



### Basketball

- Introduce dribbling;
- Introduce passing and receiving
- Combine dribbling and passing to create space
- Develop passing, receiving and dribbling
- Introduce shooting

Year 3

### Basketball

- Refine dribbling
- Refine passing and receiving
- Refine passing and dribbling creating space
- Refine passing and dribbling creating shooting opportunities
- Introduce marking

Year 4

### Basketball

- Refine passing and receiving
- Apply passing, footwork and shooting into mini games, introduce officiating
- Introduce defending
- Explore the function of other passing styles

Year 5

### Basketball

- Consolidate keeping possession and officiating
- Consolidate defending
- Create, understand and apply attacking tactics in game situations
- Create, understand and apply defending tactics in game situations

Year 6



### Dodgeball

- Developing changing direction
- Introduce throwing with accuracy
- Introduce catching
- Develop moving, changing direction at speed

### Dodgeball

- Introduce jumping and ducking
- Develop throwing with accuracy and power over an increased distance
- Develop catching
- Consolidate dodging, jumping and ducking

### Dodgeball

- Introduce blocking
- Consolidate catching
- Understand where we throw and why we need to throw with accuracy and power
- Explore basic attacking and defending tactics

### Dodgeball

- Consolidate/understanding attacking and defending tactics
- Transition between attack and defence
- Applying the rules: Officiating games
- Managing tactics and officiate games



### Football

- Introduce/develop dribbling keeping control
- Introduce passing and receiving
- Combine dribbling and passing to create space
- Develop passing, receiving and dribbling

### Football

- Refine dribbling
- Turning
- Refine passing and receiving
- Develop passing and dribbling creating space
- Introduce shooting

### Football

- Refine dribbling and passing to maintain possession
- Introduce and develop defending
- Develop shooting
- Refine attacking skills, passing, dribbling and shooting, introduce officiating

### Football

- Consolidate keeping possession, develop officiating
- Consolidate defending
- Organise formations and manage teams
- Organise formations decide tactics, manage teams and officiate games



### Handball

- Introduce passing, receiving and creating space
- Develop passing and moving
- Combine passing and moving
- Introduce shooting
- Develop passing and shooting

### Handball

- Refine passing and receiving
- Develop passing and creating space
- Develop passing, moving and shooting
- Combine passing and shooting
- Introduce defending

### Handball

- Consolidate passing and receiving
- Explore the function of other passes
- Develop defending
- Develop passing and creating space, introduce officiating
- Refine shooting

### Handball

- Consolidate keeping possession, develop officiating
- Understand and apply defending tactics in game situations
- Consolidate defensive tactics; understand and apply defensive tactics in game scenarios



### Hockey

- Introduce dribbling
- Introduce passing and receiving
- Combine dribbling and passing to create space
- Develop passing, receiving and dribbling
- Introduce shooting

### Hockey

- Refine dribbling and passing
- Combine passing and dribbling to create shooting opportunities
- Develop passing and dribbling creating space for attacking opportunities
- Introduce defending; blocking and tackling

### Hockey

- Develop defending; blocking and tackling
- Refine dribbling/passing to create attacking opportunities
- Refine attacking skills, passing dribbling and shooting
- Refine defending skills developing transition from defence to attack

### Hockey

- Consolidate keeping possession, develop officiating
- Consolidate defending
- Create, understand and apply attacking/defending tactics in game situations

## KS2 Progression of Skills Overview



**Netball**

- Introduce passing, receiving and creating space
- Develop/combine passing and moving
- Combine/develop passing and shooting



**Tag Rugby**

- Introduce moving with the ball, passing and receiving
- Introduce tagging
- Create space when attacking
- Develop passing and moving
- Combine passing/moving to create attacking opportunities



**Cricket**

- Understand the concept of batting and fielding
- Introduce throwing overarm
- Introduce throwing underarm
- Introduce catching
- Striking with intent



**Rounders**

- Introduce to rounders
- Introduce overarm throwing
- Apply overarm and underarm throwing
- Introduce stopping the ball
- Application of stopping the ball in a game



**Tennis**

- Introduction tennis, outwitting an opponent
- Creating space to win a point
- Consolidate how to win a game introduce rackets
- Introduce the forehand

**Year 3**

**Netball**

- Refine passing and receiving
- Develop passing and dribbling creating space
- Develop passing, moving and shooting
- Refine passing and shooting
- Develop footwork

**Tag Rugby**

- Develop passing, moving and creating space
- Apply learning to 3v3 mini games
- Develop defending in game situations
- Combine passing and moving to create an attack and score

**Cricket**

- Develop an understanding of batting and fielding
- Introduce bowling underarm
- Develop stopping and returning the ball
- Develop retrieving and returning the ball
- Striking the ball at different angles and speeds

**Rounders**

- Develop fielding bowling with a backstop
- Introduce batting; how
- Develop batting; where and why
- Introduce and apply basic fielding tactics

**Tennis**

- Developing the forehand
- Creating space to win a point using a racket
- Introduce the backhand
- Applying the forehand and backhand in game situations
- Applying the forehand and backhand creating space to win a point

**Year 4**

**Netball**

- Recap and refine dribbling and passing to create attacking opportunities
- Develop marking
- Refine shooting
- Refine attacking skills, passing, dribbling and shooting introduce officiating

**Tag Rugby**

- Refine passing and moving to create attacking opportunities
- Explore different passes that can be used to outwit defenders
- Refine defending as a team
- Create and apply defending tactics. Develop officiating

**Cricket**

- Refine batting, batting and bowling tactics
- Refine fielding stopping, catching and throwing
- Combine bowling and fielding creating and applying tactics
- Introduce umpiring and scoring

**Rounders**

- Develop fielding tactics maximising players
- Understand what happens if the batter misses the ball
- Refine fielding tactics, what players where?
- Applying tactics in mini games

**Tennis**

- Introduce/develop the volley
- Controlling the game from the serve
- Doubles, understanding and applying tactics to win a point

**Year 5**

**Netball**

- Consolidate keeping possession, develop officiating
- Consolidate defending
- Create, understand and apply attacking/defending tactics in game situations

**Tag Rugby**

- Consolidate passing and moving
- Consolidate defending
- Create, understand and apply attacking/defending tactics in game situations
- Consolidate attacking and defending in min games

**Cricket**

- Consolidate batting, fielding and bowling
- Create, understand and apply attacking and defensive tactics in game

**Rounders**

- Introduction to full rounders
- Consolidate fielding tactics
- Refine our understanding of what happens if the batter misses or hits the ball backwards
- Batting considerations

**Tennis**

- Game application
- Game application, mixed ability doubles, round robin games

**Year 6**

# KS2 Progression of Skills Overview



### Tactics and Communication

- Creating and applying simple tactics
- Developing leadership
- Develop communication as a team
- Create defending and attacking tactics as a team



### Symmetry and Asymmetry

- Introduction to symmetry
- Introduction to asymmetry
- Application of learning onto apparatus
- Sequence formation
- Sequence completion



### Athletics

- Explore running for speed
- Explore acceleration
- Introduce / develop relay: Running for speed in a team
- Throwing: Accuracy vs distance
- Standing Long Jump



### Boccia

- Exploring sending
- Understand why we need to be accurate when sending the ball
- Develop our sending technique and understanding of accuracy
- Introduce scoring



### Health and Wellbeing

- Exploring relaxation techniques
- Applying relaxation techniques and using them effectively
- Performing balanced meditative poses
- Using props to help us balance in our meditative poses

Year 3

### Problem Solving

- Benches and mats challenge
- Round the clock card challenge
- The pen challenge
- The river rope challenge
- Caving challenges

### Bridges

- Introduction to bridges
- Application of bridge learning onto apparatus
- Develop sequences with bridges
- Sequence formation
- Sequence completion

### Athletics

- Develop running at speed
- Exploring our stride pattern
- Exploring running at pace
- Understand and apply tactics when running for distance
- Javelin
- Standing Triple Jump

### Boccia

- Consolidating sending with accuracy in Boccia: Sending with pace and speed
- Tactical Play: Applying accuracy into our Boccia games
- Tactical Play: Defending in Boccia

### Health and Wellbeing

- Creating movements to help express ourselves and our emotions.
- Using mime to manage positive and negative emotions
- Using meditative poses to help control and manage our emotions

Year 4

### Orienteering

- Face orienteering
- Cone orienteering
- Point and return
- Point to point
- Timed course
- Orienteering competition

### Counter Balance and Counter Tension

- Introduction to Counter Balance
- Application of Counter Balance learning onto apparatus
- Sequence formation
- Counter Tension
- Sequence completion

### Athletics

- Finishing a race
- Evaluating our performance
- Sprinting: My personal best
- Relay changeovers
- Shot Put
- Introducing the Hurdles

### Boccia

- Sending the ball: Develop our understanding why we need to be accurate
- Sending the ball: Refine our sending technique and understanding of accuracy
- Sending the ball: Applying accuracy in teams

### Tennis

- Explore and understand cardio fitness
- Explore and understand flexibility fitness
- Explore and understand strength fitness

Year 5

### Leadership

- Understanding what makes an effective leader
- Communicating as a leader
- Introducing the STEP principle: Space, Task, Equipment and People

### Matching and Mirroring

- Introduction to matching/mirroring
- Application of matching/mirroring learning onto apparatus
- Sequence development

### Athletics

- Running for speed competition
- Running for distance competition
- Throwing competition
- Jumping competition

### Boccia

- Creating and applying basic tactics: Coaching and officiating Boccia games
- Level 1 Competition: Pairs Boccia
- Level 1 Competition: Team Boccia

### Tennis

- Develop a secure understanding of cardio fitness
- Develop a secure understanding of flexibility fitness
- Develop a secure understanding of strength fitness

Year 6

## KS2 Progression of Skills Overview



### Wild Animals

- Responding to stimuli
- Developing character dance into a motif
- Develop sequences with a partner in character that show relationships
- Extending sequences with a partner in character

Year 3



### Weather

- Responding to stimuli, extreme weather
- Developing thematic dance into a motif
- Extending dance to create sequences with a partner
- Developing sequences with a partner



### Witches and Wizards

- Responding to stimuli
- Developing characters and extending the story
- Creating motifs with a partner in character
- Developing characterisation



### Badminton

- We have not created a Badminton unit for Year 3.

### Cats

- Responding to stimuli working together
- Extending sequences with a partner in character
- Exploring two contrasting Relationships and interlinking dance moves

Year 4

### Space

- Extending sequences with a partner in character
- Developing sequences with a partner in character that show relationships and interlinking dance moves
- Sequences, relationships, choreography and performance

### World War II

- Explore the behaviours of people in 1939
- Creating sequences in small groups that show character emotion
- Creating movements that interconnect

### Badminton

- We have not created a Badminton unit for Year 4.

### Greeks

- Exploring the Greeks using compositional principles
- Extending sequences with a partner using compositional principles
- Creating movement using improvisation where movement is reactive

Year 5

### The Circus

- Develop character movements linked to prejudices
- Create movements that represent different characters and performers in a circus
- Extending our performance incorporating props and apparatus linked to the variety of performers

### Dance

- We are currently creating a brand-new dance unit for Year 5.
- This will be available from September 1<sup>st</sup> 2023.

### Badminton

- Exploring different forehand /backhand shots
- Applying different forehand/ backhand shots to win a point
- Consolidate outwitting an opponent
- Doubles: Understanding and applying tactics to win a point

### Carnival

- Performing with technical control and rhythm in a group
- Creating rhythmic patterns using the body
- Experiencing dance from a different culture
- Chorographical elements including still imagery

Year 6

### Titanic

- Creating rhythmic patterns using our body
- Extend choreography through controlled movements, character emotion and expression
- Explore the relationships between characters applying character emotion and expression

### Dance

- We are currently creating a brand-new dance unit for Year 6.
- This will be available from September 1<sup>st</sup> 2023.

### Badminton

- Introduction to badminton: Outwitting an opponent
- Introduce the forehand and backhand
- Applying the forehand and backhand: Creating space to win a point
- Controlling the game from the serve

## KS2 Progression of Skills Overview