

Physical Education Progression of Skills – Key Stage 2

	Year 3	Year 4	Year 5	Year 6
Basketball	<ul style="list-style-type: none"> • Introduce dribbling • Introduce passing and receiving • Combine dribbling and passing to create space • Develop passing, receiving and dribbling • Introduce shooting 	<ul style="list-style-type: none"> • Refine dribbling • Refine passing and receiving • Refine passing and dribbling creating space • Refine passing and dribbling creating shooting opportunities • Introduce marking 	<ul style="list-style-type: none"> • Refine passing and receiving • Apply passing, footwork and shooting into mini games, introduce officiating • Introduce defending • Explore the function of other passing styles 	<ul style="list-style-type: none"> • Consolidate keeping possession and officiating • Consolidate defending • Create, understand and apply attacking tactics in game situations • Create, understand and apply defending tactics in game situations
Dodgeball	<ul style="list-style-type: none"> • Developing changing direction • Introduce throwing with accuracy • Introduce catching <ul style="list-style-type: none"> • Develop moving, changing direction at speed 	<ul style="list-style-type: none"> • Introduce jumping and ducking • Develop throwing with accuracy and power over an increased distance • Develop catching • Consolidate dodging, jumping and ducking 	<ul style="list-style-type: none"> • Introduce blocking • Consolidate catching • Understand where we throw and why we need to throw with accuracy and power • Explore basic attacking and defending tactics 	<ul style="list-style-type: none"> • Consolidate/understanding attacking and defending tactics • Transition between attack and defence • Applying the rules: Officiating games • Managing tactics and officiate games
Football	<ul style="list-style-type: none"> • Introduce/develop dribbling keeping control • Introduce passing and receiving • Combine dribbling and passing to create space • Develop passing, receiving and dribbling 	<ul style="list-style-type: none"> • Refine dribbling • Turning • Refine passing and receiving • Develop passing and dribbling creating space • Introduce shooting 	<ul style="list-style-type: none"> • Refine dribbling and passing to maintain possession • Introduce and develop defending • Develop shooting • Refine attacking skills, passing, dribbling and shooting, introduce officiating 	<ul style="list-style-type: none"> • Consolidate keeping possession, develop officiating • Consolidate defending • Organise formations, manage teams and officiate games

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Handball	<ul style="list-style-type: none"> • Introduce passing, receiving and creating space • Develop passing and moving • Combine passing and moving • Introduce shooting • Develop passing and shooting 	<ul style="list-style-type: none"> • Refine passing and receiving • Develop passing and creating space • Develop passing, moving and shooting • Combine passing and shooting • Introduce defending 	<ul style="list-style-type: none"> • Consolidate passing and receiving • Explore the function of other passes • Develop defending • Develop passing and creating space, introduce officiating • Refine shooting 	<ul style="list-style-type: none"> • Consolidate keeping possession, develop officiating • Understand and apply defending tactics in game situations • Consolidate defensive tactics; understand and apply defensive tactics in game scenarios
Hockey	<ul style="list-style-type: none"> • Introduce dribbling • Introduce passing and receiving • Combine dribbling and passing to create space • Develop passing, receiving, and dribbling • Introduce shooting 	<ul style="list-style-type: none"> • Refine dribbling and passing • Combine passing and dribbling to create shooting opportunities • Develop passing and dribbling creating space for attacking opportunities • Introduce defending, blocking and tackling 	<ul style="list-style-type: none"> • Develop defending, blocking and tackling • Refine dribbling/passing to create attacking opportunities • Refine attacking skills, passing dribbling and shooting • Refine defending skills developing transition from defence to attack 	<ul style="list-style-type: none"> • Consolidate keeping possession, develop officiating • Consolidate defending • Create, understand, and apply attacking/defending tactics in game situations
Netball	<ul style="list-style-type: none"> • Introduce passing, receiving and creating space • Develop/combine passing and moving • Combine/develop passing and shooting 	<ul style="list-style-type: none"> • Refine passing and receiving • Develop passing and dribbling creating space • Develop passing, moving and shooting • Refine passing and shooting Develop footwork 	<ul style="list-style-type: none"> • Recap and refine dribbling and passing to create attacking opportunities • Develop marking • Refine shooting • Refine attacking skills, passing, dribbling and shooting introduce officiating 	<ul style="list-style-type: none"> • Consolidate keeping possession, develop officiating • Consolidate defending • Create, understand and apply attacking/defending tactics in game situations

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Tag Rugby	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Consolidate passing and moving • Consolidate defending • Create, understand and apply attacking/defending tactics in game situations • Consolidate attacking and defending in mini games
Cricket	<ul style="list-style-type: none"> • Understand the concept of batting and fielding • Introduce throwing overarm • Introduce throwing underarm • Introduce catching • Striking with intent 	<ul style="list-style-type: none"> • Develop an understanding of batting and fielding • Introduce bowling underarm • Develop stopping and returning the ball • Develop retrieving and returning the ball • Striking the ball at different angles and speeds 	<ul style="list-style-type: none"> • Refine batting, batting, and bowling tactics • Refine fielding stopping, catching, and throwing • Combine bowling and fielding creating and applying tactics • Introduce umpiring and scoring 	<ul style="list-style-type: none"> • Consolidate batting, fielding, and bowling • Create, understand, and apply attacking and defensive tactics in game
Rounders	<ul style="list-style-type: none"> • Introduce to rounders • Introduce overarm throwing • Apply overarm and underarm throwing • Introduce stopping the ball • Application of stopping the ball in a game 	<ul style="list-style-type: none"> • Develop fielding bowling with a backstop • Introduce batting; how • Develop batting; where and why • Introduce and apply basic fielding tactics 	<ul style="list-style-type: none"> • Develop fielding tactics maximising players • Understand what happens if the batter misses the ball • Refine fielding tactics, what players where? • Applying tactics in mini games 	<ul style="list-style-type: none"> • Introduction to full rounders • Consolidate fielding tactics • Refine our understanding of what happens if the batter misses or hits the ball backwards • Batting considerations

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Tennis	<ul style="list-style-type: none"> • Introduction tennis, outwitting an opponent • Creating space to win a point • Consolidate how to win a game introduce rackets • Introduce the forehand 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Introduce/develop the volley • Controlling the game from the serve • Doubles, understanding and applying tactics to win a point 	<ul style="list-style-type: none"> • Game application, mixed ability doubles, round robin games
OAA	Tactics and Communication <ul style="list-style-type: none"> • Creating and applying simple tactics • Developing leadership • Develop communication as a team • Create defending and attacking tactics as a team 	Problem Solving <ul style="list-style-type: none"> • Benches and mats challenge • Round the clock card challenge • The pen challenge • The river rope challenge • Caving challenges 	Orienteering <ul style="list-style-type: none"> • Face orienteering • Cone orienteering • Point and return • Point to point • Timed course • Orienteering competition 	Leadership <ul style="list-style-type: none"> • Understanding what makes an effective leader • Communicating as a leader • Introducing the STEP principle: Space, Task, Equipment and People

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Health and Wellbeing	<ul style="list-style-type: none"> Exploring relaxation techniques Applying relaxation techniques and using them effectively Performing balanced meditative poses Using props to help us balance in our meditative poses 	<ul style="list-style-type: none"> Creating movements to help express ourselves and our emotions. Using mime to manage positive and negative emotions Using meditative poses to help control and manage our emotions 	<ul style="list-style-type: none"> Explore and understand cardio fitness Explore and understand flexibility fitness Explore and understand strength fitness 	<ul style="list-style-type: none"> Develop a secure understanding of cardio fitness Develop a secure understanding of flexibility fitness Develop a secure understanding of strength fitness
Gymnastics	Symmetry and Asymmetry <ul style="list-style-type: none"> Introduction to symmetry Introduction to asymmetry Application of learning onto apparatus Sequence formation Sequence completion 	Bridges <ul style="list-style-type: none"> Introduction to bridges Application of bridge learning onto apparatus Develop sequences with bridges Sequence formation Sequence completion 	Counterbalance and Counter Tension <ul style="list-style-type: none"> Introduction to Counter Balance Application of Counter Balance learning onto apparatus Sequence formation Counter Tension Sequence completion 	Matching and Mirroring <ul style="list-style-type: none"> Introduction to matching/ mirroring Application of matching/ mirroring learning onto apparatus Sequence development
Dance	Wild Animals <ul style="list-style-type: none"> Responding to stimuli Developing character dance into a motif Develop sequences with a partner in character that show relationships Extending sequences with a partner in character. 	Cats <ul style="list-style-type: none"> Responding to stimuli working together Extending sequences with a partner in character Exploring two contrasting relationships and interlinking dance moves 	Greeks <ul style="list-style-type: none"> Exploring the Greeks using compositional principles. Extending sequences with a partner using compositional principles Create moving using improvisation where movement is reactive. 	Carnival <ul style="list-style-type: none"> Performing with technical control and rhythm in a group. Creating rhythmic patterns using the body. Experiencing dance from a different culture. Chorographical elements including still imagery.

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Athletics	<ul style="list-style-type: none"> • Explore running for speed • Explore acceleration • Introduce/ develop relay: running for speed in a team • Throwing: accuracy vs distance • Standing long jump 	<ul style="list-style-type: none"> • Developing running at speed • Exploring our stride pattern • Exploring running at pace • Understand and apply tactics when running for distance • Javelin • Standing Triple Jump 	<ul style="list-style-type: none"> • Finishing a race • Evaluating our performance • Sprinting: my personal best • Relay changeovers • Shot put • Introducing the hurdles 	<ul style="list-style-type: none"> • Running for speed competition • Running for distance competition • Throwing competition • Jumping competition
Boccia	<ul style="list-style-type: none"> • Exploring sending • Understand why we need to be accurate when sending the ball • Develop our sending technique and understanding of accuracy • Introduce scoring 	<ul style="list-style-type: none"> • Consolidating sending with accuracy in Boccia: sending with pace and speed. • Tactical play: applying accuracy in our Boccia games. • Tactical play: Defending in Boccia. 	<ul style="list-style-type: none"> • Sending the ball: Develop our understanding of why we need to be accurate. • Sending the ball: refine our sending technique and understanding of accuracy. • Sending the ball: applying accuracy in teams. 	<ul style="list-style-type: none"> • Creating and applying basic tactics: coaching and officiating Boccia games • Pairs and Teams Boccia competitions