PE INTENT / COHERENCE / PROGRESSION 2025/2026 – Spring 2

INTENT Our teaching of PE should enable pupils to…		• Master the physical skills associated with Physical Activity (Move) • Enhance cognitive skills and achieve personal bests by developing ideas, strategies, and solutions to challenges (Solve) • Cooperate and collaborate effectively as part of a team (Connect)	
Year / Unit of work	Move / Physical	Solve / Problem Solving	Connect / Communication
EYFS Search, Steal, Share	• Run to a specific space • Run to collect objects avoiding others • Pull and carry objects with a partner	• Describe a challenge within an activity • Say what is easy for me and what is tricky • Keep trying to find solutions to a challenge	• Take part in activities by myself and with others • Play cooperatively, taking turns with others • Share positive words with my partner
Y1 Look, Run, Avoid	• Explore turning skills to be able to move into space • Explore running skills to be able to move into space • Explore turning and running skills to be able to move into space	• Identify spaces to move into • Identify when best to move into a space • Identify when to move to avoid the defenders	• Work with a partner to create a new rule in a game • Challenge myself to take on different roles in a game • Play games fairly by following key rules
Hands, Feet, Equipment	• Explore dribbling with my hands, feet and equipment	• Identify which sporting activities require dribbling an object • Identify a range of ways to dribble with my body • Identify what characteristics ensure successful dribbling	• Display a positive attitude when trying a new skill • Share my ideas on how to make an activity more challenging • Transfer my learning from one type of dribbling to another

Y2 Duel, Win, Lose	• Use my fundamentals of movement to help me compete against others • Use my fundamentals of movement to help me be successful in games • Use my fundamentals of movement to allow me to be a challenging opponent	• Recognise how to play a game within the set rules • Identify when to attack or defend to be able to win • Recognise the challenges • In need to overcome within a game to be able to improve	• Share ideas with others to help them improve • Help others to be respectful by modelling respect • Be supportive to those who may not have been successful
Hands, Feet, Equipment	• Use my dribbling skills to control an object with my hands, feet and equipment	• Recognise how to change my dribbling technique to avoid obstacles • Recognise how and when to change direction to shield an object from a defender • Recognise the importance of keeping the object close to me	• Show resilience when faced with challenges • Reflect on my own performance and suggest ideas to improve • Work with others in my team to be able to score points
Y3 Look, Run, Avoid	• Develop turning in different directions to move into spaces • Develop running in different directions to move into spaces • Develop my turning and running skills to move past defenders	• Select when to move into an effective space • Select when I need to change my speed to move into an effective space • Select appropriate times and space to move to avoid defenders	• Share different ways to challenge myself • Set myself ambitious challenges to try to achieve • Describe how the game can be adapted for different levels of challenge
Lend, Move, Score	• Embed a range of passing techniques which allow me to pass to a team-mate • Embed the ability to move into space to support my team-mates • Embed passing and moving skills into my game to be able to create scoring chances	• Explain when I might pass and when I might need to dribble • Explain positioning and why it might help our team to create scoring chances • Explain our team's tactics and strategies and why they might help our team be successful	• Communicate with team-mates and work cooperatively • Display sportsmanship by handling winning and losing with grace • Reflect on what has worked well and what could be improved
Y4 Duel, Win, Lose	• Apply my fundamentals of movement to help me compete against others. • Apply fundamentals of movement to help me be successful in games	• Decide which strategies work best for me in a game • Decide which strategies are not working for me and my team	• Explain how our team can improve • I can win with grace and respect • Display a positive attitude even when I am not winning

	• Apply fundamentals of movement to allow me to be a challenging opponent	• Decide which strategies can help me win a game	
Swimming	• Swim competently, confidentially and proficiently over a distance of at least 25 meters • Use a range of strokes effectively (for example front crawl, backstroke and breaststroke) • Perform safe self-rescue in different water-based situations		
<u>Y5</u> Lend, Move, Score	• Embed a range of passing techniques which allow me to pass to a team-mate • Embed the ability to move into space to support my team-mates • Embed passing and moving skills into my game to be able to create scoring chances	• Explain when I might pass and when I might need to dribble • Explain positioning and why it might help our team to create scoring chances • Explain our team's tactics and strategies and why they might help our team be successful	• Communicate with team-mates and work cooperatively • Display sportsmanship by handling winning and losing with grace • Reflect on what has worked well and what could be improved
Hockey	• Keep close control of a ball when dribbling with a hockey stick • Pass accurately to a teammate in different situations • Combine with a teammate to score / attempt to score a goal	• Select the right time and position to move to avoid defenders • Decide the most appropriate time to pass the ball to a teammate • Select and perform appropriate action during a game situation	• Help my peers improve through providing suitable peer feedback • Work collaboratively with others to support their physical development • Play competitive game against others in a positive manner
<u>Y6</u> Netball	• Use a range of passing techniques • Move fluidly around the court and position my body correctly to receive a pass • Move quickly between zones	• Identify when to use different passing techniques in certain situations • Decide quickly where to pass • Find space quickly in order to receive a pass	• Suggest tactics to help improve my team's performance • Communicate with my teammates and show sportsmanship in team games • Support my teammates in overcoming challenges
Block, Guard, Support	• Move to block an opponent or object • Move effectively to guard spaces or opponents • Move into effective spaces to attack and defend	• Identify the movement of an opponent • Use individual or team strategies for guarding • Identify where attacks might happen and try to defend them	• Help a friend that is defending • Share ideas to improve our performance • Ask for support from a friend