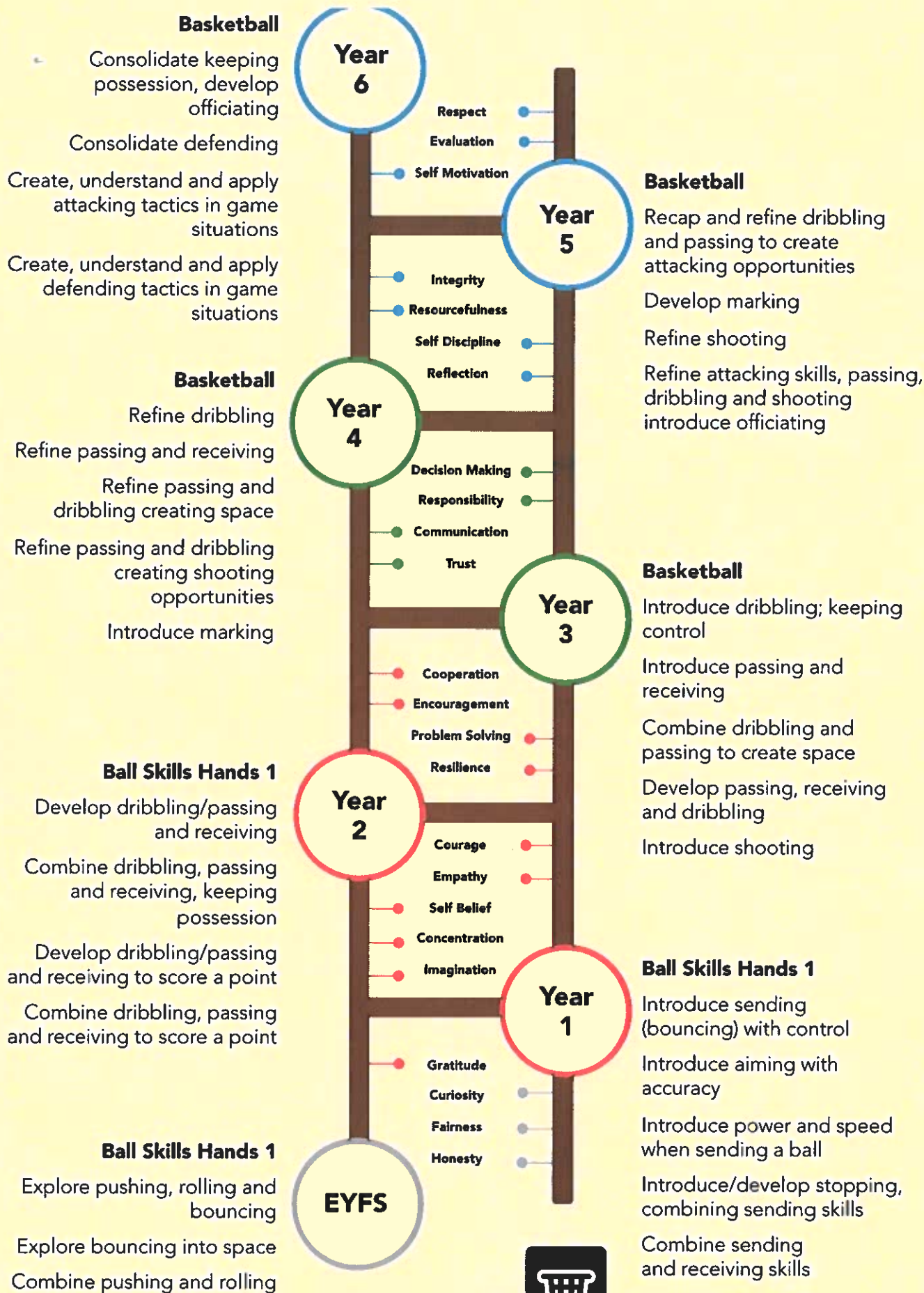
# **Holy Rosary PE Curriculum Progression of Skills**



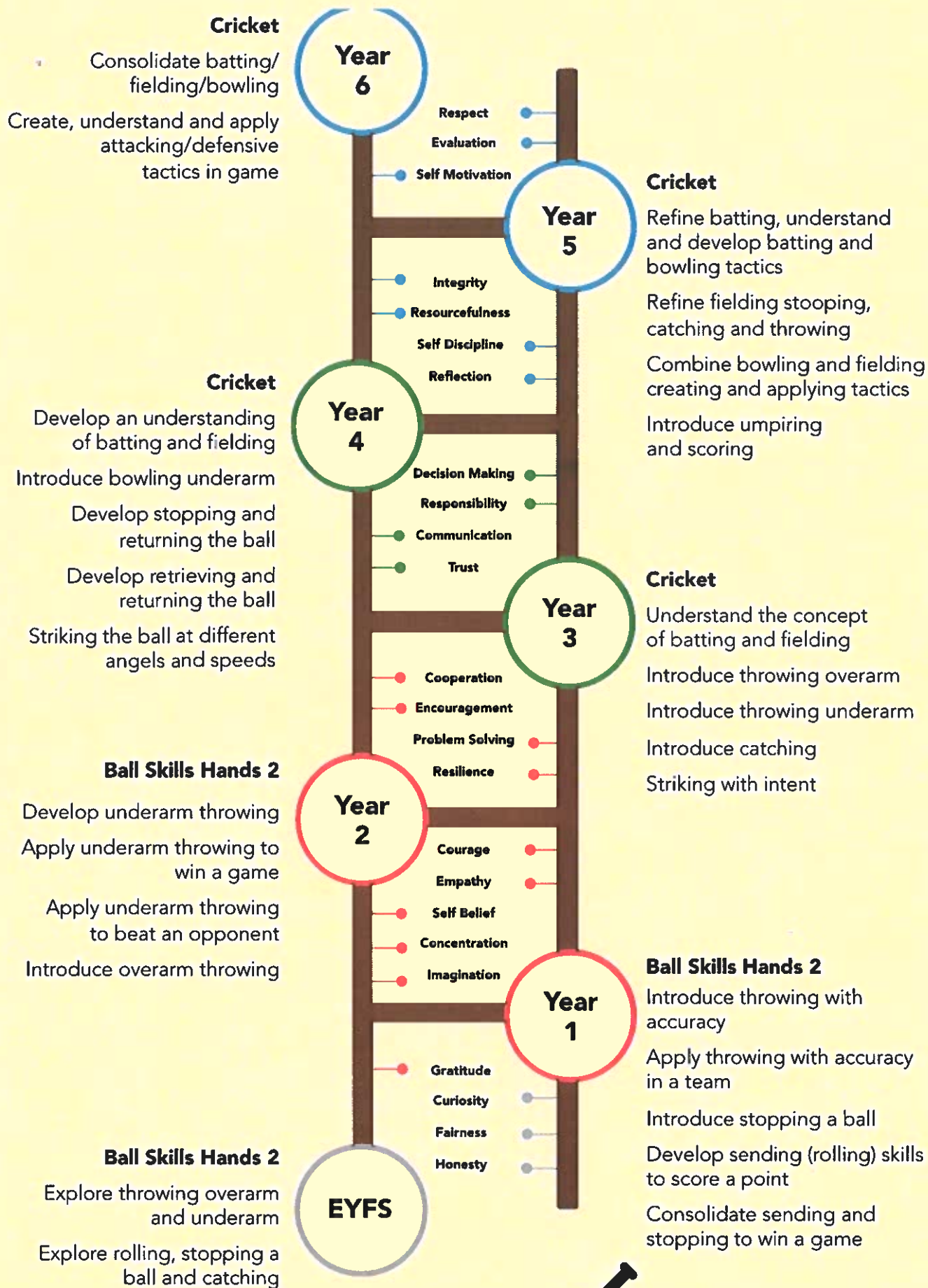


## Athletics Learning Ladder



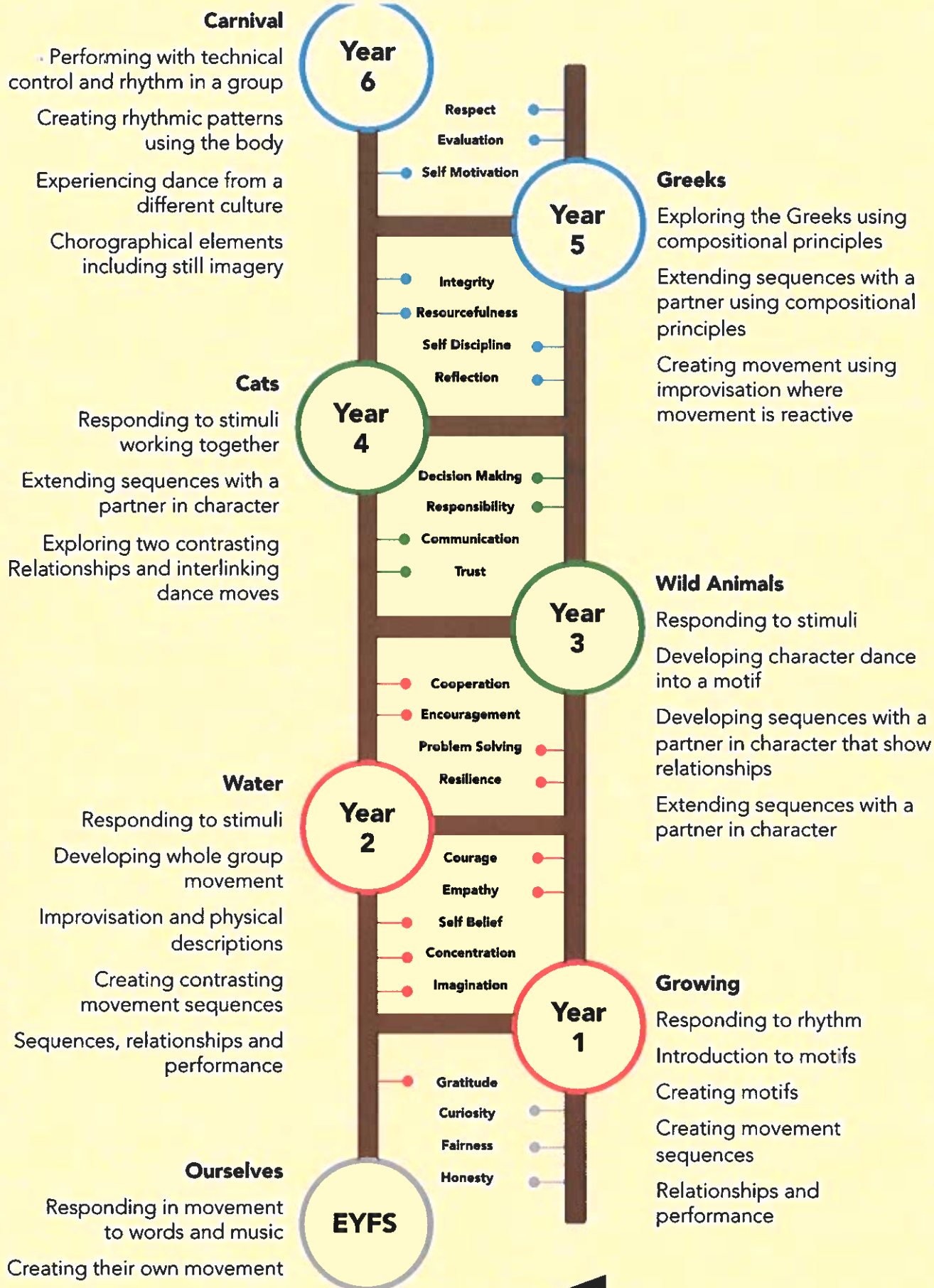


## Ball Skills to Basketball Learning Ladder



## Ball Skills to Cricket Learning Ladder





## Dance Learning Ladder

## Titanic

Creating rhythmic patterns using our body

Extending our choreography through controlled movements, character emotion and expression

Explore the relationships between characters applying character emotion and expression

## Space

Extending sequences with a partner in character

Developing sequences with a partner in character that show relationships and interlinking dance moves

Sequences, relationships, choreography and performance

## Exploring

Responding to stimuli

Developing our motif with expression and emotion

Applying choreography in our motifs

Extending our motifs

Sequences, relationships and performance

## Nursery Rhymes

Moving in sequence

Exploring character movements

**Year 6**

Respect

Evaluation

Self Motivation

**Year 5**

Integrity

Resourcefulness

Self Discipline

Reflection

**Year 4**

Decision Making

Responsibility

Communication

Trust

**Year 3**

Cooperation

Encouragement

Problem Solving

Resilience

**Year 2**

Courage

Empathy

Self Belief

Concentration

Imagination

**Year 1**

Gratitude

Curiosity

Fairness

Honesty

**EYFS**

## The Circus

Developing character movements linked to 19th Century prejudices

Creating movements to represent different characters and performers in a 19th Century circus

Extending our Performance incorporating props and apparatus linked to the variety of performers

## Weather

Responding to stimuli, extreme weather

Developing thematic dance into a motif

Extending dance to create sequences with a partner

Developing sequences with a partner

## The Zoo

Exploring expression

Developing our movements, adding movements together

Responding to a rhythm: Introducing partner work

Creating an animal sequence motifs

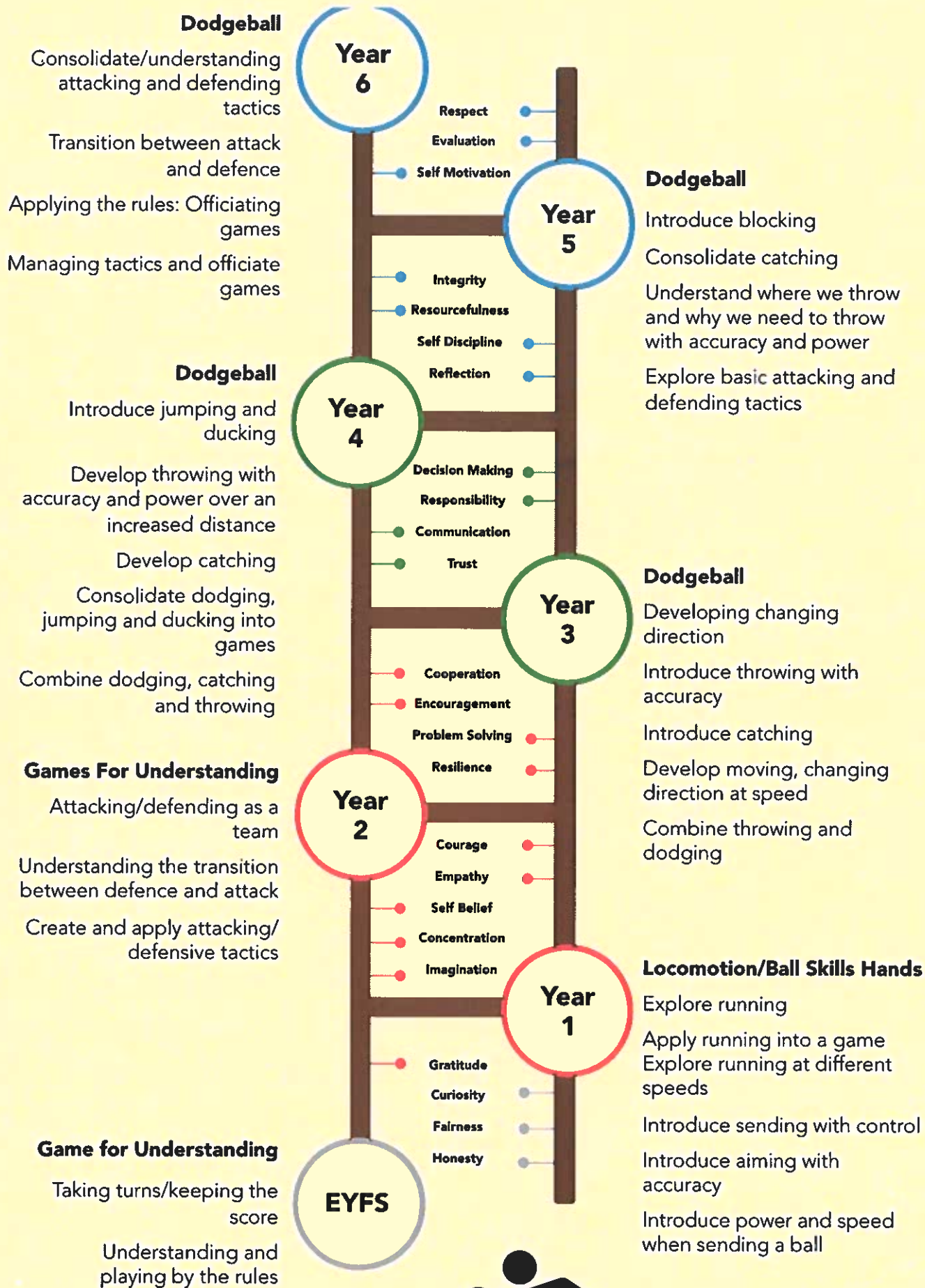
Exploring relationships within our motifs



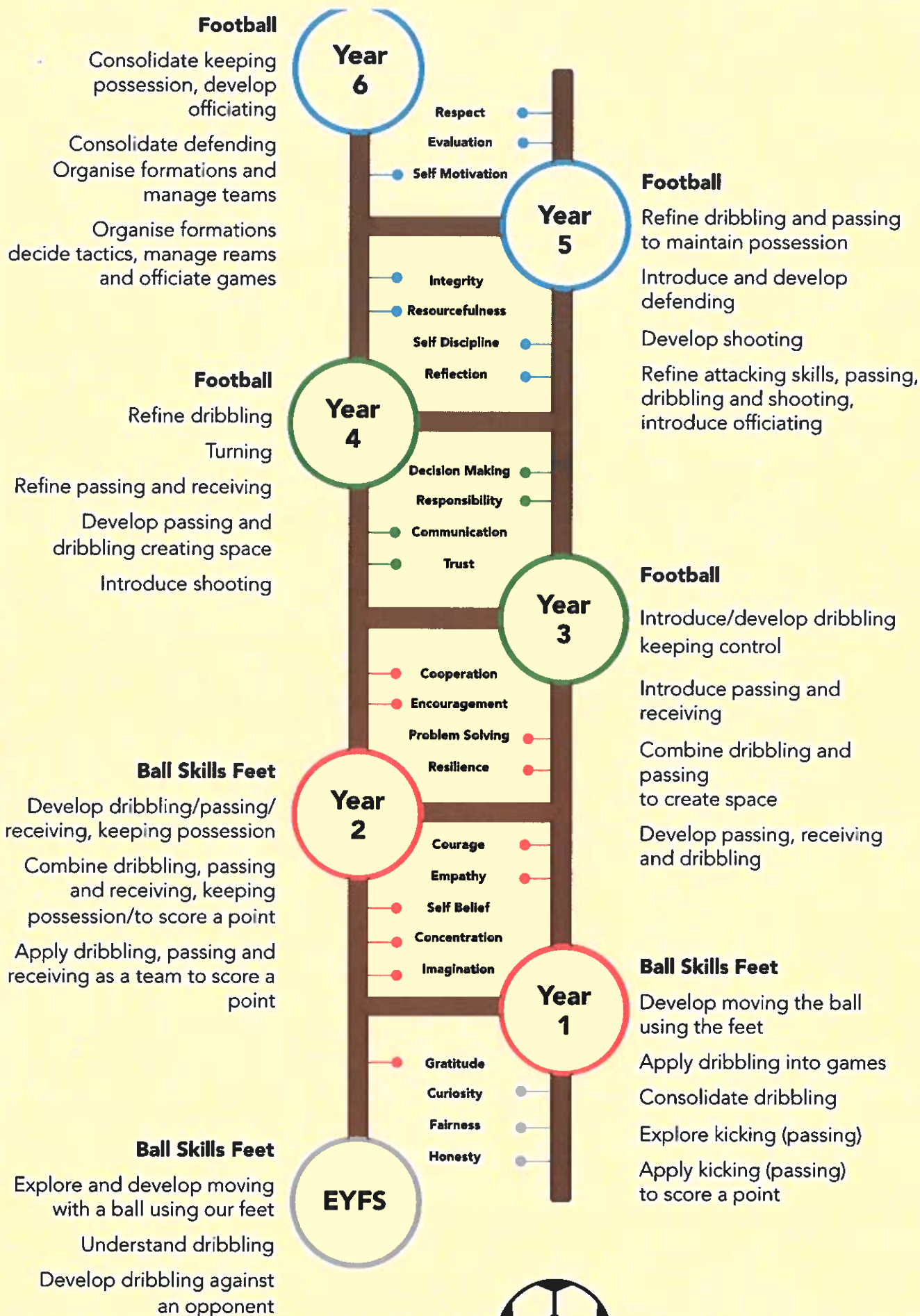
Dance

**Learning Ladder**



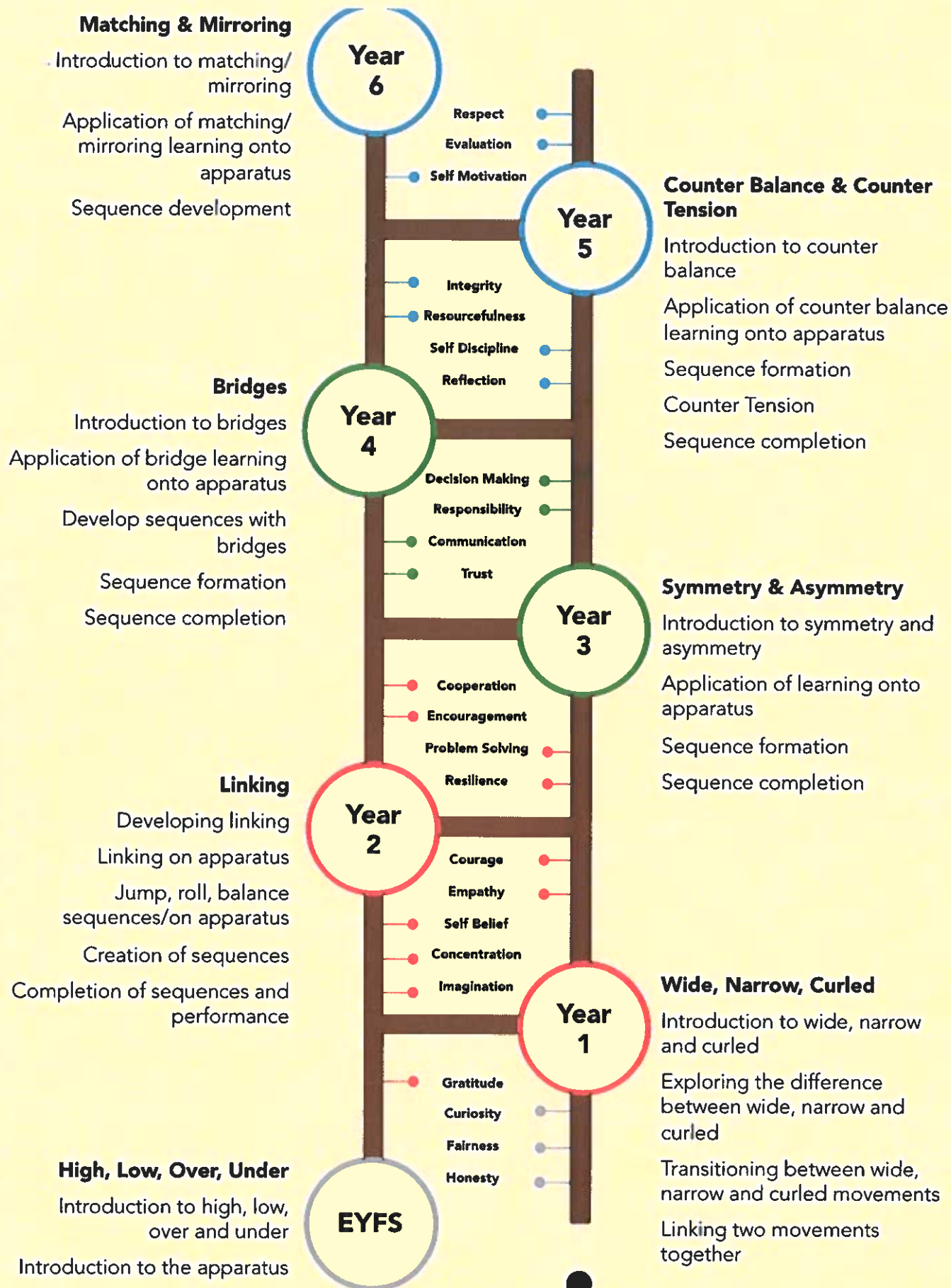


**Locomotion/Ball Skills to Dodgeball Learning Ladder**

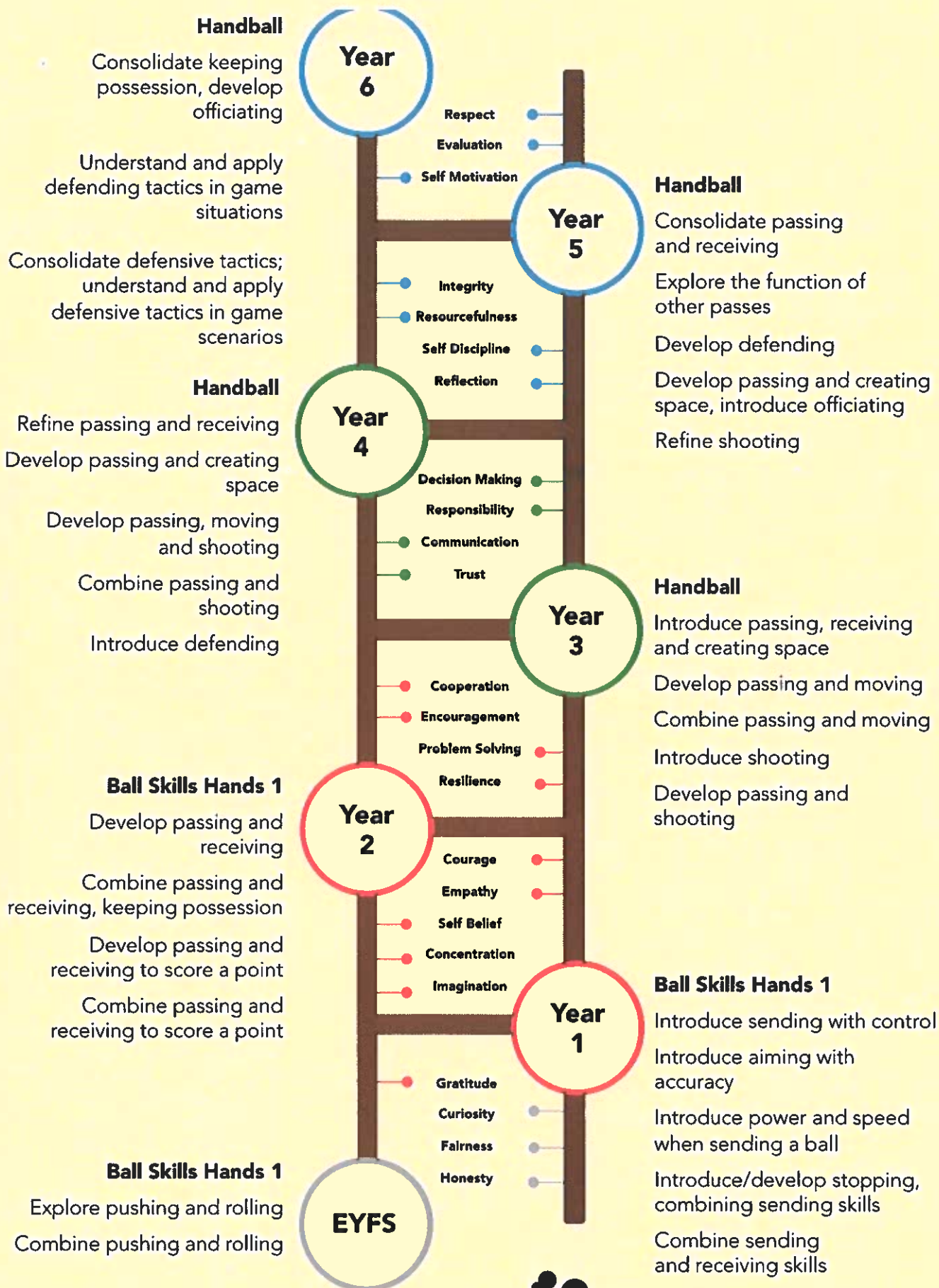


## Ball Skills to Football Learning Ladder



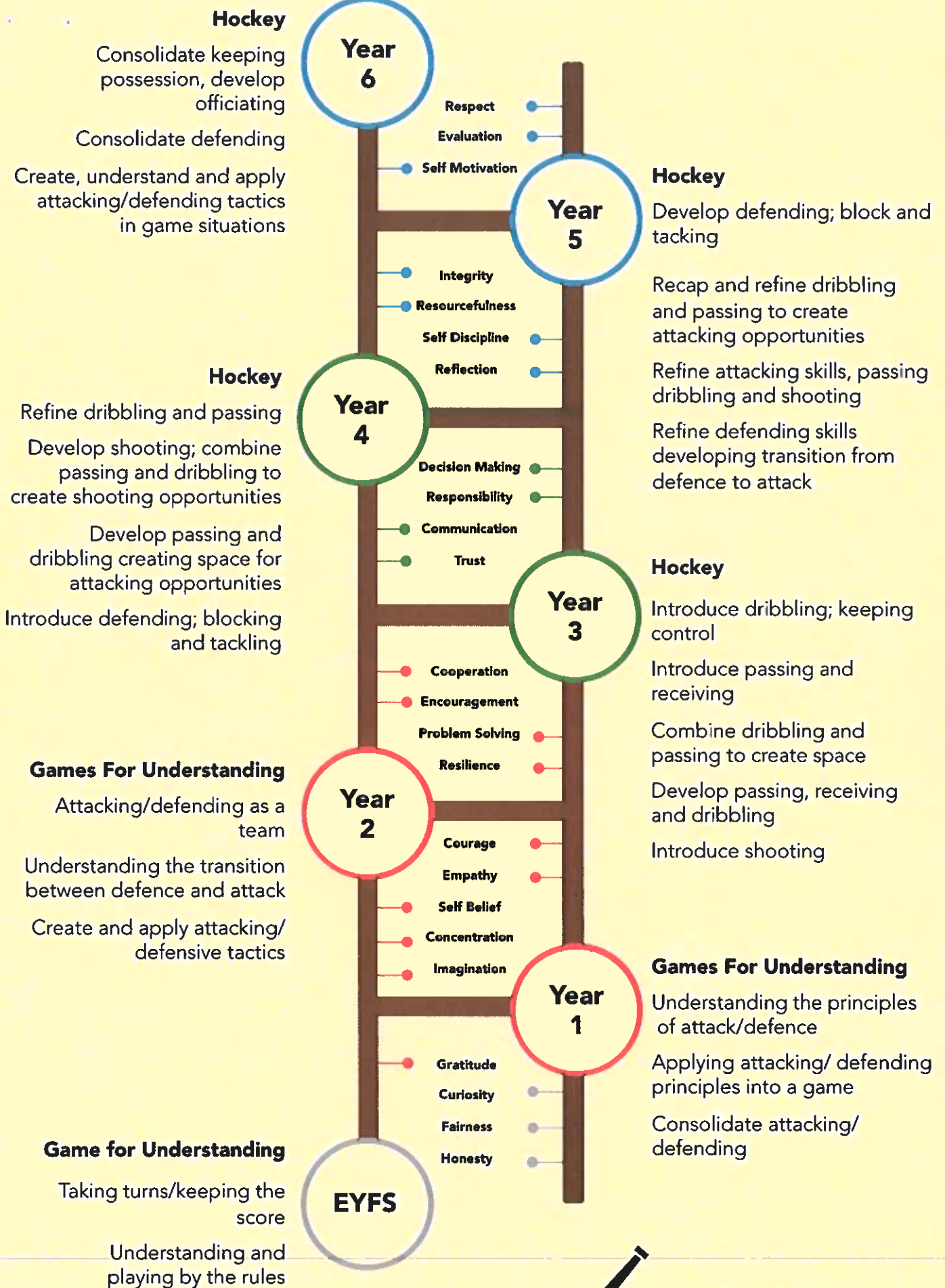


## Gymnastics Learning Ladder



## Ball Skills to Handball Learning Ladder





Game For Understanding  
to Hockey  
**Learning Ladder**

## Health Related Exercise

Cardio Fitness 1  
Flexibility  
Strength  
Cardio Fitness 2

Year  
6

Respect  
Evaluation  
Self Motivation

Year  
5

## Health Related Exercise

Cardio Fitness 1  
Flexibility  
Strength  
Cardio Fitness 2

Year  
4

## Health, Wellbeing & Mindfulness\*

Mental well being  
Mindfulness  
Leadership

Exploring cool downs

\*Coming to Complete P.E. soon.

Decision Making  
Responsibility  
Communication  
Trust

Year  
3

## Health, Wellbeing & Fitness\*

Exploring warm ups  
Continuous training  
Interval training

\*Coming to Complete P.E. soon

Year  
2

## Health and Wellbeing

Consolidate agility  
Consolidate balancing:  
Explore balancing on  
apparatus  
Introduce and explore  
coordination: Dribbling and  
kicking

Cooperation  
Encouragement  
Problem Solving  
Resilience

Year  
1

## Health and Wellbeing

Introduce and explore agility  
Introduce and explore balance  
Introduce and explore  
coordination: Bouncing,  
rolling and throwing

EYFS

## Health and Wellbeing

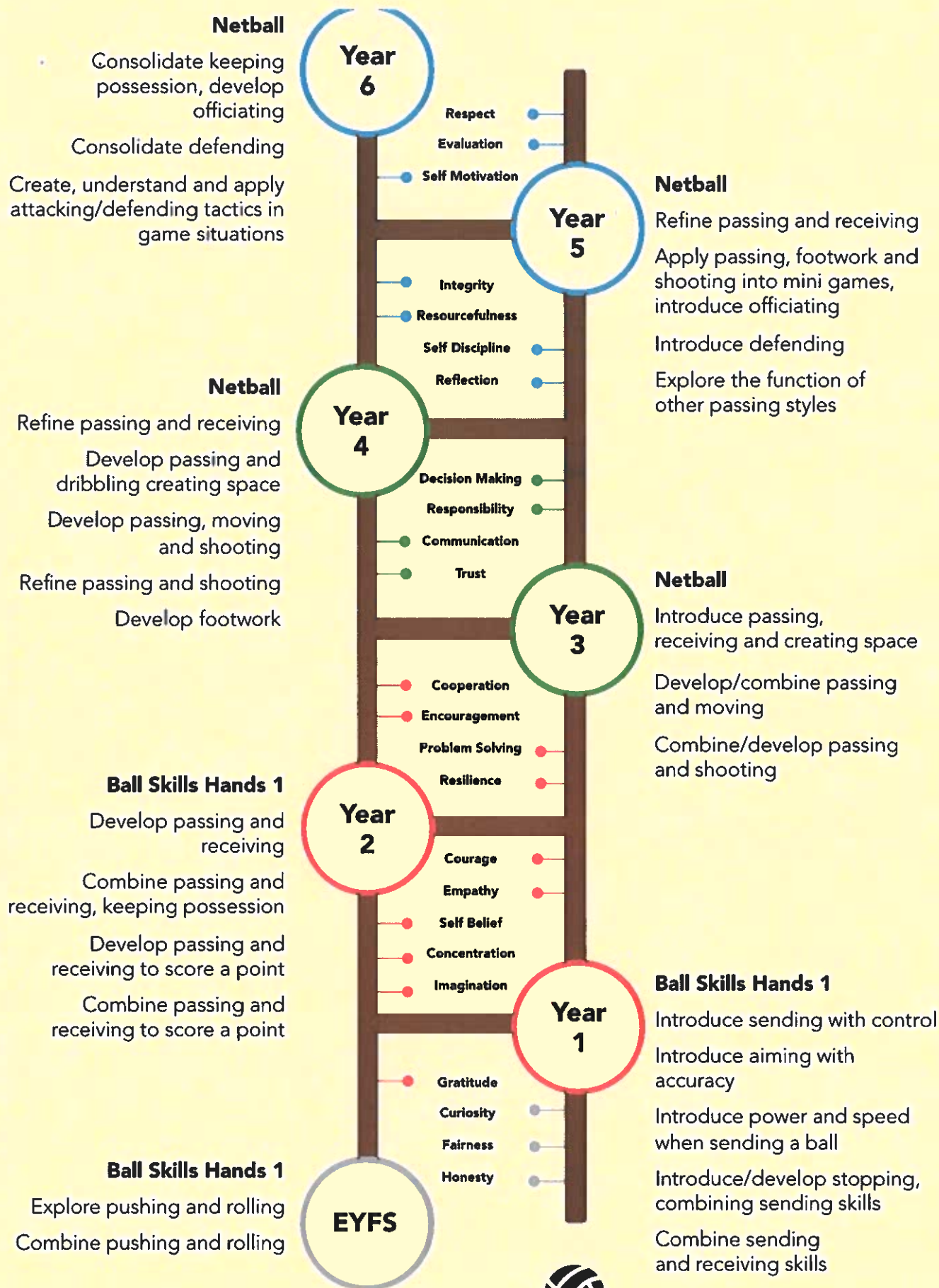
Play with friends  
Take turns/sharing

Gratitude  
Curiosity  
Fairness  
Honesty



## Health and Wellbeing Learning Ladder





## Ball Skills to Netball Learning Ladder

## Orienteering

Orientate a map and locate points on the map in a set order

Consolidate pupils understanding of how to orientate a map, locate points on the map, then travel to them, recording what they find

## Problem Solving

Focus on cooperation and responsibility

Develop communication and collaboration

Understand why motivating each other is important when working in a team

## Team Building

Develop teamwork

Explore simple strategies

Problem solving:  
Consolidate teamwork

## Games For Understanding

Taking turns/keeping the score

Understanding and playing by the rules

Year 6

Respect

Evaluation

Self Motivation

Year 5

Integrity

Resourcefulness

Self Discipline

Reflection

Year 4

Decision Making

Responsibility

Communication

Trust

Year 3

Cooperation

Encouragement

Problem Solving

Resilience

Year 2

Courage

Empathy

Self Belief

Concentration

Imagination

Year 1

Gratitude

Curiosity

Fairness

Honesty

EYFS

## Orienteering

Introduce the concept and meaning of orienteering

Introduce the concept of reading a map or a plan, being able to use a key correctly to help us navigate

## Communication & Tactics

Creating and applying simple tactics

Developing leadership

Developing communication as a team / collaborate effectively as a team

Create defending and attacking tactics as a team

## Team Building

Introducing teamwork

Building trust and developing communication

Cooperation and communication



Team Building to OAA  
**Learning Ladder**



## Rounders

Introduction to full rounders  
Consolidate fielding tactics  
Refine our understanding of what happens if the batter misses or hits the ball backwards  
Batting considerations

## Rounders

Develop fielding bowling with a backstop  
Introduce batting; how  
Develop batting; where and why  
Introduce and apply basic fielding tactics

## Ball Skills Hands 2

Develop underarm throwing  
Apply underarm throwing to win a game  
Apply underarm throwing to beat an opponent  
Introduce overarm throwing

## Ball Skills Hands 2

Explore throwing overarm and underarm  
Explore rolling, stopping a ball and catching

**Year 6**

Respect  
Evaluation  
Self Motivation

**Year 5**

Integrity  
Resourcefulness  
Self Discipline  
Reflection

**Year 4**

Decision Making  
Responsibility  
Communication  
Trust

**Year 3**

Cooperation  
Encouragement  
Problem Solving  
Resilience

**Year 2**

Courage  
Empathy  
Self Belief  
Concentration  
Imagination

**Year 1**

Gratitude  
Curiosity  
Fairness  
Honesty

**EYFS**

## Rounders

Develop fielding tactics maximising players  
Understand what happens if the batter misses the ball  
Refine fielding tactics, what players where?  
Applying tactics in mini games

## Rounders

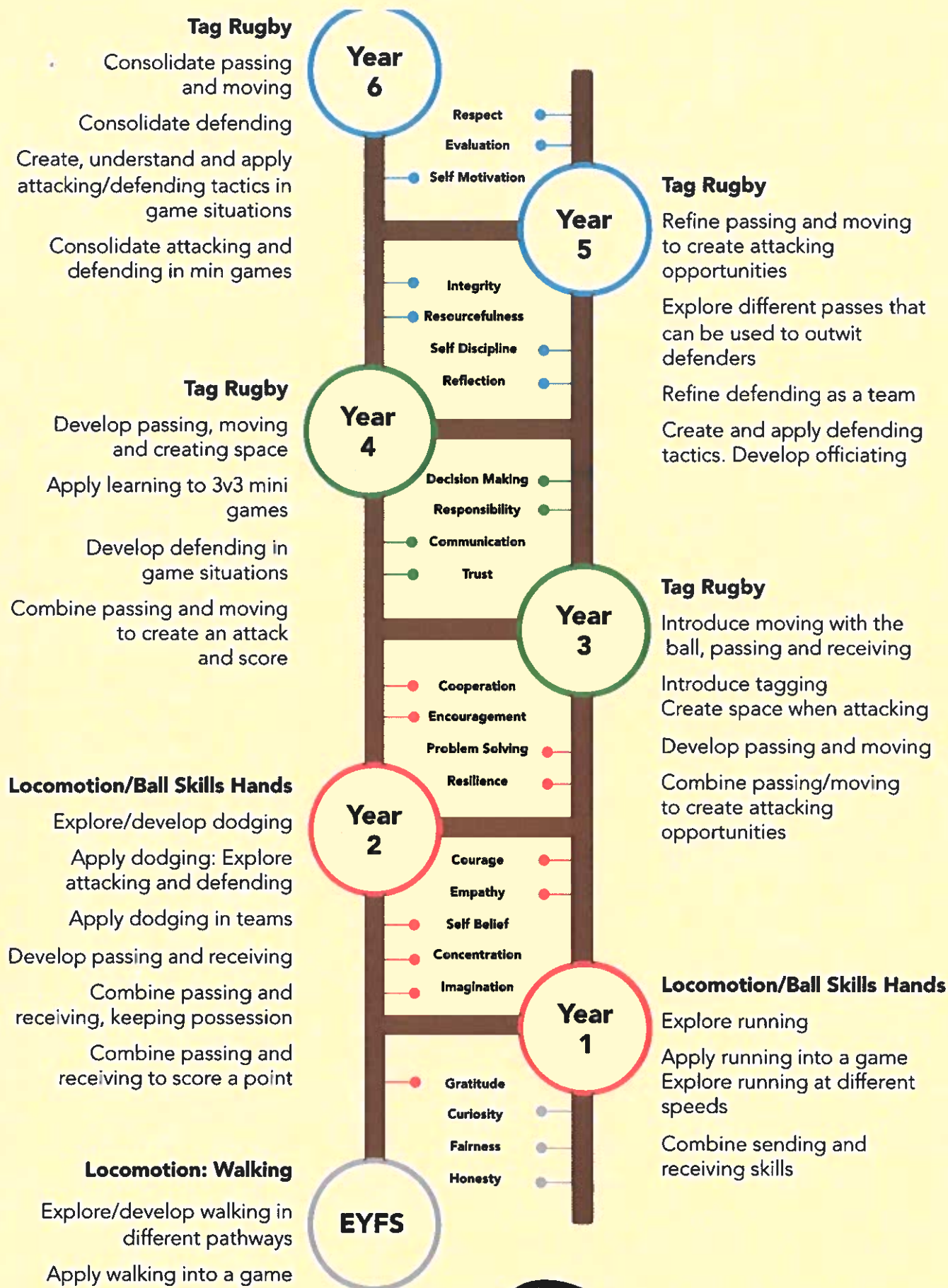
Introduce to rounders  
Introduce overarm throwing  
Apply overarm and underarm throwing  
Introduce stopping the ball  
Application of stopping the ball in a game

## Ball Skills Hands 2

Introduce throwing with accuracy  
Apply throwing with accuracy in a team  
Introduce stopping a ball  
Develop sending (rolling) skills to score a point  
Consolidate sending and stopping to win a game

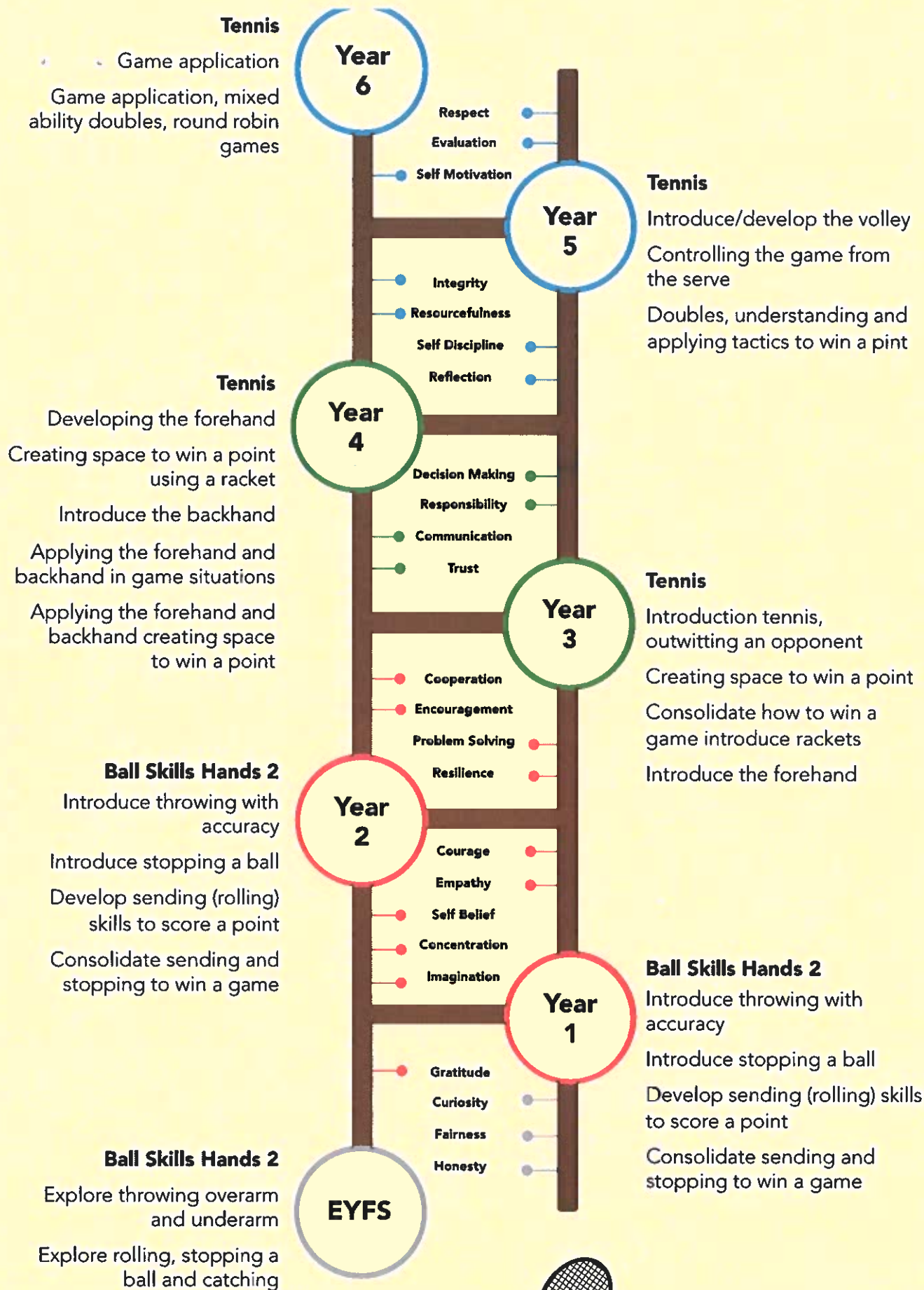


**Ball Skills to Rounders  
Learning Ladder**



Locomotion/Ball Skills  
to Tag Rugby  
**Learning Ladder**





## Ball Skills to Tennis Learning Ladder