



King Athelstan Primary School

Y1-Y6 - Physical Education Progression of Skills

	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
EYFS	<p>The EYFS curriculum and progression of skills is currently under review - coming soon! Click here to see EYFS Curriculum Documents on the website for more information. <i>ELG: Gross Motor Skills Children at the expected level of development will: - Negotiate space and obstacles safely, with consideration for themselves and others; - Demonstrate strength, balance and coordination when playing; - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</i></p>					
Y1	<p>Games (Unit 1)</p> <ul style="list-style-type: none"> -To be able to find a free space, avoiding others. -To experiment and show different ways of using a ball or bean bag. -To be able to consistently find a free space by avoiding others. -To use a rolling action to send an object towards a target. -To understand the importance of finding a free space. -To be able to use a rolling action to send and receive an object to a partner with control. -To understand the importance and safety elements of finding a free space. -To be able to throw and catch 	<p>Games (Unit 2)</p> <ul style="list-style-type: none"> -To move safely and actively around the space. -To throw and catch under-arm individually and with a partner. -To throw and catch under-arm in a small group. -To work collaboratively in a small group and start to understand team-work. -To work safely within a small space. -To throw over-arm to a target. -To move in an area safely, avoiding others. -To retrieve a ball to return to a partner or team. -To move in an area safely whilst tracking a partner and avoiding others. -To track and intercept a ball to retrieve to a partner or team. 	<p>Multi-skills (Unit 1)</p> <ul style="list-style-type: none"> -To be able to demonstrate basic movement skills. -To be able to have spatial awareness when participating in activities. -To be able to move with a ball. -To be able to participate in target games. -To be able to jump and land safely. -To be able to develop competence in a range of activities. -To develop throwing and catching skills. <hr/> <p style="text-align: center;">Athletics (Unit 1)</p> <ul style="list-style-type: none"> -To be able to move safely around an area. -To understand how the body changes during exercise. -To be able to run with control at different speeds. 	<p>Multi-skills (Unit 2)</p> <ul style="list-style-type: none"> -To be able to physically active for sustained periods of time. -To be able to engage in competitive tasks individually and against their partner. -To be able to send and receive objects, for example; throwing, catching and kicking. -To be able to develop their agility, balance and coordination. -To be able to work as part of a team. <hr/> <p style="text-align: center;">Dance (Unit 1)</p> <ul style="list-style-type: none"> -To move into a free space, avoiding others. -To explore basic travelling movements whilst moving confidently into a free space. -To explore jumping with an awareness of space. -To create a dance phrase using basic 	<p>Athletics (Unit 2)</p> <ul style="list-style-type: none"> -To be able to move safely around an area. -To understand how to work as part of a team. -To experiment with different throwing techniques. -To work constructively with a partner. -To receive a ball with control under game conditions. -To work constructively as part of a team. -To send an object using different techniques. -To choose a sending technique depending on the task. -To link steps/jumps with balance and control. -To create a short sequence linking together a variety of jumps. <hr/> <p style="text-align: center;">Dance (Unit 2)</p>	<p>Athletics (Unit 3)</p> <ul style="list-style-type: none"> -To be able to run at different speeds. -To be able to change direction. -To run at different speeds in team activities. -To work constructively as part of a team. -To send and receive an object consistently and with control. -To throw objects accurately at a target. -To link running and jumping techniques in order to jump for distance. -To apply athletics techniques in a competition environment. -To work constructively as part of a team. <hr/> <p style="text-align: center;">Games (Unit 3)</p>

<p>an object as an individual. -To be able to find a free space safely. -To perform a basic under-arm throw towards a target. -To apply rolling, under-arm throwing and catching techniques in a series of challenges in order to achieve a personal best.</p>	<p>-To apply throwing and retrieval skills within a game.</p>	<p>-To be able to move safely around an area. -To send and receive a ball using different methods. -To work constructively with a partner. -To send and receive different pieces of equipment. -To work constructively with a partner.</p>	<p>travelling and jumping movements. -To explore different ways to balance, using visual images. -Combine travelling movements, jumps and balances to create a simple dance sequence.</p>	<p>-To explore different ways of moving specific body parts. -To explore moving different body parts in contrasting ways, in relation to stimuli. -To create a simple dance sequence. -To use characteristics of movement when performing a dance sequence. -To explore gesture using a variety of body parts. -To use gestures and movement to convey a character. -To create a dance sequence, using character as a stimulus.</p>	<p>-To effectively use throwing and retrieval skills within a game. -To use hands or equipment when striking a ball into space. -To be able to decide where to stand to make it difficult for an opponent (tactics). -To strike a ball using your feet. -To be able to roll, bounce, throw and catch a variety of equipment individually, with a partner or against an opponent. -To be able to throw, hit and kick a ball in a variety of ways in a game (attacking). -To be able to work as a team to retrieve objects in a game (defending).</p>
<p>Gymnastics (Unit 1) -To travel into a space freely. -To remember and perform three basic shapes using different variations. -To use the dish and arch shapes to perform a log roll. -To learn the basic technique of how to jump. -To roll with a partner. -To perform the front and back support balances. -To develop take-off and landing skills using floor and hand apparatus. -To perform movements with gymnastic technique. -To link movements together.</p>	<p>Gymnastics (Unit 2) -To apply different gymnastics shapes when jumping. -To balance in a variety of different ways, individually and with a partner. -To perform a variety of stretches using balls, individually and with a partner. -To travel by transferring weight between hands and feet. -To travel at different levels using a partner, with and without hand apparatus. -To perform 3 or 4 movements linked together in a sequence. -To work well with a partner.</p>				

	<ul style="list-style-type: none"> -To perform 2 or 3 movements linked together in a sequence. -To work well with a partner. 					
Y2	<p>Games (Unit 1)</p> <ul style="list-style-type: none"> -To roll a ball towards a target with accuracy. -To use a variety of ball manipulation skills with control. -To kick a ball with accuracy to a targeted area. -To strike/hit a ball using a variety of equipment or hands to a targeted area. -To catch an object consistently, individually and with a partner. -To employ various ball skills within a game scenario. -To apply simple tactics. <hr/> <p>Gymnastics (Unit 1)</p> <ul style="list-style-type: none"> -To recall and perform three gymnastics shapes, as jumps. -To perform the front and back support position. -To rock individually. -To perform a log and egg roll. 	<p>Games (Unit 2)</p> <ul style="list-style-type: none"> -To roll a ball towards a target while working with a partner. -To kick a ball with a partner and then versus a partner, using simple tactics. -To strike/hit a ball to score points. -To throw in different directions over different distances. -To apply various sending and receiving skills with a partner in a competitive situation. -To apply tactics to a sending and receiving game. <hr/> <p>Gymnastics (Unit 2)</p> <ul style="list-style-type: none"> -To roll and catch a hula hoop with a partner. -To roll and catch a ball with a partner. -To perform ball skills individually. -To use a hula hoop to perform different tasks using a range of body parts. 	<p>Multi-skills</p> <ul style="list-style-type: none"> -To be able to travel and move in different ways. -To bounce the ball whilst moving. -To strike the ball with accuracy and power. -To be physically active for longer periods of time. -To be able to throw the ball under-arm and over-arm. -To be able to control a racket. -To cooperate with a partner and a group. -To be able to jump and land with good technique. <hr/> <p>Athletics (Unit 1)</p> <ul style="list-style-type: none"> -To understand the different effects exercise has on the body. -To run at different speeds depending on the task. -To change direction quickly. -To explore different ways of throwing. -To work constructively with a partner. -To send and receive an object accurately. 	<p>Dance (Unit 1)</p> <ul style="list-style-type: none"> -To explore different movements that express a feeling. -To perform a movement that illustrates a feeling. -To change the order of movements to create a dance sequence using contrasting feelings. -To explore different feelings using music as a stimuli. -To mirror the movements of a partner. -To create a dance phrase, using music as a stimulus. -To adapt a dance phrase to communicate a mood or feeling. <hr/> <p>Athletics (Unit 2)</p> <ul style="list-style-type: none"> -To explore running at different speeds for different periods of time. -To understand different running techniques. -To work constructively as part of a team. -To send and receive an object accurately. -To work constructively with a partner. 	<p>Dance (Unit 2)</p> <ul style="list-style-type: none"> -To understand the importance of warming up the body. -To create a warm up sequence. -To explore and identify a range of actions with levels using a sport theme. -To use sporting activities as stimuli to create a motif. -To create and perform a motif to music with a partner. -To create a beginning to a dance sequence that uses simple canon. -To create and perform a dance sequence with a clear beginning, middle and end. <hr/> <p>Athletics (Unit 3)</p> <ul style="list-style-type: none"> -To use the correct running technique when sprinting. -To work constructively with a partner. -To pass a relay baton securely and quickly. -To work constructively as part of a team. 	<p>Tennis</p> <ul style="list-style-type: none"> -To be able to develop agility, balance and coordination. -To be able to send and receive a ball with hands and a racket. -To be able to explore basic movements. -To be able to work cooperatively with a partner. -To be able to work individually and in pairs to introduce space and timing. -To be able to link body and feet movement with direction. -To be able to participate in a competitive game with a partner. <hr/> <p>Games (Unit 3)</p> <ul style="list-style-type: none"> -To throw and catch whilst moving. -To work with a partner. -To work with a partner to reach a target area unopposed and opposed. -To play 1v2 striking and fielding game to scores runs (points).

	<ul style="list-style-type: none"> -To travel at different levels and inclines. -To learn the steps of a forward roll. -To perform a forward roll to feet. -To land and start a forward roll in different shapes. -To perform a 3 or 4 movement sequence using a forward roll. 	<ul style="list-style-type: none"> -To balance, jump and travel with hand apparatus. -To create a 3 or 4 movement sequence in a pair, using hand apparatus. 	<ul style="list-style-type: none"> -To explore different ways of jumping. -To work constructively as part of a team. -To apply athletics techniques in a competitive environment. 	<ul style="list-style-type: none"> -To throw and object for accuracy and distance. -To link together running and jumping activities. -To apply athletic techniques in a competitive environment. 	<ul style="list-style-type: none"> -To throw and object using an over-arm technique. -To throw and object using an over-arm technique for accuracy and distance. -To take off and land with control. -To jump for height and distance. -To apply athletic techniques in a competitive environment. 	<ul style="list-style-type: none"> -To play a 2v2 striking and fielding game to score runs (points). -To play an even sided games using a variety of simple tactics. -To apply tactics to various 2v2 games whilst keeping score and adapting to rule changes.
Y3	<p>Invasion Games Tag Rugby</p> <ul style="list-style-type: none"> -To evade a defender when attacking. -To be able to tag a player when defending. -To demonstrate an accurate pass when static. -To work constructively within a group. -To demonstrate an accurate catching technique when static. -To work constructively with a partner. -To beat a defender by either moving with or passing a ball into open space. -To work collaboratively within teams. -To retain the ball when attacking. 	<p>Invasion Games Football</p> <ul style="list-style-type: none"> -To move into space with the ball using different parts of your feet. -To observe and give constructive feedback to a partner. -To be able to control the ball when turning in different directions. -To outwit an opponent when moving with the ball. -To be able to strike the ball towards a stationery target using different parts of the foot (shooting). -To be able to strike the ball towards a moving target (team-mate) using different 	<p>Invasion Games Basketball</p> <ul style="list-style-type: none"> -To be able to pivot on one foot to change direction. -To dribble the ball with control. -To send a ball using a chest pass. -To work well as part of a team. -To aim and shoot ball at a target with increased control. -To employ attacking and defending tactics in a game situation. -To use the chest push in a game situation. -To work as a team and employ attacking and defending tactics. <hr/> <p>Outdoor and Adventurous Activities</p> <ul style="list-style-type: none"> -To demonstrate initiative when working in a group. 	<p>Dance (Unit 1)</p> <ul style="list-style-type: none"> -To move to a beat or rhythm, using basic actions. -To be able to move to a rhythmic pattern. -To link dance movements to form a sequence. -To work in small groups to create a short dance phrase. -To work in groups to create inspired dance phrases. -To perform an inspired dance. -To evaluate a dance sequence, providing constructive feedback. <hr/> <p>Athletics (Unit 1)</p> <ul style="list-style-type: none"> -To understand different effects exercise has on the body. -To explore different throwing techniques. 	<p>Tennis</p> <ul style="list-style-type: none"> -To strike a ball with a racket using the swing action. -To work constructively with a partner. -To hit a ball using a forehand groundstroke technique. -To use the forehand technique to rally with a partner. -To hit the ball using a backhand groundstroke technique. -To use the backhand technique when rallying with a partner. -To use forehand and backhand groundstrokes to maintain a rally. -To develop tactics to keep rallies going and to win points. -To apply tactics in a competitive situation. 	<p>Rounders</p> <ul style="list-style-type: none"> -To be able to throw a ball under-arm and catch a ball safely. -To work constructively as a member of a team. -To be able to throw a ball over-arm and catch a ball thrown over-arm. -To work effectively in a group. -To organise fielders in order to stop batters from scoring runs. -To work constructively with other members of the team. -To strike a ball in a given direction. -To work collaboratively between teams. -To strike the ball into space in

<p>-To demonstrate at least two of the four core skills in tag rugby in a game scenario. -To work as a team to employ attacking and defending tactics.</p> <hr/> <p style="text-align: center;">Gymnastics (Unit 1)</p> <p>-To perform three gymnastics shapes. -To perform a rock to standing. -To perform a backward roll. -To land a backward roll in a variety of different shapes. -To perform the steps of a teddy bear roll. -To perform a range of gymnastics rolls. -To perform a 4 or 5 movement sequence in pair using a backward roll.</p>	<p>parts of the foot. -To apply a range of ball skills in a competitive situation. -To work constructively in small teams.</p> <hr/> <p style="text-align: center;">Invasion Games Hockey</p> <p>-To be able to dribble the ball under control. -To be able to dribble on the move under control at speed. -To pass and receive using the push pass. -To work constructively with a partner. -To pass and receive using the push pass whilst finding space. -To pass and receive whilst on the move and under pressure from a defender. -To work as part of a team. -To use the appropriate techniques learnt in a game situation. -To work as a team to employ attacking and defending tactics.</p>	<p>-To demonstrate basic problem solving skills. -To work with class members to develop a successful task strategy. -To follow/read a map. -To identify their location on a map. -To master basic orienteering skills. -To understand and identify simple symbols on a map. -To plan a trail so it can be followed by a peer group. -To journey around the school site demonstrating team-work.</p> <hr/>	<p>-To work constructively with a partner. -To decide which throwing techniques is best suited to a given task. -To experiment with different one-footed and two-footed jumps. -To explore different ways of jumping for height and distance. -To work constructively as part of a team. -To apply athletics techniques in a competitive environment.</p>	<p style="text-align: center;">Athletics (Unit 2)</p> <p>-To understand the difference between sprinting and running for sustained periods. -To apply different running techniques in a relay context. -To work constructively as part of a team. -To be able to take off and land jumps with power and control. -To link three phases of a jump: approach, take-off and landing. -To throw for accuracy and distance, using different techniques. -To apply athletics techniques in a competitive environment.</p>	<p>order to score runs. -To work constructively with a partner. -To use appropriate techniques learnt in a game situation. -To work as a team to apply attacking and defending tactics.</p> <hr/> <p style="text-align: center;">Cricket</p> <p>-To be able to throw a ball under-arm and catch a ball safely. -To work constructively with a partner. -To be able to throw a ball over-arm and catch a ball thrown over-arm using different techniques. -To work effectively in a group. -To strike a stationary ball using the correct technique. -To work in groups to develop attacking strategies. -To work collaboratively between teams. -To employ effective fielding tactics to benefit a team. -To use appropriate techniques learnt</p>
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						in a game situation. -To work as a team to employ attacking and defending tactics.
Y4	Invasion Games Tag Rugby -To evade a defender when attacking. -To tag a player when defending (1v1 scenario). -To demonstrate an accurate pass when static and when moving. -To work constructively with a partner. -To demonstrate a successful catching technique when moving. -To beat a defender consistently by moving with and/or passing a ball into open space. -To work collaboratively within a team. -To retain a ball in a match scenario. -To work collaboratively between teams. -To demonstrate at least three of the four core skills of tag	Invasion Games Football -To move unopposed with the ball under control. -To be able to evade an opponent while moving with the ball. -To be able to strike the ball towards a target with accuracy and power. -To work collaboratively with a partner to reach a target against an opponent (2v1). -To understand how to defend a goal in a 1v1 situation. -To apply moving with the ball skills to attack a goal. <hr/> Invasion Games Hockey -To develop the technique of dribbling and	Invasion Games Basketball -To be able to perform jump and stride stops. -To dribble the ball with control using both hands. -To send a ball using a bounce pass in order to beat an opponent. -To work constructively with a partner. -To aim and shoot a ball at a target with control. -To work well as part of a team. -To employ attacking and defending tactics. -To work collaboratively between teams. <hr/> Gymnastics (Unit 2) -To travel and jump whilst using hand apparatus, both individually and in a pair. -To balance with a piece of hand apparatus, both individually and in a pair. -To twist and roll with hand apparatus,	Outdoor and Adventurous Activities -To demonstrate awareness of different methods of communication. -To prepare well for challenges. -To work together in large groups to complete challenges. -To work as a group to make clear decisions. -To understand and follow a simple map. -To identify where they are by using simple plans and diagrams. -To identify basic map symbols in relation to the school grounds. -To create trails in various locations. -To make good decisions when planning a route. -To journey around the school site demonstrating teamwork. <hr/> Athletics (Unit 1) -To understand the effects exercise has on the body and how the heart rate	Cricket -To be able to throw a ball under-arm at a target. -To catch a ball safely while moving. -To work constructively with a partner. -To be able to throw a ball over-arm at a target. -To catch a ball that is thrown using the over-arm technique. -To work effectively in a group. -To strike a moving ball using the correct technique. -To work collaboratively between teams. -To strike a moving ball into a space in order to maximise scoring opportunities. -To employ effective fielding tactics to benefit a team. -To use appropriate techniques learnt in a game situation. -To work as a team to employ attacking and defending tactics.	Tennis -To strike the ball in a given direction using a forehand technique. -To strike the ball in a given direction using a backhand technique. -To use forehand and backhand groundstrokes within a rally. -To work constructively with a partner. -To hit an under-arm serve to begin a rally. -To work well as a member of a team. -To develop tactics to win points. -To apply tactics in a competitive situation. -To work collaboratively with a partner. <hr/> Rounders -To be able to throw a ball under-arm and catch a ball safely when under pressure.

	<p>rugby in a team game scenario.</p> <p>-To work as a team to employ tactics.</p> <hr/> <p style="text-align: center;">— Gymnastics (Unit 1)</p> <p>-To perform a confident and powerful run up.</p> <p>-To perform the correct take off for the vault.</p> <p>-To perform the technique of jumping and landing with use of shape jumps.</p> <p>-To travel confidently across apparatus at different heights and inclines.</p> <p>-To perform a front support into a shape.</p> <p>-To perform a shape jump from a range of different heights.</p> <p>-To link all steps of a vault together and successfully mount, travel across and dismount the vault.</p> <p>-To perform a successful vault to the rest of the class, using a mount, travel across and dismount.</p>	<p>introduce dragging.</p> <p>-To develop the technique of the push and slap pass.</p> <p>-To work constructively with a partner.</p> <p>-To use the hit shot in a shooting situation.</p> <p>-To understand when to pass and when to dribble in a game situation.</p> <p>-To work well as part of a team.</p> <p>-To experiment with attacking and defending tactics in a game situation.</p> <p>-To demonstrate an understanding of simple tactics to keep possession and apply these during matches.</p>	<p>individually and in a pair.</p> <p>-To travel across apparatus whilst using hand apparatus.</p> <p>-To create a 4 or 5 sequence routine with a partner using hand apparatus.</p> <p>-To perform a 5 or 6 movement sequence with a group of four, using hand apparatus.</p>	<p>changes during exercise.</p> <p>-To throw different objects for distance.</p> <p>-To work constructively with a partner.</p> <p>-To throw different objects for accuracy.</p> <p>-To perform a range of jumps whilst demonstrating consistent technique.</p> <p>-To work constructively as part of a group.</p> <p>-To link three phases of a jump: approach, take-off and landing.</p> <p>-To apply athletics techniques in a competitive environment.</p> <p>-To work constructively as part of a team.</p>	<hr/> <p style="text-align: center;">— Athletics (Unit 2)</p> <p>-To change the speed of running depending on distance.</p> <p>-To apply different running techniques in a relay context.</p> <p>-To work constructively as part of a team.</p> <p>-To be able to take-off and land a range of jumps with power and control.</p> <p>-To link three phases of a jump: approach, take-off and landing when performing a range of jumps.</p> <p>-To throw for accuracy and distance, using different techniques.</p> <p>-To apply athletics techniques in a competitive environment.</p> <p>-To work constructively as part of a team.</p>	<p>-To work constructively as a member of a team.</p> <p>-To be able to throw a ball over-arm at a target.</p> <p>-To catch a ball that is thrown using the over-arm technique.</p> <p>-To work as a team to stop the batters scoring runs.</p> <p>-To strike a moving ball consistently and with force.</p> <p>-To work collaboratively between teams.</p> <p>-To strike a moving ball into space in order to score runs.</p> <p>-To work as a team to employ attacking and defending tactics in a match.</p>
Y5	<p>Invasion Games Tag Rugby</p> <p>-To demonstrate</p>	<p>Invasion Games Football</p> <p>-To pass, dribble and shoot with</p>	<p>Invasion Games Netball</p> <p>-To pass and receive a range of</p>	<p>Outdoor and Adventurous Activities</p>	<p>Athletics (Unit 1)</p> <p>-To move in a variety of ways</p>	<p>Tennis</p> <p>-To be able to maintain a rally using forehand</p>

<p>the ability to side-step and beat a defender.</p> <ul style="list-style-type: none"> -To mark and tag a player when defending. -To demonstrate an accurate pass when put under pressure by a defender. -To work effectively as a group. -To demonstrate successful and consistent catching technique when static, moving and under pressure. -To beat a defender consistently by moving into open space. -To retain the ball when put under pressure in a match scenario. -To demonstrate all four core skills in tag rugby when put under pressure in a match scenario. -To work as a team and successfully employ tactics. <hr/> <p style="text-align: center;">Gymnastics (Unit 1)</p> <ul style="list-style-type: none"> -To perform a forward roll. -To perform a range of rolls, with different 	<p>control in game situations.</p> <ul style="list-style-type: none"> -To understand individual defending techniques (1v1). -To be able to work collaboratively (in pairs) to defend a target (2v2). -To be able to identify and use tactics to help your team keep the ball. -To be able to work collaboratively in small teams. -To be able to effectively use the attacking principles of play to score goals. -To apply attacking and defending principles of play within a game situation. -To work collaboratively with a small team to score goals. <hr/> <p style="text-align: center;">Sports Leadership</p> <ul style="list-style-type: none"> -To understand the characteristics of a good sports leader. -To apply these characteristics when leading basic activities. -To understand the importance of warming up. 	<p>different passes on the move.</p> <ul style="list-style-type: none"> -To perform the footwork and pivoting technique when receiving a ball at speed. -To develop ideas and techniques to mark opponents and close down space as a small group. -To perform the correct shooting technique. -To understand the boundaries for individual players. -To get the ball to the shooters without it being intercepted by the defence. -To know the basic rules, positions and court boundaries in a High 5 Netball game and put these into action in a game situation. <hr/> <p style="text-align: center;">Swimming</p> <ul style="list-style-type: none"> -Be able to swim competently, confidently and proficiently over a distance of at least 25m (by Y6). -Be able to using a range of stroke effectively (for example front crawl, backstroke and breaststroke). -Perform self-rescue in different water-based situations. 	<ul style="list-style-type: none"> -To demonstrate the ability to work with and trust others. -To explore various communication challenges. -To understand the value other members can bring to a group. -To establish designated roles within a team. -To read an orienteering map. -To complete an orienteering course. -To read the scale on a map. -To introduce measuring distances. -To create journey trails in various locations. -To make good decisions when planning a route. -To journey around the school site demonstrating team work. <hr/> <p style="text-align: center;">Swimming</p> <ul style="list-style-type: none"> -Be able to swim competently, confidently and proficiently over a distance of at least 25m (by Y6). -Be able to using a range of stroke effectively (for example front crawl, backstroke and breaststroke). -Perform self-rescue in different water-based situations. 	<p>with control, balance and speed.</p> <ul style="list-style-type: none"> -To throw for distance using different techniques. -To work constructively with a partner. -To throw for accuracy using different techniques. -To understand the concept of agility. -To apply agility in sporting activities. -To combine four elements of jumping: approach, take off, flight and landing. -To apply athletics techniques in a competitive environment. -To work constructively with as part of a team. <hr/> <p style="text-align: center;">Cricket</p> <ul style="list-style-type: none"> -To be able to use different pick up techniques and apply in a game situation. -To work constructively with a partner. -To play a variety of different shots. -To work effectively in a group. -To bowl a ball over-arm using the correct technique. -To understand the role of a wicket-keeper and use the correct feet and hand movements. 	<p>and backhand groundstrokes.</p> <ul style="list-style-type: none"> -To work well as a member of a team. -To be able to strike the ball into a specified area (direction and depth). -To strike the ball using an over-arm serving technique. -To devise and employ attacking and defending tactics in a team. -To use attacking and defending tactics using a tennis racket. -To apply tactics in a competitive situation. -To work collaboratively with a partner. <hr/> <p style="text-align: center;">Rounders</p> <ul style="list-style-type: none"> -To be able to throw and catch using a range of techniques. -To work constructively as a member of a team. -To strike a bowled ball with consistency and with force. -To work effectively in a group. -To bowl a ball effectively at a target. -To use the long barrier technique to stop the ball when fielding.
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	<p>start and finishing positions.</p> <ul style="list-style-type: none"> -To perform a backward roll to knees. -To perform a backward roll, starting and finishing in a range of different positions. -To perform the three stages of a handstand. To perform a handstand without support. -To perform the steps of a cartwheel. -To perform a cartwheel on the floor individually. -To link two or more gymnastics movements together. -To create a sequence using a range of gymnastics movements including a roll, cartwheel and handstand. 	<ul style="list-style-type: none"> -To plan and deliver a successful warm up and cool down. -To know and understand the STEP principle. -To understand how changing space can differentiate an activity. -To understand how changing the task can differentiate an activity. -To understand how changing the equipment and people can affect the difficulty of an activity. -To plan, deliver and review a sports activity. 			<ul style="list-style-type: none"> -To work collaboratively between teams. -To implement bowling and batting tactics to benefit a team's performance. -To use the appropriate techniques learnt in a game situation. -To work as a team to employ attacking and defending tactics. 	<ul style="list-style-type: none"> -To experiment with fielding tactics to minimise the batting team's score. -To use batting, bowling and fielding skills in a match. -To work as a team to employ attacking and defending tactics in a match.
Y6	<p>Invasion Games Tag Rugby</p> <ul style="list-style-type: none"> -To demonstrate a variety of evasive skills to beat a defender. -To man mark and tag a player when defending (in a 1v1 and team scenario). -To demonstrate an accurate lateral passing 	<p>Invasion Games Football</p> <ul style="list-style-type: none"> -To work effectively in small teams. -To put into practice defending principles of play. -To put into practice attacking principles of play. -To understand the tactics of 	<p>Invasion Games Basketball</p> <ul style="list-style-type: none"> -To use pivoting and the triple threat position when in possession of the ball. -To dribble the ball with both hands to beat the defender. -To use a variety of passes in a game situation. -To shoot a ball at a target in a 	<p>Dance (Unit 1)</p> <ul style="list-style-type: none"> -To communicate a dance through movement, demonstrating accurate and consistent dynamics. -To link the dance movements to form a sequence. -To use expression and scale of movement to show character. -To perform a dance using accurate 	<p>Cricket</p> <ul style="list-style-type: none"> -To be able to use different pick up techniques and apply in a game situation. -To work effectively as a group. -To play a variety of different shots depending where the ball lands. -To bowl a ball over-arm at a target, landing the ball in a given area. 	<p>Tennis</p> <ul style="list-style-type: none"> -To be able to maintain a rally using forehand and backhand groundstrokes. -To use the volley as part of an attacking strategy. -To use an over-arm serving technique in a specified direction.

<p>technique when put under pressure by a defender.</p> <ul style="list-style-type: none"> -To demonstrate an accurate catching technique when static, moving or put under pressure. -To demonstrate a variety of techniques to be able to break through a defence by both moving with and passing the ball. -To retain the ball as a team and create try scoring opportunities. -To demonstrate all four core skills of tag rugby when put under pressure in a match scenario. -To work as a team and successfully employ tactics. <hr/> <p>Gymnastics (Unit 1)</p> <ul style="list-style-type: none"> -To perform a handstand. -To perform a cartwheel. -To perform a cartwheel, starting and landing in a range of different ways. -To understand the technique of 	<p>the transition between defence to attack.</p> <ul style="list-style-type: none"> -To understand the tactics of transition between attack to defence. -To apply the tactics required for attacking and defending a target (goal) as a team. -To apply attacking and defending principles of play within a game situation. -To work collaboratively with a team to score goals. <hr/> <p>Invasion Games Netball</p> <ul style="list-style-type: none"> -To choose and use the correct passing technique. -To be able to shoot using the correct technique. -To apply the footwork rule in a game situation. -To work in small groups developing practice designed to improve skills in netball. -To work effectively as an attacking unit to time movement and passing in order to outwit an opponent. 	<p>competitive situation.</p> <ul style="list-style-type: none"> -To work collaboratively within teams. -To employ attacking and defending tactics in a game situation. -To work well as part of a team. <hr/> <p>Outdoor and Adventurous Activities</p> <ul style="list-style-type: none"> -To develop and apply a range of problem solving strategies. -To adapt quickly to new situations. -To take a leading role when working with others. -To communicate effectively whilst in different roles within a team. -To make efficient route planning decisions. -To complete an orienteering course under a time pressure. -To understand how to use bearings and distances. -To identify basic landmarks. -To plan an overnight journey. -To identify equipment needed for an overnight journey. -To design and build a shelter. 	<p>expressions and choreographic devices.</p> <ul style="list-style-type: none"> -To link narrative to a dance, using a themed storyline. -To link a themed unique dance sequence to a storyline dance sequence. -To apply a clear beginning and ending. -To perform a combined themed dance sequence with consistency. -To evaluate a performance, providing constructive feedback. <hr/> <p>Athletics (Unit 1)</p> <ul style="list-style-type: none"> -To apply athletic movement in a competitive context, using control, balance and speed. -To send and receive with speed and precision. -To throw for distance using the push technique. -To work constructively with a partner. -To understand the concept of agility. -To apply agility in a competitive context. -To understand and execute the three jumps (long jump, standing triple jump and vertical jump). -To apply athletics techniques in a competitive environment. 	<ul style="list-style-type: none"> -To work constructively with partners. -To use correct hand and feet movements when wicket-keeping in a game situation. -To identify and implement bowling and batting tactics to benefit a team's performance. -To use the appropriate techniques learnt in a game situation. -To work as a team to employ attacking and defending tactics. <hr/> <p>Athletics (Unit 2)</p> <ul style="list-style-type: none"> -To accelerate quickly from a static start. -To pass and received a baton. -To sustain jogging and sprinting for a given period of time. -To execute different jumps with power and control. -To work constructively with a partner. -To execute the triple jump with balance and control using the correct sequence. -To throw for a distance using the pull technique. -To apply athletics techniques in a competitive environment. 	<ul style="list-style-type: none"> -To work constructively with a partner. -To use the over-arm serve as part of an attacking strategy when starting a point. -To use attacking and defending tactics to win points. -To work collaboratively with a partner. -To apply tactics in a competitive situation. <hr/> <p>Rounders</p> <ul style="list-style-type: none"> -To be able to throw accurately at a target, and catch using a range of techniques. -To work constructively as a member of a team. -To strike a bowled ball with force in a given direction. -To bowl a ball accurately in a game situation. -To understand the role of a backstop. -To use a backstop tactically in games. -To experiment with batting tactics to maximise the batting team's score. -To use batting, bowling and fielding skills in a match.
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	<p>one handed cartwheel. -To link a roll and cartwheel together. -To perform a range of different cartwheels confidently. -To incorporate a creative cartwheel into a 5 or 6 movement sequence.</p>	<p>-To man mark effectively to help close down space and intercept a pass. -To know the High Five rules and positions/boundaries. -To work effectively in small teams and use tactics for attacking and defending. -To play by the High 5 Netball rules. -To work effectively in small teams understanding how to improve performance.</p>		<p>-To work constructively as part of a team.</p>	<p>-To work constructively with a team.</p>	<p>-To work as a team to employ attacking and defending tactics in a match.</p>
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