**PE Curriculum Progression Upper 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**   * Principles/tactics/tactics for attacking and defending in competitive games.   **Gymnastics**   * How to move and balance with strength, technique and control.   **Swimming**   * A range of swimming strokes on front and back. * Self-rescue techniques. | **Games**   * Principles/tactics suitable for attacking and defending in competitive games.   **Dance**   * How to move and balance with strength, technique and control.   **Swimming**   * A range of swimming strokes on front and back. * Self-rescue techniques. | **Games**   * Principles/tactics suitable for attacking and defending in competitive games.   **Gymnastics**   * How to move and balance with strength, technique and control.   **Swimming**   * A range of swimming strokes on front and back. * Self-rescue techniques. | **Games**   * Principles/tactics suitable for attacking and defending in competitive games.   **Outdoor Adventurous Activity**   * Working co-operatively to solve problems. * Showing leadership to solve problems.   **Dance**   * How to move and balance with strength, technique and control.   **Swimming**   * A range of swimming strokes on front and back. * Self-rescue techniques. | **Games**   * Principles/tactics suitable for attacking and defending in competitive games.   **Gymnastics**   * How to move and balance with strength, technique and control.   **Swimming**   * A range of swimming strokes on front and back. * Self-rescue techniques. | **Games**   * Principles/tactics suitable for attacking and defending in competitive games.   **Dance**   * How to move and balance with strength, technique and control.   **Swimming**   * A range of swimming strokes on front and back. * Self-rescue techniques. |
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| Vocabulary | **Games**   * pass/receive * dribble * possession * space * tactics * support * marking * teamwork   **Gymnastics**   * combine * rotate * symmetry * counterbalance * contrasting * extension * performance * evaluation * qualities   **Swimming**   * breast stroke * front crawl * back stroke * HELP (Heat Escape Lessening Position) or other self-rescue vocabulary | **Games**   * pass/receive * dribble * possession * space * tactics * support * marking * teamwork   **Dance**   * action/reaction * pattern * rhythm * variation   **Swimming**   * breast stroke * front crawl * back stroke * HELP (Heat Escape Lessening Position) or other self-rescue vocabulary | **Games**   * pass/receive * dribble * possession * space * tactics * support * marking * teamwork   **Gymnastics**   * combine * rotate * symmetry * counterbalance * contrasting * extension * performance * evaluation * qualities   **Swimming**   * breast stroke * front crawl * back stroke * HELP (Heat Escape Lessening Position) or other self-rescue vocabulary | **Games**   * pass/receive * dribble * possession * space * tactics * support * marking   teamwork  **Outdoor Adventurous Activity**   * orienteering * problem solving * strategy * teamwork * leadership   **Dance**   * action/reaction * pattern * rhythm * variation   **Swimming**   * breast stroke * front crawl * back stroke * HELP (Heat Escape Lessening Position) or other self-rescue vocabulary | **Games**   * pass/receive * dribble * possession * space * tactics * support * marking * teamwork   **Gymnastics**   * combine * rotate * symmetry * counterbalance * contrasting * extension * performance * evaluation * qualities   **Swimming**   * breast stroke * front crawl * back stroke * HELP (Heat Escape Lessening Position) or other self-rescue vocabulary | **Games**   * pass/receive * dribble * possession * space * tactics * support * marking * teamwork   **Dance**   * action/reaction * pattern * rhythm * variation   **Swimming**   * breast stroke * front crawl * back stroke * HELP (Heat Escape Lessening Position) or other self-rescue vocabulary |

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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**   * Principles/tactics suitable for attacking and defending in competitive games.   **Dance**   * How to move and balance with strength, technique and control.   **Swimming**   * A range of swimming strokes on front and back. * Self-rescue techniques. | **Games**   * Principles/tactics suitable for attacking and defending in competitive games.   **Gymnastics**   * How to move and balance with strength, technique and control.   **Swimming**   * A range of swimming strokes on front and back. * Self-rescue techniques. | **Games**   * Principles/tactics suitable for attacking and defending in competitive games.   **Gymnastics**   * How to move and balance with strength, technique and control.   **Swimming**   * A range of swimming strokes on front and back. * Self-rescue techniques. | **Games**   * Principles/tactics suitable for attacking and defending in competitive games. * .   **Dance**   * How to move and balance with strength, technique and control.   **Swimming**   * A range of swimming strokes on front and back. * Self-rescue techniques. | **Games**   * Principles/tactics suitable for attacking and defending in competitive games.   **Gymnastics**   * How to move and balance with strength, technique and control.   **Swimming**   * A range of swimming strokes on front and back. * Self-rescue techniques. | **Games**   * Principles/tactics suitable for attacking and defending in competitive games.   **Outdoor Adventurous Activity**   * Working co-operatively to solve problems. * Showing leadership to solve problems.   **Dance**   * How to move and balance with strength, technique and control.   **Swimming**   * A range of swimming strokes on front and back. * Self-rescue techniques. |
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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?** |
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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?** |
| Knowledge | **Games**   * Principles/tactics suitable for attacking and defending in competitive games.   **Dance**   * How to move and balance with strength, technique and control.   **Swimming**   * A range of swimming strokes on front and back. * Self-rescue techniques. | **Games**   * Principles/tactics suitable for attacking and defending in competitive games.   **Gymnastics**   * How to move and balance with strength, technique and control.   **Swimming**   * A range of swimming strokes on front and back. * Self-rescue techniques. | **Games**   * Principles/tactics suitable for attacking and defending in competitive games.   **Outdoor Adventurous Activity**   * Working co-operatively to solve problems. * Showing leadership to solve problems.   **Gymnastics**   * How to move and balance with strength, technique and control.   **Swimming**   * A range of swimming strokes on front and back. * Self-rescue techniques. | **Games**   * Principles/tactics suitable for attacking and defending in competitive games.   **Dance**   * How to move and balance with strength, technique and control.   **Swimming**   * A range of swimming strokes on front and back. * Self-rescue techniques. | **Games**   * Principles/tactics suitable for attacking and defending in competitive games.   **Gymnastics**   * How to move and balance with strength, technique and control.   **Swimming**   * A range of swimming strokes on front and back. * Self-rescue techniques. | **Games**   * Principles/tactics suitable for attacking and defending in competitive games.   **Dance**   * How to move and balance with strength, technique and control.   **Swimming**   * A range of swimming strokes on front and back. * Self-rescue techniques. |
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