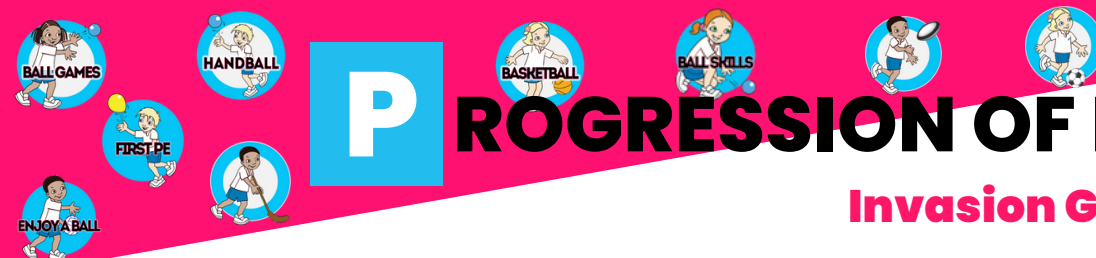


PE Curriculum Map					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Autumn 1	Autumn 1	Autumn 1	Autumn 1	Autumn 1
Ball Skills	Great Fire of London Dance	Football	Basketball	Football	Football
Gymnastics	Ball Skills	Gymnastics	Swimming	Football	Tag Rugby
Autumn 2	Autumn 2	Autumn 2	Autumn 2	Autumn 2	Autumn 2
Great Fire of London Dance	Football FUNdamentals	Quicksticks	OAA	World War II Dance	Netball
		OAA		World War II Dance	Netball
Spring 1	Spring 1	Spring 1	Spring 1	Spring 1	Spring 1
Gymnastics	Gymnastics	Tag Rugby	Tag Rugby	Quicksticks	Quicksticks
Space Dance	Space Dance	Tag Rugby	Tag Rugby	Quicksticks	Quicksticks
Spring 2	Spring 2	Spring 2	Spring 2	Spring 2	Spring 2
Ball Skills	Mini Muay Thai	Eco Warrior Dance	Eco Warrior Dance	Gymnastics	Basketball
	Rugby FUNdamentals	Basketball	Eco Warrior Dance	Gymnastics	Martial Arts Dance
Summer 1	Summer 1	Summer 1	Summer 1	Summer 1	Summer 1
Athletics	Ball Skills	Athletics	Kwik Cricket	Basketball	Athletics
Jungle Dance	Kwik Cricket	Kwik Cricket	Kwik Cricket	OAA	Gymnastics
Summer 2	Summer 2	Summer 2	Summer 2	Summer 2	Summer 2
OAA	OAA	Tennis	Athletics	Athletics	Kwik Cricket
	Athletics	Tennis	Athletics	Athletics	OAA



PROGRESSION OF KEY SKILLS

Invasion Games

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

EY

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

1

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

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

2

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

Introduce a various passes (hands/ feet/object) continuing to develop control of pass
 Adapted games – developing thought process of footwork rule e.g. superhero ball e.g. no running with the ball
 Move into a space to catch/receive a ball. Pass the ball to someone in a space
 Follow/mark an opponent and trying to win (intercept) the ball
 Scoring in a variety of ways and begin to use in a game situation
 Develop tactics for attacking and defending
 Play adapted games-learning different rules. Encouraging fair play and respect

3

Year 3 (progressions through invasion game units)

Continue to develop control of passing and receiving the ball – beginning to attempt these in a game situation
 Adapting footwork to suit game being played e.g netball stride stop and jump stop, handball 3 steps
 Perform a dodge into get into a space and receive a pass
 Marking a player, keeping on the balls of your feet
 Shooting adapting technique to suit game – e.g into hoop/target or goal
 Begin to apply some basic principles for attacking & defending – how do they deny space, how can they win back possession
 Continue to play adapted games and introduce key rules that are sport specific. Apply in a game situation

4

Year 4 (progressions through invasion game units)

Pass and receive mostly control – begin to select and apply the correct pass
 Footwork-be able to change direction quickly, accelerating in a game situation
 Attempting various dodges to create space to receive the ball
 Marking a player, standing side on, sticking to player
 Shooting- focus on bending the knees and place hand under the ball to shoot
 Develop tactics – begin to use them in a variety of games- e.g. when and where to move while in, and out of possession
 Understand rules of a game. Begin to officiate their own game and become familiar with key terms and vocabulary related to RST

5

Year 5 (progressions through invasion game units)

Selecting the correct pass in a game and move into a space
 Receive the ball on the move (on the balls of feet) changing direction quickly
 Perform different dodges/movements to receive a ball in a space
 To defend a player and attempt to intercept a pass
 Shooting –Choosing the correct shot for the game
 Begin to use attacking and defending, techniques learned in a game situation e.g. positions on the pitch/court e.g formations to either keep possession or win back possession of the ball
 In teams, begin to discuss tactics and how to work as a team (communicate and collaborate)
 Understand how to apply rules in various invasion games and be able attempt officiating

6

Year 6 (progressions through invasion game units)

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





PROGRESSION OF KEY SKILLS

Gymnastics

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



1	Year 1
	Can perform various shapes
	Perform basic jump (straight jump, Star jump)
	Perform a tuck rock and a tuck roll and rocket roll with pointed toes
	Perform a simple balance holding for 3 seconds
	Perform a bunny hop- hands first then feet
	Perform a basic sequence (roll, jump and roll)
	Moving on and off apparatus with control



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



3	Year 3
	Can perform a variety of shapes with good control
	Perform a straight jump with a half turn
	Perform a Teddy bear roll
	Perform Point and Patch balances
	Perform a bunny hop across a mat run and onto/across low benches and apparatus
	Perform a short sequence on mats (using levels directions control)
	Hopscotch on throw down feet- introduction to hurdle step onto apparatus



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



5	Year 5
	Can perform complex shapes with control and some flexibility
	Perform more complex jumps, tuck, pike and a scissor kick
	Perform a T-roll
	Perform symmetrical and asymmetrical balances
	Perform a 'squat on and squat off' on various apparatus
	Link skills to create a sequence with Fluency. Co-operate, communicate and collaborate with others
	To perform a hurdle step on the floor/springboard
	Cartwheel on the floor using various apparatus



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





PROGRESSION OF KEY SKILLS

Dance

Early Years

EY

- Moving in time to happy and sad music
- Experiment with different ways of moving
- Experiment with actions at different levels
- Moving around as different characters or animals to the music

1

Year 1

- Listen to the music and begin to move in time to it
- Perform basic dance movements
- Perform dance movements showing some levels
- Perform basic dance travelling movements e.g. stepping, skipping, jumping
- Perform simple dance moves with some control

2

Year 2

- Move in time to the music showing some expression
- Perform dance movements with control
- Perform dance movements showing a variety of levels
- Perform dance movements showing travelling in different directions e.g. sliding, turning, gesturing
- Remember simple dance steps, perform with control in time to the music

3

Year 3

- Collaborate to make a dance warm up
- Use a stimulus to create a dance
- Dance in unison with a partner
- Perform in canon with a group
- Use some different levels and pathways

4

Year 4

- Cooperate to make a dance warm up and take on a leadership role
- Respond imaginatively to a stimulus
- Dance in unison with a partner/group performing a range of movement patterns
- Perform in canon showing a range of movement patterns
- Perform a variety of levels and pathways in a dance

5

Year 5

- Co-operate and collaborate to create a warm up displaying a variety of movement patterns
- Translate ideas from a stimulus showing control and fluency
- Dance in unison in a group keeping in time with each other
- Dance in canon showing good timing
- Perform using a variety of levels and using the space

6

Year 6

- Co-operate, communicate and collaborate with a group to make up a warm up with good rhythm and timing
- Translate ideas from a stimulus into movement showing expression, precision, control and fluency
- Dance in unison in a group showing good timing, energy and strength
- Dance in canon in a group showing good timing, energy and strength
- Use levels, travelling and space with timing and musicality





PROGRESSION OF KEY SKILLS

Outdoor Adventurous Activities (OAA)

Early Years

EY

- Work with a partner and take turns
- Listen attentively to a partner
- Negotiate space and obstacles safely
- Move energetically, such as running, jumping, hopping, skipping and climbing
- Have the confidence to try new activities and show resilience to challenge
- Develop strength, balance and co-ordination when completing tasks

1

Year 1

- Begin to work with a partner to meet a challenge
- Use communication to guide your partner through a course when blindfolded
- Begin to travel in different directions under instruction, to locate treasure with a partner
- Identify ways of travelling to include hopping, jumping and leaping, whilst using co-ordinates to make maps
- Work as part of a team to match animals to their matching cards
- Continue to develop team skills while attempting to complete a task

2

Year 2

- Work within a team to find solutions to cross the river
- Develop the ability to work with a variety of partners, providing instruction while creating an obstacle course
- Begin to use co-ordinates and confidently navigate through a map using North, South, East and West
- Have a basic understanding of how to use a compass and create their own instructions
- Continue to work together as a team and further develop team skills including communication
- Begin to develop individual leadership qualities while completing tasks as part of a team

3

Year 3

- Use a key to follow a plan
- Communicate with peers to complete challenges
- Know the eight points of the compass
- Identify what is at points on a grid using co-ordinates in the form (letter, number)
- Collaborate with members of a team to begin to solve problems
- Continue to develop leadership qualities while completing tasks as part of a team

4

Year 4

- Use a key to accurately place things in the correct locations according to a plan
- Develop different methods of communication to achieve a goal
- Give and follow directions using the eight points of the compass
- Use co-ordinates on a plan to correctly place and locate different objects
- Listen carefully and follow instructions given by teammates
- Lead a team to complete a task

5

Year 5

- Use a key to identify orienteering landmarks on a map
- Communicate and listen clearly to other members of the team to complete challenges in isolation
- Use compass directions to navigate around a grid
- Use 4-figure grid references to read an OS map
- Work efficiently as part of a team to complete a challenge
- Effectively lead a team to complete a task

6

Year 6

- Use a key to follow a route on an orienteering map
- Use clear and concise communication skills to achieve a challenge
- Use compass directions to navigate around a familiar area eg school grounds
- Use 6-figure grid references to read an OS map
- Work as a team to ensure all members are able to complete a challenge at a competitive pace
- Effectively lead a team to complete a task and evaluate their own leadership skills





PROGRESSION OF KEY SKILLS

Football

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



1	Year 1
	Stopping a ball with the inside of feet
	Pass the ball, beginning to use inside of feet "toe, toe, toe, no, no, no!"
	Dribble the ball with the inside of feet - finding a space
	Introduce getting the ball off a player- tackling
	Scoring in a variety of ways- into goals and at targets
	Begin to understand tactics for attacking and defending
	Small sided games 4v4



Year 2	2
Stopping a ball with the sole and inside of feet	
Pass the ball to a partner P,P,P, Plant, Pass Point to help with accuracy	
Dribble the ball with the inside of feet, keeping the ball close to their body- dribble into a space	
Improve tackling by using adapted games- introduce intercepting play	
Scoring in a variety of ways and begin to use in a game situation	
Begin to include some basic tactics for attacking and defending in conditioned games	
Play an adapted and conditioned games 5v5.	



3	Year 3
	Control a ball using inside, outside and sole of feet
	Pass the ball with inside of feet with accuracy. Pass the ball to someone in a space
	Dribble the ball, beginning to turn with some control (inside and outside hook)
	Defend making a tackle in isolation (a conditioned game)
	Shooting - Kick a stationary ball past a goal keeper
	Adapted games, begin to apply some basic principles for attacking & defending in small sided games
	Small sided games 6v6



Year 4	4
Move body to correct position to stop and control a ball	
Pass the ball with inside of feet, whist on the move	
Dribble the ball using inside, outside hook and drag back, beginning to accelerate	
Defend- moving forward to close down space to tackle in a conditioned game. Intercept a pass	
Shooting- Strike a moving ball (past a goal keeper) with some accuracy	
Encourage children to talk about tactics when attacking and defending	
Small sided games - up to 7v7	



5	Year 5
	Control the ball using either foot when moving
	Pass the ball with inside, front or laces on the foot
	Dribble the ball using inside, outside hook and drag back beginning to accelerate
	Show good body position to defend and press in a 2v2 game
	Scoring using top of foot (laces)- aiming for corners of the goal
	Begin to use attacking and defending, techniques learned in a game situation
	In teams, begin to discuss tactics and how to work as a team (communicate and collaborate)

Year 6	6
Move into space to receive the ball and control with either foot in a game	
Select the correct pass for various distances in a game situation	
Dribble the ball in a game situation around a defender	
Communicate with team when defending in a game -making interceptions, cover space	
To work as a team to score, shooting from various angles	
In a team, discuss tactics and how to win as a team (communicate and collaborate)	
Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending	
Understanding the positions and rules of the game	





PROGRESSION OF KEY SKILLS

Mini Muay Thai

Early Years

EY

- Basic stance – Developing balance using throw down feet to help with positioning for left and right
- Begin different types of strike – developing co-ordination of arms
- Upper cut – develop bobbing up and down (bouncing motion)
- Knee strike – Balancing on left and right leg
- Kicking – developing balance on one leg (left and right side) to be able to kick from the front
- Introduce some defensive techniques through a game
- Begin to develop co-ordination by adding some combinations of strikes together

1

Year 1

- Right and left stance, introduce guard beginning to keep hands up – to protect yourself
- Jab – develop co-ordination of jabbing hand at the front
- Upper cut (left and right) – dipping body down and standing up
- Knee strike – developing control and balance when bringing knee up
- Kicking – developing bringing arm down as you kick
- Shin check – begin to develop balance to get into shin check defensive position
- Develop co-ordination using different combinations of techniques and begin to compete against self

2

Year 2

- In right and left stance, keeping hands up in guard while performing a strike
- Jab cross – develop co-ordination of jabbing hand at the front and cross from the rear
- Upper cut (left and right) – dipping body down, keeping arm bent when striking
- Knee strike (front and rear) – develop balance when performing a strike on both legs
- Front and rear kick – bringing same arm down to the side of body as you kick
- Shin check – keeping balanced and guard up when in shin check defensive position
- Perform combinations of techniques demonstrating balance and co-ordination. Compete against self

3

Year 3

- Can stand in the correct stance keeping chin down and hands up to guard
- Jab cross – keeping guard up and balanced
- Upper cut and hook (left and right) always keeping one hand in guard position
- Knee strike – keeping guard up and balanced
- Kicks – flick foot, keeping guard up to protect face
- Shin check – keeping control when moving back into stance – ready for next technique
- Perform combinations of techniques developing flexibility, control, balance and strength

4

Year 4

- Can begin to switch stance for each of the strikes – keeping guard up
- Jab cross – with control and co-ordination using left and right stance
- Perform upper cut and hooks front and rear, keeping guard up
- Perform knee strike with control using front and rear – keeping guard up
- Kicks – front and rear, being able to reset into stance position
- Shin check – improve flexibility of technique – improving the height
- Using memory to remember striking combinations

5

Year 5

- Can react and change stance for each strike e.g. hand, knee kick
- Jab cross developing speed and accuracy
- Perform uppercut and hook – confidently using front and rear technique fluently
- Perform knee strikes (front and rear) beginning to improve power – and develop onto a bag/focus mitts
- Kicks – develop flexibility to kick at different levels, using both left and right leg
- Defensive – be able use shin check in isolation with control and fluency
- Perform and remember a variety of striking combinations (and create some of their own)
- Communicate and collaborate with others and create a Mini Muay Thai session

6

Year 6

- Can change stance quickly, reacting and adapting for each strike e.g. hand, knee kick
- Jab cross (on and off the focus mitts) with power and speed – using left and right hands
- Upper cut and hooks – use front and rear as part of combinations and developing speed, power and accuracy
- Knee strike (on and off the focus mitts) – with fluency and power
- Perform a front and rear kick with control, speed and power
- Defensive – be able react using shin check in isolation and combination (using defensively)
- Perform a variety of striking combinations with flexibility, control, balance and strength
- Create a Mini Muay Thai session as part of a small group and actively lead another group





PROGRESSION OF KEY SKILLS

Tag Rugby

Early Years

EY

- Follow a partner to steal their bib – introducing tag games
- Move with different objects in their hands
- Passing an object to another child
- Trying to get around a static player in a coned area
- Scoring points with beanbag treasure in a simple hoop invasion game
- Fun game getting past the fish (defender) in a small area. Fish (defender) trying to get the tails

1

Year 1

- Play a simple game of tag and begin to call 'tag' when taking a bib or belt
- Hold the ball with two hands
- Hand over the Rugby ball sideways
- Attempt to get past a defender 1v1
- Scoring a try in a modified drill using correct technique– using 2 hands to place ball down
- Small-sided adapted games. Begin to develop tactics for attacking and defending

2

Year 2

- Tag a player when facing your partner – raise hand and call "Tag"
- Move with the ball, holding it with hands– chest height
- Pass the ball sideways– with smile technique
- Dodge around a defender in a small area
- Scoring a try in an adapted game– focus placing ball down with 2 hands and staying on feet
- Small-sided games using various types of equipment. Develop tactics for attacking and defending

3

Year 3

- Tag another player, face on and keeping body position low to the ground
- Move with a ball in their hands using correct position
- Pass the ball backwards and sideways in isolation
- Move into a space to avoid a defender, through dodging techniques
- Beat a defender to score a try in various scoring zones
- Adapted games, with variations of rules, begin to apply some basic principles for attacking & defending

4

Year 4

- Play a tag game whilst moving at speed, keeping close to an opponent
- Move with control in a variety of directions holding the ball in the correct position
- Pass the ball backwards/ sideways with control whilst moving
- Use speed and space to avoid a passive defender
- Beat a defender at speed to score a try in an isolated game situation
- Play adapted games, Children encouraged to think of tactics when attacking and defending

5

Year 5

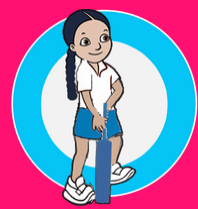
- Tag more than one player using either hand whilst moving
- Choose different pathways to move with a ball in hands against an opponent
- Pass the ball and move (loop around a teammate)
- Introduce looping around your teammate– to try and trick an opponent
- Working as a team to score a try– supporting runs in practice
- Developing tactics for attacking e.g working as a team, supporting each other
- In teams discuss tactics of attacking e.g diagonal line when attacking
- In a team, discuss tactics of defending e.g make a wall or flat line as a team when defending

6

Year 6

- Tag a player using either hand when moving at full speed in a game situation
- Dodge around a defender at speed with a ball in hands avoiding being tagged
- Bring in pass and loop into a game situation
- Looping around your teammate– to try and trick an opponent in game situation
- Working together as a team to score a try in a tag rugby game, e.g supporting diagonal runs
- Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending
- In a team, discuss tactics of attacking and defending (communicate and collaborate)





PROGRESSION OF KEY SKILLS

Kwik Cricket

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

1	Year 1
	Rolling and stopping a ball with one/two hands
	Throw and catch a ball with some control
	Bowl underarm towards a target
	Hit a ball off a tee using various bats
	Play a modified game hitting off a tee
	Small-sided adapted games. Begin to develop tactics for striking and fielding

2	Year 2
	Roll and stop a ball with control/accuracy
	Throw underarm with some accuracy and catch a ball
	Bowl underarm towards a target with control and accuracy
	Begin to hold the bat in correct position and hit a ball off a tee
	Play a modified game encouraging teamwork when fielding
	Small-sided games using various types of equipment. Develop tactics for striking and fielding

3	Year 3
	Roll the ball with one hand and stop the ball attempting Long barrier method
	Throw and catch underarm with both hands (in isolation)
	Bowl underarm at a wicket and attempt overarm
	Control with a bat (holding it correctly) hitting a ball off a tee and moving
	Play a modified game using fielding and batting skills
	Adapted games, with variations of rules, begin to apply some basic principles for striking and fielding

4	Year 4
	Roll the ball with one hand and stop the ball from different directions using barrier method
	Throw and catch under pressure in modified games
	Bowl at a wicket underarm/overarm with accuracy and control
	Hit a drop fed ball and/or moving ball with a bat
	Play a game communicating as a team
	Play adapted games, Children encouraged to think of tactics when striking and fielding

5	Year 5
	Begin to use fielding techniques with throwing and stopping and scooping up the ball
	Throwing over/underarm and catching over various distances
	Bowl, attempting to hit the wicket using under/overarm
	Hit a moving ball with control and some distance
	Communicate and collaborate as a team to beat an opponent
	Developing tactics for striking and fielding e.g working as a team, supporting each other

6	Year 6
	Positioning in a modified game to field a ball (both throwing and stopping it)
	Making correct decisions with the type of throw to use in a modified game. Move body into a position to catch the ball
	Bowl (over/underarm) at a wicket in a game against a batter with some speed and control to hit the wicket
	In a competitive game begin to tactically hit/place a ball into a space
	Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending
	In a team, discuss tactics of attacking and defending (communicate and collaborate)





PROGRESSION OF KEY SKILLS

Hockey (Quicksticks)

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

EY

Ball Awareness—moving the ball along the floor using hands
Pushing/Patting the ball to a partner using one hand
Move around safely in a variety of ways and negotiating space
Trying to get the magic ball from another player—holding a throw down strip (magic wand) in hand
Scoring into a target in a variety of ways
Play adapted games— beginning to score into a goal

1

Year 1 (progressions through Ball Games, tennis)

Ball Awareness—moving a ball along the floor using a tennis racket
Pushing a ball to a partner using a hand paddle/tennis racket
Begin to move into a space in a 'Hand hockey' game holding throw down strips (in hand)
Hand hockey—beginning to tackle, holding a throw down strip as extension to hand
Introduce scoring into a goal, using various types of equipment
Small-sided adapted games 3v3. Begin to develop tactics for attacking and defending.

2

Year 2 (progressions through Ball games, tennis)

Ball Awareness—moving a ball along the floor with control, using a tennis racket
Pushing a ball to a partner when using a tennis racket, developing control
Pass and begin to move forward into a space in a 'Hand hockey' game, holding a throw down strip (in hand)
Hand Hockey—beginning to anticipate when to tackle, using throw down strips (as hand extension)
Scoring into goals/targets using various types of equipment e.g. tennis racket to hit a ball through cones
Small-sided games using various types of equipment. Develop tactics for attacking and defending

3

Year 3

Dribble the ball holding the stick in correct position
Pass and receive a ball with some control
Perform a pass and look for a space in an adapted game to receive the ball
Begin to tackle a player safely— when stationary and moving
Score whilst the ball is stationary. Adapted games to focus on accuracy
Adapted games, with variations of rules, begin to apply some basic principles for attacking & defending

4

Year 4

Dribble and stop the ball with control
Pass the ball over a longer distance with accuracy and power
Perform a short pass and begin to move into a space and receive the ball with some control
Tackle a player beginning to use the correct grip and positioning –bend knees, low to the ground.
Develop shooting – at targets/goals. Beginning to score whilst the ball is moving
Play adapted games, Children encouraged to think of tactics when attacking and defending

5

Year 5

Dribbling the ball in different directions, keeping head up
Pass the ball over a variety of distances with some accuracy and power, in a game situation
Perform a pass with some control, accuracy and with movement into a space
Begin to defend against an opponent in a game situation – tackling and marking
Hit a moving ball with some accuracy and control into a goal
Begin to use techniques learned in a game situation and to have an understanding of key rules

6

Year 6

Dribble the ball at various speeds— both in isolation and a game situation
Pass the ball over a variety of distances in attacking or defensive situations
Pass and move into a space with accuracy, control and speed (in isolation/game situation)
Begin to defend as an individual and communicate to defend as a team (marking and tackling)
Hit a moving ball into a goal from different angles and sometimes with different levels of power
Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending





PROGRESSION OF KEY SKILLS

Basketball

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

EY

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

1

Year 1 (progressions through ball skills/Ball games)

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

2

Year 2 (progressions through ball skills/ball games)

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

3

Year 3

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

4

Year 4

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

5

Year 5

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

6

Year 6

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





PROGRESSION OF KEY SKILLS

Tennis

Early Years

EY

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

1

Year 1

- Throwing and catching a small, ball improving control- bounce catch to self/ partner
- Balance a ball on racket
- Hand eye co-ordination -tap ups (using a racket) watching the ball, knees bent
- Racket familiarisation- moving ball with racket in forehand/backhand position
- Introduce modified games - eg hand tennis
- Small-sided adapted games. Begin to develop tactics in the adapted games

2

Year 2

- Throw and catch from one hand to the other and bounce catch into a target with a partner
- Balance a ball on racket with control
- Increasing the control tapping ball to a partner (who is catching the ball)
- Racket familiarisation- moving ball with racket in forehand and backhand position whilst moving
- Play a modified game
- Develop tactics for beating an opponent

3

Year 3

- Move body position to catch a ball
- Control a ball on racket when moving - varying speed
- Hit a ball into a target (with one bounce)
- Hit ball across the floor with forehand/backhand position
- Play a modified game using skills e.g forehand
- Adapted games, with variations of rules, begin to apply some basic principles

4

Year 4

- Move with balance and control to catch a ball
- Hit/bounce ball on racket when moving
- Hit a ball into a target from a variety of distances/ angles with no bounce
- Hit ball in forehand/ backhand position with drop feed
- Play a game communicating as a team
- Play adapted games, Children encouraged to think of tactics

5

Year 5

- Move to hit a ball with some control
- Hit/ bounce a ball with control when moving at different speeds
- Serve diagonally with underarm/overarm throwing into target/game. Begin to use with racket to serve into a target
- Moving into position to hit a ball with forehand/ backhand in skills practice and game
- Communicate and collaborate as a pair to beat opponents
- Developing tactics e.g working as a team, supporting each other, communicating

6

Year 6

- Move in a variety of directions (using footwork) when hitting a ball
- Hit/bounce ball to a partner with control
- Serve diagonally under/overarm in a game of mini tennis
- Keep on toes using quick feet to hit a ball in game in forehand/ backhand position
- Use techniques learned and apply in a game situation.
- In Pairs, discuss tactics of attacking and defending in tennis (communicate and collaborate)



Swimming- Progression of Key Skills

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



PROGRESSION OF KEY SKILLS

Netball

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

EY

- Throw to self, catching a soft ball/balloon
- Experiment with rolling the ball, throw and catch to self and to a partner (hand-eye co-ordination)
- Moving around, changing direction and negotiating space
- Fun games, encouraging throwing and catching different types of ball
- Passing with a partner and counting to 5 and 10
- Shooting into a target or hoop on the floor
- Introducing fun games e.g. Player in the middle, defending hoops (beginnings of attacking, defending)

1

Year 1 (progressions through ball skills/ball games)

- Catch a soft ball safely. Pass a soft ball from the chest - 'W' shape when passing and receiving
- Adapted game introducing footwork- no running with the ball
- Move into a space in a game, looking to throw the ball to someone in a space
- Follow an opponent in a game/adapted game
- Scoring in a variety of ways- into hoops and targets
- Begin to develop tactics for attacking and defending.
- Small sided games (super hero ball) 3 v 3

2

Year 2 (progressions through ball skills/ball games)

- Introduce a bounce pass from a short distance to a partner
- Adapted games - Feet are stuck when receiving the ball - developing thought process of footwork rule
- Move into a space to catch a ball. Pass the ball to someone in a space
- Follow an opponent and trying to win (intercept) the ball
- Scoring in a variety of ways and begin to use in a game situation
- Develop tactics for attacking and defending
- Play an adapted super hero netball game.

3

Year 3

- Pass and receive a netball safely (chest and bounce pass). Pass the ball in a game within 4 seconds
- Perform a stride and jump stop in netball
- Perform a dodge in netball to get into a space
- Marking a player, keeping on the balls of your feet
- Shooting the ball high and bending knees-into hoop/target
- Adapted games, begin to apply some basic principles for attacking & defending
- Introduce Bee netball (Flier)

4

Year 4

- Pass and receive, stepping into the pass with control (chest, bounce and shoulder pass)
- Perform a stride and jump stop with a pivot
- Perform two different dodges (Drive and the dodge) creating space to receive the ball
- Marking a player, standing side on, sticking to player
- Shooting- focus on bending the knees and place hand under the ball to shoot
- Encourage children to talk about tactics when attacking and defending
- Confidently play Bee netball (Flier) 4v 4

5

Year 5

- Selecting the correct pass in a game and move into a space
- Receive the ball on the move and perform the correct footwork (jump stop, stride stop and pivot)
- Perform three different dodges (Drive dodge and double dodge) and receive a ball in a space
- To defend a player and attempt to intercept a pass
- Shooting into netball posts - Stance, bend knees to gain height, flick wrist for accuracy
- Begin to use attacking and defending, techniques learned in a game situation
- Begin to understand the positions in a Bee Netball (Stinger) game
- In teams, begin to discuss tactics and how to work as a team (communicate and collaborate)

6

Year 6

- Perform a variety of passes with some precision - quickly move into a space to receive another pass
- Perform correct footwork in a game - pivoting to turn the correct way to pass the ball
- Perform a variety of dodges to move into a space and receive a ball - in a practice and in a game situation
- Defend a player during a game, intercepting the ball
- Shoot into a netball post, focus on precision and accuracy and attempt to get the rebound if the shot is missed
- In a team, discuss tactics and how to win as a team (communicate and collaborate)
- Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending
- Play Bee Netball (Stinger) - understanding the positions and rules

