

Gymnastics

experiment with different shapes

iment with different jumps

nent with different ways of rolling in small shape

riment with balancing on different body parts

Moving along the floor in different ways like aliens sliding, rolling, stretching etc.



rm a balance on one or more parts of body

erform a bunny hop – hands flat with straight arms

ing on and off apparatus with strong body and control









Cartwheel on the floor using various apparatus

Inverted skills shoulder stand, cartwheel, teddy bear roll, head stand, handstand





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ROGRESSION OF KEY SKILLS

Multi-Skills

Early Years

Experiment with different ways of balancing

Experiment with different ways of moving (agility)

experiment with different ways of moving ball with different body parts (co-ordination)

Working with friends in a team-taking turns



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Year 1

alance 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 equipmen

Co-operate, compete and challenge themselves as a team in various games

Year.

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 equipmen

Complete challenges as a team in various running/obstacle games and working to improve performance





Year 3

Balancing on various body parts while moving

Agility focus -changing direction at speed

Co-ordinate body to perform a combination of movements

Complete a variety of fitness tests successfully and achieve a personal best

Year 4

Balancing confidently using various equipment and body parts

Agility focus - changing direction at speed with good technique

Co-ordinate body efficiently to perform a combination of movements or actions

Complete a variety of fitness tests confidently and achieve a number of personal bests





rear 5

in combination with different skills, can balance equipment while moving and co-ordinating another action.

Applity facus - change direction quickly and efficiently with equipment.

Agility focus - change direction guickly and efficiently with equipment

Test and measure balance, agility and co-ordination confidently and accurately. Can compare their performances with previous ones and strive to achieve a personal best

Year 6

Balance equipment on various body parts whilst moving or co-ordinating another body actions accurately.

Agility focus - can change direction at speed with balance and control whilst using various equipment.

Co-ordinate using both sides of the body with fluency to perform a combination of movements or actions.

Complete each test with fluency and accurately measure and record. Evaluate previous performance levels and demonstrate improvements to achieve their personal best





Football

Explore stopping a ball with different parts of the body

riment kicking the ball with feet to a partner

e a bean bag/ball on the floor using inside of foot

ox and rabbits game. Object of the game is to move away from the rabbit onto a spot (finding a space)

ducing fun games e.g. Player in the middle, defending hoops (beginnings of attacking, defending)





s 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

topping a ball with the sole and inside of feet

the ball to a partner P,P,P, Plant, Pass Point to help with accuracule le 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





ss 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)

Adapted games, begin to apply some basic principles for attacking & defending in small sided games

Move body to correct position to stop and control a ball

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

incourage children to talk about tactics when attacking and defending





e the ball in a game situation around a defender

nmunicate with team when defending in a game -making interceptions, cover space

om, 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







Invasion Games







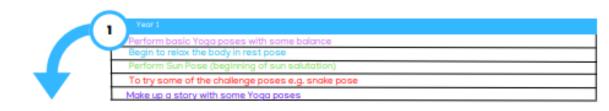






Yoga

ΕY



Perform Yoga poses, beginning to use tummy muscles (core strength), some flexibility, balance and contro 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





Dodgeball

only Years (progressions through first PE unit/Enjoy-a-bot)

Experiment with rolling the ball, throw and outch 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

Almina at a target e.a 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.



Year

Rolling the ball in different ways through tunnels

Throw a ball to a partner underarm. Throwing and catching with a partner

Alming 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.

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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

Alming at a variety of targets, beginning to develop accuracy e.g. through a hoop

Jumping and dadging 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





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 appasition (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

Adapted games, begin to apply some basic principles for attacking & defending

Yellor 4

Throw the ball in different ways e.g grip and claw with control

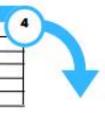
Catching the ball in a variety of ways and at various distances – moving towards the ball

Alming and improving the appuracy of throwing distance

Begin to develop footwork to dodge and avoid being hit by the ball.

Blacking the ball in a variety of ways and beginning to protect other players

incourage children to talk about tactics when attacking and defending





Year 5

nrowing the ball overarm and underarm in a variety of directions with control and some speed

Alming 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 t

Throwing the ball in a game with precision, control and speed identify catching appartunities to claim a catchin a game

Aiming at the apposition, 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.





Tag Rugby

Follow a partner to steal their bib - introducing tag games

oring points with beanbag treasure in a simple hoop invasion game





lay a simple game of tag and begin to call 'tag' when taking a bib or belt

Scoring a try in a modified drill using correct technique— using 2 hands to place ball down

ag a player when facing your partner - raise hand and call "Tag"

lodge 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

all-sided games using various types of equipment. Develop tactics for attacking and defending





Beat a defender to score a try in various scoring zones

ay a tag game whilst moving at speed, keeping close to an opponent

love with control in a variety of directions holding the ball in the correct position

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





oose different pathways to move with a ball in hands against an opponent

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

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

ping 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

a team, discuss tactics of attacking and defending (communicate and collaborate)







Kwik Cricket

arty Years

Rolling and stopping a ball, sitting down and standing up

Experiment with throwing and catching to self and to a partner (hand-eye co-ordination)

Passing underarm an object to another child

Pushing a ball away from body with hand:

Push ball with throw down strips to develop hand eye co-ordination





Year 1

Rolling and stopping a ball with one/two hands

hrow 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

foor 2

Roll and stop a ball with control/accuracy

Throw undergrow with some accuracy and catch a hall

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

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 fleiding

fear 4

Roll the ball with one hand and stop the ball from different directions using barrier method

Throw and catch under pressure in modified games

Bowl at a wicket underarm/overarm with accuracy and control

Hit a drop fed ball and/or moving ball with a bat

Play a game communicating as a team

Play adapted games, Children encouraged to think of tactics when striking and fielding





Year 5

Begin to use fielding techniques with throwing and stopping and scooping up the ba

hrowing over/undergrm and catching over various distances

Bowl, attempting to hit the wicket using under/overam

Hit a moving ball with control and some distance

Communicate and collaborate as a team to beat an opponent

Developing tactics for striking and fielding e.g working as a team, supporting each other

Year 6

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 ba 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 n a team, discuss tactics of attacking and defending (communicate and collaborate)





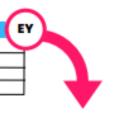


Dance

Moving in time to happy and sad music

iment with different ways of moving iment with actions at different levels

ring around as different characters or animals to the music





sten to the music and begin to move in time to it

erform basic dance movements

form dance movements showing some levels

rform basic dance travelling movements e.g. stepping, skipping, jumping





iborate to make a dance warm up

rform in canon showing a range of movement patterns

Perform a variety of levels and pathways in a dancel





ate ideas from a stimulus into movement showing expression, precision, control and fluency

e 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







Netball

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)

ames, encouraging throwing and catching different types of ball

Passing with a partner and counting to 5 and 10

ntroducing fun games e.g. Player in the middle, defending hoops (beginnings of attacking, defending)





Year 1 (progressions through ball skills/ball games)

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.

Develop tactics for attacking and defending





s and receive a netball safely (chest and bounce pass). Pass the ball in a game within 4 seconds

Pass and receive, stepping into the pass with control (chest, bounce and shoulder pass)

Marking a player, standing side on, sticking to player

Encourage children to talk about tactics when attacking and defending





In teams, begin to discuss tactics and how to work as a team (communicate and collaborate)

n correct footwork in a game - pivoting to turn the correct way to pass the ball

in a team, discuss tactics and how to win as a team (communicate and collaborate)

Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending

Play Bee Neball (Stinger) -understanding the positions and rules







Basketball

Experiment with moving an object along the floor e.g pushing a balloon

Scoring in superhero basketball – throwing a ball into target (someone's hands/hoop)

Small-sided games 3vB. Begin to develop tactics for attacking and defending.

Ball Awareness-moving ball on the ground with control

Experiment with bouncing and dribbling a ball, beginning to use left and right hands

Scoring in a variety of ways and begin to use these in a game situation

Stopping -with two feet bending atknees and holding the ball close to body

imal-sided games (Superhero ball Basketball). Develop tactics for attacking and defending

Introduce 3v3 mini basketball or an adapted game. Introduce tip off and key rules

g into a net/hoop in a small sided 3v3 basketball game.

Perform a jump and stride stop with a pivot

Introduce 4v4 or adapted game. Begin to use some additional rules e.g double dribble, travelling.

Begin to use techniques learned in a game situation and to have an understanding of key rules

Use techniques learned and apply in a game situation. Children to officiate.

















Handball

ΕY

Play adapted games to get past players, with a ball - (while attempting to bounce it)



Small-sided games 3v8. Begin to develop tactics for attacking and defending.

Small-sided games (Mini Handball), Develop tactics for attacking and defending

ringing in footwork and travelling rules into a game situation



Begin to use techniques learned in a game situation and to have an understanding of key rules

Use techniques learned and apply in a game situation. Children to officiate.











Rounders

with different ways of throwing a beanbag, tennis ball over a short distance





gin to develop tactics for adapted striking and fielding games





wling a ball (between the batters knee and head) from a short distance

various equipment to strike the ball with adapted bats e.g tennis racket, rounders ba

lapted games, with variations of rules, begin to apply some basic principles, through striking and fielding

Throw under/over arm over varying distances and catch a ball with control and accuracy

Long barrier moving into position to scoop up the ball

lay adapted games, Children encouraged to think of tactics when striking and fielding





Jse techniques learned and apply in a game situation. Apply basic principles for striking and fielding







Hockey (Quicksticks)

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

Ball Awareness-moving the ball along the floor using hands

Pushing/Patting the ball to a partner using one hand

Move around safely in a variety of ways and negotiating space

Trying to get the magic ball from another player-holding a throw down strip (magic wand) in hand. Scoring into a target in a variety of ways.

Play adapted games- beginning to score into a goal





Year 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

Year 2 (progressions through Ball games, tennis)

Ball Awareness-moving a ball along the floor with control, using a tennis racke

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





Year 3

Dribble the ball holding the stick in correct position

Pass and receive a ball with some control

Perform a pass and look for a space in an adatped game to recieve the bal

Begin to tackle a player safely- when stationary and moving

Score whilst the ball is stationary. Adapted games to focus on accuarcy

Adapted games, with variations of rules, begin to apply some basic principles for attacking & defending

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





lear 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

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

