

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)	EY
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)	1
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	2
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	3
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 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	4
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	5
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	6
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	





# P ROGRESSION 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)

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, 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

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

## 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

1

Year 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

2

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 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

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

4

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
Hopscotch across the floor to develop hurdle step onto low apparatus

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

6

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





# P

# ROGRESSION 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

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 dancel

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, travelling and space with timing and musicality





# 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

1

Year 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

2

Year 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

3

Year 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

4

Year 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

5

Year 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

6

Year 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)





# P ROGRESSION OF KEY SKILLS

## Multi-Skills

Early Years

EY

- 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





# P

# ROGRESSION OF KEY SKILLS

## Outdoor Adventurous Activities (OAA)

Early Years

EY

- 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





# 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

## 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

1

Year 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

2

Year 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

3

Year 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

4

Year 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

5

Year 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 developing 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

6

Year 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)





# P ROGRESSION OF KEY SKILLS

## Dodgeball

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

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 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	

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 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	

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

## 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

EY

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

2

### 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

4

### 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

6

### 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.





# P ROGRESSION 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

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

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





# P ROGRESSION OF KEY SKILLS

## Dodgeball

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

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 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	

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 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	

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

## Hockey (Quicksticks)

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

