



Basketball

- Introduce dribbling;
- Introduce passing and receiving
- Combine dribbling and passing to create space
- Develop passing, receiving and dribbling
- Introduce shooting



Dodgeball

- Developing changing direction
- Introduce throwing with accuracy
- Introduce catching
- Develop moving, changing direction at speed



Football

- Introduce/develop dribbling keeping control
- Introduce passing and receiving
- Combine dribbling and passing to create space
- Develop passing, receiving and dribbling



Handball

- Introduce passing, receiving and creating space
- Develop passing and moving
- Combine passing and moving
- Introduce shooting
- Develop passing and shooting



Hockey

- Introduce dribbling
- Introduce passing and receiving
- Combine dribbling and passing to create space
- Develop passing, receiving and dribbling
- Introduce shooting

Year 3

Basketball

- Refine dribbling
- Refine passing and receiving
- Refine passing and dribbling creating space
- Refine passing and dribbling creating shooting opportunities
- Introduce marking

Dodgeball

- Introduce jumping and ducking
- Develop throwing with accuracy and power over an increased distance
- Develop catching
- Consolidate dodging, jumping and ducking

Football

- Refine dribbling
- Turning
- Refine passing and receiving
- Develop passing and dribbling creating space
- Introduce shooting

Handball

- Refine passing and receiving
- Develop passing and creating space
- Develop passing, moving and shooting
- Combine passing and shooting
- Introduce defending

Hockey

- 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

Year 4

Basketball

- Refine passing and receiving
- Apply passing, footwork and shooting into mini games, introduce officiating
- Introduce defending
- Explore the function of other passing styles

Dodgeball

- Introduce blocking
- Consolidate catching
- Understand where we throw and why we need to throw with accuracy and power
- Explore basic attacking and defending tactics

Football

- Refine dribbling and passing to maintain possession
- Introduce and develop defending
- Develop shooting
- Refine attacking skills, passing, dribbling and shooting, introduce officiating

Handball

- Consolidate passing and receiving
- Explore the function of other passes
- Develop defending
- Develop passing and creating space, introduce officiating
- Refine shooting

Hockey

- 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

Year 5

Basketball

- 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

- Consolidate/understanding attacking and defending tactics
- Transition between attack and defence
- Applying the rules: Officiating games
- Managing tactics and officiate games

Football

- Consolidate keeping possession, develop officiating
- Consolidate defending
- Organise formations and manage teams
- Organise formations decide tactics, manage teams and officiate games

Handball

- 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

- Consolidate keeping possession, develop officiating
- Consolidate defending
- Create, understand and apply attacking/defending tactics in game situations

Year 6

KS2 Progression of Skills Overview



Netball

- Introduce passing, receiving and creating space
- Develop/combine passing and moving
- Combine/develop passing and shooting



Tag Rugby

- 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



Cricket

- Understand the concept of batting and fielding
- Introduce throwing overarm
- Introduce throwing underarm
- Introduce catching
- Striking with intent



Rounders

- Introduce to rounders
- Introduce overarm throwing
- Apply overarm and underarm throwing
- Introduce stopping the ball
- Application of stopping the ball in a game



Tennis

- Introduction tennis, outwitting an opponent
- Creating space to win a point
- Consolidate how to win a game introduce rackets
- Introduce the forehand

Year 3

Netball

- Refine passing and receiving
- Develop passing and dribbling creating space
- Develop passing, moving and shooting
- Refine passing and shooting
- Develop footwork

Tag Rugby

- 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

Cricket

- 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

Rounders

- Develop fielding bowling with a backstop
- Introduce batting; how
- Develop batting; where and why
- Introduce and apply basic fielding tactics

Tennis

- 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

Year 4

Netball

- Recap and refine dribbling and passing to create attacking opportunities
- Develop marking
- Refine shooting
- Refine attacking skills, passing, dribbling and shooting introduce officiating

Tag Rugby

- 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

Cricket

- Refine batting, batting and bowling tactics
- Refine fielding stopping, catching and throwing
- Combine bowling and fielding creating and applying tactics
- Introduce umpiring and scoring

Rounders

- 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

Tennis

- Introduce/develop the volley
- Controlling the game from the serve
- Doubles, understanding and applying tactics to win a point

Year 5

Netball

- Consolidate keeping possession, develop officiating
- Consolidate defending
- Create, understand and apply attacking/defending tactics in game situations

Tag Rugby

- Consolidate passing and moving
- Consolidate defending
- Create, understand and apply attacking/defending tactics in game situations
- Consolidate attacking and defending in min games

Cricket

- Consolidate batting, fielding and bowling
- Create, understand and apply attacking and defensive tactics in game

Rounders

- Introduction to full rounders
- Consolidate fielding tactics
- Refine our understanding of what happens if the batter misses or hits the ball backwards
- Batting considerations

Tennis

- Game application
- Game application, mixed ability doubles, round robin games

Year 6

KS2 Progression of Skills Overview



Tactics and Communication

- Creating and applying simple tactics
- Developing leadership
- Develop communication as a team
- Create defending and attacking tactics as a team

Year 3

Problem Solving

- Benches and mats challenge
- Round the clock card challenge
- The pen challenge
- The river rope challenge
- Caving challenges

Year 4

Orienteering

- Face orienteering
- Cone orienteering
- Point and return
- Point to point
- Timed course
- Orienteering competition

Year 5

Leadership

- Understanding what makes an effective leader
- Communicating as a leader
- Introducing the STEP principle: Space, Task, Equipment and People

Year 6



Quidditch

- Introduce throwing with accuracy
- Develop passing and receiving
- Combine passing and moving to keep possession
- Introduce shooting

Quidditch

- Develop the role of the Beater (defender)
- Develop the role of the Chaser (attacker)
- Refine dodging
- Introduce the role of the Keeper

Quidditch

- Refine the role of the Chaser
- Refine the role of the Beater
- Refine shooting
- Refine the role of the Keeper
- Introduce the Snitch and the Seekers

Quidditch

- Consolidate attacking
- Consolidate defending
- Application of 'powers' into game play to challenge tactical thinking



Athletics

- Explore running for speed
- Explore acceleration
- Introduce / develop relay: Running for speed in a team
- Throwing: Accuracy vs distance
- Standing Long Jump

Athletics

- Develop running at speed
- Exploring our stride pattern
- Exploring running at pace
- Understand and apply tactics when running for distance
- Javelin
- Standing Triple Jump

Athletics

- Finishing a race
- Evaluating our performance
- Sprinting: My personal best
- Relay changeovers
- Shot Put
- Introducing the Hurdles

Athletics

- Running for speed competition
- Running for distance competition
- Throwing competition
- Jumping competition



Boccia

- Exploring sending
- Understand why we need to be accurate when sending the ball
- Develop our sending technique and understanding of accuracy
- Introduce scoring

Boccia

- Consolidating sending with accuracy in Boccia: Sending with pace and speed
- Tactical Play: Applying accuracy into our Boccia games
- Tactical Play: Defending in Boccia

Boccia

- Sending the ball: Develop our understanding why we need to be accurate
- Sending the ball: Refine our sending technique and understanding of accuracy
- Sending the ball: Applying accuracy in teams

Boccia

- Creating and applying basic tactics: Coaching and officiating Boccia games
- Level 1 Competition: Pairs Boccia
- Level 1 Competition: Team Boccia



Health and Wellbeing

- Exploring relaxation techniques
- Applying relaxation techniques and using them effectively
- Performing balanced meditative poses
- Using props to help us balance in our meditative poses

Health and Wellbeing

- 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

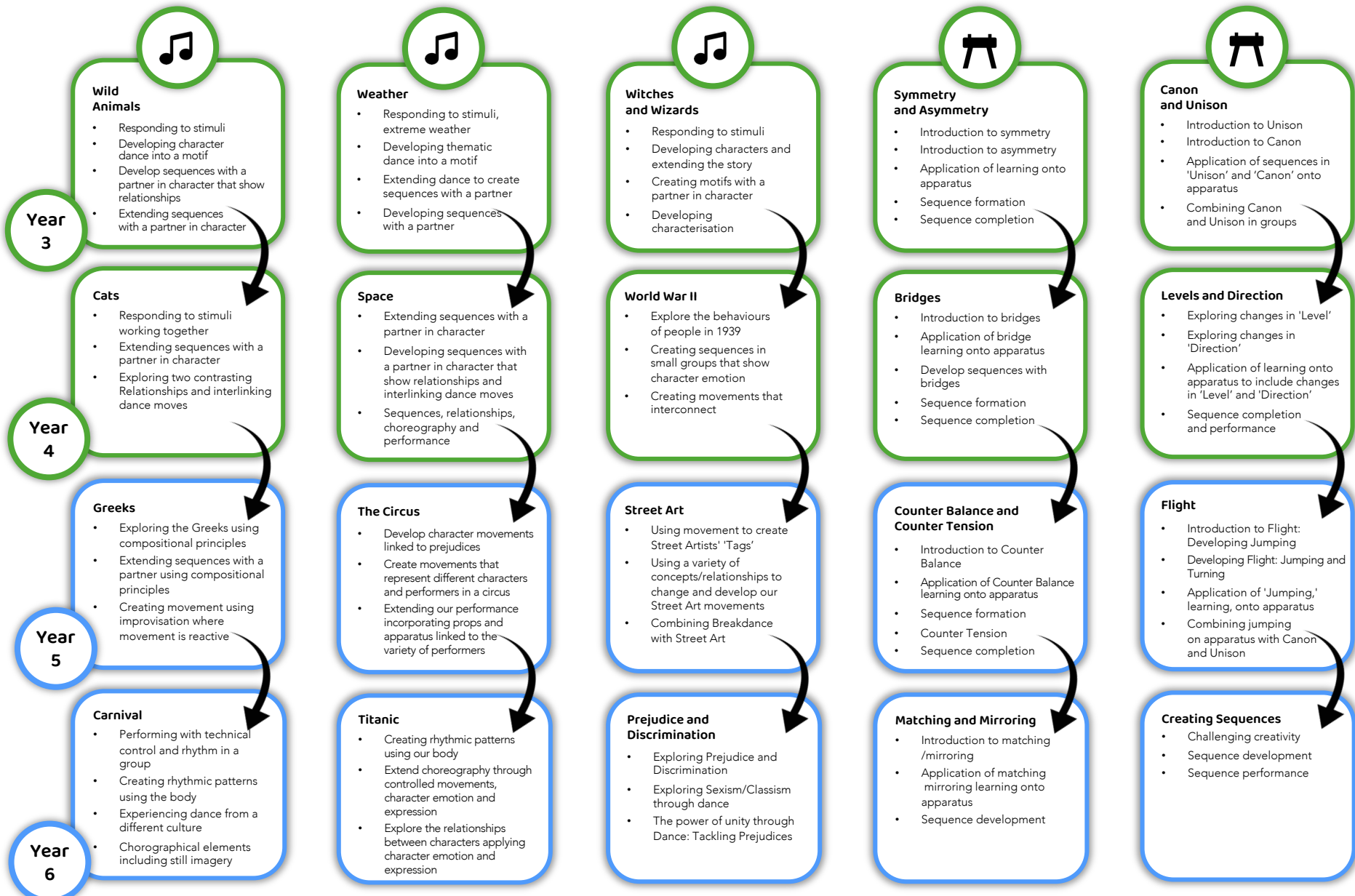
Health Related Exercise

- Explore and understand cardio fitness
- Explore and understand flexibility fitness
- Explore and understand strength fitness

Health Related Exercise

- Develop a secure understanding of cardio fitness
- Develop a secure understanding of flexibility fitness
- Develop a secure understanding of strength fitness

KS2 Progression of Skills Overview



KS2 Progression of Skills Overview



Game Sense (Invasion)

- Introduce passing and receiving
- Introduce passing and creating space
- Introduce scoring and the concept of shooting



Game Sense (Net/Wall)

- Throwing with accuracy
- Developing throwing with accuracy
- Outwitting an opponent: Wall/Net
- Game Play: Wall/Net



Badminton

- We have not created a Badminton unit for Year 3.

Year 3

Game Sense (Invasion)

- Develop passing and creating space
- Combine passing, moving and shooting
- Introduce dribbling: Keeping control
- Introduce defending and the concept of marking

Game Sense (Net/Wall)

- Creating space to win a point on a court with a net/wall
- Introduce forehand (underarm shots) using our hands
- Introduce forehand (underarm shots) using rackets

Badminton

- We have not created a Badminton unit for Year 4.

Year 4

Game Sense (Invasion)

- Consolidate dribbling and passing to maintain possession to create scoring opportunities
- Refine attacking skills
- Refine defensive skills: Transition from defence to attack

Game Sense (Net/Wall)

- Introduce backhand shots with a racket and a net
- Applying using both hands/backhands and forehand shots in game situations
- Introduce the volley
- Controlling the game from the serve

Badminton

- Exploring different forehand /backhand shots
- Applying different forehand/ backhand shots to win a point
- Consolidate outwitting an opponent
- Doubles: Understanding and applying tactics to win a point

Year 5

Game Sense (Invasion)

- Consolidate attacking: Possession scenarios
- Consolidate defending: Defensive scenarios
- Application of 'powers' into game play to challenge tactical thinking

Game Sense (Net/Wall)

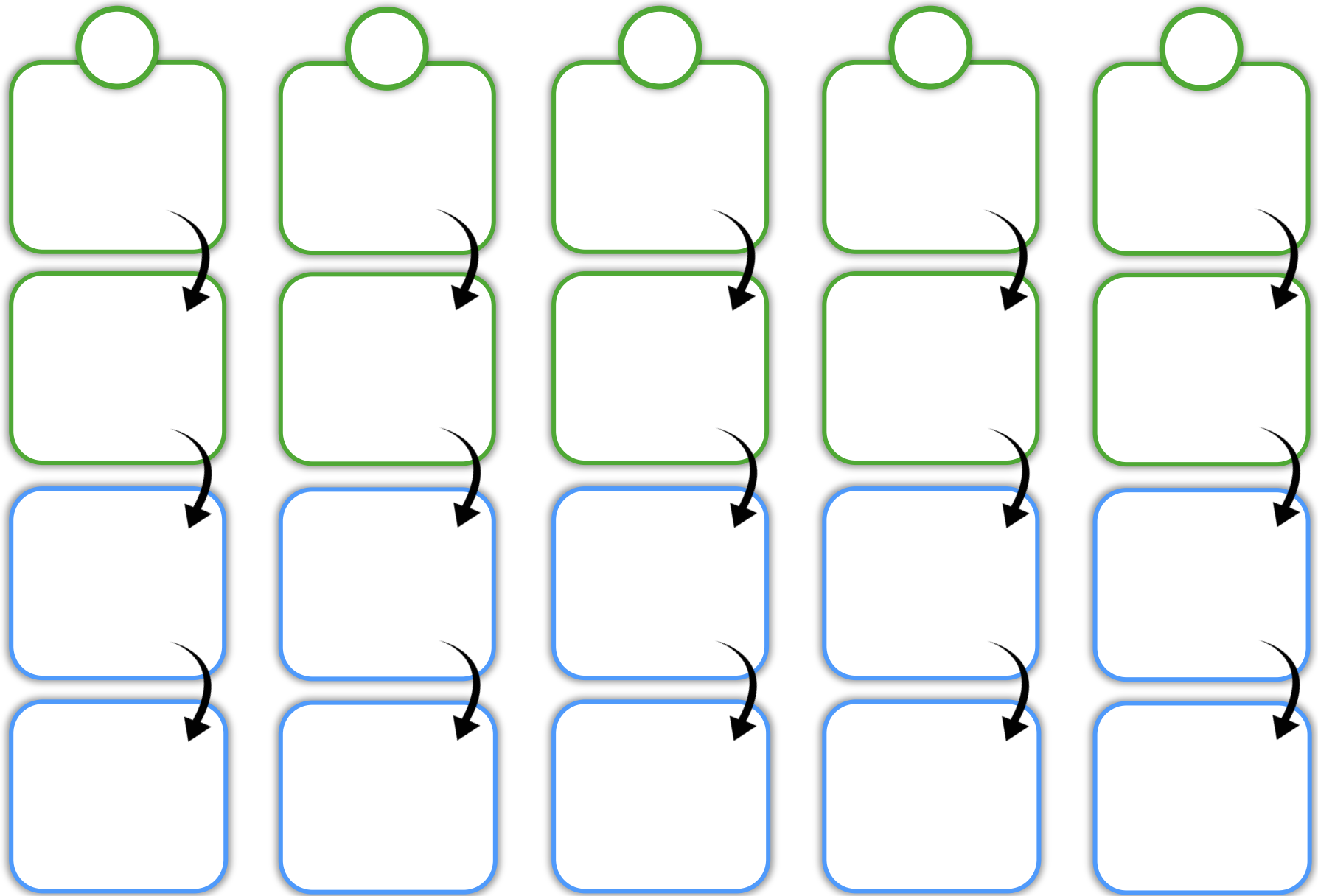
- Game application: Outwitting an opponent
- Game application: Power Plays
- Doubles: Understanding and applying tactics to win a point
- Game application: Doubles

Badminton

- Introduction to badminton: Outwitting an opponent
- Introduce the forehand and backhand
- Applying the forehand and backhand: Creating space to win a point
- Controlling the game from the serve

Year 6

KS2 Progression of Skills Overview



KS2 Progression of Skills Overview