



Physical Education Curriculum Overview & Progression of Skills

EYFS	KS1	KS2
Within EYFS there is a focus within PE on the Early Learning Goals, specifically Physical Development and Personal, Social and Emotional development.	Within KS1 pupils develop their fundamental movement skills, become increasingly competent and confident. They access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. Children will also start to engage in competitive and cooperative physical activities in a range of increasingly challenging situations.	Within KS2 pupils continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
EYFS	Body Management 1	Body Management 2	Cooperate and Solve Problems 1	Cooperate and Solves Problems 2	Manipulation and Coordination 1	Manipulation and Coordination 2
	Dance 1	Gymnastics 1	Dance 2	Gymnastics 2	Speed Agility Travel 1	Speed Agility Travel 2
Y1	Attack, Defend, Shoot 1	Dance 1	Attack, Defend, Shoot 2	Dance 2	Send and Return 2	Gymnastics 2
	Hit, Catch, Run 1	Send and Return 1	Gymnastics 1	Hit, Catch, Run 2	Run, Jump, Throw 1	Run, Jump, Throw 2
Y2	Attack, Defend, Shoot 1	Dance 1	Attack, Defend, Shoot 2	Dance 2	Send and Return 2	Gymnastics 2
	Hit, Catch, Run 1	Send and Return 1	Gymnastics 1	Hit, Catch, Run 2	Run, Jump, Throw 1	Run, Jump, Throw 2
Y3	Netball	Hockey	Football	Swimming	Athletics	Rounders
	Tag Rugby	Dance	Gymnastics	Basketball	Cricket	Tennis
Y4	Netball	Hockey	Football	Swimming/ Gymnastics 2	Athletics	Rounders
	Tag Rugby	Dance	Gymnastics	Basketball	Cricket	Tennis
Y5	Netball	Hockey	Football	Swimming/ Gymnastics 2	Athletics	Rounders
	Tag Rugby	Dance	Gymnastics	Basketball	Cricket	Tennis
Y6	Netball	Hockey	Football	Swimming/ Gymnastics 2	Athletics	Rounders
	Tag Rugby	Dance	Gymnastics	Basketball	Cricket	Tennis

**due to hall availability and availability of external providers, there are time when the order of these areas are changed throughout the year. The content of the academic year remains the same.



EYFS Skills and Learning Progression

<p>Body Management - Unit 1</p> <ol style="list-style-type: none">1.To balance and carry beanbags with different parts of our bodies2.To reach and stretch to pick up different objects3.To reach and stretch to get equipment4.To make bridges balance shapes with our body5.To travel over and under apparatus6.To reach and stretch with our left and right hands and feet	<p>Body Management - Unit 2</p> <ol style="list-style-type: none">1.To perform rolls2.To show some body control3.To perform different jumps4.To jump using apparatus5.To travel across apparatus6.To work as part of a team
<p>Cooperate and Solve Problems - Unit 1</p> <ol style="list-style-type: none">1.To recognise card symbols and numbers while moving and playing games2.To work with a partner to cross the river3.To use our bodies to make number shapes4.To match colours to actions and move in different ways5.To work with others to make patterns6.To work with a partner to complete challenges	<p>Cooperate and Solve Problems - Unit 2</p> <ol style="list-style-type: none">1.To follow a trail with a partner2.To play parachute games3.To make jumping patterns4.To create movement patterns5.To lead a partner in tapping patterns6.To navigate obstacles
<p>Dance - Unit 1</p> <ol style="list-style-type: none">1.To use our imagination to move like a car2.How to move our bodies like a ship moves in the wind3.To use our bodies in different ways to be trains and tunnels4.How to communicate using Makaton sign language5.How to tell a story about building a house using our bodies6.To dance like fire and put a fire out	<p>Dance - Unit 1</p> <ol style="list-style-type: none">1.To move to the count of 82.To perform with a partner to the count of 83.To work with a partner to perform4.To perform a dance using 4 actions5.To link new actions with the ones we already know6.To practise and perform a dance about Africa
<p>Gymnastics - Unit 1</p> <ol style="list-style-type: none">1.To move safely2.To take off and land on two feet3.To balance and move balls and beanbags	<p>Gymnastics - Unit 2</p> <p>Patches - Large Body parts</p> <ol style="list-style-type: none">1.To link different shapes and ways of moving2.To egg roll and log roll



4.To travel on mats and benches 5.To copy and repeat actions 6.To perform simple shapes and balances	3.To follow different pathways 4.To balance on points and patches 5.To perform our story to music 6.To use a start and finish position
Manipulation and Coordination Unit 1 1.To handle a balloon 2.To handle a ball 3.To kick a ball 4.To hop, jump and step 5.To send a ball or beanbag 6.To send and stop in a game	Manipulation and Coordination Unit 2 1.To play parachute games 2.To use equipment to perform actions 3.To use batons to control balls, beanbags and balloons 4.To use a baton or a hand to dribble 5.To skip with and without a rope 6.To handle a hoop
Speed Agility Travel - Unit 1 1.To move in different directions 2.To keep our bodies safe in running games 3.To listen and respond with quick movements 4.To explore different ways to start moving and to stop safely 5.To move our bodies at different speeds, fast and slow, and stay in control 6.To use and improve all our movement skills	Speed Agility Travel - Unit 2 1.To collect and carry balls and beanbags at speed 2.To move in different ways and use them in our games 3.To jump on, off and over 4.To travel in different ways using our hands 5.To move quickly and change direction in different ways 6.To use our skills to finish an obstacle course safely and as part of a team

Y1 Skills and Learning Progression

Attack, Defend, Shoot - Unit 1 1.To hit a target 2.To defend a target 3.To bounce a ball with control 4.To shoot in a game to get points 5.To work with a partner to score points 6.To use our attacking and defending skills in a game	Attack, Defend, Shoot - Unit 2 1.To find our pulse on our wrist 2.To move side to side to defend the goal 3.To bounce a ball with control to ourselves 4.To aim at different targets 5.To adapt to a game with changing rules 6.To play in the best defensive position in a game
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<p>Hit, Catch, Run - Unit 1</p> <ol style="list-style-type: none">1.To select space to throw or roll a ball into2.To track and collect a rolling ball3.To catch a ball to stop an opponent scoring4.To use our hands to hit a ball5.To hit a ball off a cone6.To work as a team to score points	<p>Hit, Catch, Run – Unit 2</p> <ol style="list-style-type: none">1.To run quickly to stump a base2.To begin to hit a ball with accuracy3.To move and intercept the ball4.To run around bases to score points5.To catch a ball to get a batter out6.To stop the other team from scoring points
<p>Send and Return - Unit 1</p> <ol style="list-style-type: none">1.To slide a beanbag to a target2.To hit a ball in different ways with our hands3.To move towards a ball to return it4.To work with a partner to stop and return a beanbag5.What a rally is and rallying with a partner6.To send a ball into space to make it harder for our opponent	<p>Send and Return- Unit 2</p> <ol style="list-style-type: none">1.To send the ball over a net to our partner2.To track and stop a moving object using both hands3.Why different muscles are important when playing games4.To send balls accurately from different positions e.g., kneeling or sitting5.To spot space on the playing area and hit the ball there6.To play a game with a partner
<p>Run, Jump, Throw - Unit 1</p> <ol style="list-style-type: none">1.To start and stop at speed2.To use our leading arm to help us throw.3.To take off on two feet to jump for distance4.To use correct technique to throw different objects for distance5.To move in different ways to show good balance, coordination and agility.6.To take part in a competition using running, jumping, and throwing skills	<p>Run, Jump, Throw- Unit 2</p> <ol style="list-style-type: none">1.To run quickly to stump a base2.To begin to hit a ball with accuracy3.To move and intercept the ball4.To run around bases to score points5.To catch a call to get a batter out6.To stop the other team from scoring points
<p>Dance 1</p> <ol style="list-style-type: none">1.To move as if we are in the jungle2.To move like a friendly bear3.To create and perform movements which demonstrate friendship4.How to mirror other people's actions	<p>Dance 2</p> <ol style="list-style-type: none">1.To perform actions to well-known nursery rhymes2.To march in time to the beat and to turn while marching3.To march in time as a group4.To perform actions in canon



5. Some basic Lindy Hop actions 6. What it feels like to perform a dance	5. To perform a short dance using canon 6. To perform in rounds in different groups
Gymnastics 1 1. To perform 'like actions' in a sequence 2. To carry and set up apparatus safely 3. To perform shapes on both large or small body parts 4. To take off and land and use shape in our jumps 5. To travel on our feet, showing good body tension 6. How we can create different levels in our performance	Gymnastics 2 1. To move on, off and over apparatus and use the 'Magic Chair' landing 2. To rock on different parts of our body and rock using shape 3. To perform specific point balances such as 'h' and 'y' balance 4. To perform actions at the same time as others (unison) 5. To perform actions one person after the other (canon) 6. To turn and jump and quarter and half turn

Y2 Skills and Learning Progression

Attack, Defend, Shoot - Unit 1 1. To kick the ball over long and short distances 2. To stop a ball with control using the foot 3. To work as a team to keep the ball 4. To bounce a ball with my partner 5. To bounce the ball while we are moving 6. To pass the ball forward in a game situation, using what we've learned to play fairly	Attack, Defend, Shoot - Unit 2 1. To throw different types of equipment 2. To move to a space after passing a ball 3. To pass and move forward to a target with a partner 4. To position ourselves as a goalkeeper 5. To intercept a ball from a person on the other team 6. To use the skills we have developed in a competition
Hit, Catch, Run - Unit 1 1. To hit a ball and score points by running to cones 2. To defend a target by kicking 3. To bowl underarm with control 4. To hit a ball using different bats and techniques 5. To throw accurately to a base 6. To apply our striking, fielding skills in a game	Hit, Catch, Run - Unit 2 1. To time our run around the bases to stay 'safe' 2. To strike the ball accurately into space by choosing where and how to hit it 3. To bowl the ball so it bounces in front of the batter 4. About the role of a wicketkeeper 5. To develop fielding skills by reacting quickly to different types of balls 6. To bowl underarm in a game with accuracy



<p>Send and Return - Unit 1</p> <ol style="list-style-type: none">1.To stay on our toes to move quickly to the ball2.To identify which hand is dominant in a game3.Basic rules of serving to our partner4.To develop agility and use it in a game5.To use the correct grip to hit a self-fed ball6.To use the ready position in a rally	<p>Send and Return - Unit 2</p> <ol style="list-style-type: none">1.To feed a ball to our partner with consistency2.To send the ball to different parts of the court3.To throw and catch in a seated position4.To accurately serve the ball to different parts of the court5.To use overarm attacking shots in a game6.To manage what we should be doing within the competition
<p>Run, Jump, Throw - Unit 1</p> <ol style="list-style-type: none">1.To move quickly whilst being aware of others around2.To create power with our legs to turn at speed3.To move through an obstacle course with speed and control4.To choose the best throw for different situations5.To work with our partner and explore different jumps for distance6.To compete as part of a team to run, jump and throw	<p>Run, Jump, Throw - Unit 2</p> <ol style="list-style-type: none">1.To work both individually to run over a longer distance2.To develop strength and jump for height3.To create power when throwing for distance4.To use breathing techniques to be able to run more easily5.To adapt our rolling style for different games6.Listen to others and work as a team to achieve the highest score possible
<p>Dance - Unit 1</p> <ol style="list-style-type: none">1.How to move like Penguin Small2.How to move like a polar bear3.How to move like a snowman4.How to move like the sea using canon5.How to make an ending to a dance6.How to perform a class dance with beginning, middle and end	<p>Dance - Unit 2</p> <ol style="list-style-type: none">1.To develop a dance that shows different emotions2.To dance with rhythm following a clockwork pattern3.To work on our own to create and perform a short movement phrase4.To watch, copy and repeat actions to create a 'motif'5.To perform our motif in different formations6.To use different movement pathways in our dance
<p>Gymnastics - Unit 1</p> <ol style="list-style-type: none">1.To combine 4 elements into a floor sequence2.To create power in a variety of different jumps3.To take weight on our hands and move in different	<p>Gymnastics - Unit 2</p> <ol style="list-style-type: none">1.To use a relevé in a sequence2.To perform an arch and dish shape, moving smoothly from one to the other



ways 4.To use our flexibility in a bridge and japana gymnastic shape 5.To perform the point balance arabesque 6.To perform a teddy roll	3.To develop our strength in a back support and crab 4.To frog jump and leapfrog 5.To hold an L-sit with a straight back 6.To bring rhythm and flow to our sequence
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Y3 Skills and Learning Progression

Netball 1.To perform quick, accurate chest passes 2.To use dodging to get free from our opponent 3.To catch a netball 4.To use a bounce pass to feed the goal shooter 5.To throw for distance using a shoulder pass 6.To collect a loose ball	Hockey 1.To keep close control of the ball using the flat side of the stick 2.To control a ball and pass it into space 3.To use a defensive body position 4.To consistently stop a moving ball ready to pass, move or shoot 5.To improve our agility and apply it in a game situation 6.To avoid our feet contacting the ball and apply basic rules to the game
Football 1.To use the inside of the foot to pass the ball 2.To trap a ball with control that is moving along the ground 3.To pass the ball accurately into space over short distances 4.To identify and move into space to receive the ball 5.To use the outside of the foot to control the ball and dribble 6.To cushion the ball when receiving it	Tag Rugby 1.To use speed to run past defenders 2.How to use a short pass in a game 3.To use agility to evade being tagged 4.To understand and apply the tag protocol in game situations 5.To close down an attacker's space as a defender 6.To perform a backwards pass to continue an attack
Gymnastics 1 1.To show full extension during a balance 2.To move in and out of contrasting shapes with fluency	Gymnastics 2 1.To perform a japana 2.To use bounces and broad jumps in a sequence 3.To attempt a half lever



<p>3.To perform a sequence using different types of rolls 4.To perform powerful jumps from low apparatus 5.To perform in unison with a partner 6.To create a group performance using contrasting actions</p>	<p>4.To transition from a japa to another shape with control 5.Stretch while moving and when we are still to increase our flexibility 6.To show strength, flexibility and control in our sequence</p>
<p>Dance 1.To represent the character of Matilda in our movements 2.To represent Matilda's magical powers in a duet 3.To represent the character of Miss Trunchbull in our movements 4.To demonstrate Miss Trunchbull's punishments in a duet 5.To put our ideas together to create a class dance 6.To perform a class dance</p>	<p>Basketball 1.To keep possession of the ball when dribbling 2.To work as a pair to move forward and attack 3.To use a defensive body position 4.To perform a two-handed set shot to score 5.To use a jump ball to restart a game 6.When to move to space to receive the ball</p>
<p>Rounders 1.To be ready to field the ball 2.To bowl with some consistency in a game 3.To hit a moving ball with one hand 4.To stop a moving ball using the long barrier technique 5.To throw longer distances using overarm technique 6.To select and apply new skills in a competition</p>	<p>Athletics 1.Jumping and hopping sequences 2.To run at different speeds 3.To approach and jump hurdles 4.To throw a javelin using the pull throw technique 5.A variety of skipping techniques 6.To keep score accurately over a range of events</p>
<p>Cricket 1.To hit a stationary ball into space using the straight drive 2.To bowl underarm to a batter with some consistency 3.To use the correct footwork to strike a bowled ball 4.To stop a moving ball using the long barrier technique 5.To throw longer distances overarm 6.To perform as a wicketkeeper</p>	<p>Tennis 1.To use the ready position to return a ball 2.To hit the ball to different parts of the court using a forehand hit 3.To perform an underarm serve to start a rally 4.To move towards a ball to return it over the net 5.To play cooperatively with a partner to keep the ball moving over the net 6.To perform forehand hits to score points in a</p>



Y4 Skills and Learning Progression

<p>Netball</p> <ol style="list-style-type: none">1.To protect the ball once we have caught it2.To use basic shooting techniques in a game3.One-to-one marking4.To pivot once we have caught the ball5.To use quick feet6.To use preliminary moves	<p>Hockey</p> <ol style="list-style-type: none">1.To perform a push pass with accuracy2.To perform a straight dribble to maintain possession3.To use reverse-stick to control a ball on the far-side of our body4.To use a slap pass to send the ball over longer distances5.To turn, keeping the ball under control, and move into space6.To develop new skills in competitive situations and look to improve
<p>Football</p> <ol style="list-style-type: none">1.To run onto the ball to receive it2.To explore front and goal-side marking techniques3.To perform a standing tackle to dispossess an attacker4.To dribble, showing good control to progress forward5.to pass and receive the ball over longer distances6.To perform passing and moving with a teammate	<p>Tag Rugby</p> <ol style="list-style-type: none">1.To use accurate passes to create an attack as a team2.To pick the ball up from the floor and run with it to start an attack3.To keep possession of the ball and build an attack4.To evade being tagged5.To use changes of speed to create gaps to run into6.To create attacking opportunities in competitive games
<p>Gymnastics 1</p> <ol style="list-style-type: none">1.To perform a 6-element sequence that uses changes in speed and direction2.To use the STEP principle to create and perform a partner sequence3.To take weight on our hands, showing control4.To develop a sequence using compositional ideas, e.g. changing speeds5.To co-operate as a group to refine a short sequence	<p>Gymnastics 2</p> <ol style="list-style-type: none">1.To perform a weighted bunny hop showing control and balance2.An arabesque balance and over-the shoulder roll3.To identify and engage core muscles for stability4.To smoothly transition from front support to side support5.To perform a shoulder stand with control6.To combine all elements of this unit into one sequence showing smooth transitions



6.To judge a performance and use feedback to improve	
<p>Dance</p> <ol style="list-style-type: none">1.How to create a secret agent solo dance2.To remember, perform and master an agent phrase3.To develop a trio dance using relationship variations4.To create a combat trio5.To use gestures to create a secret mission ending6.To perform a secret agent dance with control, precision and skill	<p>Basketball</p> <ol style="list-style-type: none">1.To apply pressure on an attacker to force a mistake2.To change direction quickly using a crossover dribble3.To use man-to-man marking to stop the ball handler4.To perform a bounce pass to outwit an opponent5.To perform a jump shot6.To perform passing and moving with a teammate
<p>Rounders</p> <ol style="list-style-type: none">1.To hit the ball in different directions2.To run between the posts and avoid getting stumped out3.To intercept the ball using one hand4.to underarm bowl, abiding by the rules of bowling5.To play the role of backstop and use it in a small game6.The rounders scoring system and using it in a game	<p>Athletics</p> <ol style="list-style-type: none">1.To challenge ourselves in running, jumping and throwing tasks2.To accelerate over short distances3.To run and jump using a one-footed take-off4.To use a sling action to throw a discus5.To run on a curve and exchange a baton in our team6.To apply the skills we have developed in a competitive way
<p>Cricket</p> <ol style="list-style-type: none">1.To hit the ball in different directions2.To anticipate when to run to score singles3.To intercept a moving ball with one hand4.To bowl overarm5.The pull shot and attempting it in a game6.To field a bouncing ball effectively	<p>Tennis</p> <ol style="list-style-type: none">1.To return to the middle of the court after playing a shot2.To accurately use the forehand in game situations to score points3.To play a backhand shot with some control4.To combine ready position and court movements to consistently return the serve5.To work with a partner to score points in a game6.To use forehand and backhand shots to score points in a competitive situation



Y5 Skills and Learning Progression

<p>Netball</p> <ol style="list-style-type: none">1.To choose the appropriate pass for different scenarios2.To find space to receive in a game3.To use different dodging techniques to outwit a defender and get free4.To practice and perform pivoting and quick turns5.To get into closer shooting positions6.To react and move quickly in isolation and in games	<p>Hockey</p> <ol style="list-style-type: none">1.To defend using a block tackle and take possession of the ball2.To use fast, accurate passes into the D to create scoring opportunities3.To mark an attacker closely to stop them receiving the ball4.To perform a sweep hit to send the ball 'first time'5.To move the ball quickly from left to right to outwit a defender6.To use a variety to keep possession in a game
<p>Football</p> <ol style="list-style-type: none">1.To turn with the ball2.To travel quickly and effectively when running with the ball3.To combine running with the ball and sending it into space4.To maintain their position when attacking to create space5.To perform a stepover to beat a defender6.To control a bouncing ball, keeping it close to the body	<p>Tag Rugby</p> <ol style="list-style-type: none">1. .To use defensive positions to mark and tag an attacker2.To pass a ball accurately and consistently while on the move3.To defend as part of a team to deny space to the attacking team4.To use a pop pass over short distances to create an explosive run5.To move the ball quickly when under pressure using the 'magic diamond' formation6.To use the 3 step and pass rule with some confidence
<p>Gymnastics 1</p> <ol style="list-style-type: none">1.Travel by taking weight on our hands and use it in a sequence2.To create and perform a partner sequence using symmetry3.To create and perform a partner sequence using asymmetry4.To perform counter-balances with a partner5.To perform smooth transitions between counterbalances using different levels6.To evaluate each other's work and suggest improvements	<p>Gymnastics 2</p> <ol style="list-style-type: none">1.To use space creatively along an L shaped pathway2.To refine our round-off technique3.To refine the over-the-shoulder roll and attempt a handstand finish4.To smoothly link 2 cartwheels to perform a double cartwheel5.To transition into a bridge with control6.To develop a 6-element partner sequence



<p>Dance</p> <ol style="list-style-type: none"> 1.To communicate the theme of heroes through our dance 2.To manipulate and develop actions using a range of devices 3.To create interesting and varied dance actions as a group using levels 4.To use jumps to bring power and energy to our dance phrases 5.To show the theme of an attack, performing at a low level 6.Work effectively with others to improve movement quality and performance 	<p>incorporating asymmetry</p> <p>Basketball</p> <ol style="list-style-type: none"> 1.To use blocking to prevent an opponent from shooting 2.The front pivot and trying to use it in a game 3.To use a forward pass to players on the wing 4.To perform a one-handed push pass under pressure 5.To use a box to create space and win a rebound 6.To catch the ball under pressure using a 'W' hand position
<p>Rounders</p> <ol style="list-style-type: none"> 1.To judge how far you can run based on the distance of a hit 2.To throw over short distances with power and accuracy to get batters out 3.To follow the path of a moving ball to make sure it is fielded consistently 4.The backwards hit rule and using it tactically as the backstop 5.To hit the ball into gaps to maximise the chance of scoring 6.To set a field in a game to limit the scoring of a batter 	<p>Athletics</p> <ol style="list-style-type: none"> 1.To run for speed and distance on our own and as part of a team 2.Pacing our run over longer distances 3.Different jumping styles and exploring which ones we can jump further with 4.To use the push throw technique 5.To exchange a baton within a restricted area 6.To design a run, jump or throwing activity for others using the STEP principle
<p>Cricket</p> <ol style="list-style-type: none"> 1.To work with a partner to score runs 2.To throw accurately over short distances to get batters out 3.To track and move with the ball to catch it effectively as a wicketkeeper 4.To attempt to overarm bowl using the correct grip 5.To play a forward defensive shot 6.To set a field in a game to limit the runs scored by a batter 	<p>Tennis</p> <ol style="list-style-type: none"> 1.To recap and perform a range of different shots with accuracy and control 2.To move quickly to the ball to perform a volley 3.To play an overhead shot and know when you might use it 4.To use different court formations during doubles play 5.To refine court movement to hit the ball before the second bounce 6.To perform a diagonal serve to begin a game in competitive situations



Y6 Skills and Learning Progression

<p>Netball</p> <ol style="list-style-type: none">1.Ways to improve our coordination2.To mark the pass or the shot3.Organisation in and around the semicircle4.To compete to win the rebounding ball5.To stay active to intercept a pass6.To stay onside in games defending on the position being player	<p>Hockey</p> <ol style="list-style-type: none">1.To shoot under pressure from close range2.When a long corner is awarded and to take a long corner in a game3.To use goal-side marking to prevent an attacker from getting close to goal4.To use a banana run to force an oncoming attacker out wide5.To use a hit out successfully to restart a game6.Indian dribble and to play competitively using new skills
<p>Football</p> <ol style="list-style-type: none">1.To set up a shooting opportunity for a teammate2.To restrict an opponent's space by defending with a partner3.To perform a penalty kick with power and accuracy4.To attack and shoot as a pair5.To perform the role of a cover defender to stop the opposition's attack6.To use close control to keep possession of the ball under pressure	<p>Tag Rugby</p> <ol style="list-style-type: none">1.To create attacking continuity by supporting the player with the ball2.To use set plays, such as scissors, to attack with your team3.The difference between taking the distance (3steps) & taking the time (3seconds) when tagged4.To find and use space with my team to create scoring opportunities5.To recognise a turnover and quickly switch from attack to defence6.To observe and analyse our classmates' performance
<p>Gymnastics 1</p> <ol style="list-style-type: none">1.To use controlled flight onto high apparatus2.What a base and a flyer are in partner balances and performing both roles3.To perform more advanced partner balance and evaluate others' work4.To incorporate equipment such as hoops & balls into a sequence	<p>Gymnastics 2</p> <ol style="list-style-type: none">1.To perform a 10-element group sequence using both floor and apparatus2.To perform with equipment and respond creatively to music3.To create judging criteria and then assess performance against it4.To create & perform interesting patterns as part of a group5.To select and apply the appropriate walk and presentation



<p>5.To incorporate musicality and timing into a group sequence 6.To combine our skills in partner balances and rhythmic gymnastics into a group performance</p>	<p>to start a sequence 6.To perform a 10-element sequence within a 1-minute time limit</p>
<p>Dance 1.How to perform key Street Dance actions. 2.To build conflict into our dance using choreographic devices 3.To prepare for and perform a street dance 4.What physical theatre is and how to perform it 5.How to show intention and tell a story with our physical theatre 6.How to create and perform a physical theatre duet</p>	<p>Basketball 1.How to counterattack using the fast break 2.To retreat dribble to maintain possession 3.To perform a free throw with consistency 4.To use speed and agility to perform a v-cut to get free from a defender 5.To drive to the basket using strength and coordination 6.The 3-point shot and how different points are awarded</p>
<p>Rounders 1.Attaching tactical bowling to make it more difficult for the batter to hit 2.To track and catch a high ball 3.The difference between attacking & defensive batting 4.To work in a pair in the field to restrict scoring 5.To apply tactics when running around bases to avoid overtakes 6.To apply attacking and defensive tactics in a competitive situation</p>	<p>Athletics 1.Sprint start technique to increase our running speed 2.The three phases of triple jump 3.The heave throw technique and what it is used for 4.To assess our own ability to play our role in paralauff running 5.The scissor jump technique and when it would be used in athletics 6.To record and relay results over a range of track and field events</p>
<p>Cricket 1.To create pressure on a batter by setting a ring field 2.To track and catch a high ball consistently 3.To perform a short-pitched bowl to get a batter to hit the ball in the air 4.To work in a pair to restrict run scoring when fielding 5.To play an on-drive 6.To set an attacking field</p>	<p>Tennis 1.To communicate clearly with a partner to score points in doubles play 2.To attempt a two-handed backhand shot with control 3.To hit a lob over our opponent's head 4.The tennis scoring system and using it to umpire games 5.To work with our doubles partner to cover space on the court</p>



Swimming Skill and Learning Progression

Beginners	Intermediate	Advanced
<ol style="list-style-type: none">1.To move through the water and use our hands to pull and push2.To lift our feet off the ground and make shapes in the water3.To push and glide across using a float4.To put our face in the water5.To stand again after floating on our front6.To stand again after floating on our back7.To swim a short distance on our back with a float8.To start kicking when our glide slows down9.To use the 'sculling' technique to move ourselves in the water10.To use 'doggy paddle' to swim a short distance on our front11.To move from a glide into doggy paddle12.To swim as far as we are able on our front and back	<ol style="list-style-type: none">1.To jump in and submerge in deeper water2.To sink and then roll under the water3.To use front crawl leg action to swim longer distances4.To control our body in the water using tuck floats and surface dives5.To transition from one floating shape to another without putting our feet down6.To use breaststroke leg action to swim on my front and back7.To handstand on the bottom of the pool8.To somersault underwater9.To move forward with our faces in the water, using the sculling action10.To move smoothly through the water, transitioning from front to back11.To propel ourselves underwater while using breaststroke legs12.To swim over a longer distance without floats or armbands	<ol style="list-style-type: none">1.To swim as part of a team in a relay2.To perform a mushroom float for a sustained period of time3.To get into the correct position for efficient backstroke swimming4.To perform and perfect a crouching dive to enter the water5.To swim, surface dive and move objects without stopping6.To tread water and use a rescue aid7.To tumble turn and link a swim stroke with a tumble turn8.To use breaststroke arms and swim with fluency9.To use our skills of observation to improve our technique10.To link lengths together using a tumble turn11.To enter the water keeping our head out12.Competition finish to finish well in a race