Progression of skills

Year 3

Athletics
Athletics

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

Striking & Fielding
Cricket

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

Invasion
Hockey

- Introduce dribbling
- Introduce passing and receiving
- Combine dribbling and passing to create space
- Develop passing, receiving and dribbling
- Introduce shooting

Swimming
Swimming

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

Gymnastics
Symmetry & Asymmetry

- Introduction to symmetry
- Introduction to asymmetry
- Application of learning onto apparatus
- Sequence formation
- Sequence completion

Invasion
Netball

- Introduce passing and receiving
- Introduce passing and creating space
- Develop passing and moving
- Introduce scoring and the concept of shooting
- Develop shooting

Progression of skills

Year 4/5

Invasion
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

Gymnastics
Counter Balance & Counter Tension
- Introduction to Counter-Balance
- Application of Counter-Balance learning onto apparatus
- Sequence formation
- Introduction to Counter Tension
- Sequence completion

Dance
The Circus
- Develop character movements linked to prejudices
- Create movements that represent different characters and performers in a circus
- Extending our performance incorporating props and apparatus linked to the variety of performers

Invasion
Basketball
- Consolidate dribbling
- Develop marking
- Develop shooting
- Refine attacking skills
- Refine defending skills

Swimming
Swimming

Net/Wall
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

Athletics
Athletics
- Develop running at speed
- Exploring our stride pattern
- Exploring running at pace
- Running for distance
- Javelin
- Standing Triple Jump

Year 6

Athletics
Athletics
- Running for speed competition
- Running for distance competition
- Throwing competition
- Jumping competition
- Level 1 Athletics Competition

Striking & Fielding
Cricket
- Consolidate batting, fielding and bowling
- Create, understand and apply attacking and defensive tactics in game situations

Invasion
Hockey
- Consolidate keeping possession, develop officiating
- Consolidate defending
- Create, understand and apply attacking/defending tactics in game situations

Dance
Titanic
- 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
Creating Sequences
- Challenging creativity
- Sequence development
- Sequence performance

Swimming
Swimming

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