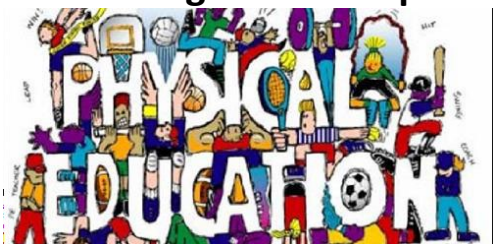




English Martyrs Catholic Voluntary Academy

We grow and learn, with the gifts we have been given, following in the footsteps of Jesus.

PE Progression Map



Intent : Following the national curriculum for music our intent is that all our children : -

- Being confident in a range of sports, physical activity and in decisions they make.
- Know how to live a healthy lifestyle and understand the importance of this physically and mentally.
- Be confident and competent in a range of skills and movements.
- Understand how to work alone and as part of a team.
- Show confidence and foster a love for sport and physical activity.
- Develop their character and values through sport.
- Be able to communicate effectively with other and develop effective teamwork skills.

Each unit of work is planned using the national curriculum as a starting point and then a variety of schemes such as the Cambridge scheme to support teaching and learning. Our PE curriculum is enriched with competitive and development opportunities by the Rutland School Sports Partnership which shapes our clubs and competition calendar.

| | EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|----------------------------------|------------------------|------------------------|------------------------|--|------------------------|------------------------|------------------------|
| Advent 1 | Health related fitness | Fundamentals | Forest School | Swimming | Badminton | Tennis | Basketball |
| | | Health related fitness | Health related fitness | Health related fitness | Health related fitness | Health related fitness | Health related fitness |
| Inter school competitions | | | | x-country Football | | | |
| Clubs | | | | Football club – Y3-6 | | | |
| | EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Advent 2 | Fundamentals | Gymnastics | Fundamentals | Swimming | Gymnastics | Dance | Forest School |
| | | Hockey | Gymnastics | Football | Football | Football | Football |
| Inter school competitions | | | | Football Sportshall Athletics Y5/6 Basketball Y5/6 Badminton Y3/4 | | | |



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| Clubs | | Gymnastics Y1 and 2 | | Gymnastics Y3-6 | | | |
|---------------------------|--------------|---------------------|----------------------------------|---|---------------|---------------|------------|
| | EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Lent 1 | Fundamentals | Swimming | Attacking and defending | Netball | Forest school | Swimming | Gymnastics |
| | | Gymnastics | Gymnastics | Gymnastics | Dodgeball | Hockey | Badminton |
| Inter school competitions | | Gymnastics | | Y3-6 Boccia Swimming Gala Gymnastics | | | |
| Clubs | | Gymnastics | Spotlight dance Y2 Gymnastics | Spotlight dance Y2-6 Gymnastics | | | |
| | EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Lent 2 | Gymnastics | Swimming | Dance | Forest school | Basketball | Swimming | Dodgeball |
| | Dance | Dance | Bat and ball | Hockey | Tag rugby | Netball | Tag rugby |
| Inter school competitions | | | | Dodgeball Tag Rugby Spotlight Dance | | | |
| Clubs | | | Spotlight dance Y2 | Netball Y4-6 Hockey Y4-6 Spotlight dance Y2-6 | | | |
| | EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Pentecost 1 | Swimming | Cricket | OAA | Dance | OAA | Forest school | Dance |
| | Dance | Bat and Ball | Invasion games | Cricket | Cricket | Cricket | Cricket |
| Inter school competitions | | | | Netball Hockey Go ride cycling | | | |
| Clubs | | | | Netball Y4-6 Hockey Y4-6 | | | |
| | EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |



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| | | | | | | | |
|----------------------------------|------------------------------------|---------------|---|----------------|-----------|------------|-----------|
| Pentecost 2 | Swimming | Forest school | Cricket | Tennis | Dance | Gymnastics | OAA |
| | Gymnastics | Athletics | Athletics | Athletics | Athletics | Athletics | Athletics |
| Inter school competitions | | Multiskills | Orienteering Y6 Athletics Y3-6 Quadkids Y5-6 Rounders Cricket | | | | |
| Clubs | Fundamentals and athletics EYFS-Y2 | | | Athletics Y3-6 | | | |