



Physical Education (Key Stage 2) – Progression of Skills

	Year 3	Year 4	Year 5	Year 6
Invasion (1)	Netball Introduce passing and receiving Introduce passing and creating space Develop passing and moving Introduce scoring and the concept of shooting Develop shooting Level 1 tournament	Netball Develop passing and receiving Develop passing and creating space Develop passing, moving and shooting Develop footwork Introduce defending and the concept of marking Level 1 tournament	Netball Refine passing and receiving Explore the function of other passes Develop using a range of passes Develop defending and marking the player with the ball Tactical play Level 1 tournament	Netball Consolidate attacking: Possession scenarios Consolidate defending: Defensive scenarios Consolidate attacking tactics: Understand and apply attacking tactics to game scenarios Consolidate defending: Understand and apply defensive tactics in game situations Application of 'powers' into game play to challenge tactical thinking Level 1 tournament
Invasion (2)	Handball Introduce passing and receiving Introduce passing and creating space Develop passing and moving Combine passing and moving Introduce shooting Level 1 tournament	Handball Refine passing and receiving Develop passing and creating space Develop passing, moving and shooting Combine passing and shooting Introduce defending Level 1 tournament	Handball Consolidate passing and receiving Explore the function of other passes Develop defending Refine defensive skills: Transition from attack to defence Refine attacking skills passing, dribbling and shooting Level 1 tournament	Handball Consolidate keeping possession: Possession scenarios Consolidate attacking tactics: Understand and apply attacking tactics into games Consolidate defending: Understand and apply defending tactics in game situations Consolidate defensive tactics: Understand and apply defensive tactics to game scenarios Application of 'powers' into game play to challenge tactical thinking Level 1 tournament
Invasion (3)	Tag Rugby Introduce moving with the ball, passing and receiving Introduce tagging Creating space when attacking Develop passing and moving Combine passing and moving to create attacking opportunities Level 1 tournament	Tag Rugby Develop passing, moving and creating space Extend learning into 3v3 mini games Develop defending Develop defending in game situations Combine passing and moving to create an attack and score Level 1 tournament	Tag Rugby Refine passing and moving to create attacking opportunities Explore different passes that can be used to outwit defenders (miss pass) Explore different passes that can be used to outwit defenders (loop pass) Refine defending as a team Create and apply defending tactics, develop officiating Level 1 tournament	Tag Rugby Consolidate attacking: Possession scenarios Consolidate defending: Defensive scenarios Consolidate attacking tactics: Understand and apply attacking tactics to game scenarios Consolidate defending: Understand and apply defensive tactics in game situations Application of 'powers' into game play, to challenge tactical thinking Level 1 tournament
Invasions (4)	Basketball Introduce dribbling: Keeping control Introduce passing and receiving Combine dribbling and passing to create space Develop passing, moving and dribbling Introduce shooting Level 1 tournament	Basketball Refine dribbling Refine passing and receiving Develop passing and dribbling creating space Combine passing and dribbling to create shooting opportunities Introduce marking Level 1 tournament	Basketball Consolidate dribbling Develop marking Develop shooting Refine attacking skills passing, dribbling and shooting, introduce officiating Refine defending skills, developing transition from defence to attack Level 1 tournament	Basketball Consolidate attacking: Possession scenarios Consolidate defending: Defensive scenarios Consolidate attacking tactics: Understand and apply attacking tactics to game scenarios Consolidate defending: Understand and apply defensive tactics in game situations Application of 'powers' into game play to challenge tactical thinking Level 1 tournament
Invasion (5)	Football Introduce dribbling: Keeping control Develop dribbling: Keeping control Introduce passing and receiving Combine dribbling and passing to create space	Football Refine dribbling Turning Refine passing and receiving Develop passing and dribbling creating space	Football Recap and refine dribbling and passing to maintain possession Introduce defending Develop defending	Football Consolidate keeping possession Consolidation of possessional skills, develop officiating Consolidate defending Organise formation and manage teams

	Develop passing, moving and dribbling Level 1 tournament	Introduce shooting Level 1 tournament	Develop shooting Refine attacking skills passing, dribbling and shooting, introduce officiating Level 1 tournament	Organise formations, decide tactics, manage teams and officiate games Level 1 tournament
Invasion (6)	Basketball Introduce dribbling: Keeping control Introduce passing and receiving Combine dribbling and passing to create space Develop passing, moving and dribbling Introduce shooting Level 1 tournament	Basketball Refine dribbling Refine passing and receiving Develop passing and dribbling creating space Combine passing and dribbling to create shooting opportunities Introduce marking Level 1 tournament	Basketball Consolidate dribbling Develop marking Develop shooting Refine attacking skills passing, dribbling and shooting, introduce officiating Refine defending skills, developing transition from defence to attack Level 1 tournament	Basketball Consolidate attacking: Possession scenarios Consolidate defending: Defensive scenarios Consolidate attacking tactics: Understand and apply attacking tactics to game scenarios Consolidate defending: Understand and apply defensive tactics in game situations Application of ‘powers’ into game play to challenge tactical thinking Level 1 tournament
Gymnastics (1)	Symmetry and Asymmetry Introduction to symmetry Introduction to asymmetry Application of symmetrical and asymmetrical learning onto apparatus Sequence formation Sequence completion Performance	Bridges Introduction to bridges Application of bridge learning onto apparatus Developing sequence ideas with bridges Sequence formation Sequence completion Performance	Counter balance and counter tension Introduction to counter balance Application of counter balance learning onto apparatus Sequence formation Counter tension Sequence completion Performance	Matching and mirroring Introduction to matching Application of matching learning onto apparatus Introducing mirroring Application of mirroring learning onto apparatus Sequence development Performance
Gymnastics (2)	Canon and unison Introduction to unison Introduction to canon Application of sequences in ‘unison’ onto apparatus Application of sequences in ‘canon’ onto apparatus Combining canon and unison in groups Sequence completion and performance	Levels and direction Exploring changes in ‘level’ Application of learning onto apparatus to include changes in ‘level’ Exploring changes in ‘direction’ Application of learning onto apparatus to include changes in ‘direction’ Combining changes in ‘level’ and ‘direction’ to create sequences in groups using apparatus Sequence completion and performance	Flight Introduction to flight: Developing jumping Developing flight: Jumping and turning Application of ‘jumping’, learning, onto apparatus Combining jumping on apparatus with canon and unison Refining our sequence construction using a variety of components: Jumping, turning, canon, unison, levels and direction Sequence formation and performance	Creating sequences Challenging creativity: Sequence 1 Challenging creativity: Sequence 2 Challenging creativity: Sequence 3 Challenging creativity: Sequence 4 Challenging creativity: Sequence 5 Challenging creativity: Sequence 6
Dance (1)	Dance – Wild animals Responding to a stimulus with effort and expression Developing character dance into a pair motif Developing sequences with a partner in character that show relationships Using props to challenge creativity Creating alternative character sequences Sequences, relationships, choreography and performance	Dance – Cats Cats: Responding to stimuli working together Extending sequences with a partner in character Developing character dance exploring two contrasting cats Developing sequences with a partner in character that show relationships and interlinking dance moves Sequences, relationships, choreography and performance The Cats Ball performance	Dance - Circus Exploring society in the 19 th century (1850): Dynamics and prejudices Developing character movements linked to 19 th century (1850) prejudices Creating movements to represent different characters and performers in a 19 th century (1850) circus Creating a ‘Circus performance’ incorporating characterisation linked to a variety of performers Extending our ‘Circus performance’ incorporating props and apparatus linked to the variety of performers Circus performance	Dance – Titanic Exploring movements that represent The Titanic Developing character movements linked to the different social classes in 1912 Social classes aboard The Titanic: Creating rhythmic patterns using our body Iceberg: Extending our choreography through controlled movements, character emotion and expression Explore the relationships between characters applying character emotion and expression The Titanic: Performance and reflection
Dance (2)	Weather Thematic dance: Responding to stimuli, the weather Thematic dance: Responding to stimuli, extreme weather Developing thematic dance into a motif Extending dance to create sequences with a partner Developing sequences with a partner Finalising our performance	Space Space: Responding to stimuli working together Extending sequences with a partner in character Developing character dance Developing sequences with a partner in character that show relationships and interlinking dance moves Sequences, relationships, choreography and performance Full performance	Greeks Exploring the Greeks using compositional principles Extending Greek God sequences with a partner using compositional principles Creating movement using improvisation where movement is reactive Developing sequences with a partner in character that show relationships and interlinking dance moves Opening ceremony performances Opening ceremony choreography and performance	Dance – Carnival The Rio Carnival: Performing with technical control and rhythm in a group The Rio Carnival: Creating rhythmic patterns using our body Samba: Experiencing dance from a different culture Samba: Experiencing dance form a different culture and consolidating choreography Carnival day: Final chorographical elements including still imagery Carnival day: Performance and reflection

Health and Wellbeing	Health and Wellbeing – Mindfulness Exploring relaxation techniques Applying relaxation techniques and using them effectively Performing meditative balances Performing meditative balances in pairs Using props to help us balance in our meditative balances Refining focus and balancing skills in pairs using an imaginary prop	Health and Wellbeing – Mindfulness Interpret music to create expressive movement Create movement sequence to express emotions Use mime to explore positive and negative emotions Performing meditative balances incorporating mindfulness techniques Combine and perform mime with meditative balances Use mindfulness techniques to help manage emotions	Health and Wellbeing - Health Related Exercise Setting your personal best Explore and understand cardio fitness: Part 1 Explore and understand flexibility Explore and understand strength Explore and understand cardio fitness: Part 2 Challenging your personal best	Health and Wellbeing - Health Related Exercise Setting your personal best Explore and understand cardio fitness: Part 1 Explore and understand flexibility Explore and understand strength Explore and understand cardio fitness: Part 2 Challenging your personal best
Inclusion	Boccia (1) Explore sending Sending the ball: Understand why we need to be accurate Sending the ball: Developing our sending technique and understanding of accuracy Sending the ball: Applying accuracy in teams Introduce scoring in Boccia Level 1 tournament	Boccia (2) Consolidating sending with accuracy in Boccia: Sending with pace and speed Tactical play: Applying accuracy into our Boccia games Tactical play: Defending in Boccia Creating and applying basic tactics: Coaching and officiating Boccia games Level 1 competition: Pairs Boccia Level 1 competition: Team Boccia		
Net and Wall	Tennis Introduction to tennis: Outwitting an opponent Creating space to win a point Consolidate how to win a game Introduce rackets Introduce the forehand Level 1 tournament	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 Level 1 tournament	Tennis Consolidate our understanding of how to outwit an opponent to win a game Introduce the volley Develop the volley Controlling the game from the serve Doubles: Understanding an applying tactics to win a point Level 1 tournament	Tennis Consolidate doubles Game application: Cone tennis Game application: Round robin games Game application: Mixed ability doubles, round robin games Game application: Tag team tennis Level 1 tournament
Striking	Golf Develop the underarm throw/roll for accuracy Combine throwing and rolling with accuracy to beat an opponent Combine throws and rolls with accuracy to beat an opponent in teams Introduce striking: Using rollers (putters) Develop striking for accuracy using rollers (putters) Level 1 competition	Golf Introduce striking with launchers Develop striking with accuracy with launchers Develop striking for distance with launchers Combing striking with rollers and launchers for distance and accuracy Combine striking with rollers and launchers to beat an opponent 1v1 Combine striking with rollers and launchers to beat an opponent 2v2	Golf Consolidate striking for accuracy with rollers Consolidate striking with launchers Introduce playing with hazards Develop playing with hazards Level 1 tournament: The class ‘championship’ 1v1 Level 1 tournament: The class ‘championship’ 2v2	Golf Consolidate playing against an opponent: Individual match play Consolidate playing against an opponent in teams: Team scramble Team better ball: Introducing ‘power play’ Team alternate shots: Continues ‘power play’ The Little Sticks cup day 1: Pairs (2v2) The Little Sticks cup day 2: Singles (1v1)
Striking and Fielding	Rounders Introduction to rounders Introduce overarm throwing Applying overarm and underarm throwing Introduce stopping the ball Application of stopping the ball in a game Level 1 tournament	Rounders Understand the concept of rounders Develop fielding: Bowling and backstop Introduce batting: How? Develop batting: Where and why? Introduce and apply basic fielding tactics Level 1 tournament	Rounders Consolidate sequence of learning from year 4, understanding the concept of rounders Develop fielding tactics maximising players Understanding what happens if the batter misses the ball Refine fielding tactics: What players where? Applying tactics in mini games Level 1 tournament	Rounders Consolidate sequence of learning from year 5: Refining our understanding of rounders Introduction to rounders (full version) Consolidate fielding tactics Refine our understanding of what happens if the batter misses or hits the ball backwards Batting considerations Level 1 tournament
Athletics (sequenced)	Athletics Sprinting: Explore running for speed Sprinting: Explore acceleration Introduce relay: Running for speed in a team Develop relay: Running for speed in a team Throwing: Accuracy vs distance Jumping for distance: Standing long jump	Athletics Sprinting: Develop running at speed Sprinting: Exploring our stride pattern Running for pace Understand and apply tactics when running for distance Throwing for distance: Javelin Jumping for distance: Standing triple jump	Athletics Sprinting: Finishing a race Consolidate sprinting: Evaluating our performance Sprinting: My personal best Consolidate running in a team: Relay changeovers Throwing for distance: Shot put Introducing the hurdles	Athletics Level 1: Running for speed competition Level 1: Running for distance Level 1: Throwing competition Level 1: Jumping competition Athletics competitions: Part 1 Athletics competitions: Part 2

Outdoor Adventure Activities (Non-sequenced)	OAA – Communication and Tactics Creating and applying simple tactics: Noughts and crosses Developing leadership: Noughts and crosses Developing communication as a team: Rock, paper, scissors Communicating as a team: Code breakers Communicating to collaborate effectively as a team: Island hopping Communicating to create defending and attacking tactics as a team: Capture the flag	OAA – Orienteering Face orienteering Cone orienteering Point and return Point to point Timed course Orienteering competition: Level 1 or Level 2	OAA – Problem Solving Benches and mats challenge Around the clock challenge The pen challenge The river rope challenge Caving challenges: Part 1 Caving challenges: Part 2	OAA – Leadership Understanding what makes an effective leader Communicating as a leader Introducing the STEP principle: Space Exploring the STEP principle: Focusing on the task Continuing to explore the STEP principle: Organising ‘people’ Using equipment to adapt a task
Other	Sports Day practise/Consolidation of prior learning	Sports Day practise/Consolidation of prior learning	Sports Day practise/Consolidation of prior learning	Sports Day practise/Consolidation of prior learning
Swimming	Water safety, including safe self-rescue (Lesson 1, 2 and 3) Award 1a, 1b, 1c Award 2a, 2b, 2c Award 3a, 3b Award 4a, 4b, 4c Award 5a, 5b, 5c, 5d Award 6a, 6b, 6c			
Other			FUNDamentals! (Teacher led)	FUNDamentals! (Teacher led)