

## PE Curriculum Map

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Autumn 1	Autumn 1	Autumn 1	Autumn 1	Autumn 1	Autumn 1
First PE	Multi Skills & FUNS	Ball Skills	Tennis	Quicksticks	Handball KS2 Y5-6	Football
First PE		Rugby FUNamentals	Yoga Facts	Multi Skills	Gymnastics	Netball
Autumn 2	Autumn 2	Autumn 2	Autumn 2	Autumn 2	Autumn 2	Autumn 2
Multi Skills	Gymnastics	Mini Muay Thai Yr 1/2	Dance	Mini Muay Thai Yr 3/4	Dodgeball	Dodgeball KS2 Y5-6
Multi Skills	Ball Skills	Gymnastics	Football	Football	Basketball KS2 Y5-6	Outdoor adventure
Spring 1	Spring 1	Spring 1	Spring 1	Spring 1	Spring 1	Spring 1
Jungle Dance	Space Dance	Jungle Dance	Basketball KS2 Y3-4	Gymnastics	Quicksticks	Gymnastics
Jungle Dance	Space Dance	Jungle Dance	Basketball KS2 Y3-4	Greatest Showman	Tag Rugby	Basketball KS2 Y5-6
Spring 2	Spring 2	Spring 2	Spring 2	Spring 2	Spring 2	Spring 2
Gymnastics	Ball Skills	Tennis	Kwik Cricket	Tag Rugby	Olympic Dance (Yr 5/6)	Dance
Gymnastics	BALL GAMES	Tennis	Kwik Cricket	Tennis	Netball	Tag Rugby
Summer 1	Summer 1	Summer 1	Summer 1	Summer 1	Summer 1	Summer 1
Tennis	Kwik Cricket	Multi Skills & FUNS	Tag Rugby	Athletics	Athletics	
	Kwik Cricket	Multi Skills & FUNS		Netball	Kwik Cricket	Kwik Cricket
Summer 2	Summer 2	Summer 2	Summer 2	Summer 2	Summer 2	Summer 2
Athletics	Athletics	Athletics	Athletics	Rounders		Rounders Yr 5/6
	Athletics	Athletics	Rounders	Basketball KS2 Y3-4	Rounders Yr 5/6	Athletics





# P

# PROGRESSION OF KEY SKILLS

## Multi-Skills

### Early Years

- Experiment with different ways of balancing
- Experiment with different ways of moving (agility)
- Experiment with different ways of moving ball with different body parts (co-ordination)
- Working with friends in a team-taking turns

EY



1

### Year 1

- Balance on lines with control and use equipment to balance on various parts of the body
- Changing direction with some control (agility)
- Co-ordinating body whilst beginning to move with equipment
- Co-operate, compete and challenge themselves as a team in various games



2

### Year 2

- Balance on low equipment with good control
- Changing direction quickly with good balance and control (agility)
- Co-ordinating body whilst beginning to move at different speeds with various equipment
- Complete challenges as a team in various running/obstacle games and working to improve performance



3

### Year 3

- Balancing on various body parts while moving
- Agility focus -changing direction at speed
- Co-ordinate body to perform a combination of movements
- Complete a variety of fitness tests successfully and achieve a personal best



4

### Year 4

- Balancing confidently using various equipment and body parts
- Agility focus - changing direction at speed with good technique
- Co-ordinate body efficiently to perform a combination of movements or actions
- Complete a variety of fitness tests confidently and achieve a number of personal bests



5

### Year 5

- In combination with different skills, can balance equipment while moving and co-ordinating another action
- Agility focus - change direction quickly and efficiently with equipment
- Agility focus - change direction quickly and efficiently with equipment
- Test and measure balance, agility and co-ordination confidently and accurately. Can compare their performances with previous ones and strive to achieve a personal best



6

### Year 6

- Balance equipment on various body parts whilst moving or co-ordinating another body actions accurately
- Agility focus - can change direction at speed with balance and control whilst using various equipment
- Co-ordinate using both sides of the body with fluency to perform a combination of movements or actions
- Complete each test with fluency and accurately measure and record. Evaluate previous performance levels and demonstrate improvements to achieve their personal best





# P

# ROGRESSION 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







# P

# ROGRESSION 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

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

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

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







# P ROGRESSION 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)





# P ROGRESSION OF KEY SKILLS

## Invasion Games

Early Years (progressions through first PE unit/Enjoy-a-ball)
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
<b>Moving around, changing direction and negotiating space</b>
Follow a partner to steal their bib
Experiment with different ways of shooting/placing an object into/on a target or hoop
<b>Introducing fun games e.g. Player in the middle, defending hoops (beginnings of attacking, defending)</b>
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

EY



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
<b>Move into a space in a game, looking to throw/pass the ball to someone in a space</b>
<b>Follow an opponent in a game/adapted game</b>
Scoring in a variety of ways- into hoops, goals or targets
<b>Begin to develop tactics for attacking and defending.</b>
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
<b>Move into a space to catch/receive a ball. Pass the ball to someone in a space</b>
<b>Follow/mark an opponent and trying to win (intercept) the ball</b>
Scoring in a variety of ways and begin to use in a game situation
<b>Develop tactics for attacking and defending</b>
<b>Play adapted games-learning different rules. Encouraging fair play and respect</b>

3



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
<b>Perform a dodge into get into a space and receive a pass</b>
<b>Marking a player, keeping on the balls of your feet</b>
Shooting adapting technique to 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
<b>Continue to play adapted games and introduce key rules that are sport specific. Apply in a game situation</b>

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
<b>Attempting various dodges to create space to receive the ball</b>
<b>Marking a player, standing side on, sticking to player</b>
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



5 Year 5 (progressions through invasion game units)
<b>Selecting the correct pass in a game and move into a space</b>
Receive the ball on the move (on the balls of feet) changing direction quickly
<b>Perform different dodges/movements to receive a ball in a space</b>
<b>To defend a player and attempt to intercept a pass</b>
<b>Shooting -Chosing the correct shot for the game</b>
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
<b>In teams, begin to discuss tactics and how to work as a team (communicate and collaborate)</b>
<b>Understand how to apply rules in various invasion games and be able attempt officiating</b>

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







# P

# ROGRESSION 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)







# P

# ROGRESSION 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)







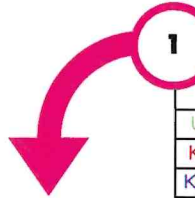
# P

# ROGRESSION OF KEY SKILLS

## Mini Muay Thai

Early Years
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

EY



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







# P

# ROGRESSION OF KEY SKILLS

## Yoga

### Early Years

EY

- Experiment with different Yoga poses both static and moving
- Begin short relaxation games
- Create different sun shapes with their body
- Challenge themselves to make up their own animal poses
- Listen to the Yoga story and create poses

1

### Year 1

- Perform basic Yoga poses with some balance
- Begin to relax the body in rest pose
- Perform Sun Pose (beginning of sun salutation)
- To try some of the challenge poses e.g. snake pose
- Make up a story with some Yoga poses

2

### Year 2

- Perform Yoga poses, beginning to use tummy muscles (core strength), some flexibility, balance and control
- Relax in rest post and begin to focus on breathing
- Perform Sun pose with control (beginning of sun salutation)
- To perform the challenge poses e.g. Tree pose 2 or 3
- Make up a story using all Yoga poses

3

### Year 3

- Perform more complex Yoga poses showing control and increased flexibility
- Sit in lotus pose relax and begin to focus on breathing in and out of nose
- Perform Cobra pose 2 (used in sun salutation)
- Improve on balance to perform swaying tree pose
- Collaborate to create a Yoga Fun Facts routine

4

### Year 4

- Perform more complex yoga poses developing core strength and good flexibility
- Begin to focus on breathing in more than one pose
- Perform individual poses to build up towards Sun Salutation e.g. tree, downward dog, Cobra Pose 2
- To perform the challenge pose and swaying tree, with some control and fluency
- Collaborate to create a Yoga Fun Facts Routine and teach the routine to others

5

### Year 5

- Perform complex Yoga poses with control, core strength and flexibility
- Perform a variety of poses using breathing techniques and use in relaxation time
- Remember and perform Sun Salutation (SS)
- Perform the extended poses- e.g. extended cat pose
- Collaborate in a group to create a Yoga routine of 7 poses

6

### Year 6

- Perform complex Yoga poses with good core strength, flexibility and balance for longer periods of time on each pose
- Perform all poses and remembering to use breathing technique when performing them in relaxation time
- Perform Sun Salutation (SS) and link to other Yoga moves
- Perform extended version of cat pose, dog pose and create their own extensions
- Collaborate in a group to create a Yoga routine- and create a sequence of moves like Sun Salutation.







# P

# ROGRESSION 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

2

### Year 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

4

### Year 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)

6

### Year 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







# P

# ROGRESSION 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.







# P

# ROGRESSION 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







# P ROGRESSION 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







# P

# ROGRESSION OF KEY SKILLS

## Handball

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 at and into targets e.g. on walls, on benches, cones- 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.	
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
	Throwing a ball into a target (through cones) to score
	Footwork- adapted game, beginning to introduce taking steps 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
	Small-sided games 3vB. 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- introduce scoring into goals
	Footwork -experiment with taking 3 steps and passing the ball
	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 (Mini Handball). Develop tactics for attacking and defending	

3	Year 3 (through handball and basketball)
	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 handball safely (chest and bounce pass). Pass the ball in a game within 5 seconds
	Scoring a goal (handball simulate e.g through 2 cones) adding a passive Goal keeper
	Introduce footwork through warm ups and games- 3 steps and pass
	Dodge in a conditioned game to get into a space, begin to apply some basic principles suitable for attacking
	Adapted games, begin to apply some basic principles for attacking & defending
Introduce 3v3 mini basketball or an adapted game. Introduce tip off and key rules	

4	Year 4 (through handball and basketball)
	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 goal, beginning to take 3 steps- adding an active goalkeeper
	Bringing in footwork and travelling rules into a game situation
	Dodging around a player with the ball, focus on dodging into a space
	Encourage children to talk about tactics when attacking and defending
Introduce 4v4 or adapted game. Begin to use some additional rules e.g travelling, contact	

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)
	Introduce a jump shot in isolation and in a game
	Using footwork technique (3 steps) in game and shooting
	Dodging around your partner in a variety of ways e.g. with and without a ball
	Defending - introduce blocking technique
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
	Use a variety of shooting techniques in a game situation e.g. feint and shoot, jump and shoot, step and shoot
	Moving with the ball and perform the correct footwork in a competitive game situation
	Dodging around an active defender in a game situation. Apply basic principles for attacking
	To apply defensive techniques e.g blocking and marking in a competitive game situation.
	Use techniques learned and apply in a game situation. Children to officiate

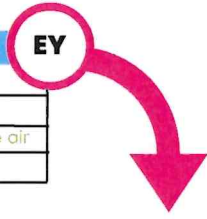






# P ROGRESSION OF KEY SKILLS

## Rounders



Early Years (progressions through first PE unit/Enjoy-a-ball)
Experiment with different ways of throwing a beanbag, tennis ball over a short distance
Experiment with throwing underarm at targets
Hand eye co-ordination developed through hitting a tennis ball, using throw down strips, hitting a balloon in the air
Rolling the ball to a partner and stopping the ball

1	Year 1 (progressions through kwik cricket and tennis)
	Throw underarm and introduce overarm. Throw and catch various size balls
	Bowling at various sized targets
	Hand eye co-ordination - hitting a ball with a tennis racket along the floor and in the air
	Rolling the ball to a partner, stopping it with hands, bending knees and moving to the ball
	Begin to develop tactics for adapted striking and fielding games

2	Year 2 (progressions through kwik cricket and tennis)
	Throw underarm and begin to improve distance thrown with overarm, and catch a ball with control
	Underarm bowl at a various sized targets with control
	Hitting the ball with a feed and self feed - to develop hand eye co-ordination
	Stopping the ball using one or two hands
	Develop tactics for adapted striking and fielding games

3	Year 3
	Throw under/over arm and catch a ball with control and some accuracy
	Bowling a ball (between the batters knee and head) from a short distance
	Using various equipment to strike the ball with adapted bats e.g tennis racket, rounders bat
	Stop the ball using two hands and attempt a long barrier
	Adapted games, with variations of rules, begin to apply some basic principles, through striking and fielding

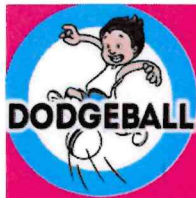
4	Year 4
	Throw under/over arm over varying distances and catch a ball with control and accuracy
	Beginning to bowl from the correct bowling distance 7.5 metres
	Stepping into the hit when striking the ball with a rounders bat
	Long barrier moving into position to scoop up the ball
	Play adapted games, Children encouraged to think of tactics when striking and fielding

5	Year 5
	Throw and catch the ball sometimes making the correct decisions in a game situation
	Introduce a donkey drop bowl
	Begin to hit the ball in different directions
	Field the ball using long barrier and attempting the run and scoop
	In a team, discuss tactics of striking and fielding

6	Year 6
	Throw and catch, making correct tactical decisions having an impact in a game situation
	Use a variety of bowling techniques, beginning to add speed to the underarm bowl
	Hit it in a variety of directions and look for space in a game situation
	Use the run and scoop and throw to another player on my team
	Use techniques learned and apply in a game situation. Apply basic principles for striking and fielding







# P ROGRESSION OF KEY SKILLS

## Dodgeball

Early Years	(progressions through first PE unit/Enjoy-a-ball)	EY
Experiment with rolling the ball, throw and catch to self and to a partner (hand eye co-ordination).		
Throw to self and to a partner using soft objects e.g. balloon, scarf, soft ball. Catching a balloon/ball		
Aiming at a target e.g a tall cone		
Jumping over objects in a variety of different ways		
Pushing a balloon away with two hands		
Move around safely in a variety of ways and negotiating space.		

1	Year 1
Rolling the ball in different ways through tunnels	
Throw a ball to a partner underarm. Throwing and catching with a partner	
Aiming at a variety of targets and at different levels	
Jumping over a variety of objects at different heights and over a ball in a game situation.	
Blocking technique movement - through a game situation - tapping another partner's ball with their own	
Adapted games. Begin to develop tactics for attacking and defending.	

Year 2	2
Rolling the ball to a partner, increasing the distance of targets to improve accuracy	
Throw the ball to a partner underarm- introduce targets. Throwing and catching, having control of the ball	
Aiming at a variety of targets, beginning to develop accuracy e.g. through a hoop	
Jumping and dodging to avoid being hit by a ball	
Protecting a specific player in a game	
Small-sided adapted dodgeball games . Develop tactics for attacking and defending	

3	Year 3
Throw the ball in different ways e.g grip and claw	
Catching the ball in a variety of ways and getting into 'Ready Position'	
Aiming at the opposition (below the waist) in a variety of directions, using an underarm throw	
Begin to develop different ways to dodge the ball in isolation and replicate in a game situation	
Experiment with different ways of blocking	
Adapted games, begin to apply some basic principles for attacking & defending	

Year 4	4
Throw the ball in different ways e.g grip and claw with control	
Catching the ball in a variety of ways and at various distances - moving towards the ball	
Aiming and improving the accuracy of throwing distance	
Begin to develop footwork to dodge and avoid being hit by the ball.	
Blocking the ball in a variety of ways and beginning to protect other players	
Encourage children to talk about tactics when attacking and defending	

5	Year 5
Throwing the ball overarm and underarm in a variety of directions with control and some speed	
Catching the ball at different levels within a game situation	
Aiming at the opposition with some precision and control	
Dodging in a variety of ways in a game situation. Duck, jump, moving sideways with control and good reactions	
Blocking the ball from a variety of directions and protecting other players in an adapted game	
Begin to use techniques learned in a game situation and to have an understanding of key rules	

Year 6	6
Throwing the ball in a game with precision, control and speed	
Identify catching opportunities to claim a catch in a game	
Aiming at the opposition, below the shoulder, using a variety of throwing techniques	
Dodging in a game, reacting quickly and communicating tactics to teammates to dodge	
Blocking the ball and attempting to get a teammate to catch it in a game situation	
To apply defensive techniques e.g blocking and marking in a competitive game situation.	
Use techniques learned and apply in a game situation. Children to officiate.	

