

Hopton C of E Primary Academy

PE Progression of Skills and Knowledge

Intent

At Hopton C of E Primary Academy, our intent in Physical Education is to deliver a high-quality PE curriculum that inspires all pupils to succeed and excel in competitive, creative, and cooperative physical activities, in line with the National Curriculum.

We aim to ensure that pupils:

- Develop physical competence, confidence, and control in a broad range of activities
- Are physically active for sustained periods of time
- Engage in competitive sport and physical challenges
- Lead healthy, active lifestyles and understand the importance of fitness and wellbeing

PE also supports the development of whole-child outcomes, including resilience, teamwork, leadership, and respect.

How do we teach PE through our school values?

Respect	We play fairly, listen to others and celebrate everyone's success.
Courage	We challenge ourselves to try new skills and activities.
Perseverance	We keep practising and never give up when things are difficult.
Friendship	We support, encourage and work well with others.
Forgiveness	We learn from mistakes and help others do the same.
Responsibility	We make safe choices, look after equipment and take responsibility for our fitness and wellbeing.

Content Overview

<u>CYCLE A - 2026-27</u>			
EYFS	Autumn	Spring	Summer



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/KS1	Forest Schools Year 2 - Ball Skills: Hands 1	Forest Schools Year 2 - Jumping 1	Forest Schools Year 1 - Gymnastics - Body Parts	Forest Schools Year 2 - Gymnastics - Pathways	Forest Schools Year 1 - Rackets, bats and balls	Forest Schools Year 2 - Rackets, bats and balls
LKS2 and UKS2	Autumn		Spring		Summer	
	Forest Schools Year 3 - Games - Tennis	Forest Schools Year 3 - Gymnastics - Symmetry and Asymmetry	Forest Schools Year 5 - Gymnastics - Counter balance and counter tension	Forest Schools Year 5 - Games - Basketball	Swimming Year 3 - Athletics	Swimming Year 5 - Athletics: Throwing and Jumping

<u>CYCLE B - 2027-28</u>						
EYFS /KS1	Autumn		Spring		Summer	
	Forest Schools Year 1 - Running 1	Forest Schools Year 2 - Dodging 1	Forest Schools Year 1 - Dance - Growing	Forest Schools Year 2 - Dance - Mr Candy's Sweet Factory	Forest Schools Year 1 - Attack vs Defence - Games for Understanding	Forest Schools Year 2 - Attack vs Defence - Games for Understanding
LKS2 and UKS2	Autumn		Spring		Summer	
	Forest Schools Year 4 - OAA - Challenging Collaboration	Forest Schools Year 4 - Gymnastics - Bridges	Forest Schools Year 6 - Gymnastics - Creating Sequences	Forest Schools Year 6 - OAA - Communication and Tactics	Swimming Year 4 - Athletics: Running	Swimming Year 6 - Athletics



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<u>CYCLE A - 2028-29</u>						
EYFS /KS1	Autumn		Spring		Summer	
	Forest Schools Year 1 - Ball Skills - Sticks	Forest Schools Year 2 - Ball Skills - Sticks	Forest Schools Year 1 - Gymnastics - Wide, Narrow, Curled	Forest Schools Year 2 - Gymnastics - Linking	Forest Schools Year 1: Ball Skill Hands 2	Forest Schools Year 2 - Ball Skills: Feet 2
LKS2 and UKS2	Autumn		Spring		Summer	
	Forest Schools Year 6 - Games - Invasion - Football	Forest Schools Year 5 - Games - Invasion - Netball	Forest Schools Year 4 - Dance - Space	Forest Schools Year 6 - Dance - Carnival	Swimming Year 4 - Games - Invasion - Tag Rugby	Swimming Year 4 - Games - Striking and Fielding - Rounders

<u>CYCLE A - 2029-30</u>						
LKS2 and UKS2	Autumn		Spring		Summer	
	Forest Schools Year 3 - Games - Striking and Fielding - Cricket	Forest Schools Year 5 - Games - Invasion - Handball	Forest Schools Year 3 - Alternative Games - Kinball	Forest Schools Year 5 - Alternative Games - Tchoukball	Swimming Year 3 - Athletics - Throwing and Jumping	Swimming Year 5 - Athletics - Competitions



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