



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
- Combine passing and dribbling to create 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

- Consolidate dribbling
- Develop marking
- Develop shooting
- Refine attacking skills
- Refine defending skills

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 attacking tactics: Understand and apply attacking tactics to game scenarios
- Consolidate defending: Understand and apply defensive 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 and receiving
- Introduce passing and creating space
- Introduce scoring and the concept of 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



T1 Rugby

- Moving with the ball
- Passing and Catching
- Passing backwards
- Making a touch tackle and staying in front of the attack
- Creating space to score tries



Roulers

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



Cricket

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

Year 3

Netball

- Develop passing and receiving
- Develop passing, moving and shooting
- Develop Footwork
- Introduce defending and the concept of marking

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

T1 Rugby1

- Develop passing and moving
- Introducing offside
- Scoring a try
- Tagging the ball carrier and ripping the ball
- Evading a defender

Roulers

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

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 angels and speeds

Year 4

Netball

- Refine passing and receiving
- Explore the function of other passes
- Develop defending and marking the player with the ball
- Tactical Play

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

T1 Rugby

- Refining ripping the ball and passing to maintain possession
- Tagging and forming a tackle triangle
- Introducing lineouts
- Introduce kicking in open play and introduce kicking to start a game

Roulers

- 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

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

Year 5

Netball

- Consolidate attacking
- Consolidate defending
- Understand and apply attacking tactics to game scenarios
- Understand and apply defending tactics in game situations

Tag Rugby

- Consolidate attacking
- Consolidate defending
- Create, understand and apply attacking/defending tactics in game situations
- Application of 'powers' into Game Play, to challenge tactical thinking

T1 Rugby

- Scrums in game play
- Consolidate Attacking
- Consolidate defending
- Application of 'powers' into Game Play, to challenge tactical thinking

Roulers

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

Cricket

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

Year 6

KS2 Progression of Skills Overview



Athletics

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

Year 3

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

Year 4

Athletics

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

Year 5

Athletics

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

Year 6



Tennis

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

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

Tennis

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

Tennis

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



Golf

- Develop the underarm throw/roll for accuracy
- Combine throwing and rolling with accuracy to beat an opponent
- Introduce striking: Using Rollers (Putters)

Golf

- Introduce striking with Launchers
- Develop striking for distance and accuracy with Launchers
- Combine striking with Rollers and Launchers to beat an opponent 1v1

Golf

- Consolidate striking for accuracy with Rollers/ Launchers
- Introduce playing with hazards
- The Class "Championship" 1v1 and 2v2

Golf

- Consolidate playing against an opponent
- Consolidate playing against an opponent in teams
- Team Better Ball: Introducing 'Power Play'
- The Little Sticks Cup



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

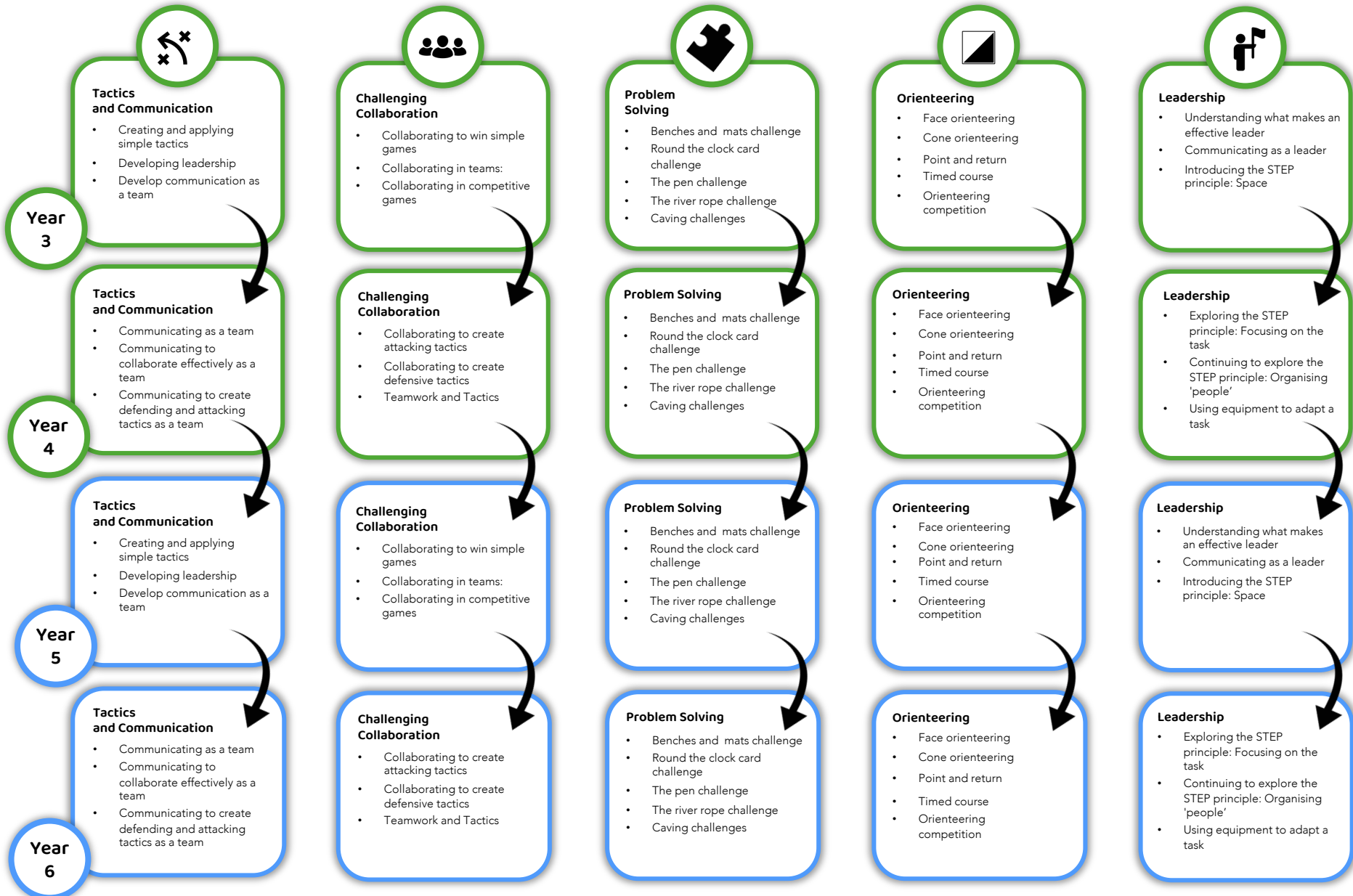
Health Related Exercise

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

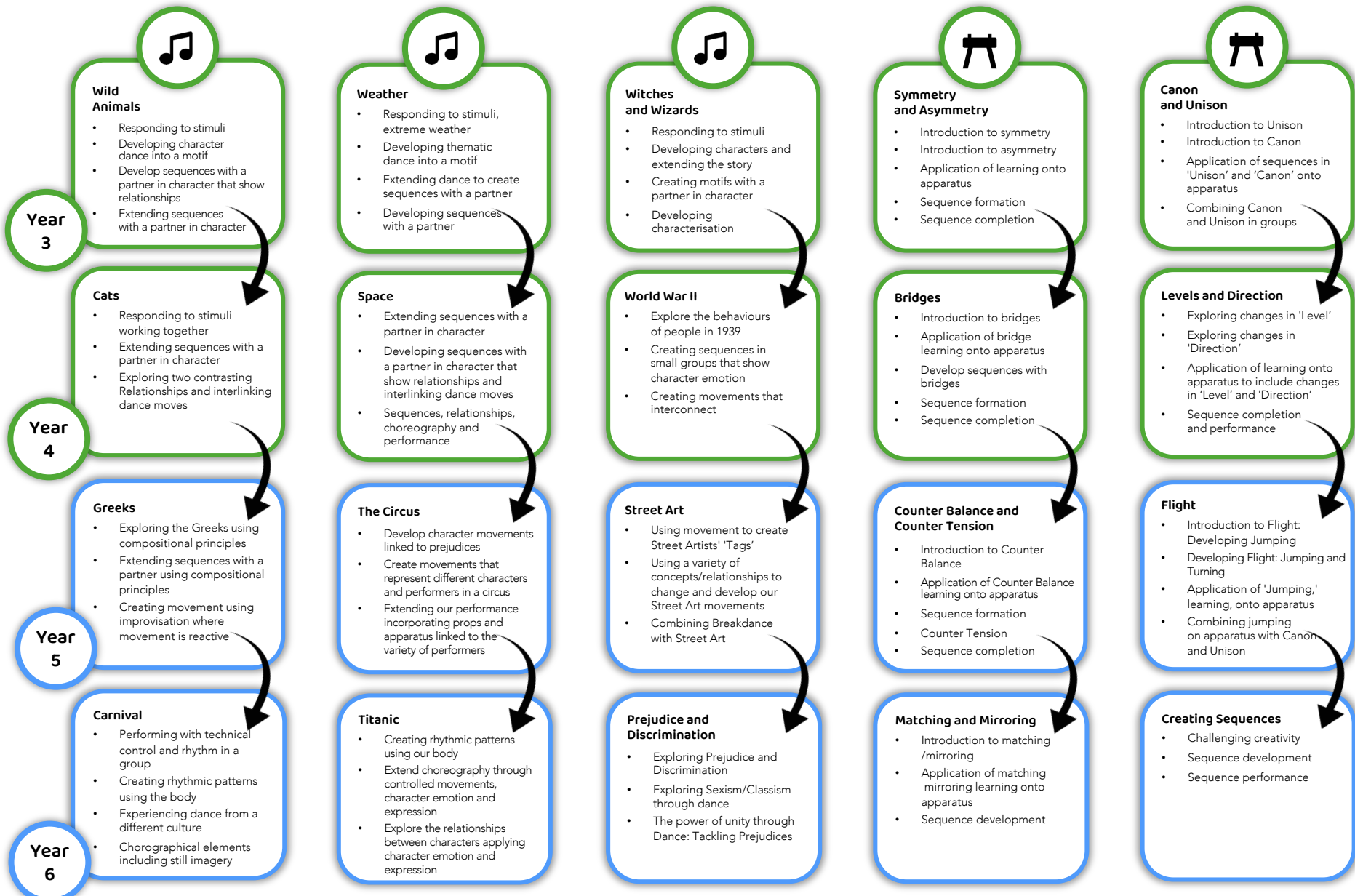
Health Related Exercise

- 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



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.



Triathlon

- Running: Understanding Pacing
- Running: Maintaining pace as a team
- Cycling: Learning to balance and manoeuvre our bike with confidence



Quidditch

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

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.

Triathlon

- Cycling: Develop confidence when cycling around others
- Land-based Swimming: Develop our strength and power for swimming
- Exploring 'Transition' and a Triathlon Competition

Quidditch

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

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

Triathlon

- Running: Understanding Pacing
- Running: Maintaining pace as a team
- Cycling: Learning to balance and manoeuvre our bike with confidence

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

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

Triathlon

- Cycling: Develop confidence when cycling around others
- Land-based Swimming: Develop our strength and power for swimming
- Exploring 'Transition' and a Triathlon Competition

Quidditch

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

Year 6

KS2 Progression of Skills Overview



Foot Golf

- Develop sending the ball (kicking) with accuracy
- Consolidate sending the ball (kicking) with accuracy. Introduce tactical thinking
- Develop striking the ball (kicking) with power/ over a distance



Tchoukball

- Introduce passing and receiving
- Develop passing and moving to create shooting opportunities
- Develop shooting towards a target



Kin-Ball

- Introducing Kin-Ball: Developing our communication skills to trap and catch a ball
- Developing our catching skills: Working as a team to cradle the ball
- Introduce defending: Tracking and moving

Foot Golf

- Introducing hazards
- Consolidating our learning: Individual Match Play
- Collaborating in teams: Alternate Shots Competition

Tchoukball

- Defending and catching rebounds
- Outwitting opponents in small-sided games
- Playing a game of Tchoukball

Kin-Ball

- Develop aiming and hitting skills
- Refine catching: Using the correct technique for catching in Kin-Ball
- Playing a game of Kin-Ball

Foot Golf

- Develop sending the ball (kicking) with accuracy
- Consolidate sending the ball (kicking) with accuracy. Introduce tactical thinking
- Develop striking the ball (kicking) with power/over a distance

Tchoukball

- Introduce passing and receiving
- Develop passing and moving to create shooting opportunities
- Develop shooting towards a target

Kin-Ball

- Introducing Kin-Ball: Developing our communication skills to trap and catch a ball
- Developing our catching skills: Working as a team to cradle the ball
- Introduce defending: Tracking and moving

Foot Golf

- Introducing hazards
- Consolidating our learning: Individual Match Play
- Collaborating in teams: Alternate Shots Competition

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- Defending and catching rebounds
- Outwitting opponents in small-sided games
- Playing a game of Tchoukball

Kin-Ball

- Develop aiming and hitting skills
- Refine catching: Using the correct technique for catching in Kin-Ball
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KS2 Progression of Skills Overview