

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
Word Moves	Football Fundamentals	Ball Skills	Football	Football	Dance	Football
Word Moves	Dance	Football Fundamentals	Dance	Yoga Facts	Leadership	Yoga Time
Autumn 2	Autumn 2	Autumn 2	Autumn 2	Autumn 2	Autumn 2	Autumn 2
Multi Skills	Ball Skills	Ball Games	Football	Handball	Football	Basketball
Multi Skills	Multi Skills & FUNS	Dance	Yoga Facts	Dance	Yoga Time	Dodgeball
Spring 1	Spring 1	Spring 1	Spring 1	Spring 1	Spring 1	Spring 1
First PE	Ball Games	Fitness	Handball	Tennis	Basketball	Tennis
First PE	Gymnastics	Gymnastics	Romans	Gymnastics	OAA	Gymnastics
Spring 2	Spring 2	Spring 2	Spring 2	Spring 2	Spring 2	Spring 2
Enjoy-a-ball	Fitness	Multi Skills & FUNS	Tennis	Tennis	Gymnastics	Greatest Showman
Enjoy-a-ball	Fairy Tale	Great Fire of London Dance	Gymnastics	Eco Warrior Dance	Tennis	Indoor Athletics
Summer 1	Summer 1	Summer 1	Summer 1	Summer 1	Summer 1	Summer 1
Fitness and Fundamentals	Athletics	Kwik Cricket	Rounders Yr 3/4	Rounders Yr 3/4	Swimming	Kwik Cricket
Fitness and Fundamentals	Tennis	Multi Skills & FUNS	OAA	Indoor Athletics	Tennis	Athletics
Summer 2	Summer 2	Summer 2	Summer 2	Summer 2	Summer 2	Summer 2
Football Fundamentals	Ball Games	Athletics	Tennis	OAA	Kwik Cricket	OAA
Football Fundamentals	Dinosaur Dance	Tennis	Athletics	Tennis	Indoor Athletics	Tennis



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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

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

2

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

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

4

5 Year 5

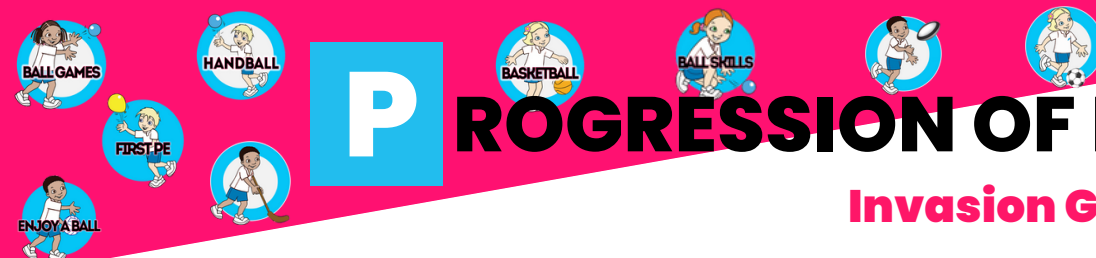
- In combination with different skills, can balance equipment while moving and co-ordinating another action
- Agility focus - change direction quickly and efficiently with equipment
- Agility focus - change direction quickly and efficiently with equipment
- Test and measure balance, agility and co-ordination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

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

6



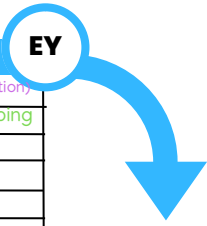


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ROGRESSION OF KEY SKILLS

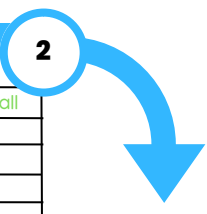
Invasion Games

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



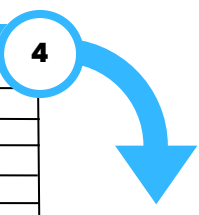
<p>1 Year 1 (progressions through ball skills/ball games/Football FUNS/Rugby FUNS)</p> <p>Catch/receive a ball safely. Pass a ball with some control (using either hands, feet or object)</p> <p>Introducing footwork e.g. stopping and freezing in adapted games, landing on spots with two feet</p> <p>Move into a space in a game, looking to throw/pass the ball to someone in a space</p> <p>Follow an opponent in a game/adapted game</p> <p>Scoring in a variety of ways- into hoops, goals or targets</p> <p>Begin to develop tactics for attacking and defending.</p> <p>Children begin to learn rules of adapted games. They learn that rules are there to keep you safe and encourage fair play.</p>

<p>Year 2 (progressions through ball skills/ball games/Football FUNS/ Rugby FUNS)</p> <p>Introduce a various passes (hands/ feet/object) continuing to develop control of pass</p> <p>Adapted games – developing thought process of footwork rule e.g. superhero ball e.g. no running with the ball</p> <p>Move into a space to catch/receive a ball. Pass the ball to someone in a space</p> <p>Follow/mark an opponent and trying to win (intercept) the ball</p> <p>Scoring in a variety of ways and begin to use in a game situation</p> <p>Develop tactics for attacking and defending</p> <p>Play adapted games-learning different rules. Encouraging fair play and respect</p>
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<p>3 Year 3 (progressions through invasion game units)</p> <p>Continue to develop control of passing and receiving the ball – beginning to attempt these in a game situation</p> <p>Adapting footwork to suit game being played e.g netball stride stop and jump stop, handball 3 steps</p> <p>Perform a dodge into get into a space and receive a pass</p> <p>Marking a player, keeping on the balls of your feet</p> <p>Shooting adapting technique to suit game – e.g into hoop/target or goal</p> <p>Begin to apply some basic principles for attacking & defending – how do they deny space, how can they win back possession</p> <p>Continue to play adapted games and introduce key rules that are sport specific. Apply in a game situation</p>

<p>Year 4 (progressions through invasion game units)</p> <p>Pass and receive mostly control – begin to select and apply the correct pass</p> <p>Footwork-be able to change direction quickly, accelerating in a game situation</p> <p>Attempting various dodges to create space to receive the ball</p> <p>Marking a player, standing side on, sticking to player</p> <p>Shooting- focus on bending the knees and place hand under the ball to shoot</p> <p>Develop tactics – begin to use them in a variety of games– e.g. when and where to move while in, and out of possession</p> <p>Understand rules of a game. Begin to officiate their own game and become familiar with key terms and vocabulary related to RST</p>



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

<p>Year 6 (progressions through invasion game units)</p> <p>Perform a variety of passes with some precision – quickly move into a space to receive another pass</p> <p>Perform correct footwork in a game – quick feet to turn the correct way to pass the ball</p> <p>Perform a variety of dodges to move into a space and receive a ball – in a practice and in a game situation</p> <p>Defend a player during a game, intercepting the ball</p> <p>Shooting- focus on precision and accuracy and attempt to get the rebound if the shot is missed</p> <p>In a team, discuss tactics and how to win as a team (communicate and collaborate)</p> <p>In teams discuss tactics and how to work as a team finding strategies to beat their opponents</p> <p>Understand and apply rules consistently in various invasion games– officiate with confidence using key vocab and rules</p>





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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

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 accuracule	
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

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

2

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

4

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

6

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





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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





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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

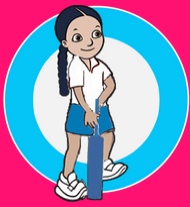
- Move to hit a ball with some control
- Hit/ bounce a ball with control when moving at different speeds
- Serve diagonally with underarm/overarm throwing into target/game. Begin to use with racket to serve into a target
- Moving into position to hit a ball with forehand/ backhand in skills practice 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)





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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

Year 2	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

Year 4	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

Year 6	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)	





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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.





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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 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- 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

PROGRESSION OF KEY SKILLS

Rounders

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

EY

- 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

Basketball

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

EY

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.

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

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

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

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



Swimming- Progression of Key Skills

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



PROGRESSION OF KEY SKILLS

Indoor Athletics

Early Years	EY
Experiment with different ways of throwing under/overarm	
Experiment with different ways of jumping over objects	
Jumping forwards and backward, sideways over a throw down spot	
Leaping over objects	
Skipping around an area	
Hopping around an area, and over throw down spots, strips	
Moving around safely, negotiating space and looking out for friends	

1	Year 1
	Throwing using a sitting chest push- small ball
	Jumping bending knees and pushing off - being competitive to improve distance
	Speed bounce/jump over a throw down strip, cone, spot
	Leaping developing co-ordination
	Skipping - stepping though the hoop- two feet or one at a time
	Vertical jump - co-ordination of banana splat tap- jumping at various heights
	Co-operate and compete on own and in a team in various running games

Year 2	2
Throwing with control using a sitting chest push	
Use arms to improve jumping technique - beating their own score	
Speed bounce over a cone/mat	
Leaping developing co-ordination of 3 big leaps	
Skipping - stepping/jumping through the hoop with some control	
Vertical jump - standing side on, jumping up to target	
Compete in a team in various running races and working together to improve team performance	

3	Year 3
	Chest push using correct stance
	Jumping bending knees, use arms for distance
	Speed bounce develop control over a mat
	5 strides- co-ordinating steps with arms
	Skipping - with control, head up
	Vertical jump - standing side on, jumping up to target, bending your knees
	Running individually using FAST technique, and developing relay change over techniques

Year 4	4
Chest push with height and distance	
Jumping bending knees, use arms for distance measure with some accuracy	
Speed bounce- increase speed and coordination over the speed bounce mat	
5 strides- co-ordinating steps, increasing distance using arms	
Skipping - with rhythm and focus	
Vertical jump - lower in to squat position, feet hip width apart	
Run and jump over hurdles with some speed and control	

5	Year 5
	Chest push bending knees with good height and distance
	Perform a variety of standing jumps (Long jump and triple jump) and measure for distance
	Speed bounce developing good rhythm and control over the speed bounce mat
	5 strides- co-ordinating steps, bounding creating a longer stride
	Skipping - with rhythm aiming to get 25 skips or more
	Vertical jump -use arm swing movement to increase height
	Pass a relay baton with control and timing in a pairs change over

Year 6	6
Chest push with accuracy and power, bending knees through to feet, extends arms to increase distance	
Perform a Triple jump for distance varying techniques to improve performance	
Speed bounce with speed, fluency and rhythm	
5 strides- improve starting position to ensure a better first stride	
Skipping - with speed (30 skips or more)	
Vertical jump - Push into ground lift with an explosive movement up focus on landing softly- keep core engaged.	
Pass a relay baton in competitive situations (timed)	

