# Year 3

Progression of skills

# **Basketball**

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

# Dodgeball

Developing changing direction Introduce throwing with accuracy Introduce catching Develop moving, changing direction at speed Combine throwing and dodging

# Football

Introduce/develop dribbling keeping control Introduce passing and receiving

Combine dribbling and passing to create space

Develop passing, receiving and dribbling

# Benchball

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

shooting

# Hockey

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

Hockey

Refine dribbling and passing

Develop shooting; combine

passing and dribbling to create

shooting opportunities

Develop passing and dribbling

creating space for attacking

opportunities

Introduce defending;

blocking and tackling

# Year 4

Progression of skills

# Basketball

Refine dribbling Refine passing and receiving Refine passing and dribbling creating space Refine passing and dribbling creating shooting opportunities

# Dodgeball

Introduce jumping and ducking

Develop throwing with accuracy and power over an increased distance

Develop catching Consolidate dodging, jumping and ducking into games Combine dodging, catching and throwing

# Football

Refine dribblina Turning

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

# Benchball

Refine passing and receiving Develop passing and creating space

Develop passing, moving and shooting

Combine passing and shooting Introduce defending

# Year 5

Progression of skills

# Basketball

Introduce marking

Recap and refine dribbling and passing to create attacking opportunities

Develop marking

Refine shooting

Refine attacking skills, passing, dribbling and shooting introduce officiating

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

## Football

Refine dribbling and passing to maintain possession Introduce and develop defending

Develop shooting

Refine attacking skills, passing, dribbling and shooting, introduce officiating

Consolidate passing and receiving

Develop passing and creating space, introduce officiating Refine shooting

# Benchball

Explore the function of other passes

Develop defending

# Benchball

Consolidate keeping possession, develop officiating Consolidate defending understand and apply defending tactics in game situations

Consolidate defensive tactics; understand and apply defensive tactics in game scenarios

# Hockey

Develop defending; block and tacking

Recap and refine dribbling and passing to create attacking opportunities

Refine attacking skills. passing dribbling and shooting

Refine defending skills developing transition from defence to attack

# Year 6

Progression of skills

# Basketball

Consolidate keeping possession, develop officiating Consolidate defending

Create, understand and apply attacking tactics in game situations

Create, understand and apply defending tactics in game situations

# Dodgeball

Consolidate/understanding attacking and defending tactics Transition between attack

> and defence Applying the rules: Officiating games

Managing tactics and officiate games

## Football

Consolidate keeping possession, develop officiating Consolidate defending Organise formations and mange

Organise formations decide tactics, manage reams and officiate games

# Hockey

Consolidate keeping possession, develop officiating Consolidate defending

Create, understand and apply attacking/defending tactics in game situations





# Year 3

Progression of skills

# 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 4

Progression of skills

# 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

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

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 angels 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 5

Progression of skills

## Netball

Refine passing and receiving

Apply passing, footwork and shooting into mini games, introduce officiating Introduce defending

Explore the function of other passing styles

Cricket Refine batting, understand and develop batting and bowling tactics Refine fielding stooping,

catching and throwing Combine bowling and fielding

creating and applying tactics

Introduce umpiring and scoring

# Rounders

Develop fielding tactics maximising players

the batter misses the ball Refine fielding tactics,

> what players where? Applying tactics in mini games

# 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/bowling Create, understand and apply

attacking/defensive tactics in game

Understand what happens if

# 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





# Year 6 Progression of skills

# Year 3

Progression of skills

## Communication & Tactics\*

Creating and applying Simple tactics

Developing leadership

Developing communication as a team / collaborate effectively

Create defending and attacking tactics as a team

# Symmetry & 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

Responding to stimuli

Wild Animals Developing character dance into a motif

Developing sequences with a partner in character that show relationships

Extending sequences with a partner in character

# 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

# Year 4

Progression of skills

# 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

Javelin

Standing triple jump

running for distance

**Athletics** Finishing a race

Evaluating our performance Sprinting: My personal best Relay changeovers

Shot Put Introducing the hurdles

# 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

# Year 5

Progression of skills

# Orienteering\*

Face orienteering Cone orienteering

Point and return

Point to point Timed course

Orienteering competition

# Counter Balance & Counter Tension

Introduction to counter balance Application of counter balance

learning onto apparatus Sequence formation

> Counter Tension Sequence completion

Developing sequences of movement both sizes to specific

# Country Dancing:

individually and in groups of varying numbers of beats

# Titanic

Creating rhythmic patterns using our body

Extending our choreography through controlled movements, character emotion and expression

Explore the relationships between characters applying character emotion and expression

Performance and reflection

# Leadership\*

Understanding what makes

# Mirroring

# **Athletics**

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

# Complete P.E.



Year 6 Progression of skills

an effective leader

Communicating as a leader Introducing the STEP principle: Space, Task, Equipment and People

# Matching &

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



# Year 4 Progression of skills

# **Year 5**Progression of skills

**Year 6**Progression of skills

# Health Related Exercise

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

# Health Related Exercise

Develop a secure understanding of cardio fitness

Develop a secure understanding

Develop a secure understanding of flexibility fitness

Develop a secure understanding of strength fitness

