

PE Curriculum Map					
Reception	Year 1	Year 3	Year 4	Year 5	Year 6
Autumn 1	Autumn 1	Autumn 1	Autumn 1	Autumn 1	Autumn 1
Multi Skills	Ball Skills	Netball	Leadership	Basketball KS2 Y5-6	Quicksticks
First PE	Rugby FUNdamentals KS1 Y1-2	Handball KS2 Y3-4	Tag Rugby	Y5/6 Gymnastics (2022)	Leadership
Autumn 2	Autumn 2	Autumn 2	Autumn 2	Autumn 2	Autumn 2
Multi Skills	OAA	Football	Quicksticks	Leadership	Tag Rugby
Enjoy-a-ball (EY)	Ball Skills	Leadership	Swimming	Handball KS2 Y5-6	Y5/6 Gymnastics (2022)
Spring 1	Spring 1	Spring 1	Spring 1	Spring 1	Spring 1
Football FUNdamentals (EY)	Social Dodgeball	Athletics	Athletics	Multi Skills	Tennis
Gymnastics	Winter Dance	Self Defence	Self Defence	Swimming	Martial Arts Dance
Spring 2	Spring 2	Spring 2	Spring 2	Spring 2	Spring 2
Football FUNdamentals (EY)	Social Dodgeball	Y3/4 Gymnastics (2022)	Outdoor adventure	Kwik Cricket	Rounders Yr 5/6
Gymnastics	Jungle Yoga	Outdoor adventure	Y3/4 Gymnastics (2022)	Dance	Self Defence
Summer 1	Summer 1	Summer 1	Summer 1	Summer 1	Summer 1
Athletics	Athletics	Rounders Yr 3/4	Tennis	Outdoor adventure	Athletics
Jungle Dance	Gymnastics	Multi Skills	Olympic Dance (Yr 3/4)	Indoor Athletics Yr 5& 6	Dodgeball KS2 Y5-6
Summer 2	Summer 2	Summer 2	Summer 2	Summer 2	Summer 2
Athletics	Kwik Cricket	Tennis	Rounders Yr 3/4	Athletics	Outdoor adventure
Tennis	Tennis	Dance	Multi Skills	Self Defence	Indoor Athletics Yr 5& 6



PROGRESSION 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





PROGRESSION OF KEY SKILLS

Invasion Games

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 a spot/ area, experimenting with different ways of moving (footwork) e.g. jumping, hopping, skipping
 Moving around, changing direction and negotiating space
 Follow a partner to steal their bib
 Experiment with different ways of shooting/placing an object into/on a target or hoop
 Introducing fun games e.g. Player in the middle, defending hoops (beginnings of attacking, defending)
 Introducing basic rules e.g. areas of play, how you become out, how you can score points. This becomes the first initial steps of following rules in games

1

Year 1 (progressions through ball skills/ball games/Football FUNS/Rugby FUNS)

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

2

Year 2 (progressions through ball skills/ball games/Football FUNS/ Rugby FUNS)

Introduce a various passes (hands/ feet/object) continuing to develop control of pass
 Adapted games – developing thought process of footwork rule e.g. superhero ball e.g. no running with the ball
 Move into a space to catch/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 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 –Choosing the correct shot for the game
 Begin to use attacking and defending, techniques learned in a game situation e.g. positions on the pitch/court e.g formations to either keep possession or win back possession of the ball
 In teams, begin to discuss tactics and how to work as a team (communicate and collaborate)
 Understand how to apply rules in various invasion games and be able attempt officiating

6

Year 6 (progressions through invasion game units)

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





PROGRESSION OF KEY SKILLS

Football

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



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





PROGRESSION OF KEY SKILLS

Gymnastics

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



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



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



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



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



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





PROGRESSION OF KEY SKILLS

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 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, travelling and space with timing and musicality





PROGRESSION OF KEY SKILLS

Tennis

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

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 -tap ups (using a racket) watching the ball, knees bent
	Racket familiarisation- moving ball with racket in forehand/backhand position
	Introduce modified games - eg hand tennis
	Small-sided adapted games. Begin to develop tactics in the adapted games

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)





PROGRESSION 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)





PROGRESSION 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.

2

Year 2

Rolling the ball to a partner, increasing the distance of targets to improve accuracy
Throw the ball to a partner underarm- introduce targets. Throwing and catching, having control of the ball
Aiming at a variety of targets, beginning to develop accuracy e.g. through a hoop
Jumping and dodging to avoid being hit by a ball
Protecting a specific player in a 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

4

Year 4

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

5

Year 5

Throwing the ball overarm and underarm in a variety of directions 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

6

Year 6

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





PROGRESSION OF KEY SKILLS

Yoga

Early Years

EY

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

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

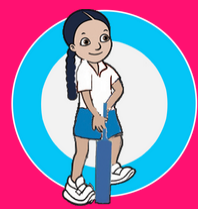
- Perform complex Yoga poses with control, core strength and flexibility
- Perform a variety of poses using breathing techniques and use in relaxation time
- Remember and perform Sun Salutation (SS)
- Perform the extended poses- e.g. extended cat pose
- Collaborate in a group to create a Yoga routine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





PROGRESSION OF KEY SKILLS

Kwik Cricket

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

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

1

Year 1

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

Year 2

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

3

Year 3

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

Year 4

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

5

Year 5

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)

Year 6





PROGRESSION 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





PROGRESSION OF KEY SKILLS

Handball

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

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
Throwing a ball into a target (through cones) to score
Footwork- adapted game, beginning to introduce taking steps with the ball
Move into a space in a game, looking to throw the ball to someone in a space
Follow an opponent in a game/adapted game
Small-sided games 3v3. Begin to develop tactics for attacking and defending.

2

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

3

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

4

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

5

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

6

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





PROGRESSION OF KEY SKILLS

Rounders

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

EY

- Experiment with different ways of throwing a beanbag, tennis ball over a short distance
- Experiment with throwing underarm at targets
- Hand eye co-ordination developed through hitting a tennis ball, using throw down strips, hitting a balloon in the air
- Rolling the ball to a partner and stopping the ball

1

Year 1 (progressions through kwik cricket and tennis)

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

2

Year 2 (progressions through kwik cricket and tennis)

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





PROGRESSION 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



Swimming- Progression of Key Skills

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



PROGRESSION OF KEY SKILLS

Basketball

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

EY

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

1

Year 1 (progressions through ball skills/Ball games)

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

2

Year 2 (progressions through ball skills/ball games)

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

3

Year 3

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

4

Year 4

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

5

Year 5

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

6

Year 6

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





PROGRESSION OF KEY SKILLS

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)

