

## Physical Education Progression of Skills

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

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<h3>Handball</h3>	<ul style="list-style-type: none"> <li>• Introduce passing, receiving and creating space</li> <li>• Develop passing and moving</li> <li>• Combine passing and moving</li> <li>• Introduce shooting</li> <li>• Develop passing and shooting</li> </ul>	<ul style="list-style-type: none"> <li>• Refine passing and receiving</li> <li>• Develop passing and creating space</li> <li>• Develop passing, moving and shooting</li> <li>• Combine passing and shooting</li> <li>• Introduce defending</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidate passing and receiving</li> <li>• Explore the function of other passes</li> <li>• Develop defending</li> <li>• Develop passing and creating space, introduce officiating</li> <li>• Refine shooting</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidate keeping possession, develop officiating</li> <li>• Understand and apply defending tactics in game situations</li> <li>• Consolidate defensive tactics; understand and apply defensive tactics in game scenarios</li> </ul>
<h3>Hockey</h3>	<ul style="list-style-type: none"> <li>• Introduce dribbling</li> <li>• Introduce passing and receiving</li> <li>• Combine dribbling and passing to create space</li> <li>• Develop passing, receiving, and dribbling</li> <li>• Introduce shooting</li> </ul>	<ul style="list-style-type: none"> <li>• Refine dribbling and passing</li> <li>• Combine passing and dribbling to create shooting opportunities</li> <li>• Develop passing and dribbling creating space for attacking opportunities</li> <li>• Introduce defending, blocking and tackling</li> </ul>	<ul style="list-style-type: none"> <li>• Develop defending, blocking and tackling</li> <li>• Refine dribbling/passing to create attacking opportunities</li> <li>• Refine attacking skills, passing dribbling and shooting</li> <li>• Refine defending skills developing transition from defence to attack</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidate keeping possession, develop officiating</li> <li>• Consolidate defending</li> <li>• Create, understand, and apply attacking/defending tactics in game situations</li> </ul>
<h3>Netball</h3>	<ul style="list-style-type: none"> <li>• Introduce passing, receiving and creating space</li> <li>• Develop/combine passing and moving</li> <li>• Combine/develop passing and shooting</li> </ul>	<ul style="list-style-type: none"> <li>• Refine passing and receiving</li> <li>• Develop passing and dribbling creating space</li> <li>• Develop passing, moving and shooting</li> <li>• Refine passing and shooting Develop footwork</li> </ul>	<ul style="list-style-type: none"> <li>• Recap and refine dribbling and passing to create attacking opportunities</li> <li>• Develop marking</li> <li>• Refine shooting</li> <li>• Refine attacking skills, passing, dribbling and shooting introduce officiating</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidate keeping possession, develop officiating</li> <li>• Consolidate defending</li> <li>• Create, understand and apply attacking/defending tactics in game situations</li> </ul>

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<p><b>Tag Rugby</b></p>	<ul style="list-style-type: none"> <li>• Introduce moving with the ball, passing and receiving</li> <li>• Introduce tagging</li> <li>• Create space when attacking</li> <li>• Develop passing and moving</li> <li>• Combine passing/moving to create attacking opportunities</li> </ul>	<ul style="list-style-type: none"> <li>• Develop passing, moving and creating space</li> <li>• Apply learning to 3v3 mini games</li> <li>• Develop defending in game situations</li> <li>• Combine passing and moving to create an attack and score</li> </ul>	<ul style="list-style-type: none"> <li>• Refine passing and moving to create attacking opportunities</li> <li>• Explore different passes that can be used to outwit defenders</li> <li>• Refine defending as a team</li> <li>• Create and apply defending tactics. Develop officiating</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidate passing and moving</li> <li>• Consolidate defending</li> <li>• Create, understand and apply attacking/defending tactics in game situations</li> <li>• Consolidate attacking and defending in mini games</li> </ul>
<p><b>Cricket</b></p>	<ul style="list-style-type: none"> <li>• Understand the concept of batting and fielding</li> <li>• Introduce throwing overarm</li> <li>• Introduce throwing underarm</li> <li>• Introduce catching</li> <li>• Striking with intent</li> </ul>	<ul style="list-style-type: none"> <li>• Develop an understanding of batting and fielding</li> <li>• Introduce bowling underarm</li> <li>• Develop stopping and returning the ball</li> <li>• Develop retrieving and returning the ball</li> <li>• Striking the ball at different angles and speeds</li> </ul>	<ul style="list-style-type: none"> <li>• Refine batting, batting, and bowling tactics</li> <li>• Refine fielding stopping, catching, and throwing</li> <li>• Combine bowling and fielding creating and applying tactics</li> <li>• Introduce umpiring and scoring</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidate batting, fielding, and bowling</li> <li>• Create, understand, and apply attacking and defensive tactics in game</li> </ul>
<p><b>Rounders</b></p>	<ul style="list-style-type: none"> <li>• Introduce to rounders</li> <li>• Introduce overarm throwing</li> <li>• Apply overarm and underarm throwing</li> <li>• Introduce stopping the ball</li> <li>• Application of stopping the ball in a game</li> </ul>	<ul style="list-style-type: none"> <li>• Develop fielding bowling with a backstop</li> <li>• Introduce batting; how</li> <li>• Develop batting; where and why</li> <li>• Introduce and apply basic fielding tactics</li> </ul>	<ul style="list-style-type: none"> <li>• Develop fielding tactics maximising players</li> <li>• Understand what happens if the batter misses the ball</li> <li>• Refine fielding tactics, what players where?</li> <li>• Applying tactics in mini games</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction to full rounders</li> <li>• Consolidate fielding tactics</li> <li>• Refine our understanding of what happens if the batter misses or hits the ball backwards</li> <li>• Batting considerations</li> </ul>

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

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<h3>Health and Wellbeing</h3>	<ul style="list-style-type: none"> <li>• Exploring relaxation techniques</li> <li>• Applying relaxation techniques and using them effectively</li> <li>• Performing balanced meditative poses</li> <li>• Using props to help us balance in our meditative poses</li> </ul>	<ul style="list-style-type: none"> <li>• Creating movements to help express ourselves and our emotions.</li> <li>• Using mime to manage positive and negative emotions</li> <li>• Using mediative poses to help control and manage our emotions</li> </ul>	<ul style="list-style-type: none"> <li>• Explore and understand cardio fitness</li> <li>• Explore and understand flexibility fitness</li> <li>• Explore and understand strength fitness</li> </ul>	<ul style="list-style-type: none"> <li>• Develop a secure understanding of cardio fitness</li> <li>• Develop a secure understanding of flexibility fitness</li> <li>• Develop a secure understanding of strength fitness</li> </ul>
<h3>Gymnastics</h3>	<p><b>Symmetry and Asymmetry</b></p> <ul style="list-style-type: none"> <li>• Introduction to symmetry</li> <li>• Introduction to asymmetry</li> <li>• Application of learning onto apparatus</li> <li>• Sequence formation</li> <li>• Sequence completion</li> </ul>	<p><b>Bridges</b></p> <ul style="list-style-type: none"> <li>• Introduction to bridges</li> <li>• Application of bridge learning onto apparatus</li> <li>• Develop sequences with bridges</li> <li>• Sequence formation</li> <li>• Sequence completion</li> </ul>	<p><b>Counterbalance and Counter Tension</b></p> <ul style="list-style-type: none"> <li>• Introduction to Counter Balance</li> <li>• Application of Counter Balance learning onto apparatus</li> <li>• Sequence formation</li> <li>• Counter Tension</li> <li>• Sequence completion</li> </ul>	<p><b>Matching and Mirroring</b></p> <ul style="list-style-type: none"> <li>• Introduction to matching/ mirroring</li> <li>• Application of matching/ mirroring learning onto apparatus</li> <li>• Sequence development</li> </ul>
<h3>Dance</h3>	<p><b>Wild Animals</b></p> <ul style="list-style-type: none"> <li>• Responding to stimuli</li> <li>• Developing character dance into a motif</li> <li>• Develop sequences with a partner in character that show relationships</li> <li>• Extending sequences with a partner in character.</li> </ul>	<p><b>Cats</b></p> <ul style="list-style-type: none"> <li>• Responding to stimuli working together</li> <li>• Extending sequences with a partner in character</li> <li>• Exploring two contrasting relationships and interlinking dance moves</li> </ul>	<p><b>Greeks</b></p> <ul style="list-style-type: none"> <li>• Exploring the Greeks using compositional principles.</li> <li>• Extending sequences with a partner using compositional principles</li> <li>• Create moving using improvisation where movement is reactive.</li> </ul>	<p><b>Carnival</b></p> <ul style="list-style-type: none"> <li>• Performing with technical control and rhythm in a group.</li> <li>• Creating rhythmic patterns using the body.</li> <li>• Experiencing dance from a different culture.</li> <li>• Chorographical elements including still imagery.</li> </ul>

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