

Netball - Progression of Key Skills (Invasion Games)

| Reception-(through intro first PE unit) | Year 1- (through ball skills unit) | Year 2 (through ball skills unit) |
|---|---|--|
| <p>Throw to self, catching a soft ball/balloon</p> <p>Experiment with rolling the ball, throw and catch to self and to a partner (hand eye co-ordination)</p> <p>Moving around at speed and changing direction</p> <p>Fun games encouraging throwing and catching different types of balls</p> <p>Passing with a partner and counting to 5 and 10</p> | <p>Catch a soft ball safely</p> <p>Pass the soft ball from chest – ‘W’ shape when passing and receiving.</p> <p>Small sided games (super hero ball) 3v3 introducing passing and receiving a ball</p> <p>Play an adapted superhero game and introduces rules</p> <p>Scoring in a variety of ways</p> | <p>Catch a ball in an adapted game</p> <p>Bounce pass from a short distance to a partner.</p> <p>Small sided games (super hero ball) Small sided games 3v3 encouraging chest passes in game</p> <p>Play an adapted super hero netball game. One team is to attack and attempt to score, the opposing team is to stop (defending) them from scoring.</p> <p>Scoring in a variety of ways and begin to use in a game situation</p> |

| Year 3 | Year 4 | Year 5 | Yr 6 |
|--|---|--|--|
| <p>Pass and receive a netball safely (chest and bounce pass)</p> <p>Perform a stride stop in netball</p> <p>Perform a jump stop in netball</p> <p>Perform a dodge in netball to get into a space</p> <p>Marking a player keeping on the balls of your feet</p> <p>Shooting the ball high and bending knees</p> <p>Introduce high fives game or an adapted game</p> | <p>Pass and receive stepping into the pass (chest, bounce and shoulder pass)</p> <p>Perform a stride stop with a pivot</p> <p>Perform a jump top with a pivot</p> <p>Perform two different dodges (Drive and the dodge)</p> <p>Marking a player standing side on sticking to player</p> <p>Shooting- bend knees and place hand under the ball to shoot</p> <p>Begin to understand the positions in a high five game</p> | <p>Pass and move (chest, shoulder and bounce)</p> <p>Receive the ball on the move and perform the correct footwork (stride stop,)</p> <p>Receive the ball on the move and perform the correct footwork (jump stop)</p> <p>Perform three different dodges (Drive dodge and double dodge) and receive a ball</p> <p>To defend a player and attempt to intercept a pass</p> <p>Flick my wrist to shoot into a goal</p> <p>Know where the positions are on a netball court</p> | <p>Perform a variety of passes within a game with precision and control</p> <p>Perform correct footwork in a game (stride stop with a pivot)</p> <p>Perform correct footwork in a game (jump stop with a pivot)</p> <p>Perform a variety of dodges to move into a space and receive a ball in a practice and in a game situation</p> <p>To defend a player during a game to intercept the ball</p> <p>Shoot into a goal and attempt to get the rebound if missed.</p> <p>Rotate into different positions on the court.</p> |

Rugby- Progression of Key Skills (Invasion Games)

| Reception-(through intro first PE unit) | Year 1- (through ball skills unit) | Year 2-- (through ball skills unit) |
|--|--|--|
| <p>Follow a partner to steal their bib</p> <p>Move with different objects in their hands</p> <p>Passing an object to another child</p> <p>Moving around in a space in different ways</p> <p>Scoring points with beanbag treasure in a simple hoop invasion game.</p> | <p>Play a simple game of tag</p> <p>Move with control with the ball in their hands at chest height</p> <p>Hand over the Rugby ball sideways</p> <p>Attempt to get past a defender</p> <p>Scoring a try in a modified drill using correct technique- stay on feet using 2 hands</p> | <p>Play a tag game whilst moving at speed</p> <p>Move with the ball holding it with hands - in 'W' shape at chest height</p> <p>Pass the ball sideways- with smile technique</p> <p>Dodge around a defender in small area</p> <p>Scoring a try in a 2v2 game in the end zone</p> |

| Year 3 | Year 4 | Year 5 | Yr 6 |
|--|---|--|--|
| <p>Tag a player in isolation using the tag belts</p> <p>Move with a ball in their hand using correct position 'dirty fingers clean palms'</p> <p>Pass the ball backwards and sideways in isolation</p> <p>Move into a space to avoid a defender through dodging techniques</p> <p>Beat a defender to score a try</p> | <p>Tag a player whilst moving using tag belts</p> <p>Move with control in a variety of directions holding the ball in the correct position.</p> <p>Pass the ball backwards/ sideways with control whilst moving</p> <p>Use speed and space to avoid a passive defender</p> <p>Beat a defender at speed to score a try</p> | <p>Tag more than one player using either hand whilst moving with tag belts</p> <p>Choose different pathways to move with a ball in hands against a defender</p> <p>Pass and receive the ball in a game situation</p> <p>Use speed and space to avoid an active defender</p> <p>In a game situation beat defenders to score a try</p> | <p>Tag a player using either hand when moving at full speed in a game situation</p> <p>Dodge around a defender at speed with a ball in hands avoiding being tagged</p> <p>Pass and receive the ball when in a pressurised modified game situation</p> <p>Play modified competitive games avoiding defenders</p> <p>Work as a team in a game situation to score a try</p> |

Swimming- Progression of Key Skills

| Beginner (KS1/KS2) | Intermediate (KS1/KS2) | Advanced (KS2) | End of KS2 expectation |
|---|--|--|--|
| <p>Enter and exit the pool in correct and safe manner by the poolside steps</p> <p>Gain confidence in water walking unaided in pool</p> <p>Breathing technique – blowing bubbles, face in water and begin to develop technique with float</p> <p>Developing whole strokes including “doggy paddle” swim on back through kicking and sculling</p> <p>Be able to swim 5-10metres</p> <p>Gain knowledge of water safety and attempt self rescue using skills e.g. pyjama rescue in shallow water</p> | <p>Enter the pool safely by jumping in or sliding in on front. Exit the pool by the poolside steps or climbing out.</p> <p>Be confident to be able to swim across the pool without stopping</p> <p>Begin to show breathing technique when performing various strokes with and without a float</p> <p>Swim competently and confidently across the pool using various strokes front crawl, breaststroke and backstroke</p> <p>Be able to swim at least 25 metres</p> <p>Perform safe self rescue in water base situations e.g. pyjama rescue, float aids in deep water etc</p> | <p>Enter the pool by jumping and diving (at the deep end) safely. Exit the pool by climbing out.</p> <p>Swim confidently using various strokes on the surface and under the water</p> <p>Use advance breathing techniques in all strokes</p> <p>Swim competently and confidently using correct stroke techniques e.g. front crawl, breast stroke, backstroke and butterfly.</p> <p>Be able to swim over 25m</p> <p>Confidently perform safe self rescue skills in deep water</p> | <p>All primary schools must provide swimming and water safety lessons in either Key Stage 1 or 2.</p> <p>Each pupil is required to be able to do the following:</p> <p>Perform safe self-rescue in different water based situations</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.</p> |

Dance - Progression of Key Skills

| Reception | Year 1 | Year 2 |
|---|---|---|
| Moving in time to happy and sad music | Listen to the music and begin to move in time to it | Move in time to the music showing some expression |
| Experiment with different ways of moving | Perform basic dance movements | Perform dance movements with control |
| Experiment with actions at different levels | Perform dance movements showing some levels | Perform dance movements showing a variety of levels |
| Moving around as different characters or animals to the music | Perform basic dance travelling movements e.g. stepping, skipping, jumping | Perform dance movements showing travelling in different directions e.g. sliding, turning, gesturing |
| | Perform simple dance moves with some control | Remember simple dance steps perform with control in time to the music |

| Year 3 | Year 4 | Year 5 | Yr 6 |
|--|--|--|--|
| Collaborate to make a dance warm up | Cooperate to make a dance warm up and take on a leadership role | Co-operate and collaborate to create a warm up displaying a variety of movement patterns | Co-operate, communicate and collaborate with group to make up a warm up with good rhythm and timing |
| Use a stimulus to create a dance | Respond imaginatively to a stimulus | I can translate ideas from a stimulus showing control and fluency | I can translate ideas from a stimulus into movement showing expression, precision, control and fluency |
| Dance in unison with a partner | Dance in unison with a partner/group Performing a range of movement patterns | Dance in unison in a group keeping in time with each other | Dance in unison in a group showing good timing, energy and strength |
| Perform canon with a group | Perform canon showing a range of movement patterns | Dance in canon showing good timing | Dance in canon in a group showing good timing, energy and strength |
| Use some different levels and pathways | Perform a variety of levels and pathways in a dance | Perform using a variety of levels and using the space | Use levels, travelling and space with timing and musicality |

Gymnastics- Progression of Key Skills

| Reception | Year 1 | Year 2 |
|---|---|---|
| <p>Can experiment with different space shapes</p> <p>Experiment with different jumps</p> <p>Experiment with different ways of rolling in small shape (moon roll)</p> <p>Experiment with a rocket roll</p> <p>Moving along the floor in different ways like aliens sliding, rolling, stretching etc</p> <p>Show a start shape, rocket roll and finishing shape (beginning of a sequence)</p> | <p>Can perform shapes</p> <p>Perform basic space jump (rocket jump)</p> <p>Perform a moon rock and a moon roll</p> <p>Perform a rocket roll with pointed toes</p> <p>Perform a bunny hop- hands first then feet</p> <p>Perform a basic sequence (roll and a jump)</p> | <p>Can perform shapes with a strong body and control</p> <p>Perform jumps (rocket, star, moon jump) with control and a strong body</p> <p>Perform a moon rock, moon roll and forward roll</p> <p>Perform a rocket roll and extend to a dish/saucer roll</p> <p>Perform a bunny hop – hands flat with straight arms</p> <p>Perform a sequence – (roll, jump and balance)</p> |

| Year 3 | Year 4 | Year 5 | Yr 6 |
|--|---|--|---|
| <p>Can perform a variety of shapes with good control</p> <p>Perform a rocket jump with a half turn</p> <p>Teddy bear roll</p> <p>Perform matching and mirroring balances</p> <p>Perform a bunny hop across a mat run and onto/across low benches and apparatus</p> <p>Hopscotch on throw down feet</p> <p>Perform a short sequence on mats</p> | <p>Can perform a variety of shapes with good control when performing various skills</p> <p>Perform a rocket jump with a ¾ and full turn with pointed toes</p> <p>Teddy bear roll with a partner/group in sequence with pointed toes</p> <p>Perform matching and mirroring balance routines on apparatus</p> <p>Perform a bunny hop onto variety of apparatus with control</p> <p>Hopscotch across the floor to develop hurdle step</p> <p>Perform a short sequence on mats showing levels, control and pointed toes</p> | <p>Can perform complex shapes with control and some flexibility</p> <p>Perform more complex jumps, tuck, pike and begin leaps</p> <p>Side star roll and T-roll</p> <p>Perform point and patch balances</p> <p>Perform a 'squat on and squat off' on various apparatus</p> <p>To perform a hurdle step on the floor/springboard</p> <p>Link and sequence actions.</p> <p>Co-operate, communicate and collaborate with others.</p> | <p>Can perform complex shapes when performing Sequences and skills with flexibility</p> <p>Perform more complex jumps, tuck, pike and leaps scissor kick and cat leap</p> <p>Side star roll, T-roll (with pointed toes), backwards roll</p> <p>Perform more complex point and patches balances in a sequence on apparatus</p> <p>Perform a 'squat on and squat off' apparatus with a run up (with or without a spring board)</p> <p>Perform a hurdle step on the floor/springboard and onto low apparatus</p> <p>Compete in teams to win points with sequences and a vault competitions</p> |

Quicksticks Hockey- Progression of Key Skills

| Year 3 | Year 4 | Year 5 | Yr 6 |
|---|--|--|---|
| Dribble the ball holding the stick in correct position | Dribble the ball the ball with control | Dribbling the ball in different directions keeping head up | Dribble the ball at various speeds- both in isolation and a game situation |
| Perform a pass at a short distance and receive the ball with some control | Perform a short pass and begin to move into a space and receive the ball with some control | Perform a pass with control, accuracy and with movement into a space | Pass and move into a space with accuracy, control and speed (in isolation/game situation) |
| Pass the ball over a longer distance | Pass the ball over a longer distance with accuracy and power | Pass the ball over a variety of distances with some accuracy and power in a game situation | I can start to pass the ball over a variety of distances in attacking or defensive situations |
| Begin to tackle a player safely | Tackle a player using correct grip | I can begin to defend against an opponent in a game situation | Begin to defend as an individual and communicate to defend as a team (marking and tackling) |
| Can occasionally score whilst the ball is stationary | Can occasionally score whilst the ball is moving | Can hit a moving ball with some accuracy and control into a goal | I can hit a moving ball into a goal from different angles and sometimes with different levels of power. |
| Embracing rules and playing fairly | Inspire others with fair play and being gracious in victory and defeat | Begin to communicate with team to develop tactics for attacking and defending | Communicate with team evaluate and recognise success to help improve individual and team performance |

Kwik Cricket- Progression of Key Skills (Striking and Fielding)

| Reception-(through intro first PE unit) | Year 1- (through kwik cricket unit) | Year 2-- (through kwik cricket unit)) |
|---|--|--|
| <p>Rolling and stopping a ball sitting down and standing up</p> <p>Move with different objects in their hands</p> <p>Passing an object to another child</p> <p>Pushing a ball away from body with hands</p> <p>Push ball with throw down strips to develop hand eye co-ordination</p> | <p>Rolling and stopping a ball with one/two hands</p> <p>Throw and catch a ball with some control</p> <p>Bowl underarm towards a target</p> <p>Hit a ball off a tee using various bats</p> <p>Play a modified game hitting off a tee</p> | <p>Roll and stop a ball with control/accuracy</p> <p>Throw underarm with some accuracy and catch a ball</p> <p>Bowl underarm towards a target with control and accuracy</p> <p>Begin to hold the bat in correct position and hit a ball off a tee</p> <p>Play a modified game encouraging teamwork when fielding</p> |

| Year 3 | Year 4 | Year 5 | Yr 6 |
|---|---|---|---|
| <p>Roll the ball with one hand and stop the ball attempting Long barrier method</p> <p>Throw and catch underarm with both hands (in isolation)</p> <p>Bowl at a wicket underarm and attempt overarm</p> <p>Control with a bat (holding it correctly) hitting a ball off a tee and whilst moving</p> <p>Play a modified game using fielding and batting skills</p> | <p>Roll the ball with one hand and stop the ball from different directions using Long barrier method</p> <p>Throw and catch under pressure in modified games</p> <p>Bowl at a wicket underarm/overarm with accuracy and control</p> <p>Hit a drop fed ball and/or moving ball with a bat</p> <p>Play a game communicating as a team</p> | <p>Begin to use fielding techniques with throwing and stopping and scooping up the ball</p> <p>Throwing over/underarm and catching over various distances</p> <p>Bowl attempting to hit the wicket using under/overarm</p> <p>Hit a moving ball with control and some distance</p> <p>Communicate and collaborate as team to beat an opponent</p> | <p>Positioning in a modified game to field a ball (both throwing and stopping it)</p> <p>Making correct decisions with the type of throw to use in modified game. Move body into a position to catch the ball</p> <p>Bowl (over/underarm) at a wicket in a game against a batter with some speed and control to hit the wicket</p> <p>In a competitive game begin to tactically hit/place a ball into a space</p> <p>Use a variety of tactics to attack and defend in a game of quick cricket</p> |

Tennis- Progression of Key Skills (Net/Wall Games)

| Reception-(through intro first PE unit) | Year 1 | Year 2 |
|--|---|--|
| <p>Throw and catch to self with a soft ball and attempt to bounce catch to self</p> <p>Balance an object e.g. beanbag on racket</p> <p>Hand eye co-ordination passing ball to a partner</p> <p>Move on the floor ball with hand in a variety of ways</p> <p>Push the ball with throw down strips to develop hand eye co-ordination</p> | <p>Throwing and catching a small ball with control and bounce catch to self and partner</p> <p>Balance a ball on racket</p> <p>Racket familiarisation- moving ball with racket in forehand position</p> <p>Racket Familiarisation – moving a ball in backhand position</p> <p>Tap up tennis to self keeping control</p> | <p>Throw and catch from one hand to the other and bounce catch into a target with a partner</p> <p>Balance a ball on racket with control</p> <p>Racket familiarisation- moving ball with racket in forehand and backhand position whilst moving</p> <p>Racket Familiarisation – moving a ball in backhand position whilst moving</p> <p>Tap up tennis with a partner to keep control of the ball</p> |

| Year 3 | Year 4 | Year 5 | Yr 6 |
|---|---|---|--|
| <p>Move to catch a ball</p> <p>Control a ball on racket when moving</p> <p>Hit ball across the floor with forehand position</p> <p>Hit the ball across the floor using back hand position</p> <p>Hit a ball into a target (with one bounce)</p> | <p>Move with balance and control to catch a ball</p> <p>Hit/bounce ball on racket when moving</p> <p>Hit ball in forehand position with drop feed</p> <p>Hit a ball in backhand position with a dropfeed</p> <p>Hit a ball into a target from a variety of distances with no bounce</p> | <p>Move to hit a ball with some control</p> <p>Hit/ bounce a ball with control when moving</p> <p>Moving into position to hit a ball with forehand in skills practice and game</p> <p>Moving into position to hit a ball with backhand in skill practice and game</p> <p>Serve diagonally with underarm/overarm throwing into target/game. Begin to use with racket to serve into a target.</p> | <p>Move in a variety of directions when hitting a ball</p> <p>Hit/bounce ball to a partner with control</p> <p>Move to hit a ball in game in forehand position</p> <p>Move into position to hit a ball with backhand. Begin to choose which shot it best in a game.</p> <p>Serve diagonally under/overarm in a game of mini tennis</p> |

Athletics- Progression of Key Skills

| Reception-(through intro first PE unit) | Year 1- (through ball skills unit) | Year 2-- (through ball skills unit) |
|---|--|--|
| <p>Marching/running for co-ordination</p> <p>Experiment with different ways of throwing under/overarm</p> <p>Experiment with different ways of jumping- measuring with various objects</p> <p>Working with friends in a team – taking turns</p> | <p>Running pumping arms at various speeds</p> <p>Throw a variety of objects with some accuracy</p> <p>Jumping bending knees and pushing off – being competitive to improve distance as a pair</p> <p>Co-operate and compete in a team in various running games</p> | <p>Using arms and keeping head still when exploring running patterns</p> <p>Throw in correct stance ‘Usain Bolt position’</p> <p>Use arms to improve jumping technique – beating their own score</p> <p>Compete in a team in various running/obstacle games and working together to improve team performance</p> |

| Year 3 | Year 4 | Year 5 | Yr 6 |
|---|---|---|---|
| <p>Begin to perform ‘FAST’ technique</p> <p>Throw a javelin/vortex using correct stance rotating hips forward</p> <p>Perform a hop, step and jump (standing triple jump) in isolation and in combination</p> <p>In warm ups develop running for distance</p> <p>Develop relay change over techniques</p> <p>Run and take off over obstacles at some speed</p> | <p>Perform ‘FAST’ technique confidently when sprinting</p> <p>Throw a javelin/vortex with height and distance</p> <p>Perform a hop, step and jump (standing triple jump)</p> <p>In warm ups develop running for distance increasing each lesson</p> <p>Pass a relay baton with control with a partner in adapted games</p> <p>Run and jump over hurdles with some speed and control</p> | <p>React quickly and accelerate over short distances</p> <p>Throw a javelin/vortex/ tennis ball using correct stance rotating hips forward with good height and distance</p> <p>Perform a variety of jumps (Long jump and triple jump) and measure for distance</p> <p>Develop pace when running longer distance</p> <p>Pass a relay baton with control and timing in a pairs change over</p> | <p>Accelerate quickly with speed and control in movement – timed/competitive races</p> <p>Throw a javelin/vortex /shot put safely with accuracy and power.</p> <p>Perform a jump for distance varying techniques to improve performance</p> <p>In an competitive game and begin to hit/place a ball into a space</p> <p>Develop long distance running- learning to pace and show good technique</p> <p>Pass a relay baton in competitive situations (timed)</p> |