**PE Curriculum Progression Lower KS2**

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| **CYCLE A** | LCC Question | **Can you feel the force?** | **Why is electricity important?** | **Are Rainforests really important?** | **Why is Brazil in the news?** | **Where do Mummies come from?** | **Who or what is Skara Brae?** |
| Knowledge | **Games**   * Basic principles suitable for attacking and defending in competitive games.   **Gymnastics**   * How to move and balance with technique and control.   **Swimming**   * A range of swimming strokes on front and back. | **Games**   * Basic principles suitable for attacking and defending in competitive games.   **Dance**   * How to move with technique and control.   **Swimming**   * A range of swimming strokes on front and back. | **Games**   * Basic principles suitable for attacking and defending in competitive games.   **Gymnastics**   * How to move and balance with technique and control.   **Swimming**   * A range of swimming strokes on front and back. | **Games**   * Basic principles suitable for attacking and defending in competitive games.   **OAA (Outdoor Adventurous Activity)**   * Working co-operatively to solve problems.   **Dance**   * How to move with technique and control.   **Swimming**   * A range of swimming strokes on front and back. | **Games**   * Basic principles suitable for attacking and defending in competitive games.   **Gymnastics**   * How to move and balance with technique and control.   **Swimming**   * A range of swimming strokes on front and back. | **Games**   * Basic principles suitable for attacking and defending in competitive games.   **Dance**   * How to move with technique and control.   **Swimming**   * A range of swimming strokes on front and back. |
| Skills | * I can play team games. * I can attack. * I can defend. * I can perform movements in a sequence. * I can compare and improve my performances. * I can swim 10 metres. | * I can play team games. * I can attack. * I can defend. * I can perform movements in a sequence. * I can compare and improve my performances. * I can swim 10 metres. | * I can play team games. * I can attack. * I can defend. * I can perform movements in a sequence. * I can compare and improve my performances. * I can swim 10 metres. | * I can play team games. * I can attack. * I can defend. * I can work in a team to solve a problem. * I can identify symbols on a map. * I can perform movements in a sequence. * I can compare and improve my performances. * I can swim 10 metres. | * I can play team games. * I can attack. * I can defend. * I can perform movements in a sequence. * I can compare and improve my performances. * I can swim 10 metres. | * I can play team games. * I can attack. * I can defend. * I can perform movements in a sequence. * I can compare and improve my performances. * I can swim 10 metres. |
| Vocabulary | **Games**   * pass * travel * defend * attack * shoot * rules * teamwork   **Gymnastics**   * sequence * stretch * step * spring * tall * long * high * low * jump/land * balance   **Swimming**   * stroke * front/back * self-rescue | **Games**   * pass * travel * defend * attack * shoot * rules * teamwork   **Dance**   * space * repetition * action/reaction * pattern   **Swimming**   * stroke * front/back * self-rescue | **Games**   * pass * travel * defend * attack * shoot * rules * teamwork   **Gymnastics**   * sequence * stretch * step * spring * tall * long * high * low * jump/land * balance   **Swimming**   * stroke * front/back * self-rescue | **Games**   * pass * travel * defend * attack * shoot * rules   teamwork  **Outdoor Adventurous Activity**   * map symbol * problem solving * teamwork   **Dance**   * space * repetition * action/reaction * pattern   **Swimming**   * stroke * front/back * self-rescue | **Games**   * pass * travel * defend * attack * shoot * rules * teamwork   **Gymnastics**   * sequence * stretch * step * spring * tall * long * high * low * jump/land * balance   **Swimming**   * stroke * front/back * self-rescue | **Games**   * pass * travel * defend * attack * shoot * rules * teamwork   **Dance**   * space * repetition * action/reaction * pattern   **Swimming**   * stroke * front/back * self-rescue |

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| **CYCLE B** | LCC Question | **Where is your shadow?** | **What’s the best material?** | **Why is Stockport special?** | **Where does the Mersey go?** | **Could you be the next Willy Wonka?** | **Where does the Mersey go?** |
| Knowledge | **Games**   * Basic principles suitable for attacking and defending in competitive games.   **Dance**   * How to move with technique and control.   **Swimming**   * A range of swimming strokes on front and back. | **Games**   * Basic principles suitable for attacking and defending in competitive games.   **Gymnastics**   * How to move and balance with technique and control.   **Swimming**   * A range of swimming strokes on front and back. | **Games**   * Basic principles suitable for attacking and defending in competitive games.   **Gymnastics**   * How to move and balance with technique and control.   **Swimming**   * A range of swimming strokes on front and back. | **Games**   * Basic principles suitable for attacking and defending in competitive games.   **Dance**   * How to move with technique and control.   **Swimming**   * A range of swimming strokes on front and back. | **Games**   * Basic principles suitable for attacking and defending in competitive games.   **Gymnastics**   * How to move and balance with technique and control.   **Swimming**   * A range of swimming strokes on front and back. | **Games**   * Basic principles suitable for attacking and defending in competitive games.   **OAA (Outdoor Adventurous Activity)**   * Working co-operatively to solve problems.   **Dance**   * How to move with technique and control.   **Swimming**   * A range of swimming strokes on front and back. |
| Skills | * I can play team games. * I can attack. * I can defend. * I can perform movements in a sequence. * I can compare and improve my performances. * I can swim 10 metres. | * I can play team games. * I can attack. * I can defend. * I can perform movements in a sequence. * I can compare and improve my performances. * I can swim 10 metres. | * I can play team games. * I can attack. * I can defend. * I can perform movements in a sequence. * I can compare and improve my performances. * I can swim 10 metres. | * I can play team games. * I can attack. * I can defend. * I can perform movements in a sequence. * I can compare and improve my performances. * I can swim 10 metres. | * I can play team games. * I can attack. * I can defend. * I can perform movements in a sequence. * I can compare and improve my performances. * I can swim 10 metres. | * I can play team games. * I can attack. * I can defend. * I can work in a team to solve a problem. * I can identify symbols on a map. * I can perform movements in a sequence. * I can compare and improve my performances. * I can swim 10 metres. |
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| **CYCLE C** | LCC Question | **Why does the see saw go up and down?** | **Which came first the chicken or the egg?** | **What makes the Earth angry?** | **What is so special about the USA?** | **Who let the Gods out?** | **Why are there air raid tunnels under Stockport?** |
| Knowledge | **Games**   * Basic principles suitable for attacking and defending in competitive games.   **Gymnastics**   * How to move and balance with technique and control.   **Swimming**   * A range of swimming strokes on front and back. | **Games**   * Basic principles suitable for attacking and defending in competitive games.   **Dance**   * How to move with technique and control.   **Swimming**   * A range of swimming strokes on front and back. | **Games**   * Basic principles suitable for attacking and defending in competitive games.   **OAA (Outdoor Adventurous Activity)**   * Working co-operatively to solve problems.   **Dance**   * How to move with technique and control.   **Swimming**   * A range of swimming strokes on front and back. | **Games**   * basic principles suitable for attacking and defending in competitive games.   **Gymnastics**   * How to move and balance with technique and control.   **Swimming**   * A range of swimming strokes on front and back. | **Games**   * Basic principles suitable for attacking and defending in competitive games.   **Dance**   * How to move with technique and control.   **Swimming**   * A range of swimming strokes on front and back. | **Games**   * basic principles suitable for attacking and defending in competitive games.   **Gymnastics**   * How to move and balance with technique and control.   **Swimming**   * A range of swimming strokes on front and back. |
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| **CYCLE D** | LCC Question | **What is in our body?** | **Are you strong enough?** | **What makes mountains magnificent?** | **What is life like in the East?** | **Is Stockport full of Mad Hatters?** | **Is there anybody out there?** |
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