

Progression of Skills in PE

Overview of Learning	Games: Invasion			Outdoor & Adventurous Activities		Health Related Exercise
Year 3	<p><u>Invasion: Tag Rugby</u></p> <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 and moving to create attacking opportunities 	<p><u>Invasion: Hockey</u></p> <ul style="list-style-type: none"> Introduce dribbling; keeping control Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling Introduce shooting 	<p><u>Invasion: Netball</u></p> <ul style="list-style-type: none"> Introduce passing and receiving Introduce passing and creating space Develop passing and moving Combine passing and moving Combine passing and shooting Develop passing and shooting 		<p><u>Problem Solving</u></p> <ul style="list-style-type: none"> Benches and mats challenge Round the clock card challenge The pen challenge The river rope challenge Caving challenges 	
Year 4	<p><u>Invasion: Tag Rugby</u></p> <ul style="list-style-type: none"> Develop passing, moving and creating space Apply learning to 3v3 mini games Develop defending Develop defending in game situations Combine passing and moving to create an attack and score 	<p><u>Invasion: Hockey</u></p> <ul style="list-style-type: none"> Refine dribbling Refine 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 	<p><u>Invasion: Basketball</u></p> <ul style="list-style-type: none"> Introduce & refine dribbling Refine passing and receiving Refine passing and dribbling creating space Refine passing and dribbling creating shooting opportunities Introduce marking 	<p><u>Communication and Tactics</u></p> <ul style="list-style-type: none"> Creating and applying simple tactics Developing leadership Developing communication as a team Communicating as a team Communicating to collaborate effectively as a team Communicating to create defending and attacking tactics as a team 	<p><u>Problem Solving</u></p> <ul style="list-style-type: none"> Benches and mats challenge Round the clock card challenge The pen challenge The river rope challenge Caving challenges 	
Year 5	<p><u>Invasion: Tag Rugby</u></p> <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 as a team Create and apply defending tactics. Develop officiating 	<p><u>Invasion: Hockey</u></p> <ul style="list-style-type: none"> Recap and refine dribbling and passing to create attacking opportunities Develop defending; block and tackling Refine shooting Refine attacking skills, passing dribbling and shooting Refine defending skills developing transition from defence to attack 	<p><u>Invasion: Netball</u></p> <ul style="list-style-type: none"> Refine passing and receiving Develop footwork Apply passing, footwork and shooting into mini games, introduce officiating Introduce defending Introduction to High Five Netball, consolidating learning Explore the function of other passing styles 	<p><u>Communication and Tactics</u></p> <ul style="list-style-type: none"> Creating and applying simple tactics Developing leadership Developing communication as a team Communicating as a team Communicating to collaborate effectively as a team Communicating to create defending and attacking tactics as a team 		<p><u>Health Related Exercise</u></p> <ul style="list-style-type: none"> Initial Fitness Assessment Cardio Fitness 1 Flexibility Strength Cardio Fitness 2 Fitness Assessment
Year 6	<p><u>Invasion: Tag Rugby</u></p> <ul style="list-style-type: none"> Consolidate passing and moving Consolidate defending Create, understand and apply attacking tactics in game situations Create, understand and apply defending tactics in game situations Consolidate attacking and defending in min games 	<p><u>Invasion: Hockey</u></p> <ul style="list-style-type: none"> Consolidate keeping possession Consolidation of possessional skills, develop officiating Consolidate defending Create, understand and apply attacking tactics in game situations Create, understand and apply defending tactics in game situations 	<p><u>Invasion: Basketball</u></p> <ul style="list-style-type: none"> Consolidate dribbling & keeping possession Consolidation of possessional skills, develop officiating Develop & consolidate defending Create, understand and apply attacking tactics in game situations Create, understand and apply defending tactics in game situations 	<p><u>Communication and Tactics</u></p> <ul style="list-style-type: none"> Creating and applying simple tactics Developing leadership Developing communication as a team Communicating as a team Communicating to collaborate effectively as a team Communicating to create defending and attacking tactics as a team 		<p><u>Health Related Exercise</u></p> <ul style="list-style-type: none"> Initial Fitness Assessment Cardio Fitness 1 Flexibility Strength Cardio Fitness 2 Fitness Assessment

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Overview of Learning	Games: Striking & Fielding		Games: Net / Wall	Athletics	
Year 3		<p>Rounders</p> <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 	<p>Tennis</p> <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 	<p>Running</p> <ul style="list-style-type: none"> Explore running for speed Develop running for speed Introduction relay; running for speed in a team Develop relay running for speed in a team Explore running for distance Understand and apply tactics when running for distance 	<p>Throwing & Jumping</p> <ul style="list-style-type: none"> Explore throwing for accuracy and distance Explore how to use their bodies to throw a greater distance Learn to throw a javelin, shot put and discus Explore how to use their bodies to jump as far as possible
Year 4	<p>Cricket</p> <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 	<p>Rounders</p> <ul style="list-style-type: none"> Develop fielding bowling and backstop Introduce batting; how Develop batting; where and why Introduce and apply basic fielding tactics 	<p>Tennis</p> <ul style="list-style-type: none"> Developing the forehand Creating space to win a point suing a racket Introduce the backhand Applying the forehand and backhand in game situations Applying the forehand and backhand creating space to win a point 	<p>Running</p> <ul style="list-style-type: none"> Learn sprinting technique Develop running for speed as part of a team Learn correct technique for running for distance Explore pacing and running for distance 	<p>Throwing & Jumping</p> <ul style="list-style-type: none"> Explore differences between throwing for accuracy vs distance Develop throwing for distance Develop throwing a javelin, shot put and discus Develop jumping as far as possible using a combination of jumps
Year 5	<p>Cricket</p> <ul style="list-style-type: none"> Refine batting, understand and develop batting tactics Refine bowling, understand and develop bowling tactics Refine fielding stooping, catching and throwing Combine bowling and fielding creating and applying tactics. Introduce umpiring and scoring 	<p>Rounders</p> <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 min games 	<p>Tennis</p> <ul style="list-style-type: none"> Introduce the volley Develop the volley Controlling the game from the serve Doubles; understanding a applying tactics to win a pint 	<p>Running</p> <ul style="list-style-type: none"> Develop using bodies for speed Apply correct sprinting technique Apply understanding and application of running for speed as part of a team Apply correct technique for running for distance Apply pacing and running for distance 	<p>Throwing & Jumping</p> <ul style="list-style-type: none"> Throwing accuracy vs distance Throwing for distance; javelin Throwing for distance; discus Jumping as far as possible in one jump Jumping as far as possible using a combination of jumps
Year 6	<p>Cricket</p> <ul style="list-style-type: none"> Consolidate batting Consolidate fielding Consolidate bowling Create, understand and apply attacking tactics in game situations Create, understand and apply defensive tactics in game situations 	<p>Rounders</p> <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 	<p>Tennis</p> <ul style="list-style-type: none"> Game application; cone tennis Game application; round robin games Game application; mixed ability doubles, round robin games Game application; tag team tennis 	<p>Competitions</p> <ul style="list-style-type: none"> Level 1 Running Level 1 Throwing Level Jumping Mini Olympics 	<p>Throwing & Jumping</p> <ul style="list-style-type: none"> Consolidate throwing accuracy vs distance Developing throwing for distance; javelin Developing throwing for distance; shot put Developing throwing for distance; discus Developing jumping as far as possible in one jump Developing Jumping as far as possible using a combination of jumps

Progression of Skills in PE

Overview of Learning	Gymnastics	Dance
Year 3	<p style="text-align: center;"><u>Symmetry & Asymmetry</u></p> <ul style="list-style-type: none"> • Introduction to symmetry • Introduction to asymmetry • Application of learning onto apparatus • Sequence formation • Sequence completion 	<p style="text-align: center;"><u>Wild Animals</u></p> <ul style="list-style-type: none"> • Responding to stimuli • Developing character dance into a motif • Extending sequences with a partner in character • Developing sequences with a partner in character that show relationships • Extending dance skills in choreography
Year 4	<p style="text-align: center;"><u>Bridges</u></p> <ul style="list-style-type: none"> • Introduction to bridges • Application of bridge learning onto apparatus • Develop sequences with bridges • Sequence formation • Sequence completion 	<p style="text-align: center;"><u>Space</u></p> <ul style="list-style-type: none"> • Responding to stimuli working together • Extending sequences with a partner in character • Developing character dance • Developing sequences with a partner in character that show relationships and interlinking dance moves <p>Sequences, relationships, choreography and performance</p>
Year 5	<p style="text-align: center;"><u>Counter Balance & Counter Tension</u></p> <ul style="list-style-type: none"> • Introduction to counter balance • Application of counter balance learning onto apparatus • Sequence formation • Counter Tension • Sequence completion 	<p style="text-align: center;"><u>Greeks</u></p> <ul style="list-style-type: none"> • Exploring the Greeks using compositional principles • Extending sequences with a partner using compositional principles • Creating movement using improvisation where movement is reactive • Developing sequences showing interlinking dance moves • Opening Ceremony performance
Year 6	<p style="text-align: center;"><u>Matching & Mirroring</u></p> <ul style="list-style-type: none"> • Introduction to matching • Application of matching learning onto apparatus • Introducing mirroring • Application of mirroring learning onto apparatus • Sequence development 	<p style="text-align: center;"><u>Carnival</u></p> <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