



Physical Education (Key Stage 2) – Progression of Skills

	Year 3	Year 4	Year 5	Year 6
Basketball	<ul style="list-style-type: none"> • Introduce dribbling; • Introduce passing and receiving • Combine dribbling and passing to create space • Develop passing, receiving and dribbling • Introduce shooting 	<ul style="list-style-type: none"> • Refine dribbling • Refine passing and receiving • Refine passing and dribbling creating space • Refine passing and dribbling creating shooting opportunities • Introduce marking 	<ul style="list-style-type: none"> • Refine passing and receiving • Apply passing, footwork and shooting into mini games, introduce officiating • Introduce defending • Explore the function of other passing styles 	<ul style="list-style-type: none"> • 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
Football	<ul style="list-style-type: none"> • Introduce/develop dribbling keeping control • Introduce passing and receiving • Combine dribbling and passing to create space • Develop passing, receiving and dribbling 	<ul style="list-style-type: none"> • Refine dribbling • Turning • Refine passing and receiving • Develop passing and dribbling creating space • Introduce shooting 	<ul style="list-style-type: none"> • Refine dribbling and passing to maintain possession • Introduce and develop defending • Develop shooting • Refine attacking skills, passing, dribbling and shooting, introduce officiating 	<ul style="list-style-type: none"> • Consolidate keeping possession, develop officiating • Consolidate defending • Organise formations and manage teams • Organise formations decide tactics, manage teams and officiate games
Handball	<ul style="list-style-type: none"> • Introduce passing, receiving and creating space • Develop passing and moving • Combine passing and moving • Introduce shooting • Develop passing and shooting 	<ul style="list-style-type: none"> • Refine passing and receiving • Develop passing and creating space • Develop passing, moving and shooting • Combine passing and shooting • Introduce defending 	<ul style="list-style-type: none"> • Consolidate passing and receiving • Explore the function of other passes • Develop defending • Develop passing and creating space, introduce officiating • Refine shooting 	<ul style="list-style-type: none"> • Consolidate keeping possession, develop officiating • Understand and apply defending tactics in game situations • Consolidate defensive tactics; understand and apply defensive tactics in game scenarios
Netball	<ul style="list-style-type: none"> • Introduce passing, receiving and creating space • Develop/combine passing and moving • Combine/develop passing and shooting 	<ul style="list-style-type: none"> • Refine passing and receiving • Develop passing and dribbling creating space • Develop passing, moving and shooting • Refine passing and shooting • Develop footwork 	<ul style="list-style-type: none"> • Recap and refine dribbling and passing to create attacking opportunities • Develop marking • Refine shooting • Refine attacking skills, passing, dribbling and shooting introduce officiating 	<ul style="list-style-type: none"> • Consolidate keeping possession, develop officiating • Consolidate defending • Create, understand and apply attacking/defending tactics in game situations
Tag Rugby	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Consolidate passing and moving • Consolidate defending • Create, understand and apply attacking/defending tactics in game situations • Consolidate attacking and defending in min games
Tennis	<ul style="list-style-type: none"> • Introduction tennis, outwitting an opponent • Creating space to win a point • Consolidate how to win a game introduce rackets • Introduce the forehand 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Introduce/develop the volley • Controlling the game from the serve • Doubles, understanding and applying tactics to win a point 	<ul style="list-style-type: none"> • Game application • Game application, mixed ability doubles, round robin games
Boccia	<ul style="list-style-type: none"> • Exploring sending • Understand why we need to be accurate when sending the ball • Develop our sending technique and understanding of accuracy • Introduce scoring 	<ul style="list-style-type: none"> • Consolidating sending with accuracy in Boccia: Sending with pace and speed • Tactical Play: Applying accuracy into our Boccia games • Tactical Play: Defending in Boccia 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Creating and applying basic tactics: Coaching and officiating Boccia games • Level 1 Competition: Pairs Boccia • Level 1 Competition: Team Boccia

Dance	<p>Wild Animals</p> <ul style="list-style-type: none"> • Responding to stimuli • Developing character dance into a motif • Develop sequences with a partner in character that show relationships • Extending sequences with a partner in character 	<p>Cats</p> <ul style="list-style-type: none"> • Responding to stimuli working together • Extending sequences with a partner in character • Exploring two contrasting Relationships and interlinking dance moves <p>World War II</p> <ul style="list-style-type: none"> • Explore the behaviours of people in 1939 • Creating sequences in small groups that show character emotion • Creating movements 	<p>Greeks</p> <ul style="list-style-type: none"> • Exploring the Greeks using compositional principles • Extending sequences with a partner using compositional principles • Creating movement using improvisation where movement is reactive 	<p>Carnival</p> <ul style="list-style-type: none"> • Performing with technical control and rhythm in a group • Creating rhythmic patterns using the body • Experiencing dance from a different culture • Chorographical elements including still imagery. <p>Titanic</p> <ul style="list-style-type: none"> • Creating rhythmic patterns using our body • Extend choreography through controlled movements, character emotion and expression • Explore the relationships between characters applying character emotion and expression
Gymnastics	<p>Symmetry and Asymmetry</p> <ul style="list-style-type: none"> • Introduction to symmetry • Introduction to asymmetry • Application of learning onto apparatus • Sequence formation • Sequence completion 	<p>Bridges</p> <ul style="list-style-type: none"> • Introduction to bridges • Application of bridge learning onto apparatus • Develop sequences with bridges • Sequence formation • Sequence completion 	<p>Counter Balance and Counter Tension</p> <ul style="list-style-type: none"> • Introduction to Counter Balance • Application of Counter Balance learning onto apparatus • Sequence formation • Counter Tension • Sequence completion 	<p>Matching and Mirroring</p> <ul style="list-style-type: none"> • Introduction to matching/ mirroring • Application of matching/ mirroring learning onto apparatus • Sequence development
Health and Wellbeing	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> • Exploring relaxation techniques • Applying relaxation techniques and using them effectively • Performing balanced meditative poses • Using props to help us balance in our meditative poses 	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> • Creating movements to help express ourselves and our emotions. • Using mime to manage positive and negative emotions • Using mediative poses to help control and manage our emotions 	<p>Health Related Exercise</p> <ul style="list-style-type: none"> • Explore and understand cardio fitness • Explore and understand flexibility fitness • Explore and understand strength fitness 	<p>Health Related Exercise</p> <ul style="list-style-type: none"> • Develop a secure understanding of cardio fitness • Develop a secure understanding of flexibility fitness • Develop a secure understanding of strength fitness
OAA (Outdoor Adventurous Activities)	<p>Tactics and Communication</p> <ul style="list-style-type: none"> • Creating and applying simple tactics • Developing leadership • Develop communication as a team • Create defending and attacking tactics as a team 	<p>Problem Solving</p> <ul style="list-style-type: none"> • Benches and mats challenge • Round the clock card challenge • The pen challenge • The river rope challenge • Caving challenges 	<p>Orienteering</p> <ul style="list-style-type: none"> • Face orienteering • Cone orienteering • Point and return • Point to point • Timed course • Orienteering competition 	<p>Leadership</p> <ul style="list-style-type: none"> • Understanding what makes an effective leader • Communicating as a leader • Introducing the STEP principle: Space , Task, Equipment and People
Cricket			<ul style="list-style-type: none"> • Understand the concept of batting and fielding • Introduce throwing overarm • Introduce throwing underarm • Introduce catching • Striking with intent • Introduce bowling underarm • Develop stopping and returning the ball • Develop retrieving and returning the ball • Striking the ball at different angels and speeds 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Introduce rounders • Introduce overarm throwing • Apply overarm and underarm throwing • Introduce stopping the ball • Application of stopping the ball in a game 	<ul style="list-style-type: none"> • Develop fielding bowling with a backstop • Introduce batting; how • Develop batting; where and why • Introduce and apply basic fielding tactics 		