



P

ROGRESSION OF KEY SKILLS

Athletics

Early Years

EY

- Marching/running for co-ordination
- Experiment with different ways of throwing under/overarm
- Experiment with different ways of jumping- measuring with various objects
- Working with friends in a team – taking turns
- Leaping over cones, spots and throw down strips from standing

1

Year 1

- Running/ pumping arms at various speeds
- Throw a variety of objects with some accuracy
- Jumping, bending knees and pushing off - being competitive to improve distance as a pair
- Co-operate and compete in a team in various running games.
- Leaping over throw down strips and low hurdles when moving

2

Year 2

- Using arms and keeping head still when exploring running patterns
- Throw in correct stance 'Usain Bolt position'
- Use arms to improve jumping technique – beating their own score
- Compete in a team in various running/obstacle games and working together to improve team performance
- Leaping over hurdles beginning to compete against self and others

3

Year 3

- Begin to perform FAST* technique
- Throw a javelin/vortex using correct stance, rotating hips forward
- Perform a hop, step and jump (standing triple jump) in isolation and in combination
- Develop running for distance in warm ups
- Develop relay change over techniques
- Run and take off over obstacles at some speed

4

Year 4

- Perform FAST* technique confidently when sprinting
- Throw a javelin/vortex with height and distance
- Perform a hop, step and jump (standing triple jump)
- Develop running for distance in warm ups, increasing with each lesson
- Pass a relay baton with control with a partner in adapted games
- Run and jump over hurdles with some speed and control

5

Year 5

- React quickly and accelerate over short distances
- Throw a javelin/vortex/ tennis ball using correct stance, rotating hips forward with good height and distance
- Perform a variety of jumps (Long jump and triple jump) and measure for distance
- Develop pace when running longer distance
- Pass a relay baton with control and timing in a pairs change over
- Run and jump over hurdles with fluency

6

Year 6

- Accelerate quickly with speed and control in movement – timed/competitive races
- Throw a javelin/vortex /shot put safely, with accuracy and power
- Perform a jump for distance, varying techniques to improve performance
- Develop long distance running- learning how to pace and show good technique
- Pass a relay baton in competitive situations (timed)
- Run and jump over hurdles with fluency and speed, improving time to achieve a personal best





PROGRESSION OF KEY SKILLS

Invasion Games

Early Years - (progressions through first PE unit/Enjoy-a-ball)
Throw to self, catching a soft ball/balloon. Experiment with ruling 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

EY

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/receive 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. Encouraging 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 -Chasing the correct shot for the game
Begin to use attacking and defending, techniques learned in a game situation e.g. position 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 confidence using key vocab and rules





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ROGRESSION OF KEY SKILLS

Basketball

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)	

EY

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 affiliate.	





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PROGRESSION OF KEY SKILLS

Dance

Early Years

- 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

EY

1

Year 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

2

Year 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

3

Year 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

4

Year 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 dance

5

Year 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

6

Year 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, traveling and space with timing and musicality





P ROGRESSION OF KEY SKILLS

Dodgeball

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.	

EY

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.

Year 2	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 game	
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

Year 4	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 with 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

Year 6	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.	





P ROGRESSION OF KEY SKILLS

Gymnastics

Early Years

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

EY

1

Year 1

Can perform various shapes
 Perform basic jump (straight jump, Star jump)
 Perform a tuck roll 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

Can perform shapes with a strong body and control
 Perform jumps (straight, star, tuck jump) with control and a strong body
 Perform a tuck roll, 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

2

3

Year 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)
 Hopscootch on throw down feet- introduction to hurdle step onto apparatus

Year 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
 Hopscootch across the floor to develop hurdle step onto low apparatus

4

5

Year 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

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

6





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ROGRESSION OF KEY SKILLS

Football

Early Years
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)

EY

1

Year 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

2

Year 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 accuracy
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.

3

Year 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

4

Year 4

Move body to correct position to stop and control a ball
Pass the ball with inside of feet, whilst 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

5

Year 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)

6

Year 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





P ROGRESSION OF KEY SKILLS

Fitness

Early Years

- 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

EY

1

Year 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

2

Year 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

3

Year 3

- Balancing with control, focusing on preferred and non preferred leg (when performing exercises)
- Complete a variety of fitness 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

4

Year 4

- Balancing in different directions e.g. on leg - forward 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 exercising
- Begin to know different types of fitness. Take pulse before and after exercise

5

Year 5

- Balancing on various parts of body when moving -using core strength 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

6

Year 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-ordination, power





P

ROGRESSION OF KEY SKILLS

Kwik Cricket

Early Years

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

EY

1

Year 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

2

Year 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

3

Year 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

4

Year 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

5

Year 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

6

Year 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)





P

PROGRESSION OF KEY SKILLS

Multi-Skills

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

EY

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

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

2

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

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

4

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

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

6





P ROGRESSION OF KEY SKILLS

Netball

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

EY

- 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 (Filer)

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 (Filer) 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 Netball (Stinger) - understanding the positions and rules





P ROGRESSION OF KEY SKILLS

Outdoor Adventurous Activities (OAA)

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

EY

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 traveling 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





P

ROGRESSION OF KEY SKILLS

Hockey (Quicksticks)

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

- 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

EY

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 adapted game to receive the ball
- Begin to tackle a player safely- when stationary and moving
- Score whilst the ball is stationary. Adapted games to focus on accuracy
- 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





P ROGRESSION OF KEY SKILLS

Tag Rugby

Early Years	EY
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 whilst 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)





P ROGRESSION OF KEY SKILLS

Rounders

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

EY

1

Year 1 (progressions through 1wk 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 1wk 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 games!

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





P

PROGRESSION OF KEY SKILLS

Swimming

Beginners

Enter and exit the pool in a correct and safe manner by the poolside steps
Gain confidence in water through walking/ moving unaided in pool
Breathing technique - blowing bubbles, face in water and begin to develop technique with float
Attempt to swim 5-10 metres with or without an aid e.g. woggle/float
Gain knowledge of water safety and attempt self rescue using skills e.g. pyjama rescue in shallow water

B

Intermediate

Enter the pool safely by jumping in or sliding in on front. Exit the pool by the poolside steps or climbing out
Be confident enough to be able to swim across the pool without stopping
Begin to show breathing technique when performing various strokes with and without a float
Swim competently and confidently across the pool using various strokes front crawl, breaststroke and backstroke
Be able to swim at least 25 metres
Perform safe self rescue in water based situations e.g. pyjama rescue, float aids in deep water etc

I

Advanced

Enter the pool by jumping or diving (at the deep end) safely. Exit the pool by climbing out
Swim confidently using various strokes on the surface and under the water
Use advanced breathing techniques in all strokes
Swim competently and confidently using correct stroke techniques e.g. front crawl, breast stroke, backstroke and butterfly
Be able to swim over 25m
Confidently perform safe self rescue skills in deep water

A

End of Key Stage 2 expectation

All primary schools must provide swimming and water safety lessons in either KS1 or KS2.

Each pupil is required to be able to do the following:

- Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke
- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Perform safe self-rescue in different water based situations





P

ROGRESSION 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 -top 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)	



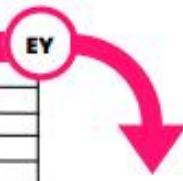


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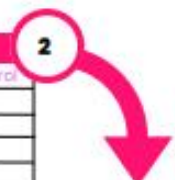
PROGRESSION OF KEY SKILLS

Yoga

Early Years
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



1 Year 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
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



3 Year 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
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



5 Year 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
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.



