







Year 3

Progression of skills

Witches and Wizards

Responding to stimuli
Developing characters and extending the story
Creating motifs with a partner in character
Developing characterisation

Health, Wellbeing & Fitness*

This new unit is coming soon.

Badminton units are not available on Complete P.E. for Year 3

Year 4

Progression of skills

World War II

Explore the behaviours of people in 1939
Creating sequences in small group that show character emotion
Creating movements that interconnect

Health, Wellbeing & Mindfulness*

This new unit is coming soon.

Badminton units are not available on Complete P.E. for Year 4

Year 5

Progression of skills

Greeks

Exploring the Greeks using compositional principles
Extending sequences with a partner using compositional principles
Creating movement using improvisation where movement is reactive

Health Related Exercise

Explore and understand cardio fitness
Explore and understand flexibility fitness
Explore and understand strength fitness

Badminton

Exploring different forehand /backhand shots
Applying different forehand/backhand shots to win a point
Consolidate outwitting an opponent
Doubles: Understanding and applying tactics to win a point

Year 6

Progression of skills

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
Performance and reflection

Health Related Exercise

Develop a secure understanding of cardio fitness
Develop a secure understanding of flexibility fitness
Develop a secure understanding of strength fitness

Badminton

Introduction to badminton: Outwitting an opponent
Introduce the forehand and backhand
Applying the forehand and backhand: Creating space to win a point
Controlling the game from the serve