



### Locomotion: Walking

- Explore/develop walking
- Explore walking in different pathways
- Sustain walking
- Explore marching
- Apply walking into a game

Part 1



### Locomotion: Jumping

- Explore/develop jumping
- Apply jumping into a game
- Jumping for distance
- Explore jumping high
- Explore hopping



### Ball Skills Hands 1

- Explore pushing
- Explore rolling
- Explore bouncing
- Explore bouncing into space
- Combine pushing and rolling
- Combine rolling, pushing and bouncing



### Ball Skills Feet

- Explore moving with a ball using our feet
- Develop moving with a ball using our feet
- Understand dribbling
- Develop dribbling against an opponent



### Ball Skills Hands 2

- Explore throwing overarm
- Explore throwing underarm
- Explore rolling
- Explore stopping a ball
- Explore catching

### Locomotion: Running

- Explore running
- Apply running into a game
- Explore running at different speeds
- Running for speed: Acceleration
- Explore running in a team
- Consolidate running, apply running into a game

Part 2

### Locomotion: Jumping

- Recap jumping
- Develop jumping
- Explore how jumping affects our bodies
- Explore skipping
- Apply skipping and jumping into a game

### Ball Skills Hands 1

- Introduce sending (bouncing) with control
- Introduce aiming with accuracy
- Introduce power and speed when sending a ball
- Introduce/develop stopping, combining sending skills
- Combine sending and receiving skills

### Ball Skills Feet

- Develop moving the ball using the feet
- Apply dribbling into games
- Consolidate dribbling
- Explore kicking (passing)
- Apply kicking (passing) to score a point

### Ball Skills Hands 2

- Introduce throwing with accuracy
- Apply throwing with accuracy in a team
- Introduce stopping a ball
- Develop sending (rolling) skills to score a point
- Consolidate sending and stopping to win a game

### Locomotion: Dodging

- Explore dodging
- Develop dodging
- Apply dodging: Explore attacking and defending
- Apply dodging in teams

Part 3

### Locomotion: Jumping

- Consolidate jumping
- Apply jumping into a game
- Linking jumping
- Explore jumping combinations
- Develop jumping combinations

### Ball Skills Hands 1

- Develop dribbling/ passing and receiving
- Combine dribbling, passing and receiving, keeping possession
- Develop dribbling/passing and receiving to score a point
- Combine dribbling, passing and receiving to score a point

### Ball Skills Feet

- Develop dribbling/ passing/receiving, keeping possession
- Combine dribbling, passing and receiving, keeping possession/to score a point
- Apply dribbling, passing and receiving as a team to score a point

### Ball Skills Hands 2

- Consolidate pupils application and understanding of underarm throwing
- Applying the underarm and overarm throw to win a game
- Applying the underarm throw to beat an opponent

## Part 1 – Part 3 Progression of Skills Overview



### High, Over, Under, Over

- Introduction to high, low, over and under
- Introduction to the apparatus
- Applying high and low on apparatus

### Part 1



### Moving

- Explore moving and making shapes using different body parts
- Explore moving in different directions
- Explore big and small ways of moving and making shapes
- Moving in pairs
- Creating shapes in pairs



### Nursery Rhymes

- Moving in sequence
- Creating our own movements
- Creating simple movement sequences
- Responding in movement to words and music
- Exploring contrasting tempos
- Exploring character movements



### Ourselves

- Moving in sequence
- Responding in movement to words and music
- Moving with props and contrasting tempos
- Creating their own movements
- Exploring opposites



### Dinosaurs

- Moving with control
- Adding movements together
- Responding to rhythm in character
- Adding expression to our characters' (dinosaur) movements
- Performing with a partner
- Exploring relationships

### Wide, Narrow, Curled

- Introduction to wide, narrow and curled
- Exploring the difference between wide, narrow and curled
- Transitioning between wide, narrow and curled movements
- Linking two movements together

### Part 2

### Body Parts

- Introduction to big/small body parts
- Combining big and small with wide, narrow and curled
- Transition between wide narrow and curled using big and small body parts
- Adding (linking) movements together

### The Zoo

- Exploring expression
- Developing our movements, adding movements together
- Responding to a rhythm: Introducing partner work
- Creating an animal sequence motifs
- Exploring relationships within our motifs

### Growing

- Responding to rhythm
- Developing the growing plant 'dance'
- Introduction to motifs
- Creating motifs
- Creating movement sequences
- Relationships and performance

### Heroes

- Performing movements in sequence
- Creating movements that represent superpowers
- Creating movements that represent a superhero rescuing/saving, someone/something
- Exploring character movements

### Linking

- Developing linking
- Linking on apparatus
- Jump, roll, balance sequences/on apparatus
- Creation of sequences
- Completion of sequences and performance

### Part 3

### Pathways

- Explore/develop zig-zag pathways/on apparatus
- Explore/develop curved pathways/on apparatus
- Creation of pathway sequences
- Completion of pathways sequences and performance

### Exploring

- Responding to stimuli
- Developing our motif with expression and emotion
- Applying choreography in our motifs
- Extending our motifs
- Sequences, relationships and performance

### Water

- Responding to stimuli
- Developing whole group movement
- Improvisation and physical descriptions
- Creating contrasting movement sequences
- Sequences, relationships and performance

### Mr Candy's Sweet Factory

- Exploring expression
- Linking movements together
- Creating a motif with characterisation, expression and emotion
- Extending our motifs with different dynamics (fast and slow)

## Part 1 – Part 3 Progression of Skills Overview



### Games For Understanding

- Taking turns/keeping the score
- Understanding and playing by the rules
- Avoiding a defender
- Preventing an attacker from scoring

Part 1



### Rackets' Bats, Balls and Balloons

- Explore pushing/hitting a balloon with control
- Explore hitting a balloon with power into space
- Explore hitting/pushing (sending) a balloon with accuracy
- Explore balancing an object on a racket/bat



### Health and Wellbeing

- Understanding what we mean by movement and exercise
- Exploring our heartbeat/ breathing when we exercise
- Understanding how exercise makes us feel
- Making exercise fun!



### Team Building

- See below for Part 1.



### Play

- Explore playing with equipment safely
- Playing with equipment safely: Taking Turns
- Learning to play with a partner
- Using equipment and other objects to travel

### Games For Understanding

- Understanding the principles of attack/defence
- Applying attacking/defending principles into a game
- Consolidate attacking/defending

Part 2

### Rackets, Bats and Balls

- Develop pushing (dribbling) a ball with a racket: Introducing control
- Explore hitting and develop pushing a ball (with a racket) towards a target
- Explore hitting a ball (with a racket) with accuracy and power

### Health and Wellbeing

- Introduce and explore agility
- Introduce and explore balance
- Introduce and explore coordination: Bouncing, rolling and throwing

### Team Building

- Introducing teamwork
- Develop teamwork
- Building trust and developing communication
- Cooperation and communication
- Explore simple strategies
- Problem solving: Consolidate teamwork

### Play

- Following instructions when playing games
- Keeping count (the score) when playing games
- Competing against myself
- Competing against others
- Playing competitive games

### Games For Understanding

- Attacking/defending as a team
- Understanding the transition between defence and attack
- Create and apply attacking/defensive tactics

Part 3

### Rackets, Bats and Balls

- Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent
- Introduce hitting (sending/striking) a ball into a space: Where and why?
- Striking the ball (with a bat) into space with intent

### Health and Wellbeing

- Consolidate agility
- Consolidate balancing: Explore balancing on apparatus
- Introduce and explore coordination: Dribbling and kicking

### Team Building

- Introducing teamwork
- Develop teamwork
- Building trust and developing communication
- Cooperation and communication
- Explore simple strategies
- Problem solving: Consolidate teamwork

### Play

- Creating games on our own and with a partner and in teams
- Exploring the role of the referee
- Playing and creating competitive games with a referee
- Playing competitive games against other teams

## Part 1 – Part 3 Progression of Skills Overview



### 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

## Part 4

### Basketball

- Refine dribbling
- Refine passing and receiving
- Refine passing and dribbling creating space
- Refine passing and dribbling creating 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

## Part 5

### Basketball

- Refine passing and receiving
- Apply passing, footwork and shooting into mini games, introduce officiating
- Introduce defending
- Explore the function of other passing styles

### 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

## Part 6

### Basketball

- 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

### 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

## Part 7

# Part 4 – Part 7 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

**Cricket**

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

**Rounders**

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

**Tennis**

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

**Part 4****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

**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 angles and speeds

**Rounders**

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

**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

**Part 5****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

**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

**Rounders**

- 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

**Tennis**

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

**Part 6****Netball**

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

**Tag Rugby**

- Consolidate passing and moving
- Consolidate defending
- Create, understand and apply attacking/defending tactics in game situations
- Consolidate attacking and defending in min games

**Cricket**

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

**Rounders**

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

**Tennis**

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

**Part 7****Part 4 – Part 7 Progression of Skills Overview**



### Tactics and Communication

- Creating and applying simple tactics
- Developing leadership
- Develop communication as a team
- Create defending and attacking tactics as a team

Part 4

### Problem Solving

- Benches and mats challenge
- Round the clock card challenge
- The pen challenge
- The river rope challenge
- Caving challenges

Part 5

### Orienteering

- Face orienteering
- Cone orienteering
- Point and return
- Point to point
- Timed course
- Orienteering competition

Part 6

### Leadership

- Understanding what makes an effective leader
- Communicating as a leader
- Introducing the STEP principle: Space, Task, Equipment and People

Part 7



### Quidditch

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

### Quidditch

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

### 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

### Quidditch

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



### Athletics

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

### 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

### Athletics

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

### Athletics

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



### 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

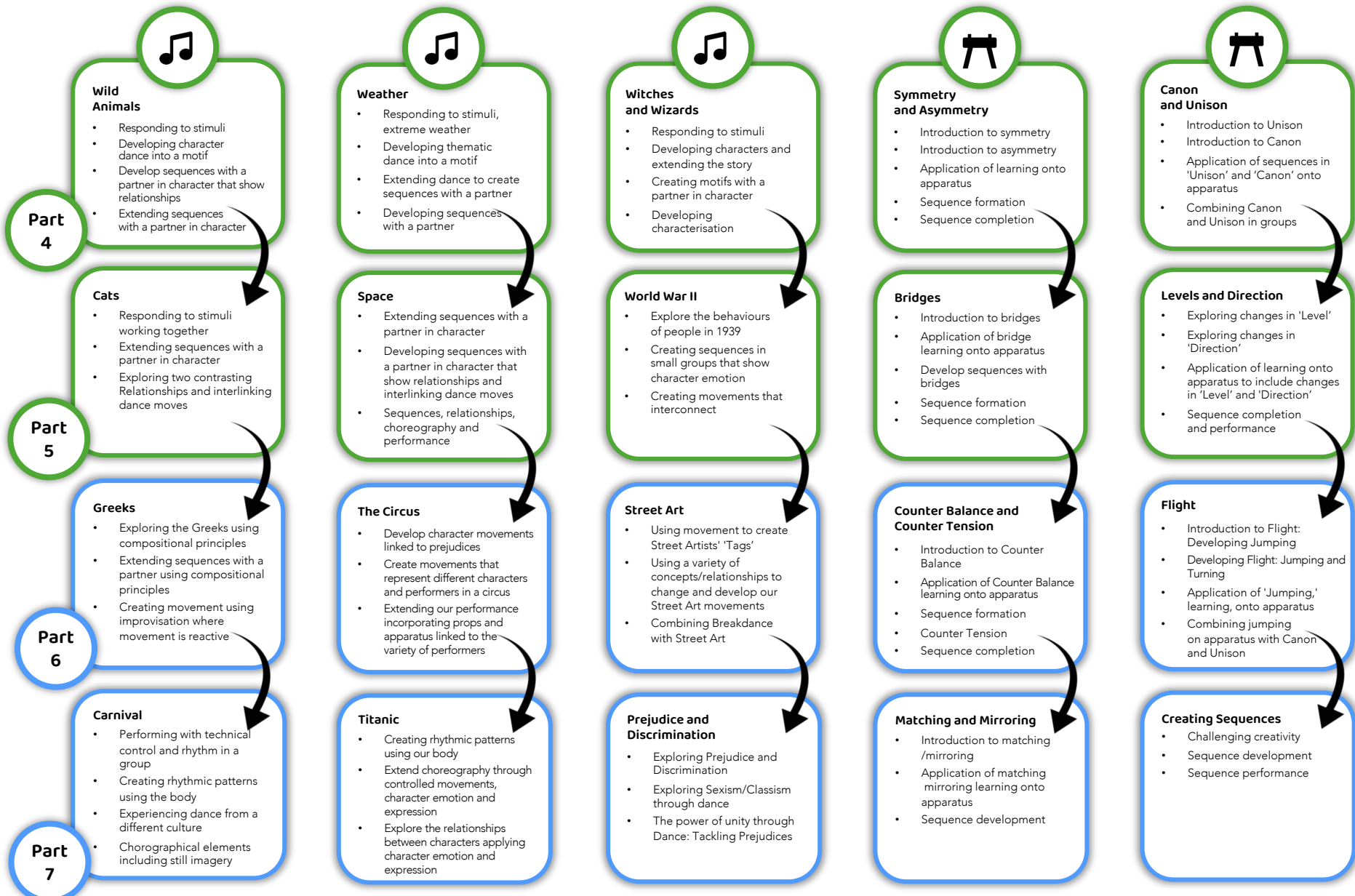
- Explore and understand cardio fitness
- Explore and understand flexibility fitness
- Explore and understand strength fitness

### Health Related Exercise

- Develop a secure understanding of cardio fitness
- Develop a secure understanding of flexibility fitness
- Develop a secure understanding of strength fitness

## Part 4 – Part 7 Progression of Skills Overview





## Part 4 – Part 7 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.



### Golf

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

Part 4

### 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.

### Golf

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

Part 5

### 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

### Golf

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

Part 6

### 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

### Golf

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

Part 7

## Part 4 – Part 7 Progression of Skills Overview