

PE – Stages of Progression

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Indoor		Gymnastics Stage 1			
	Outdoor	Athletics Stage 1		Football (indoor if wet) Stage 1		Athletics Stage 2
Year 1	Indoor	Games – Tennis	Dance Stages 1 & 2		Games – Netball Stages 1 & 2	
	Outdoor	Games – Football Stages 2 & 3		Athletics – catching and targeted throwing (running and jumping included) Stage 3		
Year 2	Indoor	Gymnastics – upper body (use of equipment) Stages 2 & 3	Games – Tennis Stages 1 & 2		Games – Netball Stages 3 & 4	
	Outdoor	Games – Rugby Stages 1, 2 & 3		Athletics – jumping (standing long, high, triple) Stage 4		
Year 3	Indoor	Dance Stages 3 & 4	Games – Tennis Stages 3, 4 & 5		Games – Basketball (skill specific) Stages 1, 2, 3 & 4	
	Outdoor	Games – Football Stages 4 & 5	Games – Rugby Stage 4		Athletics – running and throwing Stage 5	
Year 4	Indoor	Gymnastics Stages 4 & 5	Games – Badminton Stages 1, 2, 3 & 4		Athletics – jumping Stage 6	
	Outdoor	Games – Rugby Stage 5	Games – Basketball (court markings – playing games) Stages 5, 6 & 7		Games – Cricket Stages 1, 2, 3 & 4	
Year 5	Indoor	Dance Stages 5, 6 & 7	Games – Badminton Stages 5, 6 & 7		Games – Hockey (skills – dribbling, heads up) Stages 1, 2, 3 & 4	
	Outdoor	Games – Tennis Stages 6 & 7	Games – Rugby Stage 6		Games – Cricket Stages 5, 6 & 7	
Year 6	Indoor	Gymnastics Stage 6 & 7	Games – Netball Stages 5, 6 & 7		HIT class	
	Outdoor	Games – Rugby Stage 7	Games – Hockey (apply skills to games) Stages 5, 6 & 7		Rounders	Athletics (focus on timing, measuring, scoring) Stage 7

Stage 1 (R) Stage 2 (I) Stage 3 (2) Stage 4 (3) Stage 5 (4-) Stage 6 (5) Stage 7 (6)

Gymnastics x4 Athletics x7 Football x3 Dance x3 Netball x3 Hockey x1 Tennis x3 Rugby x5 Basketball x2 Badminton x2 Cricket x2 Hockey x2 Rounders x1 HIT x1



P ROGRESSION OF KEY SKILLS

Gymnastics

Early Years

EY

- Can experiment with different shapes
- Experiment with different jumps
- Experiment with different ways of rolling in small shape
- Experiment with balancing on different body parts
- Moving along the floor in different ways like aliens sliding, rolling, stretching etc
- Show a start shape, middle and finishing shape (beginning of a sequence)
- Moving on and off apparatus safely

1

Year 1

- Can perform various shapes
- Perform basic jump (straight jump, Star jump)
- Perform a tuck rock and a tuck roll and rocket roll with pointed toes
- Perform a simple balance holding for 3 seconds
- Perform a bunny hop- hands first then feet
- Perform a basic sequence (roll, jump and roll)
- Moving on and off apparatus with control

2

Year 2

- Can perform shapes with a strong body and control
- Perform jumps (straight, star, tuck jump) with control and a strong body
- Perform a tuck rock, tuck roll, forward roll and dish/arch roll
- Perform a balance on one or more parts of body
- Perform a bunny hop - hands flat with straight arms
- Perform a sequence on apparatus- (roll, jump and balance)
- Moving on and off apparatus with strong body and control

3

Year 3

- Can perform a variety of shapes with good control
- Perform a straight jump with a half turn
- Perform a Teddy bear roll
- Perform Point and Patch balances
- Perform a bunny hop across a mat run and onto/across low benches and apparatus
- Perform a short sequence on mats (using levels directions control)
- Hopscotch on throw down feet- introduction to hurdle step onto apparatus

4

Year 4

- Can perform a variety of shapes with good control when performing various skills
- Perform various jumps and develop travelling across the mat
- Teddy bear roll with a partner/group in sequence with pointed toes
- Perform matching and mirroring balance routines on apparatus
- Perform a bunny hop onto a variety of apparatus with control
- Perform a short sequence on mats and apparatus showing levels, unison, and pointed toes
- Hopscotch across the floor to develop hurdle step onto low apparatus

5

Year 5

- Can perform complex shapes with control and some flexibility
- Perform more complex jumps, tuck, pike and a scissor kick
- Perform a T-roll
- Perform symmetrical and asymmetrical balances
- Perform a 'squat on and squat off' on various apparatus
- Link skills to create a sequence with Fluency, Co-operate, communicate and collaborate with others
- To perform a hurdle step on the floor/springboard
- Cartwheel on the floor using various apparatus

6

Year 6

- Can perform complex shapes when performing Sequences and skills with flexibility
- Perform more complex jumps and travelling on and off apparatus, tuck, pike and leaps scissor kick and cat leap
- Side star roll, T-roll (with pointed toes), backwards roll
- Perform various balances counter balance and counter tension
- Perform a 'squat on and squat off' apparatus with a run up (with or without a spring board)
- Compete in teams to win points with sequences and a vault competition
- Perform a hurdle step on the floor/springboard and onto apparatus
- Inverted skills shoulder stand, cartwheel, teddy bear roll, head stand, handstand





P ROGRESSION OF KEY SKILLS

Dance

Early Years

- Moving in time to happy and sad music
- Experiment with different ways of moving
- Experiment with actions at different levels
- Moving around as different characters or animals to the music

EY

1

Year 1

- Listen to the music and begin to move in time to it
- Perform basic dance movements
- Perform dance movements showing some levels
- Perform basic dance travelling movements e.g. stepping, skipping, jumping
- Perform simple dance moves with some control

2

Year 2

- Move in time to the music showing some expression
- Perform dance movements with control
- Perform dance movements showing a variety of levels
- Perform dance movements showing travelling in different directions e.g. sliding, turning, gesturing
- Remember simple dance steps, perform with control in time to the music

3

Year 3

- Collaborate to make a dance warm up
- Use a stimulus to create a dance
- Dance in unison with a partner
- Perform in canon with a group
- Use some different levels and pathways

4

Year 4

- Cooperate to make a dance warm up and take on a leadership role
- Respond imaginatively to a stimulus
- Dance in unison with a partner/group performing a range of movement patterns
- Perform in canon showing a range of movement patterns
- Perform a variety of levels and pathways in a dance

5

Year 5

- Co-operate and collaborate to create a warm up displaying a variety of movement patterns
- Translate ideas from a stimulus showing control and fluency
- Dance in unison in a group keeping in time with each other
- Dance in canon showing good timing
- Perform using a variety of levels and using the space

6

Year 6

- Co-operate, communicate and collaborate with a group to make up a warm up with good rhythm and timing
- Translate ideas from a stimulus into movement showing expression, precision, control and fluency
- Dance in unison in a group showing good timing, energy and strength
- Dance in canon in a group showing good timing, energy and strength
- Use levels, travelling and space with timing and musicality





P

ROGRESSION OF KEY SKILLS

Football

Early Years

Explore stopping a ball with different parts of the body

Experiment kicking the ball with feet to a partner

Move a bean bag/ball on the floor using inside of foot

Fox and rabbits game. Object of the game is to move away from the rabbit onto a spot (finding a space)

Shooting into a target on the floor

Introducing fun games e.g. Player in the middle, defending hoops (beginnings of attacking, defending)

EY

1

Year 1

Stopping a ball with the inside of feet

Pass the ball, beginning to use inside of feet "toe, toe, toe, no, no, no!"

Dribble the ball with the inside of feet - finding a space

Introduce getting the ball off a player- tackling

Scoring in a variety of ways- into goals and at targets

Begin to understand tactics for attacking and defending

Small sided games 4v4

2

Year 2

Stopping a ball with the sole and inside of feet

Pass the ball to a partner P,P,P, Plant, Pass Point to help with accuracy

Dribble the ball with the inside of feet, keeping the ball close to their body- dribble into a space

Improve tackling by using adapted games- introduce intercepting play

Scoring in a variety of ways and begin to use in a game situation

Begin to include some basic tactics for attacking and defending in conditioned games

Play an adapted and conditioned games 5v5.

3

Year 3

Control a ball using inside, outside and sole of feet

Pass the ball with inside of feet with accuracy. Pass the ball to someone in a space

Dribble the ball, beginning to turn with some control (inside and outside hook)

Defend making a tackle in isolation (a conditioned game)

Shooting - Kick a stationary ball past a goal keeper

Adapted games, begin to apply some basic principles for attacking & defending in small sided games

Small sided games 6v6

4

Year 4

Move body to correct position to stop and control a ball

Pass the ball with inside of feet, whist on the move

Dribble the ball using inside, outside hook and drag back, beginning to accelerate

Defend- moving forward to close down space to tackle in a conditioned game. Intercept a pass

Shooting- Strike a moving ball (past a goal keeper) with some accuracy

Encourage children to talk about tactics when attacking and defending

Small sided games - up to 7v7

5

Year 5

Control the ball using either foot when moving

Pass the ball with inside, front or laces on the foot

Dribble the ball using inside, outside hook and drag back beginning to accelerate

Show good body position to defend and press in a 2v2 game

Scoring using top of foot (laces) - aiming for corners of the goal

Begin to use attacking and defending, techniques learned in a game situation

In teams, begin to discuss tactics and how to work as a team (communicate and collaborate)

6

Year 6

Move into space to receive the ball and control with either foot in a game

Select the correct pass for various distances in a game situation

Dribble the ball in a game situation around a defender

Communicate with team when defending in a game -making interceptions, cover space

To work as a team to score, shooting from various angles

In a team, discuss tactics and how to win as a team (communicate and collaborate)

Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending

Understanding the positions and rules of the game





P ROGRESSION OF KEY SKILLS

Rounders

Early Years (progressions through first PE unit/Enjoy-a-ball)

EY

Experiment with different ways of throwing a beanbag, tennis ball over a short distance
 Experiment with throwing underarm at targets
 Hand eye co-ordination developed through hitting a tennis ball, using throw down strips, hitting a balloon in the air
 Rolling the ball to a partner and stopping the ball

1

Year 1 (progressions through kwik cricket and tennis)

Throw underarm and introduce overarm. Throw and catch various size balls
 Bowling at various sized targets
 Hand eye co-ordination – hitting a ball with a tennis racket along the floor and in the air
 Rolling the ball to a partner, stopping it with hands, bending knees and moving to the ball
 Begin to develop tactics for adapted striking and fielding games

2

Year 2 (progressions through kwik cricket and tennis)

Throw underarm and begin to improve distance thrown with overarm, and catch a ball with control
 Underarm bowl at a various sized targets with control
 Hitting the ball with a feed and self feed – to develop hand eye co-ordination
 Stopping the ball using one or two hands
 Develop tactics for adapted striking and fielding games

3

Year 3

Throw under/over arm and catch a ball with control and some accuracy
 Bowling a ball (between the batters knee and head) from a short distance
 Using various equipment to strike the ball with adapted bats e.g tennis racket, rounders bat
 Stop the ball using two hands and attempt a long barrier
 Adapted games, with variations of rules, begin to apply some basic principles, through striking and fielding

4

Year 4

Throw under/over arm over varying distances and catch a ball with control and accuracy
 Beginning to bowl from the correct bowling distance 7.5 metres
 Stepping into the hit when striking the ball with a rounders bat
 Long barrier moving into position to scoop up the ball
 Play adapted games, Children encouraged to think of tactics when striking and fielding

5

Year 5

Throw and catch the ball sometimes making the correct decisions in a game situation
 Introduce a donkey drop bowl
 Begin to hit the ball in different directions
 Field the ball using long barrier and attempting the run and scoop
 In a team, discuss tactics of striking and fielding

6

Year 6

Throw and catch, making correct tactical decisions having an impact in a game situation
 Use a variety of bowling techniques, beginning to add speed to the underarm bowl
 Hit it in a variety of directions and look for space in a game situation
 Use the run and scoop and throw to another player on my team
 Use techniques learned and apply in a game situation. Apply basic principles for striking and fielding





P ROGRESSION OF KEY SKILLS

Tag Rugby

Early Years

- Follow a partner to steal their bib - introducing tag games
- Move with different objects in their hands
- Passing an object to another child
- Trying to get around a static player in a coned area
- Scoring points with beanbag treasure in a simple hoop invasion game
- Fun game getting past the fish (defender) in a small area. Fish (defender) trying to get the tails

EY

1 Year 1

- Play a simple game of tag and begin to call 'tag' when taking a bib or belt
- Hold the ball with two hands
- Hand over the Rugby ball sideways
- Attempt to get past a defender 1v1
- Scoring a try in a modified drill using correct technique- using 2 hands to place ball down
- Small-sided adapted games. Begin to develop tactics for attacking and defending

Year 2

- Tag a player when facing your partner - raise hand and call "Tag"
- Move with the ball, holding it with hands- chest height
- Pass the ball sideways- with smile technique
- Dodge around a defender in a small area
- Scoring a try in an adapted game- focus placing ball down with 2 hands and staying on feet
- Small-sided games using various types of equipment. Develop tactics for attacking and defending

2

3 Year 3

- Tag another player, face on and keeping body position low to the ground
- Move with a ball in their hands using correct position
- Pass the ball backwards and sideways in isolation
- Move into a space to avoid a defender, through dodging techniques
- Beat a defender to score a try in various scoring zones
- Adapted games, with variations of rules, begin to apply some basic principles for attacking & defending

Year 4

- Play a tag game whilst moving at speed, keeping close to an opponent
- Move with control in a variety of directions holding the ball in the correct position
- Pass the ball backwards/ sideways with control whilst moving
- Use speed and space to avoid a passive defender
- Beat a defender at speed to score a try in an isolated game situation
- Play adapted games. Children encouraged to think of tactics when attacking and defending

4

5 Year 5

- Tag more than one player using either hand whilst moving
- Choose different pathways to move with a ball in hands against an opponent
- Pass the ball and move (loop around a teammate)
- Introduce looping around your teammate- to try and trick an opponent
- Working as a team to score a try- supporting runs in practice
- Developing tactics for attacking e.g working as a team, supporting each other
- In teams discuss tactics of attacking e.g diagonal line when attacking
- In a team, discuss tactics of defending e.g make a wall or flat line as a team when defending

Year 6

- Tag a player using either hand when moving at full speed in a game situation
- Dodge around a defender at speed with a ball in hands avoiding being tagged
- Bring in pass and loop into a game situation
- Looping around your teammate- to try and trick an opponent in game situation
- Working together as a team to score a try in a tag rugby game, e.g supporting diagonal runs
- Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending
- In a team, discuss tactics of attacking and defending (communicate and collaborate)

6





P ROGRESSION OF KEY SKILLS

Hockey (Quicksticks)

Early Years (progressions through first PE unit/Enjoy-a-ball)

EY

Ball Awareness-moving the ball along the floor using hands
Pushing/Patting the ball to a partner using one hand
Move around safely in a variety of ways and negotiating space
Trying to get the magic ball from another player-holding a throw down strip (magic wand) in hand
Scoring into a target in a variety of ways
Play adapted games- beginning to score into a goal

1

Year 1 (progressions through Ball Games, tennis)

Ball Awareness-moving a ball along the floor using a tennis racket
Pushing a ball to a partner using a hand paddle/tennis racket
Begin to move into a space in a 'Hand hockey' game holding throw down strips (in hand)
Hand hockey-beginning to tackle, holding a throw down strip as extension to hand
Introduce scoring into a goal, using various types of equipment
Small-sided adapted games 3v3. Begin to develop tactics for attacking and defending.

2

Year 2 (progressions through Ball games, tennis)

Ball Awareness-moving a ball along the floor with control, using a tennis racket
Pushing a ball to a partner when using a tennis racket, developing control
Pass and begin to move forward into a space in a 'Hand hockey' game, holding a throw down strip (in hand)
Hand Hockey-beginning to anticipate when to tackle, using throw down strips (as hand extension)
Scoring into goals/targets using various types of equipment e.g. tennis racket to hit a ball through cones
Small-sided games using various types of equipment. Develop tactics for attacking and defending

3

Year 3

Dribble the ball holding the stick in correct position
Pass and receive a ball with some control
Perform a pass and look for a space in an adapted game to receive the ball
Begin to tackle a player safely- when stationary and moving
Score whilst the ball is stationary. Adapted games to focus on accuracy
Adapted games, with variations of rules, begin to apply some basic principles for attacking & defending

4

Year 4

Dribble and stop the ball with control
Pass the ball over a longer distance with accuracy and power
Perform a short pass and begin to move into a space and receive the ball with some control
Tackle a player beginning to use the correct grip and positioning -bend knees, low to the ground.
Develop shooting - at targets/goals. Beginning to score whilst the ball is moving
Play adapted games, Children encouraged to think of tactics when attacking and defending

5

Year 5

Dribbling the ball in different directions, keeping head up
Pass the ball over a variety of distances with some accuracy and power, in a game situation
Perform a pass with some control, accuracy and with movement into a space
Begin to defend against an opponent in a game situation - tackling and marking
Hit a moving ball with some accuracy and control into a goal
Begin to use techniques learned in a game situation and to have an understanding of key rules

6

Year 6

Dribble the ball at various speeds- both in isolation and a game situation
Pass the ball over a variety of distances in attacking or defensive situations
Pass and move into a space with accuracy, control and speed (in isolation/game situation)
Begin to defend as an individual and communicate to defend as a team (marking and tackling)
Hit a moving ball into a goal from different angles and sometimes with different levels of power
Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending





P ROGRESSION OF KEY SKILLS

Netball

Early Years (progressions through first PE unit/Enjoy-a-ball)

EY

- Throw to self, catching a soft ball/balloon
- Experiment with rolling the ball, throw and catch to self and to a partner (hand-eye co-ordination)
- Moving around, changing direction and negotiating space
- Fun games, encouraging throwing and catching different types of ball
- Passing with a partner and counting to 5 and 10
- Shooting into a target or hoop on the floor
- Introducing fun games e.g. Player in the middle, defending hoops (beginnings of attacking, defending)

1

Year 1 (progressions through ball skills/ball games)

- Catch a soft ball safely. Pass a soft ball from the chest - 'W' shape when passing and receiving
- Adapted game introducing footwork- no running with the ball
- Move into a space in a game, looking to throw the ball to someone in a space
- Follow an opponent in a game/adapted game
- Scoring in a variety of ways- into hoops and targets
- Begin to develop tactics for attacking and defending.
- Small sided games (super hero ball) 3 v 3

2

Year 2 (progressions through ball skills/ball games)

- introduce a bounce pass from a short distance to a partner
- Adapted games - Feet are stuck when receiving the ball - developing thought process of footwork rule
- Move into a space to catch a ball. Pass the ball to someone in a space
- Follow an opponent and trying to win (intercept) the ball
- Scoring in a variety of ways and begin to use in a game situation
- Develop tactics for attacking and defending
- Play an adapted super hero netball game.

3

Year 3

- Pass and receive a netball safely (chest and bounce pass). Pass the ball in a game within 4 seconds
- Perform a stride and jump stop in netball
- Perform a dodge in netball to get into a space
- Marking a player, keeping on the balls of your feet
- Shooting the ball high and bending knees-into hoop/target
- Adapted games, begin to apply some basic principles for attacking & defending
- Introduce Bee netball (Flier)

4

Year 4

- Pass and receive, stepping into the pass with control (chest, bounce and shoulder pass)
- Perform a stride and jump stop with a pivot
- Perform two different dodges (Drive and the dodge) creating space to receive the ball
- Marking a player, standing side on, sticking to player
- Shooting- focus on bending the knees and place hand under the ball to shoot
- Encourage children to talk about tactics when attacking and defending
- Confidently play Bee netball (Flier) 4v 4

5

Year 5

- Selecting the correct pass in a game and move into a space
- Receive the ball on the move and perform the correct footwork (jump stop, stride stop and pivot)
- Perform three different dodges (Drive dodge and double dodge) and receive a ball in a space
- To defend a player and attempt to intercept a pass
- Shooting into netball posts - Stance, bend knees to gain height, flick wrist for accuracy
- Begin to use attacking and defending, techniques learned in a game situation
- Begin to understand the positions in a Bee Netball (Stinger) game
- In teams, begin to discuss tactics and how to work as a team (communicate and collaborate)

6

Year 6

- Perform a variety of passes with some precision - quickly move into a space to receive another pass
- Perform correct footwork in a game - pivoting to turn the correct way to pass the ball
- Perform a variety of dodges to move into a space and receive a ball - in a practice and in a game situation
- Defend a player during a game, intercepting the ball
- Shoot into a netball post, focus on precision and accuracy and attempt to get the rebound if the shot is missed
- In a team, discuss tactics and how to win as a team (communicate and collaborate)
- Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending
- Play Bee Netball (Stinger) - understanding the positions and rules





P ROGRESSION OF KEY SKILLS

Kwik Cricket

Early Years

- Rolling and stopping a ball, sitting down and standing up
- Experiment with throwing and catching to self and to a partner (hand-eye co-ordination)
- Passing underarm an object to another child
- Pushing a ball away from body with hands
- Push ball with throw down strips to develop hand eye co-ordination

EY

1

Year 1

- Rolling and stopping a ball with one/two hands
- Throw and catch a ball with some control
- Bowl underarm towards a target
- Hit a ball off a tee using various bats
- Play a modified game hitting off a tee
- Small-sided adapted games. Begin to develop tactics for striking and fielding

Year 2

- Roll and stop a ball with control/accuracy
- Throw underarm with some accuracy and catch a ball
- Bowl underarm towards a target with control and accuracy
- Begin to hold the bat in correct position and hit a ball off a tee
- Play a modified game encouraging teamwork when fielding
- Small-sided games using various types of equipment. Develop tactics for striking and fielding

2

3

Year 3

- Roll the ball with one hand and stop the ball attempting Long barrier method
- Throw and catch underarm with both hands (in isolation)
- Bowl underarm at a wicket and attempt overarm
- Control with a bat (holding it correctly) hitting a ball off a tee and moving
- Play a modified game using fielding and batting skills
- Adapted games, with variations of rules, begin to apply some basic principles for striking and fielding

Year 4

- Roll the ball with one hand and stop the ball from different directions using barrier method
- Throw and catch under pressure in modified games
- Bowl at a wicket underarm/overarm with accuracy and control
- Hit a drop fed ball and/or moving ball with a bat
- Play a game communicating as a team
- Play adapted games, Children encouraged to think of tactics when striking and fielding

4

5

Year 5

- Begin to use fielding techniques with throwing and stopping and scooping up the ball
- Throwing over/underarm and catching over various distances
- Bowl, attempting to hit the wicket using under/overarm
- Hit a moving ball with control and some distance
- Communicate and collaborate as a team to beat an opponent
- Developing tactics for striking and fielding e.g working as a team, supporting each other

Year 6

- Positioning in a modified game to field a ball (both throwing and stopping it)
- Making correct decisions with the type of throw to use in a modified game. Move body into a position to catch the ball
- Bowl (over/underarm) at a wicket in a game against a batter with some speed and control to hit the wicket
- In a competitive game begin to tactically hit/place a ball into a space
- Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending
- In a team, discuss tactics of attacking and defending (communicate and collaborate)

6





P ROGRESSION OF KEY SKILLS

Basketball

Early Years (progressions through first PE unit/Enjoy-a-ball)

EY

Ball Awareness—moving ball on body
Experiment with moving an object along the floor e.g pushing a balloon
Throw to self, catching a soft ball/balloon. Passing to a partner with different types of balls
Throwing into hoops and targets to score
Run in an area, stop quickly and 'Freeze' (in a game/warm up) –fundamentals to developing footwork
Move around safely in a variety of ways and negotiating space. Follow my leader in pairs
Play adapted games to get past players, with a ball – (while attempting to bounce it)

1

Year 1 (progressions through ball skills/Ball games)

Ball Awareness—moving a ball on the ground
Experiment with bouncing and dribbling a ball
Catch a soft ball safely. Pass a soft ball from the chest – 'W' shape when passing and receiving
Scoring in superhero basketball – throwing a ball into target (someone's hands/hoop)
Footwork— adapted game, not running with a ball
Move into a space in a game, looking to throw the ball to someone in a space
Follow an opponent in a game/adapted game
Small-sided games 3v3. Begin to develop tactics for attacking and defending.

2

Year 2 (progressions through ball skills/ball games)

Ball Awareness—moving ball on the ground with control
Experiment with bouncing and dribbling a ball, beginning to use left and right hands
Catch a ball safely. Pass from a short distance to a partner
Scoring in a variety of ways and begin to use these in a game situation
Stopping –with two feet bending at knees and holding the ball close to body
Move into a space to catch a ball. Pass the ball to someone in a space
Follow an opponent and trying to win (intercept) the ball
Small-sided games (Superhero ball Basketball). Develop tactics for attacking and defending

3

Year 3

Ball Awareness—moving ball around different parts of the body
Dribbling and bouncing a ball in a variety of ways 'push not pat'
Pass and receive a ball with some control
Scoring into smaller targets
Perform a jump and stride stop in basketball
Dodge in a conditioned game to get into a space, begin to apply some basic principles suitable for attacking
Protecting the ball in an adapted game
Introduce 3v3 mini basketball or an adapted game. Introduce tip off and key rules

4

Year 4

Ball Awareness—moving ball around different parts of the body with control
Dribbling and bouncing a ball with control and using either hand
Pass and receive, stepping into the pass (chest and bounce pass)
Scoring into a net/hoop in a small sided 3v3 basketball game
Perform a jump and stride stop with a pivot
Dodging around a player with the ball, focus on dodging into a space
Protecting the ball - using the pivot to protect the ball. Begin to apply basic principles suitable for defending
Introduce 4v4 or adapted game. Begin to use some additional rules e.g double dribble, travelling. .

5

Year 5

Ball Awareness—copying a partner and moving with the ball
Dribbling the ball, changing direction, and turning, using either hand
Pass, receive and move with the ball (chest and bounce pass)
Learn the BEEF technique when shooting in isolation and begin to use in a game situation
Dribble the ball and perform the correct footwork when stopping
Offensive play in a conditioned, game, beating your partner when dribbling a ball
Defence techniques– (Gorilla) and begin to use the body to protect the ball in a conditioned game situation
Begin to use techniques learned in a game situation and to have an understanding of key rules

6

Year 6

Ball Awareness—copying a partner and keeping control while moving the ball
Dribbling the ball in various directions at speed
Perform a variety of passes within a game with precision and control
Using the BEEF technique in a competitive game situation with some success
Dribble the ball and perform the correct footwork when stopping in a competitive game situation
Offensive play using your team member to screen the ball in combination. Apply basic principles for attacking
To apply defensive techniques in a competitive game situation. Apply basic principles for defending
Use techniques learned and apply in a game situation. Children to officiate.





P ROGRESSION OF KEY SKILLS

Tennis

Early Years

- Throw and catch to self with a soft ball and to bounce catch to self
- Balance an object e.g. beanbag on racket
- Hand eye co-ordination passing ball to a partner
- Move the ball on floor with hand in a variety of ways
- Push ball with throw down strips to develop hand eye co-ordination

EY

1

Year 1

- Throwing and catching a small, ball improving control- bounce catch to self/ partner
- Balance a ball on racket
- Hand eye co-ordination - tap ups (using a racket) watching the ball, knees bent
- Racket familiarisation- moving ball with racket in forehand/backhand position
- Introduce modified games - eg hand tennis
- Small-sided adapted games. Begin to develop tactics in the adapted games

2

Year 2

- Throw and catch from one hand to the other and bounce catch into a target with a partner
- Balance a ball on racket with control
- Increasing the control tapping ball to a partner (who is catching the ball)
- Racket familiarisation- moving ball with racket in forehand and backhand position whilst moving
- Play a modified game
- Develop tactics for beating an opponent

3

Year 3

- Move body position to catch a ball
- Control a ball on racket when moving - varying speed
- Hit a ball into a target (with one bounce)
- Hit ball across the floor with forehand/backhand position
- Play a modified game using skills e.g forehand
- Adapted games, with variations of rules, begin to apply some basic principles

4

Year 4

- Move with balance and control to catch a ball
- Hit/bounce ball on racket when moving
- Hit a ball into a target from a variety of distances/ angles with no bounce
- Hit ball in forehand/ backhand position with drop feed
- Play a game communicating as a team
- Play adapted games, Children encouraged to think of tactics

5

Year 5

- Move to hit a ball with some control
- Hit/ bounce a ball with control when moving at different speeds
- Serve diagonally with underarm/overarm throwing into target/game. Begin to use with racket to serve into a target
- Moving into position to hit a ball with forehand/ backhand in skills practice and game
- Communicate and collaborate as a pair to beat opponents
- Developing tactics e.g working as a team, supporting each other, communicating

6

Year 6

- Move in a variety of directions (using footwork) when hitting a ball
- Hit/bounce ball to a partner with control
- Serve diagonally under/overarm in a game of mini tennis
- Keep on toes using quick feet to hit a ball in game in forehand/ backhand position
- Use techniques learned and apply in a game situation.
- In Pairs, discuss tactics of attacking and defending in tennis (communicate and collaborate)





P ROGRESSION OF KEY SKILLS

Swimming

Beginners

Enter and exit the pool in a correct and safe manner by the poolside steps
Gain confidence in water through walking/ moving unaided in pool
Breathing technique - blowing bubbles, face in water and begin to develop technique with float
Attempt to swim 5-10 metres with or without an aid e.g. woggle/float
Gain knowledge of water safety and attempt self rescue using skills e.g. pyjama rescue in shallow water

B

Intermediate

Enter the pool safely by jumping in or sliding in on front. Exit the pool by the poolside steps or climbing out
Be confident enough to be able to swim across the pool without stopping
Begin to show breathing technique when performing various strokes with and without a float
Swim competently and confidently across the pool using various strokes front crawl, breaststroke and backstroke
Be able to swim at least 25 metres
Perform safe self rescue in water based situations e.g. pyjama rescue, float aids in deep water etc

I

Advanced

Enter the pool by jumping or diving (at the deep end) safely. Exit the pool by climbing out
Swim confidently using various strokes on the surface and under the water
Use advanced breathing techniques in all strokes
Swim competently and confidently using correct stroke techniques e.g. front crawl, breast stroke, backstroke and butterfly
Be able to swim over 25m
Confidently perform safe self rescue skills in deep water

A

End of Key Stage 2 expectation

All primary schools must provide swimming and water safety lessons in either KS1 or KS2.

Each pupil is required to be able to do the following:

- Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke
- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Perform safe self-rescue in different water based situations

