

## King Athelstan Primary School

## <u>Y1-Y6 - Physical Education Progression of Skills</u>

	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
FS	FLC: Cross Mat	<u>Click here to see</u>	EYFS Curriculum Doci	skills is currently under uments on the website f	or more information.	
EYF			•	<sup>c</sup> development will: - Neg		•
<b>u</b>	consideratio			ate strength, balance an	•	iaying, - Move
1/4	Games	Games	Multi-skills	ng, dancing, hopping, skip Multi-skills	Athletics	Athletics
У1	(Unit 1)	(Unit 2)	(Unit 1)	(Unit 2)	(Unit 2)	(Unit 3)
	-To be able to	-To move safely	-To be able to	-To be able to	-To be able to	-To be able to
	find a free	and actively	demonstrate basic	physically active for	move safely around	run at different
	space, avoiding	around the	movement skills.	sustained periods of	an area.	speeds.
	others.	space.	-To be able to have	time.	-To understand	-To be able to
	-To experiment	-To throw and	spatial awareness	-To be able to	how to work as	change direction.
	and show	catch under-arm	when participating	engage in	part of a team.	-To run at
	different ways	individually and	in activities.	competitive tasks	-To experiment	different speeds
	of using a ball or	with a partner.	-To be able to	individually and	with different	in team
	bean bag.	-To throw and	move with a ball.	against their	throwing	activities.
	-To be able to	catch under-arm	-To be able to	partner.	techniques.	-To work
	consistently	in a small group.	participate in	-To be able to send	-To work	constructively as
	find a free	-To work	target games.	and receive objects,	constructively with	part of a team.
	space by	collaboratively in	-To be able to	for example;	a partner.	-To send and
	avoiding others.	a small group	jump and land	throwing, catching	-To receive a ball	receive an object
	-To use a rolling	and start to	safely.	and kicking.	with control under	consistently and
	action to send	understand	-To be able to	-To be able to	game conditions.	with control.
	an object	team-work.	develop	develop their agility,	-To work	-To throw
	towards a	-To work safely	competence in a	balance and	constructively as	objects
	target.	within a small	range of activities.	coordination.	part of a team.	accurately at a
	-To understand	space.	-To develop	-To be able to work	-To send an object	target.
	the importance	-To throw over-	throwing and	as part of a team.	using different	-To link running
	of finding a	arm to a target.	catching skills.		techniques.	and jumping
	free space.	-To move in an	earennig ennie.		-To choose a	techniques in
	-To be able to	area safely,		Dance	sending technique	order to jump
	use a rolling	avoiding others.	 Athletics	(Unit 1)	depending on the	for distance.
	action to send	-To retrieve a	(Unit 1)	-To move into a free	task.	-To apply
	and receive an	ball to return to	-To be able to	space, avoiding	-To link	athletics
	object to a	a partner or	move safely around	others.	steps/jumps with	techniques in a
	partner with	team.	an area.	-To explore basic	balance and	competition
	control.	-To move in an	-To understand	travelling movements	control.	environment.
	-To understand	area safely	how the body	whilst moving	-To create a short	-To work
	the importance	whilst tracking a	changes during	confidently into a	sequence linking	constructively as
	and safety	partner and	exercise.	free space.	together a variety	part of a team.
	elements of	avoiding others.	-To be able to run	-To explore jumping	of jumps.	
	finding a free	-To track and	with control at	with an awareness of	·· J-···F-·	
	space.	intercept a ball	different speeds.	space.	Dance	 Games
	-To be able to	to retrieve to a		-To create a dance	(Unit 2)	(Unit 3)
	throw and catch	partner or team.		phrase using basic		

 an object as an	-To apply	-To be able to	travelling and	-To explore	-To effectively
individual.	throwing and	move safely around	jumping movements.	different ways of	use throwing and
-To be able to	retrieval skills	an area.	-To explore	moving specific	retrieval skills
find a free	within a game.	-To send and	different ways to	body parts.	within a game.
space safely.	5	receive a ball using	, balance, using visual	-To explore moving	-To use hands or
-To perform a	Gymnastics	different methods.	images.	different body	equipment when
basic under-arm	(Unit 2)	-To work	-Combine travelling	parts in	striking a ball
throw towards a	-To apply	constructively with	movements, jumps	contrasting ways,	into space.
target.	different	a partner.	and balances to	in relation to	-To be able to
-To apply	gymnastics	-To send and	create a simple	stimuli.	decide where to
rolling, under-	shapes when	receive different	dance sequence.	-To create a simple	stand to make it
arm throwing	jumping.	pieces of	1	dance sequence.	difficult for an
and catching	-To balance in a	'equipment.		-To use	opponent
techniques in a	variety of	-To work		characteristics of	(tactics).
series of	different ways,	constructively with		movement when	-To strike a ball
challenges in	individually and	a partner.		performing a dance	using your feet.
order to achieve	with a partner.			sequence.	-To be able to
a personal best.	-To perform a			-To explore	roll, bounce,
	variety of			gesture using a	throw and catch
Gymnastics	stretches using			variety of body	a variety of
(Unit 1)	balls, individually			parts.	equipment
-To travel into a	and with a			-To use gestures	individually, with
space freely.	partner.			and movement to	a partner or
-To remember	-To travel by			convey a	against an
and perform	transferring			character.	opponent.
three basic	weight between			-To create a dance	-To be able to
shapes using	hands and feet.			sequence, using	throw, hit and
different	-To travel at			character as a	kick a ball in a
variations.	different levels			stimulus.	variety of ways in
-To use the dish	using a partner,				a game
and arch shapes	with and without				(attacking).
to perform a log	hand apparatus.				-To be able to
roll.	-To perform 3				work as a team to
-To learn the	or 4 movements				retrieve objects
basic technique	linked together				in a game
of how to jump.	in a sequence.				(defending).
-To roll with a	-To work well				
partner.	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.					

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	-To perform 2					
	or 3 movements					
	linked together					
	in a sequence.					
	-To work well					
	with a partner.					
Y2	Games	Games	Multi-skills	Dance	Dance	Tennis
	(Unit 1)	(Unit 2)	-To be able to	(Unit 1)	(Unit 2)	-To be able to
	-To roll a ball	-To roll a ball	travel and move in	-To explore	-To understand	develop agility,
	towards a	towards a target	different ways.	different	the importance of	balance and
	target with	while working	-To bounce the ball	movements that	warming up the	coordination.
	accuracy.	with a partner.	whilst moving.	express a feeling.	body.	-To be able to
	-To use a	-To kick a ball	-To strike the ball	-To perform a	-To create a warm	send and receive
	variety of ball	with a partner	with accuracy and	movement that	up sequence.	a ball with hands
	manipulation	and then versus	power.	illustrates a feeling.	-To explore and	and a racket.
	skills with	a partner, using	-To be physically	-To change the	identify a range of	-To be able to
	control.	simple tactics.	active for longer	order of movements	actions with levels	explore basic
	-To kick a ball	-To strike/hit a	periods of time.	to create a dance	using a sport	movements.
	with accuracy to	ball to score	-To be able to	sequence using	theme.	-To be able to
	a targeted area.	points.	throw the ball	contrasting feelings.	-To use sporting	work
	-To strike/hit a	-To throw in	under-arm and	-To explore	activities as stimuli	cooperatively
	ball using a	different	over-arm.	different feelings	to create a motif.	with a partner.
	variety of	directions over	-To be able to	using music as a	-To create and	-To be able to
	equipment or	different	control a racket.	stimuli.	perform a motif to	work individually
	hands to a	distances.	-To cooperate with	-To mirror the	music with a	and in pairs to
	targeted area.	-To apply various	a partner and a	movements of a	partner.	introduce space
	-To catch an	sending and	group.	partner.	-To create a	and timing.
	object	receiving skills	-To be able to	-To create a dance	beginning to a	-To be able to
	consistently,	with a partner in	jump and land with	phrase, using music	dance sequence	link body and
	individually and	a competitive	good technique.	as a stimulus.	that uses simple	feet movement
	with a partner.	situation.		-To adapt a dance	canon.	with direction.
	-To employ	-To apply tactics		phrase to	-To create and	-To be able to
	various ball	to a sending and	_	communicate a mood	perform a dance	participate in a
	skills within a	receiving game.	Athletics (Unit 1)	or feeling.	sequence with a	competitive game
	game scenario.		-To understand		clear beginning,	with a partner.
	-To apply simple		the different		middle and end.	
	tactics.	Gymnastics	effects exercise	Athletics	<u> </u>	_
		(Unit 2)	has on the body.	(Unit 2)	— — — — — — — — — — — — — — — — — — —	Games (Unit 3)
	—	-To roll and	-To run at	-To explore running	Athletics	-To throw and
	<b>Gymnastics</b>	catch a hula	different speeds	at different speeds	(Unit 3)	catch whilst
	(Unit 1)	hoop with a	depending on the	for different	-To use the	moving.
	-To recall and	partner.	task.	periods of time.	correct running	-To work with a
	perform three	-To roll and	-To change	-To understand	technique when	partner.
	gymnastics	catch a ball with	direction quickly.	different running	sprinting.	-To work with a
	shapes, as	a partner.	-To explore	techniques.	-To work	partner to reach
	jumps. To reactions the	-To perform ball	different ways of	-To work	constructively with	a target area
	-To perform the	skills	throwing.	constructively as	a partner.	unopposed and
	front and back	individually.	-To work	part of a team.	-To pass a relay	opposed.
	support position.	-To use a hula	constructively with	-To send and receive	baton securely and	-To play 1v2
	-To rock	hoop to perform	a partner.	an object accurately.	quickly.	striking and
	individually.	different tasks	-To send and	-To work	-To work	fielding game to
	-To perform a	using a range of	receive an object	constructively with a	constructively as	scores runs
	log and egg roll.	body parts.	accurately.	partner.	part of a team.	(points).

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	-To travel at	-To balance,	-To explore	-To throw and	-To throw and	-To play a 2v2
	different levels	jump and travel	different ways of	object for accuracy	object using an	striking and
	and inclines.	with hand	jumping.	and distance.	over-arm	fielding game to
	-To learn the	apparatus.	-To work	-To link together	technique.	score runs
	steps of a	-To create a 3	constructively as	running and jumping	-To throw and	(points).
	forward roll.	or 4 movement	part of a team.	activities.	object using an	-To play an even
	-To perform a	sequence in a	-To apply athletics	-To apply athletic	over-arm technique	sided games
	forward roll to	pair, using hand	techniques in a	techniques in a	for accuracy and	using a variety of
	feet.	apparatus.	competitive	competitive	distance.	simple tactics.
	-To land and		environment.	environment.	-To take off and	-To apply tactics
	start a forward				land with control.	to various 2v2
	roll in different				-To jump for	games whilst
	shapes.				height and	keeping score
	-To perform a 3				distance.	and adapting to
	or 4 movement				-To apply athletic	rule changes.
	sequence using a				techniques in a	
	forward roll.				competitive	
					environment.	
У3	Invasion Games	Invasion Games	Invasion Games	Dance	Tennis	Rounders
	Tag Rugby	Football	Basketball	(Unit 1)	-To strike a ball	-To be able to
	-To evade a	-To move into	-To be able to	-To move to a beat	with a racket using	throw a ball
	defender when	space with the	pivot on one foot	or rhythm, using	the swing action.	under-arm and
	attacking.	ball using	to change	basic actions.	-To work	catch a ball
	-To be able to	different parts	direction.	-To be able to move	constructively with	safely.
	tag a player	of your feet.	-To dribble the	to a rhythmic	a partner.	-To work
	when defending.	-To observe and	ball with control.	pattern.	-To hit a ball using	constructively as
	-To	give	-To send a ball	-To link dance	a forehand	a member of a
	demonstrate an	constructive	using a chest pass.	movements to form	groundstroke	team.
	accurate pass	feedback to a	-To work well as	a sequence.	technique.	-To be able to
	when static.	partner.	part of a team.	-To work in small	-To use the	throw a ball
	-To work	-To be able to	-To aim and shoot	groups to create a	forehand	over-arm and
	constructively	control the ball	ball at a target	short dance phrase.	technique to rally	catch a ball
	within a group.	when turning in	with increased	-To work in groups	with a partner.	thrown over-arm.
	-To	different	control.	to create inspired	-To hit the ball	-To work
	demonstrate an	directions.	-To employ	dance phrases.	using a backhand	effectively in a
	accurate	-To outwit an	attacking and	-To perform an	groundstroke	group.
	catching	opponent when	defending tactics	inspired dance.	technique.	-To organise
	technique when	moving with the	in a game situation.	-To evaluate a dance	-To use the	fielders in order
	static.	ball.	-To use the chest	sequence, providing	backhand	to stop batters
	-To work	-To be able to	push in a game	constructive	technique when	from scoring
	constructively	strike the ball	situation.	feedback.	rallying with a	runs.
	with a partner.	towards a	-To work as a team		partner. -To use forehand	-To work
	-To beat a	stationery	and employ			constructively
	defender by	target using	attacking and	Athletics	and backhand	with other members of the
	either moving	different parts	defending tactics.	<b>(Unit 1)</b> -To understand	groundstrokes to	
	with or passing	of the foot		- 10 understand different effects	maintain a rally.	team. -To strike a ball
	a ball into open	(shooting). To be able to			-To develop tactics	
	space.	-To be able to		exercise has on the	to keep rallies	in a given
	-To work	strike the ball	Outdoor and	body. To overland	going and to win	direction.
	collaboratively	towards a	Adventurous	-To explore	points.	-To work
	within teams.	moving target	Activities	different throwing	-To apply tactics in	collaboratively
	-To retain the	(team-mate)	-To demonstrate	techniques.	a competitive	between teams.
	ball when	using different	initiative when		situation.	-To strike the
	attacking.		working in a group.			ball into space in

-To	parts of the	-To demonstrate	-To work	Athletics	order to score
demonstrate at	foot.	basic problem	constructively with a	(Unit 2)	runs.
least two of the	-To apply a	solving skills.	partner.	-To understand	-To work
four core skills	range of ball	-To work with	-To decide which	the difference	constructively
in tag rugby in a	skills in a	class members to	throwing techniques	between sprinting	with a partner.
game scenario.	competitive	develop a	is best suited to a	and running for	-To use
-To work as a	situation.	successful task	given task.	sustained periods.	appropriate
team to employ	-To work	strategy.	-To experiment with	-To apply	techniques lear
attacking and	constructively in	-To follow/read a	different one-	different running	in a game
defending	small teams.	map.	footed and two-	techniques in a	situation.
tactics.		-To identify their	footed jumps.	relay context.	-To work as a
	_	location on a map.	-To explore	-To work	team to apply
	Invasion Games	-To master basic	different ways of	constructively as	attacking and
	Hockey	orienteering skills.	jumping for height	part of a team.	defending
(Unit 1)	-To be able to	-To understand	and distance.	-To be able to take	tactics.
-To perform	dribble the ball	and identify simple	-To work	off and land jumps	
three	under control.	symbols on a map.	constructively as	with power and	
gymnastics	-To be able to	-To plan a trail so	part of a team.	control.	
shapes.	dribble on the	it can be followed	-To apply athletics	-To link three	Cricket
-To perform a	move under	by a peer group.	techniques in a	phases of a jump:	-To be able to
rock to	control at speed.	-To journey around	competitive	approach, take-off	throw a ball
standing.	-To pass and	the school site	environment.	and landing.	under-arm and
-To perform a	receive using	demonstrating	environment.	-To throw for	catch a ball
backward roll.	the push pass.	team-work.		-	safely.
-To land a	-To work	Team-work.		accuracy and	-To work
backward roll in				distance, using different	
	constructively				constructively
a variety of	with a partner.			techniques.	with a partner. -To be able to
different	-To pass and			-To apply athletics	
shapes.	receive using			techniques in a	throw a ball
-To perform the	the push pass			competitive	over-arm and
steps of a teddy	whilst finding			environment.	catch a ball
bear roll.	space.				thrown over-ar
-To perform a	-To pass and				using different
range of	receive whilst on				techniques.
gymnastics rolls.	the move and				-To work
-To perform a 4	under pressure				effectively in a
or 5 movement	from a				group.
sequence in pair	defender.				-To strike a
using a	-To work as part				stationery ball
backward roll.	of a team.				using the corre
	-To use the				technique.
	appropriate				-To work in
	techniques				groups to devel
	learnt in a game				attacking
	situation.				strategies.
	-To work as a				-To work
	team to employ				collaboratively
	attacking and				between teams
	defending				-To employ
	tactics.				effective field
					tactics to
					benefit a team.
					-To use
					appropriate
				1	techniques lear

						in a game situation. -To work as a team to employ attacking and defending tactics.
У4	Invasion Games Tag Rugby	Invasion Games Football	Invasion Games Basketball	Outdoor and Adventurous	<b>Cricket</b> -To be able to	<b>Tennis</b> -To strike the
	-To evade a	-To move	-To be able to	Activities	throw a ball under-	
	defender when			-To demonstrate		ball in a given
	attacking.	unopposed with the ball under	perform jump and stride stops.	awareness of	arm at a target. -To catch a ball	direction using a forehand
	-To tag a player	control.	-To dribble the	different methods	safely while	technique.
	when defending	-To be able to	ball with control	of communication.	moving.	-To strike the
	(1v1 scenario).	evade an	using both hands.	-To prepare well for	-To work	ball in a given
	-To	opponent while	-To send a ball	challenges.	constructively with	direction using a
	demonstrate an	moving with the	using a bounce pass	-To work together in	a partner.	backhand
	accurate pass	ball.	in order to beat an	large groups to	-To be able to	technique.
	when static and	-To be able to	opponent.	complete challenges.	throw a ball over-	-To use forehand
	when moving.	strike the ball	-To work	-To work as a group	arm at a target.	and backhand
	-To work	towards a target	constructively with	to make clear	-To catch a ball	groundstrokes
	constructively	with accuracy	a partner.	decisions.	that is thrown	within a rally.
	with a partner.	and power.	-To aim and shoot	-To understand and	using the over-arm	-To work
	-To	-To work	a ball at a target	follow a simple map.	technique.	constructively
	demonstrate a	collaboratively	with control.	-To identify where	-To work	with a partner.
	successful	with a partner	-To work well as	they are by using	effectively in a	-To hit an under-
	catching	to reach a	part of a team.	simple plans and	group.	arm serve to
	technique when	target against	-To employ	diagrams.	-To strike a moving	begin a rally.
	moving.	an opponent	attacking and	-To identify basic	ball using the	-To work well as
	-To beat a	(2v1).	defending tactics.	map symbols in	correct technique.	a member of a
	defender	-To understand	-To work	relation to the	-To work	team.
	consistently by	how to defend a	collaboratively	school grounds.	collaboratively	-To develop
	moving with	goal in a 1v1	between teams.	-To create trails in	between teams.	tactics to win
	and/or passing a ball into open	situation. -To apply moving		various locations. -To make good	-To strike a moving ball into a space in	points. -To apply tactics
	space.	with the ball	Gymnastics	decisions when	order to maximise	in a competitive
	-To work	skills to attack a	(Unit 2)	planning a route.	scoring	situation.
	collaboratively	goal.	-To travel and	-To journey around	opportunities.	-To work
	within a team.	-To apply	jump whilst using	the school site	-To employ	collaboratively
	-To retain a ball	defensive	hand apparatus,	demonstrating	effective fielding	with a partner.
	in a match	tactics to	both individually	teamwork.	tactics to benefit	
	scenario.	defend a goal.	and in a pair.		a team.	_
	-To work		-To balance with a	_	-To use	 Rounders
	collaboratively		piece of hand	- Athletics	appropriate	-To be able to
	between teams.	Invasion Games	apparatus, both	(Unit 1)	techniques learnt	throw a ball
	-To	Hockey	individually and in a	-To understand the	in a game situation.	under-arm and
	demonstrate at	-To develop the	pair.	effects exercise has	-To work as a team	catch a ball
	least three of	technique of	-To twist and roll	on the body and how	to employ	safely when
	the four core	dribbling and	with hand	the heart rate	attacking and	under pressure.
	skills of tag		apparatus,		defending tactics.	

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

		1:00	<b>T</b> 1		
the ability to	control in game	different passes	-To demonstrate the	with control,	and backhand
side-step and	situations.	on the move.	ability to work with	balance and speed.	groundstrokes.
beat a	-To understand	-To perform the	and trust others.	-To throw for	-To work well as
defender.	individual	footwork and	-To explore various	distance using	a member of a
-To mark and	defending	pivoting technique	communication	different	team.
tag a player	techniques (1v1).	when receiving a	challenges.	techniques.	-To be able to
when defending.		ball at speed.	-To understand the	-To work	strike the ball
-To	work	-To develop ideas	value other members	constructively with	into a specified
demonstrate an	collaboratively	and techniques to	can bring to a group.	a partner.	area (direction
accurate pass	(in pairs) to	mark opponents	-To establish	-To throw for	and depth).
when put under	defend a target	and close down	designated roles	accuracy using	-To strike the
pressure by a	(2v2).	space as a small	within a team.	different	ball using an
defender.	-To be able to	group.	-To read an	techniques.	over-arm serving
-To work	identify and use	-To perform the	orienteering map.	-To understand	technique.
effectively as a	tactics to help	correct shooting	-To complete an	the concept of	-To devise and
group.	your team keep	technique.	orienteering course.	agility.	employ attacking
-To	the ball.	-To understand	-To read the scale	-To apply agility in	and defending
demonstrate	-To be able to	the boundaries for	on a map.	sporting activities.	tactics in a team.
successful and	work	individual players.	-To introduce	-To combine four	-To use attacking
consistent	collaboratively in	-To get the ball to the shooters	measuring distances.	elements of	and defending
catching	small teams.		-To create journey	jumping: approach,	tactics using a
technique when	-To be able to	without it being	trails in various	take off, flight	tennis racket.
static, moving	effectively use	intercepted by the	locations.	and landing.	-To apply tactics
and under	the attacking	defence.	-To make good	-To apply athletics	in a competitive
pressure.	principles of play	-To know the basic	decisions when	techniques in a	situation.
-To beat a	to score goals.	rules, positions and	planning a route.	competitive	-To work
defender	-To apply	court boundaries in	-To journey around the school site	environment. -To work	collaboratively
consistently by	attacking and	a High 5 Netball			with a partner.
moving into oper space.	-	game and put	demonstrating team work.	constructively with	
Space.					
	principles of play	these into action in	WOLK.	as part of a team.	
-To retain the	within a game	a game situation.			  Dourdons
-To retain the ball when put	within a game situation.			Cricket	Rounders
-To retain the ball when put under pressure	within a game situation. -To work	a game situation. 	  Swimming	<b>Cricket</b> -To be able to use	-To be able to
-To retain the ball when put under pressure in a match	within a game situation. -To work collaboratively	a game situation.   Swimming		Cricket -To be able to use different pick up	-To be able to throw and catch
-To retain the ball when put under pressure in a match scenario.	within a game situation. -To work collaboratively with a small	a game situation.  Swimming -Be able to swim	Swimming -Be able to swim competently,	Cricket -To be able to use different pick up techniques and	-To be able to throw and catch using a range of
-To retain the ball when put under pressure in a match scenario. -To	within a game situation. -To work collaboratively with a small team to score	a game situation.  Swimming -Be able to swim competently,		Cricket -To be able to use different pick up techniques and apply in a game	-To be able to throw and catch using a range of techniques.
- To retain the ball when put under pressure in a match scenario. - To demonstrate all	within a game situation. -To work collaboratively with a small	a game situation. Swimming -Be able to swim competently, confidently and	Swimming -Be able to swim competently, confidently and proficiently over a	Cricket -To be able to use different pick up techniques and apply in a game situation.	-To be able to throw and catch using a range of techniques. -To work
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- 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. Gymnastics (Unit 1) - To perform a forward roll. - To perform a	within a game situation. -To work collaboratively with a small team to score goals. Sports Leadership -To understand the characteristics of a good sports leader. -To apply these characteristics when leading basic activities. -To understand the importance	a game situation. Swimming -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	Swimming -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	Cricket - 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	<ul> <li>To be able to throw and catch using a range of techniques.</li> <li>To work constructively as a member of a team.</li> <li>To strike a bowled ball with consistency and with force.</li> <li>To work effectively in a group.</li> <li>To bowl a ball effectively at a target.</li> <li>To use the long barrier technique to stop the ball</li> </ul>
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		<b>-</b>			<b>T</b> 1	<del></del>
	start and	-To plan and			-To work	-To experiment
	finishing	deliver a			collaboratively	with fielding
	positions.	successful warm			between teams.	tactics to
	-To perform a	up and cool			-To implement	minimise the
	backward roll to	down.			bowling and batting	batting team's
	knees.	-To know and			tactics to benefit	score.
	-To perform a	understand the			a team's	-To use batting,
	backward roll,	STEP principle.			performance.	bowling and
	starting and	-To understand			-To use the	fielding skills in a
	finishing in a	how changing			appropriate	match.
	range of	space can			techniques learnt	-To work as a
	different	differentiate an			in a game situation.	team to employ
	positions.	activity.			-To work as a team	attacking and
	-To perform the	-To understand			to employ	defending tactics
	three stages of	how changing			attacking and	in a match.
	a handstand. To	the task can			defending tactics.	
	perform a	differentiate an				
	handstand	activity.				
	without support.	-To understand				
	-To perform the	how changing				
	steps of a	the equipment				
	cartwheel.	and people can				
	-To perform a	affect the				
	cartwheel on	difficulty of an				
	the floor	activity.				
	individually.	-To plan, deliver				
	-To link two or	and review a				
	more gymnastics	sports activity.				
	movements					
	together.					
	-To create a					
	sequence using a					
	range of					
	gymnastics					
	movements					
	including a roll,					
	cartwheel and					
	handstand.					
	Invasion Games	Invasion Games	Invasion Games	Dance	Cricket	Tennis
У6	Tag Rugby	Football	Basketball	(Unit 1)	-To be able to use	-To be able to
	-To	-To work	-To use pivoting	-To communicate a	different pick up	maintain a rally
	demonstrate a	effectively in	and the triple	dance through	techniques and	using forehand and backhand
	variety of evasive skills to	small teams.	threat position	movement,	apply in a game situation.	groundstrokes.
	beat a	-To put into practice	when in possession of the ball.	demonstrating accurate and	-To work	-To use the
	defender.	defending	-To dribble the	consistent dynamics.		volley as part of
	-To man mark	•	ball with both	-To link the dance	effectively as a	
	and tag a player	principles of play.	hands to beat the	movements to form	group. -To play a variety	an attacking strategy.
	when defending	piay. -To put into	defender.	a sequence.	of different shots	-To use an over-
	(in a 1v1 and	practice	-To use a variety	a sequence. -To use expression	depending where	arm serving
	(in a 1v1 and team scenario).	attacking	of passes in a game	and scale of	the ball lands.	technique in a
	-To	principles of	situation.	movement to show	-To bowl a ball	specified
	- 10 demonstrate an	play.	-To shoot a ball at	character.	over-arm at a	direction.
	accurate lateral	piay. -To understand	a target in a	-To perform a dance	target, landing the	
	passing	the tactics of	u iuiyei mu	using accurate	ball in a given area.	
	pussing	1110 1001103 01		using accurate	buil in a given ared.	

technique when put under pressure by a defender. -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.

Gymnastics (Unit 1) -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 the transition between defence to attack. -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.

## Invasion Games Netball

-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.

competitive situation. -To work collaboratively within teams. -To employ attacking and defending tactics in a game situation. -To work well as part of a team.

Outdoor and Adventurous Activities -To develop and apply a range of problem solving strategies. -To adapt guickly 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.

expressions and choreographic devices. -To link narrative to a dance, usina 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.

Athletics (Unit 1) -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.

-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.

Athletics (Unit 2) - 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.

-To work constructively with a partner. -To use the overarm 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.

## Rounders

-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.

one handed	-To man mark	-To work	-To work	-To work as a
cartwheel.	effectively to	constructively as	constructively with	team to employ
-To link a ro	ll help close down	part of a team.	a team.	attacking and
and cartwhe	el space and			defending tactics
together.	intercept a pass.			in a match.
-To perform	n a -To know the			
range of	High Five rules			
different	and			
cartwheels	positions/bounda			
confidently.	ries.			
-To incorpor	rate -To work			
a creative	effectively in			
cartwheel in	nto a small teams and			
5 or 6	use tactics for			
movement	attacking and			
sequence.	defending.			
	-To play by the			
	High 5 Netball			
	rules.			
	-To work			
	effectively in			
	small teams			
	understanding			
	how to improve			
	performance.			