PE Curriculum Map

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Autumn 1	Autumn 1	Autumn 1	Autumn 1	Autumn 1	Autumn 1
First PE	Fitness	Pirate Fitness	Fitness	Swimming	Fitness	Leadership
Enjoy-a-ball	Ball Games	Ball Skills	Tag Rugby	Netball	Netball	Quicksticks
Autumn 2	Autumn 2	Autumn 2	Autumn 2	Autumn 2	Autumn 2	Autumn 2
Fitness and Fundamentals	Winter Dance	Gymnastics	Gymnastics	Swimming	Gymnastics	Gymnastics
Gymnastics	Rugby FUNS	Football FUNS	Handball	Football	Quicksticks	Netball
Spring 1	Spring 1	Spring 1	Spring 1	Spring 1	Spring 1	Spring 1
Multi Skills	Gymnastics	Dance	Dance	Swimming	Dance	Self Defence
Fairy Tale Adventures FMS	Multi Skills & FUNS	Ball Games	OAA	OAA	OAA	OAA
Spring 2	Spring 2	Spring 2	Spring 2	Spring 2	Spring 2	Spring 2
Word Moves	Dodgeball	OAA	Indoor Athletics	Dance	Indoor Athletics	Fitness
Football FUNdamentals	OAA	Tennis	Basketball	Multi Skills	Tennis	Pickleball Yr 5&6
Summer 1	Summer 1	Summer 1	Summer 1	Summer 1	Summer 1	Summer 1
Mini Muay Thai	Mini Muay Thai	Social Dodgeball	Mini Muay Thai	Gymnastics	Self Defence	Greatest Showman
Outdoor adventure	Pickleball	Kwik Cricket	Rounders Yr 3/4	Kwik Cricket	Kwik Cricket	Handball
Summer 2	Summer 2	Summer 2	Summer 2	Summer 2	Summer 2	Summer 2
Athletics	Athletics	Jungle Yoga	Kwik Cricket	Fitness	Rounders	Rounders
Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics

PROGRESSION OF KEY SKILLS

Invasion Games

EY

Early Years (progressions through first PE unit/Enjoy-a-ball)
Throw to self, catching a soft ball/balloon. Experiment with rolling the ball, throw and catch to self and to a partner (hand-eye co-ordination)
Moving around a spot/ area, experimenting with different ways of moving (footwork) e.g. jumping, hopping, skipping
Moving around, changing direction and negotiating space
Follow a partner to steal their bib
Experiment with different ways of shooting/placing an object into/on a target or hoop
Introducing fun games e.g. Player in the middle, defending hoops (beginnings of attacking, defending)
Introducing basic rules e.g. areas of play, how you become out, how you can score points. This becomes the first initial steps of following rules in games

1

Year 1 (progressions through ball skills/ball games/Football FUNS/Rugby FUNS)
Catch/receive a ball safely. Pass a ball with some control (using either hands, feet or object)
Introducing footwork e.g. stopping and freezing in adapted games, landing on spots with two feet
Move into a space in a game, looking to throw/pass the ball to someone in a space
Follow an opponent in a game/adapted game
Scoring in a variety of ways- into hoops, goals or targets
Begin to develop tactics for attacking and defending.
Children begin to learn rules of adapted games. They learn that rules are there to keep you safe and encourage fair play.

2

Year 2 (progressions through ball skills/ball games/Football FUNS/ Rugby FUNS)
Introduce a various passes (hands/ feet/object) continuing to develop control of pass
Adapted games – developing thought process of footwork rule e.g. superhero ball e.g. no running with the ball
Move into a space to catch/recieve a ball. Pass the ball to someone in a space
Follow/mark an opponent and trying to win (intercept) the ball
Scoring in a variety of ways and begin to use in a game situation
Develop tactics for attacking and defending
Play adapted games-learning different rules. Encourging fair play and respect

3

Year 3 (progressions through invasion game units)
Continue to develop control of passing and receiving the ball – beginning to attempt these in a game situation
Adapting footwork to suit game being played e.g netball stride stop and jump stop, handball 3 steps
Perform a dodge into get into a space and receive a pass
Marking a player, keeping on the balls of your feet
Shooting adapting technique to to suit game – e.g into hoop/target or goal
Begin to apply some basic principles for attacking & defending – how do they deny space, how can they win back possession
Continue to play adapted games and introduce key rules that are sport specific. Apply in a game situation

4

Year 4 (progressions through invasion game units)
Pass and receive mostly control – begin to select and apply the correct pass
Footwork-be able to change direction quickly, accelerating in a game situation
Attempting various dodges to create space to receive the ball
Marking a player, standing side on, sticking to player
Shooting- focus on bending the knees and place hand under the ball to shoot
Develop tactics – begin to use them in a variety of games- e.g. when and where to move while in, and out of possession
Understand rules of a game. Begin to officiate their own game and become familiar with key terms and vocabulary related to RST

5

Year 5 (progressions through invasion game units)
Selecting the correct pass in a game and move into a space
Receive the ball on the move (on the balls of feet) changing direction quickly
Perform different dodges/movements to receive a ball in a space
To defend a player and attempt to intercept a pass
Shooting –Chosing the correct shot for the game
Begin to use attacking and defending, techniques learned in a game situation e.g. positions on the pitch/court e.g formations to either keep possession or win back possession of the ball
In teams, begin to discuss tactics and how to work as a team (communicate and collaborate)
Understand how to apply rules in various invasion games and be able attempt officiating

6

Year 6 (progressions through invasion game units)
Perform a variety of passes with some precision – quickly move into a space to receive another pass
Perform correct footwork in a game – quick feet to turn the correct way to pass the ball
Perform a variety of dodges to move into a space and receive a ball – in a practice and in a game situation
Defend a player during a game, intercepting the ball
Shooting- focus on precision and accuracy and attempt to get the rebound if the shot is missed
In a team, discuss tactics and how to win as a team (communicate and collaborate)
In teams discuss tactics and how to work as a team finding strategies to beat their opponents
Understand and apply rules consistently in various invasion games- officiate with confidnce using key vocab and rules

PROGRESSION OF KEY SKILLS

Gymnastics

Early Years (EY)
Can experiment with different shapes
Experiment with different jumps
Experiment with different ways of rolling in small shape
Experiment with balancing on different body parts
Moving along the floor in different ways like aliens sliding, rolling, stretching etc
Show a start shape, middle and finishing shape (beginning of a sequence)
Moving on and off apparatus safely

Year 1 (1)
Can perform various shapes
Perform basic jump (straight jump, Star jump
Perform a tuck rock and a tuck roll and rocket roll with pointed toes
Perform a simple balance holding for 3 seconds
Perform a bunny hop– hands first then feet
Perform a basic sequence (roll, jump and roll)
Moving on and off apparatus with control

Year 2 (2)
Can perform shapes with a strong body and control
Perform jumps (straight, star, tuck jump) with control and a strong body
Perform a tuck rock, tuck roll, forward roll and dish/arch roll
Perform a balance on one or more parts of body
Perform a bunny hop – hands flat with straight arms
Perform a sequence on apparatus– (roll, jump and balance)
Moving on and off apparatus with strong body and control

Year 3 (3)
Can perform a variety of shapes with good control
Perform a straight jump with a half turn
Perform a Teddy bear roll
Perform Point and Patch balances
Perform a bunny hop across a mat run and onto/across low benches and apparatus
Perform a short sequence on mats (using levels directions control)
Hopscotch on throw down feet– introduction to hurdle step onto apparatus

Year 4 (4)
Can perform a variety of shapes with good control when performing various skills
Perform various jumps and develop travelling across the mat
Teddy bear roll with a partner/group in sequence with pointed toes
Perform matching and mirroring balance routines on apparatus
Perform a bunny hop onto a variety of apparatus with control
Perform a short sequence on mats and apparatus showing levels,unison, and pointed toes
Hopscotch across the floor to develop hurdle step onto low apparatus

Year 5 (5)
Can perform complex shapes with control and some flexibility
Perform more complex jumps, tuck, pike and a scissor kick
Perform a T–roll
Perform symmetrical and asymmetrical balances
Perform a 'squat on and squat off' on various apparatus
Link skills to create a sequence with Fluency. Co–operate, communicate and collaborate with others
To perform a hurdle step on the floor/springboard
Cartwheel on the floor using various apparatus

Year 6 (6)
Can perform complex shapes when performing Sequences and skills with flexibility
Perform more complex jumps and travelling on and off apparatus, tuck, pike and leaps scissor kick and cat leap
Side star roll, T–roll (with pointed toes), backwards roll
Perform various balances counter balance and counter tension
Perform a 'squat on and squat off 'apparatus with a run up (with or without a spring board)
Compete in teams to win points with sequences and a vault competition
Perform a hurdle step on the floor/springboard and onto apparatus
Inverted skills shoulder stand, cartwheel, teddy bear roll, head stand, handstand

PROGRESSION OF KEY SKILLS

Multi-Skills

EY

Early Years
Experiment with different ways of balancing
Experiment with different ways of moving (agility)
Experiment with different ways of moving ball with different body parts (co-ordination)
Working with friends in a team-taking turns

1

Year 1
Balance on lines with control and use equipment to balance on various parts of the body
Changing direction with some control (agility)
Co-ordinating body whilst beginning to move with equipment
Co-operate, compete and challenge themselves as a team in various games

2

Year 2
Balance on low equipment with good control
Changing direction quickly with good balance and control (agility)
Co-ordinating body whilst beginning to move at different speeds with various equipment
Complete challenges as a team in various running/obstacle games and working to improve performance

3

Year 3
Balancing on various body parts while moving
Agility focus -changing direction at speed
Co-ordinate body to perform a combination of movements
Complete a variety of fitness tests successfully and achieve a personal best

4

Year 4
Balancing confidently using various equipment and body parts
Agility focus - changing direction at speed with good technique
Co-ordinate body efficiently to perform a combination of movements or actions
Complete a variety of fitness tests confidently and achieve a number of personal bests

5

Year 5
In combination with different skills, can balance equipment while moving and co-ordinating another action
Agility focus - change direction quickly and efficiently with equipment
Agility focus - change direction quickly and efficiently with equipment
Test and measure balance, agility and co-ordination confidently and accurately. Can compare their performances with previous ones and strive to achieve a personal best

6

Year 6
Balance equipment on various body parts whilst moving or co-ordinating another body actions accurately
Agility focus - can change direction at speed with balance and control whilst using various equipment
Co-ordinate using both sides of the body with fluency to perform a combination of movements or actions
Complete each test with fluency and accurately measure and record. Evaluate previous performance levels and demonstrate improvements to achieve their personal best

PROGRESSION OF KEY SKILLS

Football

Early Years (EY)
Explore stopping a ball with different parts of the body
Experiment kicking the ball with feet to a partner
Move a bean bag/ball on the floor using inside of foot
Fox and rabbits game. Object of the game is to move away from the rabbit onto a spot (finding a space)
Shooting into a target on the floor
Introducing fun games e.g. Player in the middle, defending hoops (beginnings of attacking, defending)

Year 1 (1)
Stopping a ball with the inside of feet
Pass the ball, beginning to use inside of feet "toe, toe, toe, no, no, no!"
Dribble the ball with the inside of feet –finding a space
Introduce getting the ball off a player– tackling
Scoring in a variety of ways– into goals and at targets
Begin to understand tactics for attacking and defending
Small sided games 4v4

Year 2 (2)
Stopping a ball with the sole and inside of feet
Pass the ball to a partner P,P,P, Plant, Pass Point to help with accuracule
Dribble the ball with the inside of feet, keeping the ball close to their body– dribble into a space
Improve tackling by using adapted games– introduce intercepting play
Scoring in a variety of ways and begin to use in a game situation
Begin to include some basic tactics for attacking and defending in conditioned games
Play an adapted and conditioned games 5v5.

Year 3 (3)
Control a ball using inside, outside and sole of feet
Pass the ball with inside of feet with accuracy. Pass the ball to someone in a space
Dribble the ball, beginning to turn with some control (inside and outside hook)
Defend making a tackle in isolation (a conditioned game)
Shooting – Kick a stationary ball past a goal keeper
Adapted games, begin to apply some basic principles for attacking & defending in small sided games
Small sided games 6v6

Year 4 (4)
Move body to correct position to stop and control a ball
Pass the ball with inside of feet, whist on the move
Dribble the ball using inside, outside hook and drag back, beginning to accelerate
Defend– moving forward to close down space to tackle in a conditioned game. Intercept a pass
Shooting– Strike a moving ball (past a goal keeper) with some accuracy
Encourage children to talk about tactics when attacking and defending
Small sided games – up to 7v7

Year 5 (5)
Control the ball using either foot when moving
Pass the ball with inside, front or laces on the foot
Dribble the ball using inside, outside hook and drag back beginning to accelerate
Show good body position to defend and press in a 2v2 game
Scoring using top of foot (laces)– aiming for corners of the goal
Begin to use attacking and defending, techniques learned in a game situation
In teams, begin to discuss tactics and how to work as a team (communicate and collaborate)

Year 6 (6)
Move into space to receive the ball and control with either foot in a game
Select the correct pass for various distances in a game situation
Dribble the ball in a game situation around a defender
Communicate with team when defending in a game –making interceptions, cover space
To work as a team to score, shooting from various angles
In a team, discuss tactics and how to win as a team (communicate and collaborate)
Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending
Understanding the positions and rules of the game

PROGRESSION OF KEY SKILLS

Mini Muay Thai

Early Years (EY)
Basic stance – Developing balance using throw down feet to help with positioning for left and right
Begin different types of strike – developing co-ordination of arms
Upper cut – develop bobbing up and down (bouncing motion)
Knee strike – Balancing on left and right leg
Kicking– developing balance on one leg (left and right side) to be able to kick from the front
Introduce some defensive techniques through a game
Begin to develop co-orination by adding some combinations of strikes together

Year 1 (1)
Right and left stance, introduce guard beginning to keep hands up – to protect yourself
Jab – develop co-ordination of jabbing hand at the front
Upper cut (left and right)– dipping body down and standing up
Knee strike– developing control and balance when bringing knee up
Kicking – developing bringing arm down as you kick
Shin check –begin to develop balance to get into shin check defensive position
Develop co-ordination using different combinations of techniques and begin to compete against self

Year 2 (2)
In right and left stance, keeping hands up in guard while performing a strike
Jab cross – develop co-ordination of jabbing hand at the front and cross from the rear
Upper cut (left and right)– dipping body down, keeping arm bent when striking
Knee strike (front and rear)– develop balance when performing a strike on both legs
Front and rear kick– bringing same arm down to the side of body as you kick
Shin check –keeping balanced and guard up when in shin check defensive position
Perfom combinations of techniques demonstrating balance and co-ordination. Compete against self

Year 3 (3)
Can stand in the correct stance keeping chin down and hands up to guard
Jab cross – keeping guard up and balanced
Upper cut and hook (left and right) always keeping one hand in guard position
Knee strike –keeping guard up and balanced
Kicks – flick foot, keeping guard up to protect face
Shin check –keeping control when moving back into stance – ready for next technique
Perform combinations of techniques developing flexiblity, control, balance and strength

Year 4 (4)
Can begin to switch stance for each of the strikes– keeping guard up
Jab cross–with control and co-ordination using left and right stance
Perform upper cut and hooks front and rear, keeping guard up
Perform knee strike with control using front and rear– keeping guard up
Kicks – front and rear, being able to reset into stance position
Shin check – improve flexiblity of technique – improving the height
Using memory to remember striking combinations

Year 5 (5)
Can react and change stance for each strike e.g. hand, knee kick
Jab cross developing speed and accuracy
Perform uppercut and hook– confidently using front and rear technique fluently
Perform knee strikes (front and rear) beginning to improve power– and develop onto a bag/focus mitts
Kicks– develop flexilblity to kick at different levels, using both left and right leg
Defensive – be able use shin check in isolation with control and fluency
Perform and remember a vareity of striking combinations (and create some of their own)
Communicate and collaborate with others and create a Mini Muay Thai session

Year 6 (6)
Can change stance quickly, reacting and adapting for each strike e.g. hand, knee kick
Jab cross (on and off the focus mitts) with power and speed– using left and right hands
Upper cut and hooks – use front and rear as part of combinations and developing speed, power and accuracy
Knee strike (on and off the focus mitts) – with fluency and power
Perform a front and rear kick with control, speed and power
Defensive – be able react using shin check in isolation and combination (using defensively)
Perform a variety of striking combinations with flexiblity, control, balance and strength
Create a Mini Muay Thai session as part of a small group and actively lead another group

PROGRESSION OF KEY SKILLS

Dance

Early Years (EY)

- Moving in time to happy and sad music
- Experiment with different ways of moving
- Experiment with actions at different levels
- Moving around as different characters or animals to the music

Year 1 (1)

- Listen to the music and begin to move in time to it
- Perform basic dance movements
- Perform dance movements showing some levels
- Perform basic dance travelling movements e.g. stepping, skipping, jumping
- Perform simple dance moves with some control

Year 2 (2)

- Move in time to the music showing some expression
- Perform dance movements with control
- Perform dance movements showing a variety of levels
- Perform dance movements showing travelling in different directions e.g. sliding, turning, gesturing
- Remember simple dance steps, perform with control in time to the music

Year 3 (3)

- Collaborate to make a dance warm up
- Use a stimulus to create a dance
- Dance in unison with a partner
- Perform in canon with a group
- Use some different levels and pathways

Year 4 (4)

- Cooperate to make a dance warm up and take on a leadership role
- Respond imaginatively to a stimulus
- Dance in unison with a partner/group performing a range of movement patterns
- Perform in canon showing a range of movement patterns
- Perform a variety of levels and pathways in a dancel

Year 5 (5)

- Co-operate and collaborate to create a warm up displaying a variety of movement patterns
- Translate ideas from a stimulus showing control and fluency
- Dance in unison in a group keeping in time with each other
- Dance in canon showing good timing
- Perform using a variety of levels and using the space

Year 6 (6)

- Co-operate, communicate and collaborate with a group to make up a warm up with good rhythm and timing
- Translate ideas from a stimulus into movement showing expression, precision, control and fluency
- Dance in unison in a group showing good timing, energy and strength
- Dance in canon in a group showing good timing, energy and strength
- Use levels, travelling and space with timing and musicality

PROGRESSION OF KEY SKILLS

Tag Rugby

EY

Early Years
Follow a partner to steal their bib – introducing tag games
Move with different objects in their hands
Passing an object to another child
Trying to get around a static player in a coned area
Scoring points with beanbag treasure in a simple hoop invasion game
Fun game getting past the fish (defender) in a small area. Fish (defender) trying to get the tails

1

Year 1
Play a simple game of tag and begin to call 'tag' when taking a bib or belt
Hold the ball with two hands
Hand over the Rugby ball sideways
Attempt to get past a defender 1v1
Scoring a try in a modified drill using correct technique– using 2 hands to place ball down
Small-sided adapted games. Begin to develop tactics for attacking and defending

2

Year 2
Tag a player when facing your partner – raise hand and call "Tag"
Move with the ball, holding it with hands– chest height
Pass the ball sideways– with smile technique
Dodge around a defender in a small area
Scoring a try in an adapted game– focus placing ball down with 2 hands and staying on feet
Small-sided games using various types of equipment. Develop tactics for attacking and defending

3

Year 3
Tag another player, face on and keeping body position low to the ground
Move with a ball in their hands using correct position
Pass the ball backwards and sideways in isolation
Move into a space to avoid a defender, through dodging techniques
Beat a defender to score a try in various scoring zones
Adapted games, with variations of rules, begin to apply some basic principles for attacking & defending

4

Year 4
Play a tag game whilst moving at speed, keeping close to an opponent
Move with control in a variety of directions holding the ball in the correct position
Pass the ball backwards/ sideways with control whist moving
Use speed and space to avoid a passive defender
Beat a defender at speed to score a try in an isolated game situation
Play adapted games, Children encouraged to think of tactics when attacking and defending

5

Year 5
Tag more than one player using either hand whilst moving
Choose different pathways to move with a ball in hands against an opponent
Pass the ball and move (loop around a teammate)
Introduce looping around your teammate– to try and trick an opponent
Working as a team to score a try– supporting runs in practice
Developing tactics for attacking e.g working as a team, supporting each other
In teams discuss tactics of attacking e.g diagonal line when attacking
In a team, discuss tactics of defending e.g make a wall or flat line as a team when defending

6

Year 6
Tag a player using either hand when moving at full speed in a game situation
Dodge around a defender at speed with a ball in hands avoiding being tagged
Bring in pass and loop into a game situation
Looping around your teammate– to try and trick an opponent in game situation
Working together as a team to score a try in a tag rugby game, e.g supporting diagonal runs
Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending
In a team, discuss tactics of attacking and defending (communicate and collaborate)

PROGRESSION OF KEY SKILLS

Outdoor Adventurous Activities (OAA)

EY

Early Years

- Work with a partner and take turns
- Listen attentively to a partner
- Negotiate space and obstacles safely
- Move energetically, such as running, jumping, hopping, skipping and climbing
- Have the confidence to try new activities and show resilience to challenge
- Develop strength, balance and co-ordination when completing tasks

1

Year 1

- Begin to work with a partner to meet a challenge
- Use communication to guide your partner through a course when blindfolded
- Begin to travel in different directions under instruction, to locate treasure with a partner
- Identify ways of travelling to include hopping, jumping and leaping, whilst using co-ordinates to make maps
- Work as part of a team to match animals to their matching cards
- Continue to develop team skills while attempting to complete a task

2

Year 2

- Work within a team to find solutions to cross the river
- Develop the ability to work with a variety of partners, providing instruction while creating an obstacle course
- Begin to use co-ordinates and confidently navigate through a map using North, South, East and West
- Have a basic understanding of how to use a compass and create their own instructions
- Continue to work together as a team and further develop team skills including communication
- Begin to develop individual leadership qualities while completing tasks as part of a team

3

Year 3

- Use a key to follow a plan
- Communicate with peers to complete challenges
- Know the eight points of the compass
- Identify what is at points on a grid using co-ordinates in the form (letter, number)
- Collaborate with members of a team to begin to solve problems
- Continue to develop leadership qualities while completing tasks as part of a team

4

Year 4

- Use a key to accurately place things in the correct locations according to a plan
- Develop different methods of communication to achieve a goal
- Give and follow directions using the eight points of the compass
- Use co-ordinates on a plan to correctly place and locate different objects
- Listen carefully and follow instructions given by teammates
- Lead a team to complete a task

5

Year 5

- Use a key to identify orienteering landmarks on a map
- Communicate and listen clearly to other members of the team to complete challenges in isolation
- Use compass directions to navigate around a grid
- Use 4-figure grid references to read an OS map
- Work efficiently as part of a team to complete a challenge
- Effectively lead a team to complete a task

6

Year 6

- Use a key to follow a route on an orienteering map
- Use clear and concise communication skills to achieve a challenge
- Use compass directions to navigate around a familiar area eg school grounds
- Use 6-figure grid references to read an OS map
- Work as a team to ensure all members are able to complete a challenge at a competitive pace
- Effectively lead a team to complete a task and evaluate their own leadership skills

PROGRESSION OF KEY SKILLS

Fitness

Early Years (EY)

- Experiment with different ways of balancing through various fun exercises
- Imaginative exercises beginning to count how many they can do
- Begin to co-ordinate different parts of your body through fun exercises
- Begin to understand the importance of good health, physical exercise, and a healthy diet

Year 1 (1)

- Balance on different parts of body performing static and some moving exercises
- Each imaginative exercise – encourage to count score and record them
- Co-ordinating body whilst beginning to move with control when exercising
- Beginning to understand what is happening to your body when exercising

Year 2 (2)

- Balancing in exercises static and when moving building control when performing movements
- Counting scores, recording them and trying to beat their score
- Co-ordinating body whilst beginning to move at different speeds during various exercises
- Understand what is happening to your body when exercising and how to feel a pulse

Year 3 (3)

- Balancing with control, focusing on preferred and non preferred leg (when performing exercises)
- Complete a variety of fitnes exercises successfully and achieve a personal best
- Co-ordinate body to perform a combination of movements in a variety of exercises
- Take pulse before exercise. Understand how your body is getting stronger when exercising

Year 4 (4)

- Balancing in different directions e.g. on leg- foward backward and side to side
- Complete a variety of fitness activities confidently and achieve a number of personal bests
- Co-ordinate body efficiently to perform a combination of movements or actions when exercisng
- Begin to know different types of fitness. Take pulse before and after exercise

Year 5 (5)

- Balancing on various parts of body when moving –using core strenghth and keeping control when moving
- Can compare their performances with previous ones and strive to achieve a personal best on each station
- Co-ordinate using both sides of the body when performing exercises – increasing speed and power
- Create a warm up and cool down. Take pulse before and after exercise accurately

Year 6 (6)

- Balance on various body parts using harder balances e.g shutting eyes, adding explosive movements
- Evaluate previous performance levels and demonstrate improvements to achieve their personal best
- Co-ordinate using both sides of the body with fluency and speed to perform a combination of exercises
- Create an exercise to improve a specific fitness e.g. strength, co-ordintation, power

PROGRESSION OF KEY SKILLS

Tennis

Early Years (EY)

- Throw and catch to self with a soft ball and to bounce catch to self
- Balance an object e.g. beanbag on racket
- Hand eye co-ordination passing ball to a partner
- Move the ball on floor with hand in a variety of ways
- Push ball with throw down strips to develop hand eye co-ordination

Year 1 (1)

- Throwing and catching a small, ball improving control- bounce catch to self/ partner
- Balance a ball on racket
- Hand eye co-ordination -tap ups (using a racket) watching the ball, knees bent
- Racket familiarisation- moving ball with racket in forehand/backhand position
- Introduce modified games - eg hand tennis
- Small-sided adapted games. Begin to develop tactics in the adapted games

Year 2 (2)

- Throw and catch from one hand to the other and bounce catch into a target with a partner
- Balance a ball on racket with control
- Increasing the control tapping ball to a partner (who is catching the ball)
- Racket familiarisation- moving ball with racket in forehand and backhand position whilst moving
- Play a modified game
- Develop tactics for beating an opponent

Year 3 (3)

- Move body position to catch a ball
- Control a ball on racket when moving - varying speed
- Hit a ball into a target (with one bounce)
- Hit ball across the floor with forehand/backhand position
- Play a modified game using skills e.g forehand
- Adapted games, with variations of rules, begin to apply some basic principles

Year 4 (4)

- Move with balance and control to catch a ball
- Hit/bounce ball on racket when moving
- Hit a ball into a target from a variety of distances/ angles with no bounce
- Hit ball in forehand/ backhand position with drop feed
- Play a game communicating as a team
- Play adapted games, Children encouraged to think of tactics

Year 5 (5)

- Move to hit a ball with some control
- Hit/ bounce a ball with control when moving at different speeds
- Serve diagonally with underarm/overarm throwing into target/game. Begin to use with racket to serve into a target
- Moving into position to hit a ball with forehand/ backhand in skills practice and game
- Communicate and collaborate as a pair to beat opponents
- Developing tactics e.g working as a team, supporting each other, communicating

Year 6 (6)

- Move in a variety of directions (using footwork) when hitting a ball
- Hit/bounce ball to a partner with control
- Serve diagonally under/overarm in a game of mini tennis
- Keep on toes using quick feet to hit a ball in game in forehand/ backhand position
- Use techniques learned and apply in a game situation.
- In Pairs, discuss tactics of attacking and defending in tennis (communicate and collaborate)

PROGRESSION OF KEY SKILLS

Dodgeball

EY

Early Years (progressions through first PE unit/Enjoy-a-ball)
Experiment with rolling the ball, throw and catch to self and to a partner (hand eye co-ordination).
Throw to self and to a partner using soft objects e.g. balloon, scarf, soft ball. Catching a balloon/ball
Aiming at a target e.g a tall cone
Jumping over objects in a variety of different ways
Pushing a balloon away with two hands
Move around safely in a variety of ways and negotiating space.

1

Year 1
Rolling the ball in different ways through tunnels
Throw a ball to a partner underarm. Throwing and catching with a partner
Aiming at a variety of targets and at different levels
Jumping over a variety of objects at different heights and over a ball in a game situation.
Blocking technique movement – through a game situation – tapping another partner's ball with their own
Adapted games. Begin to develop tactics for attacking and defending.

2

Year 2
Rolling the ball to a partner, increasing the distance of targets to improve accuracy
Throw the ball to a partner underarm– introduce targets. Throwing and catching, having control of the ball
Aiming at a variety of targets, beginning to develop accuracy e.g. through a hoop
Jumping and dodging to avoid being hit by a ball
Protecting a specific player in a gamell
Small-sided adapted dodgeball games . Develop tactics for attacking and defending

3

Year 3
Throw the ball in different ways e.g grip and claw
Catching the ball in a variety of ways and getting into 'Ready Position'
Aiming at the opposition (below the waist) in a variety of directions, using an underarm throw
Begin to develop different ways to dodge the ball in isolation and replicate in a game situation
Experiment with different ways of blocking
Adapted games, begin to apply some basic principles for attacking & defending

4

Year 4
Throw the ball in different ways e.g grip and claw with control
Catching the ball in a variety of ways and at various distances – moving towards the ball
Aiming and improving the accuracy of throwing distance
Begin to develop footwork to dodge and avoid being hit by the ball.
Blocking the ball in a variety of ways and beginning to protect other players
Encourage children to talk about tactics when attacking and defending

5

Year 5
Throwing the ball overarm and underarm in a variety of directions wth control and some speed
Catching the ball at different levels within a game situation
Aiming at the opposition with some precision and control
Dodging in a variety of ways in a game situation. Duck, jump, moving sideways with control and good reactions
Blocking the ball from a variety of directions and protecting other players in an adapted game
Begin to use techniques learned in a game situation and to have an understanding of key rules

6

Year 6
Throwing the ball in a game with precision, control and speed
Identify catching opportunities to claim a catch in a game
Aiming at the opposition, below the shoulder, using a variety of throwing techniques
Dodging in a game, reacting quickly and communicating tactics to teammates to dodge
Blocking the ball and attempting to get a teammate to catch it in a game situation
To apply defensive techniques e.g blocking and marking in a competitive game situation.
Use techniques learned and apply in a game situation. Children to officiate.

PROGRESSION OF KEY SKILLS

Kwik Cricket

Early Years (EY)
Rolling and stopping a ball, sitting down and standing up
Experiment with throwing and catching to self and to a partner (hand-eye co-ordination)
Passing underarm an object to another child
Pushing a ball away from body with hands
Push ball with throw down strips to develop hand eye co-ordination

Year 1 (1)
Rolling and stopping a ball with one/two hands
Throw and catch a ball with some control
Bowl underarm towards a target
Hit a ball off a tee using various bats
Play a modified game hitting off a tee
Small-sided adapted games. Begin to develop tactics for striking and fielding

Year 2 (2)
Roll and stop a ball with control/accuracy
Throw underarm with some accuracy and catch a ball
Bowl underarm towards a target with control and accuracy
Begin to hold the bat in correct position and hit a ball off a tee
Play a modified game encouraging teamwork when fielding
Small-sided games using various types of equipment. Develop tactics for striking and fielding

Year 3 (3)
Roll the ball with one hand and stop the ball attempting Long barrier method
Throw and catch underarm with both hands (in isolation)
Bowl underarm at a wicket and attempt overarm
Control with a bat (holding it correctly) hitting a ball off a tee and moving
Play a modified game using fielding and batting skills
Adapted games, with variations of rules, begin to apply some basic principles for striking and fielding

Year 4 (4)
Roll the ball with one hand and stop the ball from different directions using barrier method
Throw and catch under pressure in modified games
Bowl at a wicket underarm/overarm with accuracy and control
Hit a drop fed ball and/or moving ball with a bat
Play a game communicating as a team
Play adapted games, Children encouraged to think of tactics when striking and fielding

Year 5 (5)
Begin to use fielding techniques with throwing and stopping and scooping up the ball
Throwing over/underarm and catching over various distances
Bowl, attempting to hit the wicket using under/overarm
Hit a moving ball with control and some distance
Communicate and collaborate as a team to beat an opponent
Developing tactics for striking and fielding e.g working as a team, supporting each other

Year 6 (6)
Positioning in a modified game to field a ball (both throwing and stopping it)
Making correct decisions with the type of throw to use in a modified game. Move body into a position to catch the ball
Bowl (over/underarm) at a wicket in a game against a batter with some speed and control to hit the wicket
In a competitive game begin to tactically hit/place a ball into a space
Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending
In a team, discuss tactics of attacking and defending (communicate and collaborate)

PROGRESSION OF KEY SKILLS

Yoga

Early Years (EY)

- Experiment with different Yoga poses both static and moving
- Begin short relaxation games
- Create different sun shapes with their body
- Challenge themselves to make up their own animal poses
- Listen to the Yoga story and create poses

Year 1 (1)

- Perform basic Yoga poses with some balance
- Begin to relax the body in rest pose
- Perform Sun Pose (beginning of sun salutation)
- To try some of the challenge poses e.g. snake pose
- Make up a story with some Yoga poses

Year 2 (2)

- Perform Yoga poses, beginning to use tummy muscles (core strength), some flexibility, balance and control
- Relax in rest post and begin to focus on breathing
- Perform Sun pose with control (beginning of sun salutation)
- To perform the challenge poses e.g. Tree pose 2 or 3
- Make up a story using all Yoga poses

Year 3 (3)

- Perform more complex Yoga poses showing control and increased flexibility
- Sit in lotus pose relax and begin to focus on breathing in and out of nose
- Perform Cobra pose 2 (used in sun salutation)
- Improve on balance to perform swaying tree pose
- Collaborate to create a Yoga Fun Facts routine

Year 4 (4)

- Perform more complex yoga poses developing core strength and good flexibility
- Begin to focus on breathing in more than one pose
- Perform individual poses to build up towards Sun Salutation e.g. tree, downward dog, Cobra Pose 2
- To perform the challenge pose and swaying tree, with some control and fluency
- Collaborate to create a Yoga Fun Facts Routine and teach the routine to others

Year 5 (5)

- Perform complex Yoga poses with control, core strength and flexibility
- Perform a variety of poses using breathing techniques and use in relaxation time
- Remember and perform Sun Salutation (SS)
- Perform the extended poses– e.g. extended cat pose
- Collaborate in a group to create a Yoga routine of 7 poses

Year 6 (6)

- Perform complex Yoga poses with good core strength, flexibility and balance for longer periods of time on each pose
- Perform all poses and remembering to use breathing technique when performing them in relaxation time
- Perform Sun Salutation (SS) and link to other Yoga moves
- Perform extended version of cat pose, dog pose and create their own extensions
- Collaborate in a group to create a Yoga routine– and create a sequence of moves like Sun Salutation.

PROGRESSION OF KEY SKILLS

Handball

EY

Early Years (progressions through first PE unit/Enjoy-a-ball)
Ball Awareness-moving ball on body
Experiment with moving an object along the floor e.g pushing a balloon
Throw to self, catching a soft ball/balloon. Passing to a partner with different types of balls
Throwing at and into targets e.g. on walls, on benches, cones- to score
Run in an area, stop quickly and 'Freeze' (in a game/warm up) -fundamentals to developing footwork
Move around safely in a variety of ways and negotiating space.
Play adapted games to get past players, with a ball – (while attempting to bounce it)

1

Year 1 (progressions through ball skills/Ball games)
Ball Awareness-moving a ball on the ground
Experiment with bouncing and dribbling a ball
Catch a soft ball safely, Pass a soft ball from the chest - 'W' shape when passing and receiving
Throwing a ball into a target (through cones) to score
Footwork- adapted game, beginning to introduce taking steps with the ball
Move into a space in a game, looking to throw the ball to someone in a space
Follow an opponent in a game/adapted game
Small-sided games 3v3. Begin to develop tactics for attacking and defending.

2

Year 2 (progressions through ball skills/ball games)
Ball Awareness-moving ball on the ground with control
Experiment with bouncing and dribbling a ball, beginning to use left and right hands
Catch a ball safely. Pass from a short distance to a partner
Scoring in a variety of ways and begin to use these in a game situation- introduce scoring into goals
Footwork -experiment with taking 3 steps and passing the ball
Move into a space to catch a ball. Pass the ball to someone in a space
Follow an opponent and trying to win (intercept) the ball
Small-sided games (Mini Handballl). Develop tactics for attacking and defending

3

Year 3 (through handball and basketball)
Ball Awareness-moving ball around different parts of the body
Dribbling and bouncing a ball in a variety of ways 'push not pat'
Pass and receive a handball safely (chest and bounce pass). Pass the ball in a game within 5 seconds
Scoring a goal (handball simulate e.g through 2 cones) adding a passive Goal keeper
Introduce footwork through warm ups and games- 3 steps and pass
Dodge in a conditioned game to get into a space, begin to apply some basic principles suitable for attacking
Adapted games, begin to apply some basic principles for attacking & defending
Introduce 3v3 mini basketball or an adapted game. Introduce tip off and key rules

4

Year 4 (through handball and basketball)
Ball Awareness-moving ball around different parts of the body with control
Dribbling and bouncing a ball with control and using either hand
Pass and receive, stepping into the pass (chest and bounce pass)
Scoring into a goal, beginning to take 3 steps- adding an active goalkeeper
Bringing in footwork and travelling rules into a game situation
Dodging around a player with the ball, focus on dodging into a space
Encourage children to talk about tactics when attacking and defending
Introduce 4v4 or adapted game. Begin to use some additional rules e.g travelling, contact

5

Year 5
Ball Awareness-copying a partner and moving with the ball
Dribbling the ball, changing direction, and turning, using either hand
Pass, receive and move with the ball (chest and bounce pass)
Introduce a jump shot in isolation and in a game
Using footwork technique (3 steps) in game and shooting
Dodging around your partner in a variety of ways e.g. with and without a ball
Defending - introduce blocking technique
Begin to use techniques learned in a game situation and to have an understanding of key rules

6

Year 6
Ball Awareness-copying a partner and keeping control while moving the ball
Dribbling the ball in various directions at speed
Perform a variety of passes within a game with precision and control
Use a variety of shooting techniques in a game situation e.g. feint and shoot, jump and shoot, step and shoot
Moving with the ball and perform the correct footwork in a competitive game situation
Dodging around an active defender in a game situation. Apply basic principles for attacking
To apply defensive techniques e.g blocking and marking in a competitive game situation.
Use techniques learned and apply in a game situation. Children to officiate.

PROGRESSION OF KEY SKILLS

Basketball

EY

Early Years (progressions through first PE unit/Enjoy-a-ball)
Ball Awareness-moving ball on body
Experiment with moving an object along the floor e.g pushing a balloon
Throw to self, catching a soft ball/balloon. Passing to a partner with different types of balls
Throwing into hoops and targets to score
Run in an area, stop quickly and 'Freeze' (in a game/warm up) -fundamentals to developing footwork
Move around safely in a variety of ways and negotiating space. Follow my leader in pairs
Play adapted games to get past players, with a ball - (while attempting to bounce it)

1

Year 1 (progressions through ball skills/Ball games)
Ball Awareness-moving a ball on the ground
Experiment with bouncing and dribbling a ball
Catch a soft ball safely. Pass a soft ball from the chest - 'W' shape when passing and receiving
Scoring in superhero basketball - throwing a ball into target (someone's hands/hoop)
Footwork- adapted game, not running with a ball
Move into a space in a game, looking to throw the ball to someone in a space
Follow an opponent in a game/adapted game
Small-sided games 3v3. Begin to develop tactics for attacking and defending.

2

Year 2 (progressions through ball skills/ball games)
Ball Awareness-moving ball on the ground with control
Experiment with bouncing and dribbling a ball, beginning to use left and right hands
Catch a ball safely. Pass from a short distance to a partner
Scoring in a variety of ways and begin to use these in a game situation
Stopping -with two feet bending at knees and holding the ball close to body
Move into a space to catch a ball. Pass the ball to someone in a space
Follow an opponent and trying to win (intercept) the ball
Small-sided games (Superhero ball Basketball). Develop tactics for attacking and defending

3

Year 3
Ball Awareness-moving ball around different parts of the body
Dribbling and bouncing a ball in a variety of ways 'push not pat'
Pass and receive a ball with some control
Scoring into smaller targets
Perform a jump and stride stop in basketball
Dodge in a conditioned game to get into a space, begin to apply some basic principles suitable for attacking
Protecting the ball in an adapted game
Introduce 3v3 mini basketball or an adapted game. Introduce tip off and key rules

4

Year 4
Ball Awareness-moving ball around different parts of the body with control
Dribbling and bouncing a ball with control and using either hand
Pass and receive, stepping into the pass (chest and bounce pass)
Scoring into a net/hoop in a small sided 3v3 basketball game
Perform a jump and stride stop with a pivot
Dodging around a player with the ball, focus on dodging into a space
Protecting the ball - using the pivot to protect the ball. Begin to apply basic principles suitable for defending
Introduce 4v4 or adapted game. Begin to use some additional rules e.g double dribble, travelling. .

5

Year 5
Ball Awareness-copying a partner and moving with the ball
Dribbling the ball, changing direction, and turning, using either hand
Pass, receive and move with the ball (chest and bounce pass)
Learn the BEEF technique when shooting in isolation and begin to use in a game situation
Dribble the ball and perform the correct footwork when stopping
Offensive play in a conditioned, game, beating your partner when dribbling a ball
Defence techniques- (Gorilla) and begin to use the body to protect the ball in a conditioned game situation
Begin to use techniques learned in a game situation and to have an understanding of key rules

6

Year 6
Ball Awareness-copying a partner and keeping control while moving the ball
Dribbling the ball in various directions at speed
Perform a variety of passes within a game with precision and control
Using the BEEF technique in a competitive game situation with some success
Dribble the ball and perform the correct footwork when stopping in a competitive game situation
Offensive play using your team member to screen the ball in combination. Apply basic principles for attacking
To apply defensive techniques in a competitive game situation. Apply basic principles for defending
Use techniques learned and apply in a game situation. Children to officiate.

PROGRESSION OF KEY SKILLS

Rounders

EY

Early Years (progressions through first PE unit/Enjoy-a-ball)
Experiment with different ways of throwing a beanbag,tennis ball over a short distance
Experiment with throwing underarm at targets
Hand eye co-ordination developed through hitting a tennis ball, using throw down strips, hitting a balloon in the air
Rolling the ball to a partner and stopping the ball

1

Year 1 (progressions through kwik cricket and tennis
Throw underarm and introduce overarm. Throw and catch various size balls
Bowling at various sized targets
Hand eye co-ordination – hitting a ball with a tennis racket along the floor and in the air
Rolling the ball to a partner, stopping it with hands, bending knees and moving to the ball
Begin to develop tactics for adapted striking and fielding games

2

Year 2 (progressions through kwik cricket and tennis
Throw underarm and begin to improve distance thrown with overarm, and catch a ball with control
Underarm bowl at a various sized targets with control
Hitting the ball with a feed and self feed – to develop hand eye co-ordination
Stopping the ball using one or two hands
Develop tactics for adapted striking and fielding gamesi

3

Year 3
Throw under/over arm and catch a ball with control and some accuracy
Bowling a ball (between the batters knee and head) from a short distance
Using various equipment to strike the ball with adapted bats e.g tennis racket, rounders bat
Stop the ball using two hands and attempt a long barrier
Adapted games, with variations of rules, begin to apply some basic principles, through striking and fielding

4

Year 4
Throw under/over arm over varying distances and catch a ball with control and accuracy
Beginning to bowl from the correct bowling distance 7.5 metres
Stepping into the hit when striking the ball with a rounders bat
Long barrier moving into position to scoop up the ball
Play adapted games, Children encouraged to think of tactics when striking and fielding

5

Year 5
Throw and catch the ball sometimes making the correct decisions in a game situation
Introduce a donkey drop bowl
Begin to hit the ball in different directions
Field the ball using long barrier and attempting the run and scoop
In a team, discuss tactics of striking and fielding

6

Year 6
Throw and catch, making correct tactical decisions having an impact in a game situation
Use a variety of bowling techniques, beginning to add speed to the underarm bowl
Hit it in a variety of directions and look for space in a game situation
Use the run and scoop and throw to another player on my team
Use techniques learned and apply in a game situation. Apply basic principles for striking and fielding

Swimming- Progression of Key Skills

Beginner (KS1/KS2)	Intermediate (KS1/KS2)	Advanced (KS2)	End of KS2 expectation
Enter and exit the pool in correct and safe manner by the poolside steps	Enter the pool safely by jumping in or sliding in on front. Exit the pool by the poolside steps or climbing out.	Enter the pool by jumping and diving (at the deep end) safely. Exit the pool by climbing out.	All primary schools must provide swimming and water safety lessons in either Key Stage 1 or 2.
Gain confidence in water walking unaided in pool	Be confident to be able to swim across the pool without stopping	Swim confidently using various strokes on the surface and under the water	Each pupil is required to be able to do the following:
Breathing technique – blowing bubbles, face in water and begin to develop technique with float	Begin to show **breathing** technique when performing various strokes with and without a float	Use advance breathing techniques in all strokes	Perform safe self-rescue in different water based situations
Developing whole strokes including "doggy paddle" swim on back through kicking and sculling	Swim competently and confidently across the pool using various strokes front crawl, breaststroke and backstroke	Swim competently and confidently using correct stroke techniques e.g. front crawl, breast stroke, backstroke and butterfly.	Swim competently, confidently and proficiently over a distance of **at least** 25 metres
Be able to swim 5-10metres	Be able to swim at least 25 metres	Be able to swim over 25m	Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.
Gain knowledge of water safety and attempt self rescue using skills e.g. pyjama rescue in shallow water	Perform safe self rescue in water base situations e.g. pyjama rescue, float aids in deep water etc	Confidently perform safe self rescue skills in deep water	

PROGRESSION OF KEY SKILLS

Netball

EY

Early Years (progressions through first PE unit/Enjoy-a-ball)
Throw to self, catching a soft ball/balloon
Experiment with rolling the ball, throw and catch to self and to a partner (hand-eye co-ordination)
Moving around, changing direction and negotiating space
Fun games, encouraging throwing and catching different types of ball
Passing with a partner and counting to 5 and 10
Shooting into a target or hoop on the floor
Introducing fun games e.g. Player in the middle, defending hoops (beginnings of attacking, defending)

1

Year 1 (progressions through ball skills/ball games)
Catch a soft ball safely. Pass a soft ball from the chest – 'W' shape when passing and receiving
Adapted game introducing footwork– no running with the ball
Move into a space in a game, looking to throw the ball to someone in a space
Follow an opponent in a game/adapted game
Scoring in a variety of ways– into hoops and targets
Begin to develop tactics for attacking and defending.
Small sided games (super hero ball) 3 v 3

2

Year 2 (progressions through ball skills/ball games)
Introduce a bounce pass from a short distance to a partner
Adapted games –Feet are stuck when receiving the ball – developing thought process of footwork rule
Move into a space to catch a ball. Pass the ball to someone in a space
Follow an opponent and trying to win (intercept) the ball
Scoring in a variety of ways and begin to use in a game situation
Develop tactics for attacking and defending
Play an adapted super hero netball game.

3

Year 3
Pass and receive a netball safely (chest and bounce pass). Pass the ball in a game within 4 seconds
Perform a stride and jump stop in netball
Perform a dodge in netball to get into a space
Marking a player, keeping on the balls of your feet
Shooting the ball high and bending knees–into hoop/target
Adapted games, begin to apply some basic principles for attacking & defending
Introduce Bee netball (Flier)

4

Year 4
Pass and receive, stepping into the pass with control (chest, bounce and shoulder pass)
Perform a stride and jump stop with a pivot
Perform two different dodges (Drive and the dodge) creating space to receive the ball
Marking a player, standing side on, sticking to player
Shooting– focus on bending the knees and place hand under the ball to shoot
Encourage children to talk about tactics when attacking and defending
Confidently play Bee netball (Flier) 4v 4

5

Year 5
Selecting the correct pass in a game and move into a space
Receive the ball on the move and perform the correct footwork (jump stop, stride stop and pivot
Perform three different dodges (Drive dodge and double dodge)and receive a ball in a space
To defend a player and attempt to intercept a pass
Shooting into netball posts – Stance, bend knees to gain height, flick wrist for accuracy
Begin to use attacking and defending, techniques learned in a game situation
Begin to understand the positions in a Bee Netball (Stinger) game
In teams, begin to discuss tactics and how to work as a team (communicate and collaborate)

6

Year 6
Perform a variety of passes with some precision – quickly move into a space to receive another pass
Perform correct footwork in a game – pivoting to turn the correct way to pass the ball
Perform a variety of dodges to move into a space and receive a ball – in a practice and in a game situation
Defend a player during a game, intercepting the ball
Shoot into a netball post, focus on precision and accuracy and attempt to get the rebound if the shot is missed
In a team, discuss tactics and how to win as a team (communicate and collaborate)
Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending
Play Bee Neball (Stinger) –understanding the positions and rules

PROGRESSION OF KEY SKILLS

Hockey (Quicksticks)

EY

Early Years (progressions through first PE unit/Enjoy-a-ball)

- Ball Awareness-moving the ball along the floor using hands
- Pushing/Patting the ball to a partner using one hand
- Move around safely in a variety of ways and negotiating space
- Trying to get the magic ball from another player-holding a throw down strip (magic wand) in hand
- Scoring into a target in a variety of ways
- Play adapted games- beginning to score into a goal

1

Year 1 (progressions through Ball Games, tennis)

- Ball Awareness-moving a ball along the floor using a tennis racket
- Pushing a ball to a partner using a hand paddle/tennis racket
- Begin to move into a space in a 'Hand hockey' game holding throw down strips (in hand)
- Hand hockey-beginning to tackle, holding a throw down strip as extension to hand
- Introduce scoring into a goal, using various types of equipment
- Small-sided adapted games 3v3. Begin to develop tactics for attacking and defending.

2

Year 2 (progressions through Ball games, tennis)

- Ball Awareness-moving a ball along the floor with control, using a tennis racket
- Pushing a ball to a partner when using a tennis racket, developing control
- Pass and begin to move forward into a space in a 'Hand hockey' game, holding a throw down strip (in hand)
- Hand Hockey-beginning to anticipate when to tackle, using throw down strips (as hand extension)
- Scoring into goals/targets using various types of equipment e.g. tennis racket to hit a ball through cones
- Small-sided games using various types of equipment. Develop tactics for attacking and defending

3

Year 3

- Dribble the ball holding the stick in correct position
- Pass and receive a ball with some control
- Perform a pass and look for a space in an adatped game to recieve the ball
- Begin to tackle a player safely- when stationary and moving
- Score whilst the ball is stationary. Adapted games to focus on accuarcy
- Adapted games, with variations of rules, begin to apply some basic principles for attacking & defending

4

Year 4

- Dribble and stop the ball with control
- Pass the ball over a longer distance with accuracy and power
- Perform a short pass and begin to move into a space and receive the ball with some control
- Tackle a player beginning to use the correct grip and positioning -bend knees, low to the ground.
- Develop shooting - at targets/goals. Beginning to score whilst the ball is moving
- Play adapted games, Children encouraged to think of tactics when attacking and defending

5

Year 5

- Dribbling the ball in different directions, keeping head up
- Pass the ball over a variety of distances with some accuracy and power, in a game situation
- Perform a pass with some control, accuracy and with movement into a space
- Begin to defend against an opponent in a game situation - tackling and marking
- Hit a moving ball with some accuracy and control into a goal
- Begin to use techniques learned in a game situation and to have an understanding of key rules

6

Year 6

- Dribble the ball at various speeds- both in isolation and a game situation
- Pass the ball over a variety of distances in attacking or defensive situations
- Pass and move into a space with accuracy, control and speed (in isolation/game situation)
- Begin to defend as an individual and communicate to defend as a team (marking and tackling)
- Hit a moving ball into a goal from different angles and sometimes with different levels of power
- Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending

PROGRESSION OF KEY SKILLS

Indoor Athletics

Early Years (EY)
Experiment with different ways of throwing under/overarm
Experiment with different ways of jumping over objects
Jumping forwards and backward, sideways over a throw down spot
Leaping over objects
Skipping around an area
Hopping around an area, and over throw down spots, strips
Moving around safely, negotiating space and looking out for friends

Year 1 (1)
Throwing using a sitting chest push- small ball
Jumping bending knees and pushing off - being competitive to improve distance
Speed bounce/jump over a throw down strip, cone, spot
Leaping developing co-ordination
Skipping - stepping though the hoop- two feet or one at a time
Vertical jump - co-ordination of banana splat tap- jumping at various heights
Co-operate and compete on own and in a team in various running games

Year 2 (2)
Throwing with control using a sitting chest push
Use arms to improve jumping technique - beating their own score
Speed bounce over a cone/mat
Leaping developing co-ordination of 3 big leaps
Skipping - stepping/jumping through the hoop with some control
Vertical jump - standing side on, jumping up to target
Compete in a team in various running races and working together to improve team performance

Year 3 (3)
Chest push using correct stance
Jumping bending knees, use arms for distance
Speed bounce develop control over a mat
5 strides- co-ordinating steps with arms
Skipping - with control, head up
Vertical jump - standing side on, jumping up to target, bending your knees
Running individually using FAST technique, and developing relay change over techniques

Year 4 (4)
Chest push with height and distance
Jumping bending knees, use arms for distance measure with some accuracy
Speed bounce- increase speed and coordination over the speed bounce mat
5 strides- co-ordinating steps, increasing distance using arms
Skipping - with rhythm and focus
Vertical jump - lower in to squat position, feet hip width apart
Run and jump over hurdles with some speed and control

Year 5 (5)
Chest push bending knees with good height and distance
Perform a variety of standing jumps (Long jump and triple jump) and measure for distance
Speed bounce deveoping good rhythm and control over the speed bounce mat
5 strides- co-ordinating steps, bounding creating a longer stride
Skipping - with rhythm aiming to get 25 skips or more
Vertical jump -use arm swing movement to increase height
Pass a relay baton with control and timing in a pairs change over

Year 6 (6)
Chest push with accuracy and power, bending knees through to feet, extends arms to increase distance
Perform a Triple jump for distance varying techniques to improve performance
Speed bounce with speed, fluency and rhythm
5 strides- improve starting position to ensure a better first stride
Skipping - with speed (30 skips or more)
Vertical jump - Push into ground lift with an explosive movement up focus on landing softly- keep core engaged.
Pass a relay baton in competitive situations (timed)