



Ashdene Primary School – PE Progression Map EYFS –Y6

Ashdene Primary School – PE Progression Map EYFS –Y6							
Purpose of Study	A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It provides opportunities for pupils to become physically confident in a way that supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.						
Aims	<ul style="list-style-type: none"> develop competence to excel in a broad range of physical activities are physically active for sustained periods of time engage in competitive sports and activities lead healthy, active lives 						
PE at Ashdene	At Ashdene, in every PE lesson, we aim to keep all children active and to develop different skills in a progressive and engaging way. A rich, well-resourced and diverse provision means that children are able to develop their skills through a focus on a fundamental and multi-skills approach in EYFS and KS1 to a specific games/activity focus in KS2. To promote leadership, children are encouraged to peer coach and to discuss each other's skills within lessons. We aim to revisit and review different skills so that children can use them in a selective way. By the time children leave Ashdene they will understand the need to lead active lives and they will have had the opportunity to access a wealth of extra-curricular clubs, competitions, festivals and events.						
EYFS		Y1	Y2	Y3	Y4	Y5	Y6
Movement skills 1 Gymnastics – Rocking and Rolling	HT1	Movement Skills 1 Dance – Seasons (Dance Notes)	Movement Skills 1 Dance – GfoL (Dance Notes)	Swimming Dance – Romans (Dance Notes)	Tag Rugby Dance – Ancient Greece (Dance Notes)	Tag Rugby Dance – Vikings (Dance Notes)	Tag Rugby Dance – Rough and Tumble (Dance Notes)
	Links to prior learning	See year group specific curriculum	See year group specific curriculum	See year group specific curriculum	See year group specific curriculum	See year group specific curriculum	See year group specific curriculum
Movement skills Move round an area in a variety of ways and stop when instructed Gymnastics Rock on different parts of the body	1	Movement Skills 1 Move round an area in a variety of ways Dance Our Day is a Circle	Movement Skills Move around with good control Dance Fire dance improvisation	Swimming Dance Roman Soldiers	Tag Rugby Familiarise with rugby ball and how to tag someone Dance Ancient Greeks	Tag Rugby Familiarise with rugby ball and how to tag someone Dance Dragon Ship	Tag Rugby Familiarise with rugby ball and how to tag someone Dance Travelling Safely Together
Movement skills Twist and turn Reach and bend	2	Movement Skills Twist and turn Reach and bend	Movement Skills Travel backwards safely. Balance on one leg	Swimming	Tag Rugby Send and receive the ball under pressure	Tag Rugby Send and receive the ball under pressure	Tag Rugby Send and receive the ball under pressure



<u>Gymnastics</u> Travel from a rock into a roll		<u>Dance</u> Spring	<u>Dance</u> Fire dance improvisation with a prop	<u>Dance</u> Roman Army	<u>Dance</u> Olympic Games	<u>Dance</u> Viking Raid	<u>Dance</u> Solo and Duets
<u>Movement skills</u> Balancing – how can we keep our balance <u>Gymnastics</u> Roll sideways and forward	3	<u>Movement Skills</u> Balancing – how can we keep our balance <u>Dance</u> Summer	<u>Movement Skills</u> Jump in a variety of ways <u>Dance</u> Pudding Lane	<u>Swimming</u> <u>Dance</u> Everyday Life	<u>Tag Rugby</u> Pass the ball backwards and dummy pass <u>Dance</u> Chariots	<u>Tag Rugby</u> Pass the ball backwards and dummy pass <u>Dance</u> Viking Gods	<u>Tag Rugby</u> Pass the ball backwards and dummy pass <u>Dance</u> Group Work
<u>Movement skills</u> Move with confidence, jump with control <u>Gymnastics</u> Put rolls into a sequence	4	<u>Movement Skills</u> Move with confidence, jump with control <u>Dance</u> Autumn	<u>Movement Skills</u> Dodge and moving safely with an awareness of others <u>Dance</u> Fire dance	<u>Swimming</u> <u>Dance</u> Invasion	<u>Tag Rugby</u> Pass and create an overlap <u>Dance</u> Battle Formations	<u>Tag Rugby</u> Pass and create an overlap <u>Dance</u> Viking Gods continued.	<u>Tag Rugby</u> Pass and create an overlap <u>Dance</u> Re-Capping
<u>Movement skills</u> Negotiate space. Show a sense of awareness <u>Gymnastics</u> Perform a roll in a canon with a partner	5	<u>Movement Skills</u> Travel sideways by sliding. Slide between cones. <u>Dance</u> Winter	<u>Movement Skills</u> Dodge between others while in a game <u>Dance</u> Finalise dance	<u>Swimming</u> <u>Dance</u> Celebration	<u>Tag Rugby</u> Pass missing out players in a line <u>Dance</u> Temples and Gods	<u>Tag Rugby</u> Pass missing out players in a line <u>Dance</u> Dance, rehearse, improve	<u>Tag Rugby</u> Pass missing out players in a line <u>Dance</u> Unison
<u>Movement skills</u> Pushing, patting, throwing, catching or kicking with increased control <u>Gymnastics</u> Move from one roll to another by rocking	6	<u>Movement Skills</u> Gallop as a movement <u>Dance</u> Midwinter Celebration	<u>Movement Skills</u> Volley and punt with a ball <u>Dance</u> Rehearse and perform	<u>Swimming</u> <u>Dance</u> Rehearse and Perform	<u>Tag Rugby</u> Compete in a game <u>Dance</u> Perform	<u>Tag Rugby</u> Compete in a game <u>Dance</u> Rehearse, evaluate, perform	<u>Tag Rugby</u> <u>Dance</u> Evaluation, Rehearse and Perform



EYFS		Y1	Y2	Y3	Y4	Y5	Y6
Balance Net and wall 1	HT2	Invasion Games Skills 1 Gymnastics (wide, narrow, curled & balance)	Invasion Games Skills 2 Gymnastics (Pathways	Swimming Football	Hockey Football	Hockey Lacrosse	Hockey Lacrosse
	Links to prior learning	See year group specific curriculum	See year group specific curriculum	See year group specific curriculum	See year group specific curriculum	See year group specific curriculum	See year group specific curriculum
Balance Retain and regain balance Net and wall Send and receive a ball with some accuracy	1	<u>Invasion Games</u> Retrieve the ball then pass it from your chest <u>Gymnastics</u> Travel in a wide shape. Balance with inversion between wide body parts	<u>Invasion Games</u> Catch the ball after one bounce <u>Gymnastics</u> Variety of gym moves in a straight line. Change direction using different turns – 90, 180, 270, 360 degrees	<u>Swimming</u> <u>Football</u> Passing the ball	<u>Hockey</u> Safety rule Control a hockey stick and dribble <u>Football</u> Pass the ball	<u>Hockey</u> Safety rules Control the ball. Dribble the ball with head up <u>Lacrosse</u> Scoop and carry the ball	<u>Hockey</u> Safety rules Control the ball. Dribble the ball with head up <u>Lacrosse</u> Scoop and carry the ball
Balance Bend, reach and twist Net and wall Strike a ball with a hand	2	<u>Invasion Games</u> Retrieving and passing from the chest Dodge showing special awareness <u>Gymnastics</u> Create a sequence of curled movements on the floor and apparatus	<u>Invasion Games</u> Catch the ball after one bounce and after the full <u>Gymnastics</u> Create a sequence using zig-zag pathways at different levels	<u>Swimming</u> <u>Football</u> Dribble the ball using both feet	<u>Hockey</u> Dribble and change direction <u>Football</u> Dribble the ball using both feet	<u>Hockey</u> Variety of dribbling techniques <u>Lacrosse</u> Scoop. Cradle and dodge	<u>Hockey</u> Variety of dribbling techniques <u>Lacrosse</u> Scoop. Cradle and dodge



<u>Balance</u> Push and pull <u>Net and wall</u> Strike and volley a ball with some accuracy	3	<u>Invasion Games</u> Dribble a ball with your hands <u>Gymnastics</u> Make long shapes while balancing in motion and in flight. As above but narrow movements	<u>Invasion Games</u> Track an opponent and intercept <u>Gymnastics</u> Demonstrate straight and zig-zag pathways. Perform with control and adaption to original work	<u>Swimming</u> <u>Football</u> Turn with the football	<u>Hockey</u> Pass and control a ball being passed <u>Football</u> Turn with the football	<u>Hockey</u> Shield the ball from a defender Perform a jab tackle <u>Lacrosse</u> Throw and catch (own)	<u>Hockey</u> Shield the ball from a defender Perform a jab tackle <u>Lacrosse</u> Throw and catch (own)
<u>Balance</u> Jump and leap <u>Net and wall</u> Send a ball against a wall and receive it back	4	<u>Invasion Games</u> Use a stick to move and control <u>Gymnastics</u> Move from a narrow to tight curled shapes and back to form a sequence. Add high and low movements between shapes while travelling.	<u>Invasion Games</u> Attacking and defending skills Dodge to beat an opponent to attack or defend <u>Gymnastics</u> Perform a pathway in a curved motion	<u>Swimming</u> <u>Football</u> Defend in a 1v1 situation	<u>Hockey</u> Pass in a variety of ways <u>Football</u> Defend in a 1v1 situation	<u>Hockey</u> Develop attacking skills <u>Lacrosse</u> Send and receive	<u>Hockey</u> Develop attacking skills <u>Lacrosse</u> Send and receive
<u>Balance</u> Maintain balance while lifting and carrying <u>Net and wall</u> Keep a rally going against a wall and with a partner	5	<u>Invasion Games</u> Use a stick to receive and pass a ball <u>Gymnastics</u> Form a sequence that includes a curled, narrow and wide shape. Work in both high and low.	<u>Invasion Games</u> Pass the ball accurately with consistency and control Keep possession of the ball <u>Gymnastics</u> Travel backwards and sideways to form a sequence. Link movements through transitional movements	<u>Swimming</u> <u>Football</u> Apply attacking and defending into a game	<u>Hockey</u> Jag stick tackle <u>Football</u> Apply attacking and defending into a game	<u>Hockey</u> Play in formation and play in different positions <u>Lacrosse</u> Shoot left and right	<u>Hockey</u> Play in formation and play in different positions <u>Lacrosse</u> Shoot left and right
<u>Balance</u> Maintain balance while dodging <u>Net and wall</u> Strike with accuracy	6	<u>Invasion Games</u> Dribble a ball with your feet <u>Gymnastics</u> Perform a sequence with a partner that	<u>Invasion Games</u> Compete with special awareness in a team game <u>Gymnastics</u>	<u>Swimming</u> <u>Football</u> Use skills and tactics in competitive play	<u>Hockey</u> Compete competitively <u>Football</u> Use skills and tactics in competitive play	<u>Hockey</u> Compete competitively and officiate <u>Lacrosse</u> Attacking and defending in a game	<u>Hockey</u> Compete competitively and officiate <u>Lacrosse</u> Attacking and defending in a game



		include narrow, curled, long, wide and movement	Perform a variety of moves on the floor and apparatus using different pathways				
EYFS		Y1	Y2	Y3	Y4	Y5	Y6
Gymnastics - Flight Dance - Toys	HT3	Movement Skills 2 Gymnastics (Balancing & spinning on points and patches)	Dance - Under the sea (PE Passport) Gymnastics (Spinning, turning, twisting)	Gymnastics (BT Gymnastics) Dodgeball	Gymnastics (BT Gymnastics) Dodgeball	Gymnastics (BT Gymnastics) Football	Gymnastics (BT Gymnastics) Football
	Links to prior learning	See year group specific curriculum	See year group specific curriculum	See year group specific curriculum	See year group specific curriculum	See year group specific curriculum	See year group specific curriculum
<u>Gymnastics – Flight</u> Jump in a variety of ways <u>Dance – Toys</u> Move safely in a space	1	<u>Movement Skills</u> Move around with good control <u>Gymnastics</u> Form a sequence of spins and symmetrical balances on patches	<u>Dance</u> Under the Sea Motif <u>Gymnastics</u> Spin in different patches. Devise a sequence of balances and spins	<u>Gymnastics</u> Balancing, rolling, jumping <u>Dodgeball</u> Throwing technique	<u>Gymnastics</u> Balancing, rolling, travelling <u>Dodgeball</u> Throwing technique	<u>Gymnastics</u> Cartwheels, headstands, vaults <u>Football</u> Correct technique dribbling and passing	<u>Gymnastics</u> Vaults <u>Football</u> Correct technique dribbling and passing
<u>Gymnastics – Flight</u> Star and Pencil jumps with control <u>Dance – Toys</u> Use a stimuli to create movements	2	<u>Movement Skills</u> Travel backwards safely. Balance on one leg <u>Gymnastics</u> Form a sequence with asymmetrical spins and balances	<u>Dance</u> Under the Sea Motif in unison <u>Gymnastics</u> Perform a twist then roll. Change pathways after each roll by spinning	<u>Gymnastics</u> Balancing, rolling, travelling <u>Dodgeball</u> Develop dodging techniques	<u>Gymnastics</u> Balancing, rolling, jumping <u>Dodgeball</u> Dodging techniques	<u>Gymnastics</u> Cartwheels, rolls, vaults <u>Football</u> Move while maintaining control Keep possession more successfully	<u>Gymnastics</u> Rolls <u>Football</u> Move while maintaining control Keep possession more successfully



<u>Gymnastics – Flight</u> Jump as part of a sequence <u>Dance – Toys</u> Travel at different levels	3	<u>Movement Skills</u> Jump in a variety of ways <u>Gymnastics</u> Perform routines in different formations	<u>Dance</u> Under the Sea Motif with different levels and pathways <u>Gymnastics</u> Twist in flight. Change the point of contact in balances by leading into the next balance by twisting	<u>Gymnastics</u> Balancing, rolling, jumping <u>Dodgeball</u> Catching skills	<u>Gymnastics</u> Balancing, rolling, travelling <u>Dodgeball</u> Catching skills	<u>Gymnastics</u> Cartwheels, headstands, rolls <u>Football</u> Different shooting techniques	<u>Gymnastics</u> Headstands <u>Football</u> Different shooting techniques
<u>Gymnastics – Flight</u> Jump for height and perform tuck shape in the air <u>Dance – Toys</u> Use stimuli to come up with creative and imaginative actions	4	<u>Movement Skills</u> Dodge and moving safely with an awareness of others <u>Gymnastics</u> Spin at different levels. Change dynamics within a sequence	<u>Dance</u> Paired motif using picture poem <u>Gymnastics</u> Twist while in inversion Use apparatus to counter balance	<u>Gymnastics</u> Balancing, rolling, travelling <u>Dodgeball</u> Attacking	<u>Gymnastics</u> Circuit to develop activities <u>Dodgeball</u> Attacking and defending	<u>Gymnastics</u> Circuit to develop activities <u>Football</u> Fundamentals to defend	<u>Gymnastics</u> Circuit to develop activities <u>Football</u> Fundamentals to defend
<u>Gymnastics – Flight</u> Change leg positions while in the air <u>Dance – Toys</u> Use stimuli to come up with creative and imaginative actions	5	<u>Movement Skills</u> Dodge between others while in a game <u>Gymnastics</u> Hold balances at different levels	<u>Dance</u> Paired motif using picture poem <u>Gymnastics</u> Work in pairs to counter balance one another or use the apparatus to both counter balance against	<u>Gymnastics</u> Circuit to develop activities <u>Dodgeball</u> Defending	<u>Gymnastics</u> Circuit to develop activities <u>Dodgeball</u> Officiate the rules effectively	<u>Gymnastics</u> Circuit to develop activities <u>Football</u> When and where to exploit space to create goal scoring opportunities	<u>Gymnastics</u> Circuit to develop activities <u>Football</u> When and where to exploit space to create goal scoring opportunities
<u>Gymnastics – Flight</u> Execute jumps and leaps with control on the floor and with apparatus <u>Dance – Toys</u> Improve performance	6	<u>Movement Skills</u> Volley and punt with a ball <u>Gymnastics</u> Perform spins and balances as part of a wider routine. Perform routines in different formations	<u>Dance</u> Perform <u>Gymnastics</u> Create a sequence of work with a clear start and controlled movements linked with twists, spins and turns. Perform a routine which mirrors their partner	<u>Gymnastics</u> Circuit with apparatus <u>Dodgeball</u> Compete competitively	<u>Gymnastics</u> Circuit with apparatus <u>Dodgeball</u> Compete competitively	<u>Gymnastics</u> Circuit with apparatus <u>Football</u> Work in a team to compete competitively	<u>Gymnastics</u> Circuit to develop activities <u>Football</u> Work in a team to compete competitively



EYFS		Y1	Y2	Y3	Y4	Y5	Y6
Locomotion Movement Skills 2	HT4	Gymnastics (Pathways – small and long) Target Games 2	Gymnastics (stretching, curling, arching) Target Games 3	Netball Tag Rugby	Netball Tri-golf	Netball Ultimate Frisbee	Netball Ultimate Frisbee
	Links to prior learning	See year group specific curriculum	See year group specific curriculum	See year group specific curriculum	See year group specific curriculum	See year group specific curriculum	See year group specific curriculum
Locomotion Move around an area in a variety of ways - skip Movement Skills Travel around, over, through and under	1	Gymnastics Straight pathways. Sequences involving sideways, forward and backwards stepping Target Games Punt a ball with accuracy	Gymnastics Travel forwards, backwards & sideways in curved positions Curved position within flight Support body weight on different body parts while in the curved position Target Games Throw a ball underarm with both hands with some accuracy	Netball Pass the ball in a variety of ways Tag Rugby Familiarise with rugby ball and how to tag someone	Netball Pass the ball in a variety of ways thinking about body position and those around me Tri-golf Gripping the club Putting	Netball Send and receive a netball in different ways Ultimate Frisbee Send and receive a frisbee	Netball Send and receive a netball in different ways Ultimate Frisbee Send and receive a frisbee
Locomotion twist, turn, reach, bend Movement Skills Travel backwards, balance on one leg	2	Gymnastics Move close to the ground by pushing and pulling different body parts. Triangular pathways with different body parts Target Games	Gymnastics Stretch in a balance Arches front and back Jump while stretching to make long shape in flight Target Games Kick a ball with some accuracy with both feet	Netball Pass in a variety of ways Defend individually and as part of a team Tag Rugby Send and receive the ball under pressure	Netball Pass in a variety of ways while under pressure Defend individually and as part of a team Tri-golf Accuracy while putting	Netball Pass and move Passing and moving to avoid opponents No running with ball in hand Ultimate Frisbee	Netball Pass accurately using a range of passes Ultimate Frisbee Anticipate pass and use a range of strategies to outwit opponent



		Punt a ball with both feet				Anticipate pass and use a range of strategies to outwit opponent	
<u>Locomotion</u> Manipulate an object, balance <u>Movement Skills</u> Jump in a variety of ways	3	<u>Gymnastics</u> High movements to trace a square pattern Variety of turns <u>Target Games</u> Strike a ball towards a target with some accuracy	<u>Gymnastics</u> Stretch and curl in the same action Sequence with seamless transition between stretch and curls <u>Target Games</u> Roll a ball with either hand with some accuracy	<u>Netball</u> Attack Shoot Start to play high five netball <u>Tag Rugby</u> Pass the ball backwards and dummy pass	<u>Netball</u> Attack Shoot Start to play high five netball <u>Tri-golf</u> Strike the ball consistently with an iron	<u>Netball</u> Landing Pivot to pass and receive ball <u>Ultimate Frisbee</u> Defend against an opponent	<u>Netball</u> Landing Pivot to pass and receive ball <u>Ultimate Frisbee</u> Defend against an opponent
<u>Locomotion</u> Jump with control <u>Movement Skills</u> Move safely	4	<u>Gymnastics</u> Jump in a variety of ways Zig-zag pathways <u>Target Games</u> Strike a ball towards a target with some force and accuracy	<u>Gymnastics</u> Stretch while stepping and take weight on hands Stretch and curl whilst taking weight at high levels and in inversion <u>Target Games</u> Punt a ball with some accuracy with both feet	<u>Netball</u> Shoot with improved accuracy Start to play high five netball <u>Tag Rugby</u> Pass and create an overlap	<u>Netball</u> Shoot with improved accuracy while under pressure Start to play high five netball <u>Tri-golf</u> Chip over a short distance with an iron	<u>Netball</u> Create space Attacking principles Shooting <u>Ultimate Frisbee</u> Build an attack gradually Keep possession Time a run to breach defense	<u>Netball</u> Create space Attacking principles Shooting <u>Ultimate Frisbee</u> Build an attack gradually Keep possession Time a run to breach defense
<u>Locomotion</u> Dodge, slide left and right <u>Movement Skills</u> Dodge	5	<u>Gymnastics</u> Sequenced curved pathways on the floor and apparatus <u>Target Games</u> Throw a ball overarm with some accuracy at a target	<u>Gymnastics</u> Use apparatus to stretch, curl and hold a bridge Front and back supports. Different ways to travel into and out of these supports <u>Target Games</u> Strike a ball with a racket or bat with some degree of force and accuracy	<u>Netball</u> Attack as part of a team Shoot with improved accuracy Pass with greater accuracy <u>Tag Rugby</u> Pass missing out players in a line	<u>Netball</u> Attack as part of a team Shoot with improved accuracy Pass with greater accuracy Begin to officiate <u>Tri-golf</u> Use both the putter and iron consistently and accurately	<u>Netball</u> Understand positions <u>Ultimate Frisbee</u> Communicate effectively Breach defense Find space Dodging	<u>Netball</u> Work in a team to use positions. Apply skills and tactics <u>Ultimate Frisbee</u> Communicate effectively Breach defense Find space Dodging
<u>Locomotion</u> Gallop <u>Movement Skills</u>	6	<u>Gymnastics</u> Different pathways in one sequence	<u>Gymnastics</u> Sequence with clear start and end positions and involving curling, stretching and arching	<u>Netball</u> Play competitively <u>Tag Rugby</u> Compete in a game	<u>Netball</u> Play competitively <u>Tri-golf</u>	<u>Netball</u> Compete competitively <u>Ultimate Frisbee</u> Compete competitively	<u>Netball</u> Compete competitively <u>Ultimate Frisbee</u>



Volley and punt an object		Mount and dismount apparatus using different pathways <u>Target Games</u> Bounce a ball with some accuracy towards a target	<u>Target Games</u> Bounce a ball with some accuracy at a target		Compete and know how to score		Compete competitively
EYFS		Y1	Y2	Y3	Y4	Y5	Y6
Athletics 1 Invasion Game Skills 1	HT5	Athletics 2 Invasion Games 2	Athletics Movement Skills 3	Athletics Rounders	Athletics Rounders	Athletics Cricket	Athletics Cricket
	Links to prior learning	See year group specific curriculum	See year group specific curriculum	See year group specific curriculum	See year group specific curriculum	See year group specific curriculum	See year group specific curriculum
<u>Athletics</u> Travel in a variety of ways. React quickly <u>Invasion Game Skills</u> Dodge and have a sense of readiness	1	<u>Athletics</u> Run at different speeds Change speed and direction while running <u>Invasion Games</u> Catch a ball after one bounce	<u>Athletics</u> Ready position for running Change speed and direction while running <u>Movement Skills 2</u> Skip using a rope. Jump in a variety of ways	<u>Athletics</u> Start position for a sprint Coordination to improve speed <u>Rounders</u> Send and receive a ball using a good catching and throwing technique Show awareness while competing in small sided game	<u>Athletics</u> Start position for a sprint Coordination to improve speed <u>Rounders</u> Send and receive a ball using a good catching and throwing technique Show awareness while competing in small sided game	<u>Athletics</u> Sustain pace over longer distances Change pace/tempo <u>Cricket</u> Catch under pressure Throw underarm and overarm	<u>Athletics</u> Sustain pace over longer distances Change pace/tempo <u>Cricket</u> Catch under pressure Throw underarm and overarm
<u>Athletics</u> Jump 1 to 2 feet and 2 to 2 feet. <u>Invasion Game Skills</u> Dodge off both feet	2	<u>Athletics</u> Choose and/or adapt speed depending on distance while running <u>Invasion Games</u>	<u>Athletics</u> Jump and land safely while retaining balance Coordinate run and jump <u>Movement Skills 2</u> Bounce and travel with a ball with control	<u>Athletics</u> Combine sprinting with low hurdles <u>Rounders</u> Develop bowling and batting skills	<u>Athletics</u> Combine sprinting with low hurdles <u>Rounders</u> Develop bowling and batting skills	<u>Athletics</u> Pull throw Overarm throw Accuracy, power and consistency <u>Cricket</u> Grip the bat correctly	<u>Athletics</u> Pull throw Overarm throw Accuracy, power and consistency <u>Cricket</u> Grip the bat correctly



		Catch the ball on the full				Suitable stance while batting	Suitable stance while batting
<u>Athletics</u> Throw with some accuracy <u>Invasion Game Skills</u> Bounce and travel with a ball with control	3	<u>Athletics</u> Different styles of jumping Improve technique to increase distance and height <u>Invasion Games</u> Attacking and defending skills Track an opponent Intercept	<u>Athletics</u> Throw accurately with a ball and javelin <u>Movement Skills 2</u> Receive a ball and trap it	<u>Athletics</u> Jumping for distance and height <u>Rounders</u> Develop throwing and bowling skills Make decisions about whether to run after hitting the ball. Be aware of the fielders while hitting the ball Be aware of where to stand as a fielder	<u>Athletics</u> Jumping for distance and height <u>Rounders</u> Develop throwing and bowling skills Make decisions about whether to run after hitting the ball. Be aware of the fielders while hitting the ball Be aware of where to stand as a fielder	<u>Athletics</u> Throw for distance Throw ball and javelin with correct body technique <u>Cricket</u> Range of fielding techniques	<u>Athletics</u> Throw for distance Throw ball and javelin with correct body technique <u>Cricket</u> Range of fielding techniques
<u>Athletics</u> Run in a lane <u>Invasion Game Skills</u> Receive and trap a ball	4	<u>Athletics</u> Different styles of jumping Improve technique to increase distance and height Add a run into jump <u>Invasion Games</u> Understand some principles of attacking and defending Run quickly to dodge an opponent	<u>Athletics</u> Run within a lane and dip to finish Transfer a baton during a race <u>Movement Skills 2</u> Pass a ball accurately	<u>Athletics</u> technique, accuracy and consistence for overarm throw with ball and javelin <u>Rounders</u> Awareness of the rules Awareness of playing as a fielder	<u>Athletics</u> technique, accuracy and consistence for overarm throw with ball and javelin <u>Rounders</u> Awareness of the rules Awareness of playing as a fielder	<u>Athletics</u> Triple jump Standing long jump Appropriate technique for jumping events <u>Cricket</u> Basic bowling technique	<u>Athletics</u> Triple jump Standing long jump Appropriate technique for jumping events <u>Cricket</u> Basic bowling technique
<u>Athletics</u> Jump for height. Tale off and clear an obstacle <u>Invasion Game Skills</u> Send and receive a ball	5	<u>Athletics</u> Throwing/slinging ball and javelin Use of legs for distance Evaluate own and partner's throw <u>Invasion Games</u> Manage feelings and behavior	<u>Athletics</u> Jump with control and timing Time take off to clear obstacle <u>Movement Skills 2</u> Jump for height	<u>Athletics</u> Replicate techniques in running, throwing and jumping events <u>Rounders</u> Develop high catching skills Awareness of tactics	<u>Athletics</u> Replicate techniques in running, throwing and jumping events <u>Rounders</u> Develop high catching skills Awareness of tactics	<u>Athletics</u> Recap track and field events - practice <u>Cricket</u> Apply cricketing skills into a game	<u>Athletics</u> Recap track and field events - practice <u>Cricket</u> Apply cricketing skills into a game



		Turn while in control of a ball					
<u>Athletics</u> Throw in a variety of ways and for distance <u>Invasion Game Skills</u> Dibble a ball with feet with good control	6	<u>Athletics</u> Replicate techniques for running, jumping and throwing events <u>Invasion Games</u> Can apply attacking and defending skills in a game Move and receive a safe pass Move to receive a pass	<u>Athletics</u> Throw in a variety of ways Throw for distance <u>Movement Skills 2</u> Catch consistently well	<u>Athletics</u> Replicate techniques in running, throwing and jumping events competitively <u>Rounders</u> Compete in a competitive game	<u>Athletics</u> Replicate techniques in running, throwing and jumping events competitively <u>Rounders</u> Compete in a competitive game	<u>Athletics</u> Running in a team – baton Correct starting stance Ready position for baton Compete in a range of events <u>Cricket</u> Compete in a competitive game	<u>Athletics</u> Running in a team – baton Correct starting stance Ready position for baton Compete in a range of events <u>Cricket</u> Compete in a competitive game
EYFS		Y1	Y2	Y3	Y4	Y5	Y6
Target Games Striking and Fielding Game Skills 1	HT6	Net and Wall Skills 1 Striking and Fielding 1	Net and Wall Skills 2 Striking and Fielding 2	Cricket Tri-golf	Cricket OAA	Tennis Rounders	Tennis Rounders
	Links to prior learning	See year group specific curriculum	See year group specific curriculum	See year group specific curriculum	See year group specific curriculum	See year group specific curriculum	See year group specific curriculum
<u>Target Games</u> Throw a ball underarm <u>Striking and Fielding Game Skills</u> Strike a ball off a tee	1	<u>Net and Ball Skills</u> Send and receive a ball with a degree of accuracy <u>Striking and Fielding</u> Strike a ball off a tee Can run after striking a ball to gather runs	<u>Net and Ball Skills</u> Send and receive a ball with a degree of accuracy <u>Striking and Fielding</u> Catch the ball after a bounce Strike off a tee	<u>Cricket</u> Throwing Position body while batting off a tee <u>Tri-golf</u> Basic grip Club control Putting	<u>Cricket</u> Throwing Position body while batting off a tee <u>OAA</u> Communicate with team mates. Orienteering and coordinates	<u>Tennis</u> Gripping the racket Ready position <u>Rounders</u> Catching and throwing (over and underarm). Awareness in small sided game	<u>Tennis</u> Gripping the racket Ready position <u>Rounders</u> Catching and throwing (over and underarm). Awareness in small sided game



Can run after striking a ball to gather runs Work in a group to field the ball		Work in a group to field the ball					
<u>Target Games</u> Throw a ball underarm with either hand <u>Striking and Fielding Game Skills</u> Ready position to catch the ball Can track the flight of the ball before catching	2	<u>Net and Ball Skills</u> Strike a ball with a hand whilst it is airborne <u>Striking and Fielding</u> Ready position to catch the ball Can track the flight of the ball before catching	<u>Net and Ball Skills 2</u> Strike and volley the ball with a degree of accuracy <u>Striking and Fielding</u> Bowl overarm Stop the ball as a wicketkeeper	<u>Cricket</u> Bowl overarm with straight arm Take up wicket keeping position correctly <u>Tri-golf</u> Putting with accuracy	<u>Cricket</u> Bowl overarm with straight arm Take up wicket keeping position correctly <u>OAA</u> Problem solving Working in a team E.g. cross the river	<u>Tennis</u> Forehand with control <u>Rounders</u> Bowling, batting, fielding skills Awareness in small sided game.	<u>Tennis</u> Forehand with control <u>Rounders</u> Bowling, batting, fielding skills Awareness in small sided game.
<u>Target Games</u> Strike a ball with a foot <u>Striking and Fielding Game Skills</u> Roll a ball at target accurately	3	<u>Net and Ball Skills</u> Strike and volley a ball with a degree of accuracy <u>Striking and Fielding</u> Roll a ball at target accurately	<u>Net and Ball Skills</u> Keep a rally going against a wall with a racket by themselves and with a partner <u>Striking and Fielding</u> Pick up the ball one handed and return underarm	<u>Cricket</u> Throw accurately and powerfully Slide bat to make ground Batting with awareness of fielders off tee <u>Tri-golf</u> Distance control while putting	<u>Cricket</u> Throw accurately and powerfully Slide bat to make ground Batting with awareness of fielders off tee <u>OAA</u> Navigate using directions	<u>Tennis</u> Backhand with control <u>Rounders</u> Continue developing bowling, batting, fielding skills Awareness in small sided game.	<u>Tennis</u> Backhand with control <u>Rounders</u> Continue developing bowling, batting, fielding skills Awareness in small sided game.
<u>Target Games</u> Kick a ball with both feet <u>Striking and Fielding Game Skills</u> Throw a ball and/or bean bag under arm accurately	4	<u>Net and Ball Skills</u> Send a ball against wall and receive it back <u>Striking and Fielding</u> Throw a ball and/or bean bag under arm accurately	<u>Net and Ball Skills</u> Develop a good grip, stance and control for short tennis <u>Striking and Fielding</u> Field in a team Use their leg to make a barrier to stop the ball	<u>Cricket</u> Bowling Wicket keeping Batting with a partner communicating effectively <u>Tri-golf</u> Chipping with an iron	<u>Cricket</u> Bowling Wicket keeping Batting with a partner communicating effectively <u>OAA</u> Identify and make a shape in a group while blindfolded	<u>Tennis</u> Selecting when to use either backhand or forehand <u>Rounders</u>	<u>Tennis</u> Selecting when to use either backhand or forehand <u>Rounders</u>



<u>Target Games</u> Roll a ball with some accuracy <u>Striking and Fielding Game Skills</u> Roll a ball with both hands Can pick up a ball cleanly Can roll a ball accurately	5	<u>Net and Ball Skills</u> Keep a rally going against a wall with themselves and a partner <u>Striking and Fielding</u> Can pick up a ball cleanly Can roll a ball accurately	<u>Net and Ball Skills</u> Develop a good grip, stance and control for short tennis Send the ball over a net <u>Striking and Fielding</u> Chase the ball and throw it back Strike the ball off a tee while moving	<u>Cricket</u> Back up fellow fielders with barrier Bowl with run up with power <u>Tri-golf</u> <u>Putting and chipping practice</u>	<u>Cricket</u> Back up fellow fielders with barrier Bowl with run up with power <u>OAA</u> Map skills – identifying areas of school on a map. Numbers written on control markers to make a sum	<u>Tennis</u> Footwork and positioning when playing shots in competitive rallies <u>Rounders</u> Play a full game taking on different roles/positions Vary tactics	<u>Tennis</u> Footwork and positioning when playing shots in competitive rallies <u>Rounders</u> Play a full game taking on different roles/positions Vary tactics
<u>Target Games</u> Roll a ball with both hands <u>Striking and Fielding Game Skills</u> Pick up and throw overarm Pick up and throw underarm Strike accurately Backup while fielding	6	<u>Net and Ball Skills</u> Can strike with different implements accurately <u>Striking and Fielding</u> Pick up and throw overarm Pick up and throw underarm Strike accurately Backup while fielding	<u>Net and Ball Skills</u> Send a ball over a net using forehand and backhand <u>Striking and Fielding</u> Play a game using the skills learnt	<u>Cricket</u> Play competitively in a range of positions <u>Tri-golf</u> Golf course to score point	<u>Cricket</u> Play competitively in a range of positions <u>OAA</u> Identify where a number of controls are situated around school via photographic clues.	<u>Tennis</u> Tactics against an opponent <u>Rounders</u> Select tactics and skills appropriately in a competitive game	<u>Tennis</u> Tactics against an opponent <u>Rounders</u> Select tactics and skills appropriately in a competitive game