

Year Group	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Year One	Football (kicking skills)	Parachute games	Gymnastics (jumping)	Tagging games	Throwing and catching	Athletics (ABC – agility balance coordination)
Year Two	Football (ball control)	Parachute games	Gymnastics (rolling)	Tagging games (Invasion)	Throwing and catching	Athletics (running stamina) Caldecotte day
Year Three	Football	Dodgeball	Gymnastics (balancing)	Badminton (avoiding obstacles)	Tag Rugby	Athletics
Year Four	Football (passing and receiving)	Dodgeball	Netball/Basketball (scoring set ups, passing and receiving) Swimming	Badminton (shuttle placement) Tennis (serving and ball speed - basic technique of both) Swimming	Tag Rugby	Athletics (throwing technique) Cricket (bowling)
Year Five	Football (small sided games)	Dodgeball (working as a team)	Netball (passing and moving, learning to pivot)	Tennis or Badminton (beginning to use spin)	Tag Rugby/ Gymnastics if wet (making space/ counter balancing on equipment)	Athletics (body positions for propulsion) Cricket/Rounders
Year Six	Football (designing warm ups) + SSG	Dodgeball	Netball/Basketball (scoring set ups) Games	Badminton (shuttle placement) weather dependent Tennis (serving and ball speed) weather dependent	Tag Rugby (learning skills and tactics)	Athletics (throwing technique) Cricket (bowling and batting)

Dance – Progression of skills

[illegible]

Gymnastics – Progression of skills

[illegible]

Games – Progression of skills

Games sub-headings:

Invasion Games		Net/Racket Games	Field/Striking Games
Football	Tag Rugby	Tennis	Rounders
Netball	Basketball	Badminton	

Games	Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Acquiring and Developing Skills	<p>To be able to move and stop confidently, negotiating the space around them effectively.</p> <p>Show good control over their bodies when exploring different skills.</p>	<p>To be confident and keep themselves safe in the space in which an activity/game is being played.</p> <p>Explore and use skills, actions and ideas individually and in combination to suit the game that is being played.</p> <p>Show ability to work with a partner in throwing and catching games.</p>	<p>Improve the way they coordinate and control their bodies in various activities.</p> <p>Remember, repeat and link combinations of skills where necessary.</p> <p>Develop basic tactics in simple team games and use them appropriately.</p>	<p>Consolidate and improve the quality of their techniques and their ability to link movements.</p> <p>Develop the range and consistency of their skills in all games.</p> <p>Consolidate their ability to choose and use simple tactics and strategies.</p> <p>Keep, adapt and make rules for different games, and play by them fairly.</p> <p>Invasions Games/Field/Striking Games</p>	<p>Develop the range and consistency of their skills in all games.</p> <p>Use rules accurately. Keep, adapt and make rules for different games, and play by them fairly.</p> <p>Use and adapt tactics in different situations, individually during a game according to what is happening and with a team during breaks.</p> <p>Invasion Games/Field/Striking Games</p> <ul style="list-style-type: none"> catch a ball consistently with one and two hands consistently throw and catch with accuracy and with speed choose appropriate tactics to cause trouble for the opposition communicate effectively with team mates and work as part of a team and lead a team effectively. dodge defenders, being aware of opponents <p>Net/Racket Games</p> <ul style="list-style-type: none"> confidently use forearm be able to return a pass confidently begin to start rallies (x3+), passing back and fourth 	<p>Develop a broader range of techniques and skills for attacking and defending.</p> <p>Develop consistency in their skills.</p> <p>Know and apply the basic strategic and tactical principles of attack, and to adapt them in different situations.</p> <p>Choose and apply skills more consistently in all games. Choose the best tactics needed to suit the game.</p> <p>Invasion Games/Field/Striking Games</p> <ul style="list-style-type: none"> control and catch a ball pass the ball accurately whilst moving work alongside team mates to gain and keep possession of the ball use a variety of techniques to pass the ball <p>Net/Racket Games</p> <ul style="list-style-type: none"> control a ball accurately with a racket use forehand and backhand with a racket work alone/in pairs to gain possession of the ball use forehand and backhand consistently 	<p>Choose, combine and perform skills more fluently and effectively in invasion, striking and net games.</p> <p>Understand, choose and apply a range of strategies for defence and attack.</p> <p>Use tactics and strategies more consistently in similar games (making links).</p> <p>Explain rules to other confidently and accurately.</p> <p>Effectively make a team plan and communicate this to others. Leading others in and out of a game situation.</p> <p>Invasion Games/Field/Striking Games</p> <ul style="list-style-type: none"> use all members of a team effectively control movement with a ball in opposed situation, whilst moving play longer duration games, to encourage use of skills and tactics learnt confidently field, attack and defend typically by anticipating the direction of play <p>Net/Racket Games</p> <ul style="list-style-type: none"> use forehand and backhand strokes with increased accuracy and speed, confidently using a racket
Selecting and Applying skills	<p>Start showing an ability to use their dominate hand to work with a partner in different activities.</p> <p>Explore and use skills effectively for particular games:</p> <ul style="list-style-type: none"> roll a ball or hoop throw a ball underarm explore balancing 	<p>Choosing and use skills effectively for particular games:</p> <ul style="list-style-type: none"> throw a ball accurately underarm to a target using increasing control show increasing control when rolling an object, using a technique hit a ball with control using an appropriate object explore throwing and catching in different ways explore kicking in different ways with increasing control 	<p>Choose use and vary simple tactics.</p> <ul style="list-style-type: none"> catch and control a ball in movement working with a partner or in a small group take part in games where there is an opposition decide where to stand during a team game, to support the game 	<ul style="list-style-type: none"> accurately pass to someone else and catch/kick the ball, whilst stationary and when moving with the ball (whilst being under pressure) begin to maintain possession of the ball in different situations can accurately use space to support team mates <p>Net/Racket Games</p> <ul style="list-style-type: none"> take part in opposed conditioned games serve underarm over a target or net accurately pass to someone else 			

Athletics – Progression of skills

Athletics	Foundation	Year 1 Year 2	Year 3 Year 4	Year 5 Year 6
Acquiring and Developing Skills	Learn skills of running, jumping and throwing with a range of equipment.	Remember, repeat and link combinations of actions. Use their bodies and a variety of equipment with greater control and co-ordination.	Consolidate and improve the quality, range and consistency of the techniques they use for particular activities. Begin to develop their ability to choose and use simple tactics and strategies in different situations.	Develop the consistency of their actions in a number of events. Increase the number of techniques they use.
Selecting and Applying skills	Develop the following skills: <ul style="list-style-type: none"> • vary speed of running based on commands given • use comparative language ie. faster, longer and be able to physically demonstrate this 	Develop the following skills with increasing accuracy and velocity: <ul style="list-style-type: none"> • explore and throw a variety of objects with one hand • jump from a stationary position with control • change speed and direction whilst running 	Develop the following skills with increasing accuracy and velocity: <ul style="list-style-type: none"> • throw a variety of objects with one hand and know how to aim these to improve performance (using strategies) • show accurate pace – run at a speed that is appropriate for the distance being run • take a running jump with appropriate fee patterns/movements • take part in relay activities, understanding the concept 	Confidently choose appropriate techniques for specific events. Develop the following skills with increasing accuracy and velocity: <ul style="list-style-type: none"> • improve and sustain running techniques at different speeds • demonstrate accuracy and technique in a range of throwing and jumping activities • controlled take-off and landing when jumping • combine running and jumping well with fluency • be accurate and precise when throwing at a target • follow and explain rules to others confidently
Evaluating and Improving Performance	Simply show (using strategies) whether they enjoyed something or not. Use different tools (thumbs up/down, traffic lights).	Watch, copy and describe what they and others are doing. Set simple targets to improve performance ie.to be able to jump 10cm further. To be able to measure performance accurately using tools.	Describe and evaluate the effectiveness of performances, recognising the aspects that need improving.	Evaluate their own and others work and suggest constructive feedback.
Knowledge and Understanding of fitness and health	Use simple words and phrases to describe how the body feels after exercise. Begin to understand the importance of exercise.	Recognise and describe what their body feels like during different types of exercise.	Know, measure and describe the short term effects of exercise on the body.	Understand and explain the principles of warming up. Understand why fitness is good for health and well-being. Identify and explain good athletic performance.

Swimming – Progression of skills

Swimming	Beginners (non-swimmers and developing swimmers)	Developing and competent swimmers
Acquiring and Developing Skills	<p>Work with confidence in the water.</p> <p>Explore and use skills, actions and ideas individually and in combination ie. use arms to pull and push the water, use legs in kicking actions, hold their breath under water.</p> <p>Remember, repeat and link skills learnt.</p>	<p>Consolidate and develop the quality of their skills ie. front crawl, breaststroke, floating, survival skills.</p> <p>Improve linking movements and actions together more fluently.</p>
Selecting and Applying skills	<p>Know how to choose and use skills for different swimming tasks ie. using arms to stay balanced, knowing how to push against the water to move in a particular direction.</p> <p>Improve the control and co-ordination of their bodies in the water.</p> <p>Swim up to 25m unaided, co-ordinating stroke and breathing.</p>	<p>Choose and use a variety of strokes and skills, according to the task and the challenge ie. swimming without aids, distance of time challenges.</p> <p>Swim up to 50m unaided, co-ordinating stroke and breathing.</p>
Evaluating and Improving Performance	<p>Know that swimming is a type of exercise and that being active is fun and good for healthy.</p> <p>Recognise and describe what their bodies feel like during different activities.</p>	<p>Know and describe the short term effects of exercise on the body and how it reacts to different types of activity.</p>
Knowledge and Understanding of fitness and health	<p>Watch, copy and describe what they and others have done and use the information to improve their work.</p>	<p>Describe and evaluate the quality of swimming and recognise what needs improving.</p>

Pupils exceeding Key Stage 2 expectations:

<p>Physical education opportunities:</p> <ul style="list-style-type: none"> I can play competitive sports such as football, netball, rounders, cricket, hockey, basketball, badminton, tennis, rugby, athletics and gymnastics I can perform dances using advanced movement patterns I can take part in outdoor and adventurous activities which present mental and physical challenges and be encouraged to work in a team 	<p>Developing practical skills:</p> <ul style="list-style-type: none"> I can develop techniques and improve performances I can compare performances with previous ones to achieve a personal best I am becoming more competent, confident and expert in techniques I understand what makes a performance effective and apply these principles to own and others work 	<p>Being physically active:</p> <ul style="list-style-type: none"> I can take part in competitive sports and activities outside of school through community links or sports clubs I have developed the confidence and interest to get involved in exercise, sports and activities out of school and in later life 	<p>Competing:</p> <ul style="list-style-type: none"> I can use a range of tactics and strategies to overcome opponents in face-to-face competition through team and individual games
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