



**Over St. John's CE Primary School**  
 'Let your light shine before others.' Matthew 5:16  
**Progression of Skills and Knowledge in P.E**

Skill Focus	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics	<p>ELG: Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <p>Use different ways of travelling across a mat and a bench.</p> <p>Balance on the floor and low level apparatus using different body parts. Create basic shapes such as pencil, tuck and star with body.</p> <p>Jump and land safely from a small height.</p>	<p>Explore and use space effectively using agility, balance and coordination skills.</p> <p>Balance using different parts of the body, exploring points and patches (Beginning to on apparatus).</p> <p>To take weight on hands and feet.</p> <p>Learn copy and name basic and advanced low-level shapes.</p> <p>Link shapes and rolls to form a short sequence.</p> <p>Explore different styles of travelling: under, over and through. Beginning to travel on apparatus.</p> <p>Jump and land safely, whilst exploring</p>	<p>Explore medium level shapes with linking, mirroring and balances.</p> <p>Compare and contrast low and medium level shapes with confidence and rehearse them.</p> <p>Roll safely using a variety of rolling techniques.</p> <p>Incorporate two shapes into a sequence.</p> <p>Perform low level shapes with some precision and perform shapes in flight.</p> <p>Use apparatus (extended) safely with entrances, exits, balances and including medium level shapes.</p>	<p>Perform short sequence with: low and medium level shapes; with matching and mirroring; contrasting shapes with some linking.</p> <p>Take weight confidently on hands (developing core strength) and roll safely, exploring different rolling methods (Front and backward Rolls).</p> <p>Perform a wide range of shapes and balances on apparatus.</p> <p>Perform shapes in flight, on and off a piece of apparatus, including turn, twist and spin.</p> <p>Perform a range of jumps and leaps from varying heights and on a vault.</p>	<p>Perform and evaluate a routine: matching balances and stands; with matching balances on apparatus; with contrasting balances; with contrasting balances on and over apparatus; with linked balances on and over apparatus.</p> <p>Perform a shoulder and headstand safely without support.</p> <p>Perform a forward roll with appropriate entrances and exits including on, off and over apparatus.</p> <p>Link movements by performing jumps, turns and pivots.</p> <p>Complete mirroring actions along different pathways and levels, including basic rolls.</p>	<p>Perform a range of routines with rolling; including jumping rolls, build into rolling from and into a pike position.</p> <p>Perform both a stag jump and a split leap. Progress from a cartwheel to perform a round-off. Perform Cat Springs.</p> <p>Perform forwards and backward rolls with a range of entrances and exits. Learning a headstand, transitioning into a forward roll and incorporating as part of a routine</p> <p>Vault safely with a range of entrances and exits and then into rolling, building up to various landings on and over a vault.</p>	<p>Incorporate stands into cannon and or unison performances. Perform rotation, balances and stands in unison and cannon.</p> <p>Perform shoulder, headstands, cartwheels and handstands safely without support.</p> <p>Perform to roll on, off and over apparatus within routines. Include counterbalances and counter tension balances.</p> <p>Roll in sequences on, off and over apparatus. Include into partner routines.</p> <p>Combine balancing and travelling to produce a floor routine including</p>

<p>Travelling, moving and rolling</p>	<p><b>By end of year the children will be know</b>          Different ways to move across a mat (pencil rolling, hopscotch, jumping jacks, bear crawls, snake slide).</p> <p>Different ways to travel across the apparatus (straight/balance walking, bottom slide, bear crawls). A variety of balances using different body parts (one leg, back, front).</p>	<p><b>By end of year the children will know</b>  <u>Units 1,2 and 3</u>          A variety of ways to travel and the names of these (monkey walks, crab crawls, snake slides).</p> <p>Basic rolls and how to combine these with balances to produce a sequence.</p>	<p><b>By end of year the children will know</b>  <u>Units 1,2 and 3</u>          Different rolls (egg, log, sideways tuck, teddy bear) and how to perform them safely.</p>	<p><b>By end of year the children will know</b>  <u>Units 1,2 and 3</u>          How to perform a forward and backwards roll safely with the correct entrance and exit positions.</p>	<p><b>By end of year the children will know</b>  <u>Units 1,2 and 3</u>          Routines can be created in a variety of ways such as linking or matching movements and creating contrasting movements.</p> <p>Movements can be linked by performing jumps, turns and pivots.</p>	<p><b>By end of year the children will know</b>  <u>Units 1,2 and 3</u>          The correct technique for performing forwards and backwards rolls.</p> <p>Advanced movements and the correct techniques for these (cartwheels into round offs).</p>	<p><b>By end of year the children will know</b>  <u>Units 1,2 and 3</u>          A range of rolls (forward and backwards) and the technique for doing this off apparatus or on mat.</p>
<p>Balances and shapes</p>	<p>The correct shapes of star, pencil and tuck balances.</p>	<p>Different high and low shapes.</p> <p>How to balance a small apparatus on different body parts.</p>	<p>Low and medium shapes (pike, straddle, dish, tuck and arch) and how to link and mirror these movements.</p>	<p>Low and medium shapes (to now include star) and how to use these in a sequence.</p>	<p>The safe technique for performing a shoulder and headstand.</p>	<p>Advanced balances and the correct techniques for these (headstand, shoulder stand).</p>	<p>What counter balances are and how to perform these.</p>

		Basic balances (star, pencil, crab, and bridge) floor balances (arch, dish, straddle and pike) and 1–4-point balances.	Balances can be performed in flight and on apparatus.  Entrance and exit positions for balances.  Dynamic balances (high knees, heel flicks, tiptoes) and the difference between these and static balances.	Balances can be performed in flight and how to land safely from these.			
Jumping	Different jump combinations (one foot, two foot).	How to jump safely and combine different jumps.	How to perform a variety of jumps and landings safely.	The correct vaulting technique.		The correct technique for various jumps and leaps (cat spring, stag jump and split leap).	
Mirroring and sequences		How to mirror and copy a partner's balances and travelling movements.	How to mirror and incorporate this into sequences.	Sequences can be formed from mirroring, copying and creating contrasting shapes.	Different mirroring pathways and how balances, rolls and jumps can be mirrored.	How to create a floor routine.	Routines can be done in unison and contain a cannon.  The elements of a floor routine.
Athletics	ELG: Negotiate space and obstacles safely, with consideration for themselves and others.  Demonstrate strength, balance and coordination when playing.  Move energetically, such as running, jumping, dancing,	Run fast from a standing start developing speed and coordination.  Jump and throw, developing coordination, agility and rhythm.  Run and kick for accuracy and speed.  Basic throw, catch and skip developing	Developing awareness of speed when running a short distance, including control and fluency in movements; understanding how their body reacts when running.  Jump for distance, developing awareness of space, height and distance.	Run a relay and change over the baton appropriately – including passing a baton from standing start.  Jump for distance including jumping from a standing start. Developing skills to jump further distances.	Communicate as a team to make relay changeovers. Improving running technique including the sprint finish and maintaining sprint pace.  Can challenge self to jump for distance including measuring performance.	To run relays, running in a given zone, changing baton over with increased skill.  Develop jumping for distance (triple jump); jumping in different ways and competing competitively.  Develop running for speed including	Compete in a variety of athletics type races; adjusting running styles from sprinting to long distance.  Use correct techniques for all jumps, challenging self to jump further distances.  Run with greater fluency and speed,

	<p>hopping, skipping and climbing. Travel at varying speeds including sprinting.</p> <p>Throw objects using a chest past or overarm technique.</p> <p>Throw objects towards a target with some accuracy.</p> <p>Jump with some control, landing safely to different distances. Develop jumping for height, clearing a low-level obstacle.</p>	<p>hand eye coordination and ball handling and throwing skills. Basic bowl and step throwing with agility and with skill.</p>	<p>Adjust and make changes to running speed when completing different distances.</p> <p>Throw and aim with accuracy towards a given target.</p> <p>Choose the best way to throw different pieces of equipment dependent on size and weight.</p>	<p>Learn basics of hurdling, keeping head same height throughout jumping.</p> <p>Run for speed, including over longer distances.</p>	<p>Jumping for height including high over obstacles.</p> <p>Sprinting, challenge self and recording performance.</p> <p>Throw for distance challenging self and recording performance. Using overhead heave and fling throw.</p>	<p>sprint from a start finish and sprinting further distance over a given time. Developing hurdling skills, including the role of the lead and trail leg; applying skill to competitive situation.</p> <p>Develop throwing skills using a variety of techniques.</p> <p>Throwing javelin from a standing start.</p>	<p>including hurdling; using the correct stride pattern. Can analyse the changes in speeds when sprinting and hurdling.</p> <p>Use correct techniques for all throws, measuring accurately, challenging to throw further distances.</p>
Running and sprinting	<p><b>By the end of the year children will know</b></p> <p>The correct technique for sprinting (Keep head still, looking forward, pump arms and legs together).</p>	<p><b>By the end of the year children will know</b></p> <p>The standing start position when sprinting.</p>	<p><b>By the end of the year children will know</b></p> <p>The correct speed to run for short distances.</p> <p>How to adjust and make changes to running speed when completing different distances.</p>	<p><b>By the end of the year children will know</b></p> <p>How to run a relay and change over the baton appropriately.</p> <p>How to run for speed, including over longer distances.</p>	<p><b>By the end of the year children will know</b></p> <p>Communication as a team is key to make relay changeovers.</p> <p>How to measure their personal best in running, jumping and throwing activities and use this as a way of self-challenge.</p>	<p><b>By the end of the year children will know</b></p> <p>How to run relays, running in a given zone, changing baton over with increased skill.</p> <p>The correct technique for running for speed including how to start and finish.</p>	<p><b>By the end of the year children will know</b></p> <p>How to adjust your running styles for different race styles.</p> <p>How to analyse the changes in speeds when sprinting and hurdling.</p>
Throwing	<p>Effective throwing techniques (one foot in front, swing arm over the head).</p>	<p>The correct technique for a standing throw (Transfer weight from back to front, low to</p>	<p>The correct technique to throw and aim with accuracy towards a given target.</p>	<p>A range of technique for throwing over long distances.</p>	<p>How to throw for distance using the overhead heave and fling throw.</p>	<p>A variety of throwing techniques.</p>	<p>The correct techniques for all throws.</p>

<p>Jumping, skipping and hurdling</p>	<p>A variety of ways throwing techniques (vortex, chest and discus).</p> <p>When to use different throwing technique for accuracy (underarm when close and overarm when further away).</p> <p>Effective jumping techniques (swinging arms, bend knees, squishy landing, looking forward).</p> <p>Correct technique for jumping over hurdles (clear hurdles leading with one leg, drive knee up, keep up speed, run in a straight line).</p>	<p>high and focus on a fixed point).</p> <p>Know how to skip effectively and with rhythm: quick feet/ bend knees and push to jump/ weight on the balls of your feet/ eyes focus on an area approximately one metre in front/ use the arms for balance.</p> <p>This will lead to next steps in terms of hurdling and stride length.</p>	<p>The best way to throw different pieces of equipment dependent on size and weight.</p> <p>How to jump for distance and have an awareness of space, height and distance.</p>	<p>The technique to jump for distance including jumping from a standing start.</p> <p>How to jump further distances.</p> <p>The basics of hurdling (keeping head same height throughout jumping, clearing the hurdle with 1 leg in front of you).</p>	<p>The correct technique for jumping for height including high over obstacles.</p>	<p>How to throw a javelin from a standing start.</p> <p>The correct hurdling technique including the role of the lead and trail leg.</p> <p>Different ways to jump for distance</p>	<p>The correct techniques for all jumps.</p> <p>The correct stride pattern for hurdling.</p>
<p>Dance</p>	<p>ELG: Negotiate space and obstacles safely, with consideration for themselves and others</p> <p>Demonstrate strength, balance and coordination when playing</p> <p>Move energetically, such as running, jumping, dancing,</p>	<p>Create a class performance.</p> <p>Select and use a variety of movements to form a short dance phrase.</p> <p>Perform a variety of movements to form a group dance phrase.</p> <p>Explore a range of movements.</p>	<p>Create a class performance and observe others work and give feedback using simple dance vocabulary.</p> <p>Select and explore an air pattern, jump and shape to form a short dance phrase.</p> <p>Work as a group to recall choreography,</p>	<p>Organising sections of dances to create one piece, working in sync with other group members.</p> <p>Assess others' work.</p> <p>Work as a group to select learnt positions and movements to create short dance phrases.</p>	<p>Developing dance when creating one piece, performing in unison and sync with other group members in front of the class.</p> <p>Self- assess and assess peers' work, and give feedback using appropriate dance vocabulary.</p>	<p>Learn, rehearse and perform choreographed dance phrases of increasing complexity.</p> <p>Self-assess and assess others' work and give critical feedback using appropriate vocabulary.</p>	<p>Perform choreographed dance narrative, improving movements, developing timing and spacing.</p> <p>Assess self and others with increasing critical feedback and suggested actions for improvement using</p>

<p>Movements, traveling and choreography</p>	<p>hopping, skipping and climbing.</p> <p>Perform a simple dance to a given theme in a small group or pairs.</p> <p>Create movement to a given count of music working in unison with a partner.</p> <p>Interpret music to inspire movement.</p> <p><b>By the end of the year children will know</b></p>	<p><b>By the end of the year children will know</b></p>	<p>rehearse and refine ideas.</p> <p>Perform a variety of movements to form a group dance phrase; exploring turning, rotation, circular shapes/ dynamic through movement.</p> <p>Explore movements considering size of movements, tempo, dynamics, floor pattern, air pattern, levels and shape.</p> <p><b>By the end of the year children will know</b></p>	<p>Use choreographic devices to enhance dance phrases, including choreographing a solo.</p> <p>Select and explore a variety of movements, responding imaginatively to a range of stimuli.</p> <p>Perform movement actions individually, with partners, a group and whole class.</p> <p>Explore, repeat and link a range of actions with coordination and memorise.</p> <p>Respond to a beat, using music as a stimulus to influence dance.</p> <p><b>By the end of the year children will know</b></p>	<p>Developing synchronisation when working in a group including to different rhythms.</p> <p>Respond to teacher instruction to create a choreographed dance routine.</p> <p>Developing choreographic skill incorporating more free – creative thinking.</p> <p>Developing good co-ordination within a sequence of movements.</p> <p>Movements articulate the style of dance well.</p> <p>Use music to influence movement with increasing skill.</p> <p><b>By the end of the year children will know</b></p>	<p>Create versatile movements within a dance sequence including a range of directions.</p> <p>Choreograph a sequence of movements that use contact between two or more people.</p> <p>Use a range of dance techniques to develop their movements.</p> <p>Develop movements to incorporate at least one lift in a sequence of movements.</p> <p>Identify floor plans and use within their movements, including starting and finishing area.</p> <p><b>By the end of the year children will know</b></p>	<p>apt and precise language.</p> <p>Explore and link a number of movements and patters.</p> <p>Use choreographed movements and patterns to tell a narrative; adapt movements in a more creative style; utilise a floor plan.</p> <p>Use choreographed movements and patterns to tell a narrative; adapt movements in a more creative style; utilise a floor plan.</p> <p>Use gymnastic equipment to create improvised movement.</p> <p>Allow different parts of the body to lead and influence the rest of the movement; using a range of levels tempos, and contact work.</p> <p><b>By the end of the year children will know</b></p>
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Terminology and types of dances	<p>Some basic dance movements for different themes (fairy tale, farm and minibeasts).</p> <p>Dances can be performed in unison with a partner.</p> <p>Dance moves can respond to music.</p>	<p>How to combine dance movement to create a short phase.</p> <p>What mirroring is and how to mirror a partner.</p> <p>Different travelling steps.</p> <p>Movements and shapes that reflect a season.</p> <p>Dance moves should be performed at a similar tempo to music.</p> <p>Some ways to improve a phase of dance.</p> <p>Dance moves can be based around a theme (seaside).</p>	<p>A variety of dance movement that can form a short phrase (rotation, turning, circular shapes).</p> <p>Movements can be altered by changing size, tempo and dynamics.</p> <p>What a successful dance phrase looks like.</p> <p>Know key dance terminology such as dynamics, levels, shapes, tempo and be able to use this when giving feedback.</p>	<p>How to link a range of movements with co-ordination.</p> <p>How to select movements that have already been taught and make these into a short dance phrase.</p> <p>How to assess others work.</p> <p>Know what term canon means in dance and to be able to incorporate one into a short phrase.</p> <p>Know key dance terminology for talking about your own routine as well as giving feedback.</p>	<p>How to develop a dance as a group in unison and sync.</p> <p>That dances can be formed from different pathways.</p> <p>What synchronisation is and how to implement this.</p> <p>Dance moves can be used to improvise other movements (seed dispersal, a plant growing).</p> <p>How to assess dances effectively.</p> <p>Know what the term synchronisation means.</p> <p>Different forms of dance (Charleston, ballet, Rock n roll, swing).</p>	<p>What a freeze frame is and how to incorporate this in a dance.</p> <p>How to build this into a floor routine.</p> <p>Some dance lifts and how to incorporate these into a routine.</p> <p>Some dance movements that involve contact between two people.</p> <p>How to provide critical feedback.</p> <p>Know key dance terminology such as critical feedback and floor routine.</p> <p>What a haka is and its origins.</p>	<p>Movements can be used to create a narrative.</p> <p>How to utilise a floor plan.</p> <p>Choreograph dance routines for a range of themes (street art, the Olympics, space).</p> <p>A range of tempos, levels and contact points for dance moves.</p> <p>How to provide precise dance vocabulary when delivering critical feedback.</p> <p>What parkour is and how to incorporate these movements into a dance routine.</p>
Games	<p>In reception, this is covered through: ball skills, skill-based challenges, agility, movement and space and catching and throwing.</p>	<p>Develop spatial awareness whilst moving in different directions.</p> <p>Show control and balance in basic movements.</p>	<p>Maintain balance whilst reacting quickly to commands.</p> <p>Perform underarm and overarm throwing with control. Demonstrate</p>	<p><b>Cricket</b> Bat correctly. Catch correctly. Accurately bowl under and overarm using appropriate technique.</p>	<p><b>Rounders</b> Throw at others and a target under pressure. Catch consistently under pressure.</p>	<p><b>Cricket</b> Developed over and underarm bowling applied to game. Improving accuracy of batting. - Developing deep field catching –</p>	<p><b>Rounders</b> Throw and catch a ball at varying heights consistently. Strike a bowled ball consistently into different spaces.</p>

<p>Moving with confidence when holding an object. Rolling a variety of different sized balls with some control and accuracy; e.g. rolling to a target or through a target and developing to roll to a partner.</p> <p>Bouncing and catching a ball whilst stationary and developing to doing whilst on the move.</p> <p>Sliding and throwing an object such as a beanbag, with some accuracy. Using an underarm throw and able to position body correctly towards a target.</p> <p>Striking an object using different parts of the body.</p> <p>Throw an object, such as a beanbag, over and underarm.</p> <p>Catching an object, such as a beanbag with two hands.</p> <p>Throw, roll and catch a ball with some continuity. Bounce</p>	<p>Carry and balance equipment whilst changing speed and direction.</p> <p>Move in different directions whilst handling a ball.</p> <p>Develop control and accuracy when rolling a ball.</p> <p>Underarm throw with control and accuracy.</p> <p>Show control and accuracy when throwing and aiming.</p> <p>Gain rhythm when throwing and striking a ball.</p> <p>Strike and kick a moving ball with accuracy and control. Engage in team games.</p> <p>Develop spatial awareness whilst moving in different directions.</p> <p>Show control and balance in basic movements.</p> <p>Send and receive a bouncing ball whilst</p>	<p>a range of striking and gathering skills, including into a small game. Demonstrate confidence in ball handling skills. Control a moving ball in a variety of ways. Show rolling and gathering skills with confidence and precision. Show progression from rolling into catching and throwing. Attack and defend in a game, making and denying space. Throw and catch to pass and receive a ball in a game. Control a moving ball in a variety of ways. Perform kicking skills with control and accuracy. Use space whilst passing and receiving a kicked ball. Understand the basics of holding a hockey stick and dribbling a ball.</p> <p>Pass a hockey ball to a partner and group with control.</p> <p>Demonstrate attacking skills in hockey such as shooting.</p>	<p>Use different batting shots.</p> <p>Field using appropriate techniques.</p> <p><b>By the end of the year children will know</b> How to bowl underarm (hold the ball in their fingertips, take one step and bowl the ball underarm trying to make the ball travel in a straight line).</p> <p>The correct batting stance. The correct technique for hitting a shot (push bat back and step forward. Swing through straight. Follow through with the bat).</p> <p>How to catch/ throw underarm and overarm.</p> <p>A range of batting shots (forward</p>	<p>Strike a stationary ball demonstrating correct grip.</p> <p>Develop fielding techniques.</p> <p><b>By the end of the year children will know</b> The correct way to catch a rounders ball (hands to be cupped together with fingers pointing down towards the ground, hand should be by waist to create a target).</p> <p>How to strike a ball (Watching the ball closely. Bat (racket) to be up to the side with thumb and finger in a 'V' shape. Striking the ball from a side on position, remaining balanced). How to stop a moving ball and collect a ball from the ground (stop and collect the ball from a side on position, bending knees to create a low base.</p>	<p>catching ball at varying heights. Developing the lofted drive.</p> <p><b>By the end of the year children will know</b> How to perform an underarm and overarm bowl (one arm moving down to the ground whilst the bowling arm moves to a vertical position above the shoulder, the ball should be released when the arm is completely vertical).</p> <p>How to run between stumps (run to the crease, call a run and slide the bat into the crease).</p> <p>The correct technique for a lofted drive batting shot (Get your front foot as close to the pitch of the ball as possible. Make sure you get your head</p>	<p>Stop a moving ball consistently. Use the long barrier technique. Apply apt strategies when fielding. Compete in a full rounders game with understanding of rules.</p> <p><b>By the end of the year children will know</b> How to catch the ball from a large height (cupped, soft hands).</p> <p>How to strike a ball in a game situation (Remain side on and balanced for all 3 bowls. Look to hit the ball through cones and areas where fielders are absent).</p> <p>What a long barrier stop is and the correct technique for this (get behind the ball, body side on to the direction the ball is travelling. If right-handed, left knee on floor, (knee against right heel), hands in front of legs).</p> <p>The key rules of rounders (batters can only run to first base</p>
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<p>and then catch a ball with some continuity.</p> <p>Throw and catch a small ball such as a tennis ball with some continuity, using the cup method of 2 hands.</p> <p>Roll, catch and throw circular pieces of equipment such as quoits.</p> <p>Throw and catch circular objects and balls with some consistency.</p> <p>Roll a ball with some accuracy towards given targets.</p> <p>Kick a ball with some degree of accuracy towards given targets.</p> <p>Bounce a ball with one or two hands towards a target.</p> <p>Hit (strike) a ball with a racket or bat.</p>	<p>positioning body correctly.</p> <p>Understand the concept of dribbling and the skills required.</p> <p>Strike and kick a moving ball with accuracy and control.</p> <p>Demonstrate the dribbling skills required for football.</p> <p>Demonstrate the passing skills required for football.</p> <p>Demonstrate the shooting skills required for football.</p> <p>Familiarise and understand the passing/movements required in rugby.</p> <p>Develop the skill of tagging an opponent in rugby.</p> <p>Engage in team games.</p> <p>Understand what attacking and defending is using simple practices and demonstrate this.</p>	<p>Demonstrate bouncing a basketball with control.</p> <p>Develop bouncing skills into dribbling activities.</p> <p>Move away from a defender whilst continuing to dribble.</p> <p>Show progression from rolling into catching and throwing.</p> <p>Develop tactics when shooting at and protecting targets.</p> <p>Attack and defend in a game, making and denying space.</p> <p>Throw and catch to pass and receive a ball in a game.</p>	<p>defensive and straight drive).</p> <p>A range of fielding techniques (overarm throwing, long barrier stops and two-handed pick up and throw).</p>	<p>Watch the ball all the way into hands). The correct technique for an overarm throw (aiming and stepping forward to generate power and distance in the throw). How to do an underarm bowl (aim the ball between knee and shoulder height of the batter. Smooth underarm action). Teammates need to work together to score runs/rounders</p> <p><b>Football</b> Control the ball, dribble and turn. Pass the ball accurately and control the ball when receiving a pass including whilst on the move.</p>	<p>over the ball as you play the stroke).</p> <p>The rules when bowling (ball must be delivered between knee and shoulder height, feet inside bowling box, smooth underarm action, two consecutive no balls equals a half rounder).</p> <p>Some tactics when fielding (spread out, place a person on each base, and throw accurately to 2<sup>nd</sup> and 4<sup>th</sup> base).</p> <p><b>Tennis</b> Demonstrate the ready position and react to ball direction, including correct position to attempt shot. Play a simple forehand and backhand shot.</p>	<p>if the ball is missed or travels backwards. Fielders on any base must be stood on the inside of the base, batters must continue their run if they leave a base (can't turn back). They must touch 4th base to confirm their rounder).</p> <p>The rules when bowling (ball must be delivered between knee and shoulder height, feet inside bowling box, smooth underarm action, two consecutive no balls equals a half rounder).</p> <p>Some tactics when fielding (spread out, place a person on each base, and throw accurately to 2<sup>nd</sup> and 4<sup>th</sup> base).</p> <p><b>Football</b> Control the ball, keeping it close. Developing passing skills including developed use of inside of the foot. Able to perform block tackle and mark effectively.</p>	<p>if the ball is missed or travels backwards. Fielders on any base must be stood on the inside of the base, batters must continue their run if they leave a base (can't turn back). They must touch 4th base to confirm their rounder).</p> <p>The rules when bowling (ball must be delivered between knee and shoulder height, feet inside bowling box, smooth underarm action, two consecutive no balls equals a half rounder).</p> <p>Some tactics when fielding (spread out, place a person on each base, and throw accurately to 2<sup>nd</sup> and 4<sup>th</sup> base).</p> <p><b>Tennis</b> Show developing control of the ball. Play forehand and backhand shot with increased confidence and accuracy. Serve accurately underarm and overarm. Return serves.</p>
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	<p><b>By the end of the year children will know</b> What bouncing a ball involves.</p> <p>How to roll a variety of balls.</p> <p>How to perform an underarm throw. How to strike a ball using a range of body parts (hands and feet)</p> <p>How to catch a bouncing ball.</p>	<p><b>By the end of the year children will know</b> The correct technique to catch a range of objects including a bouncing ball.</p> <p>The correct way to roll a ball (aim the ball towards the chosen targets. Extend arm towards target and follow through to gain pace on the roll).</p> <p>How to throw an object underarm (opposite foot pointing towards target. Release point should be in front of body. Follow through with the action to generate power).</p> <p>How to kick a stationary and moving ball (use inside of the foot to kick the ball. Space between body and the ball. Use one hand, firm grip and be side-on when using a racket. Watch the ball closely).</p> <p>Some key points for kicking accurately (Kick with the instep of the foot, eye on</p>	<p><b>By the end of the year children will know</b> A range of ball handling skills (bouncing, ...)</p> <p>Know how to accurately roll a ball (opposite foot forwards to rolling arm. Bend knees staying low to the ground. Toes pointing towards target).</p> <p>The correct technique for underarm and overarm throws and the differences between these.</p> <p>The correct technique for underarm and overarm throws and the differences between these.</p> <p>Underarm technique: use non-throwing arm to aim. Smooth action starting from behind the body all the way to in front. Release in front of body, stepping with opposite foot.</p>	<p>Shoot and play the position of a goalkeeper. Apply learnt skills in a game.</p> <p><b>By the end of the year children will know</b> How to turn when dribbling the ball.</p> <p>How to control the ball (keep the ball close to your body, take lots of touches to keep it under control, keep your head up to avoid collisions).</p> <p>The correct technique for passing and receiving the ball (using the inside of your foot due to large surface area).</p> <p>You can shoot with the front, inside and outside of their foot but most power can usually be got from shooting with the front. What the position of a goalkeeper involves.</p>	<p>Simulate the throw of a serve. Move and catch the ball correctly applied to the layout of a court. Throw the ball with accuracy when on a court.</p> <p><b>By the end of the year children will know</b> What the ready position is (Both hands need to start on the racket, feet shoulder width apart, head and eyes looking forwards. Bend your knees slightly).</p> <p>The hand positions for a forehand and backhand shot.</p> <p>How to return a ball in a rally (Control the racket, keep it flat and move it smoothly. Contact the ball at a relaxed distance from the body).</p> <p>How to get into position before returning a ball in a rally (being ready to move with feet apart, eyes on the</p>	<p>Turn and shoot at speed and with accuracy. Application of skills within game.</p> <p><b>By the end of the year children will know</b> How to dribble effectively (You can use the front, inside or outside of the foot to dribble. Keep your head up where possible to avoid collisions and be aware of where other players are. Keep the ball close to your body and take lots of touches to keep it under control).</p> <p>How to prevent an opponent getting the ball whilst you are dribbling (Keep your body between the defender and the ball to act as a shield).</p> <p>The correct technique for a block tackle (stand sideways to the attacker, move</p>	<p>Take correct positions on a court. Play strategically aiming for points.</p> <p><b>By the end of the year children will know</b> The rules linked to a serve (the ball must move diagonally into the opponent's box).</p> <p>The correct technique for an overarm serve (start sideways behind the serving line. Hold the ball out and near the racket face. Take the racket over the shoulder to a 'scratch' the back position. Put the ball gently in the air and tap the ball gently at first).</p> <p>How to do longer shots in a rally (use a longer stroke). Key rules linked to tennis (each player gets a chance at two serves, if both serves are missed this is called a double fault).</p>
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		<p>the target, keep the ankle firm, strike the centre of the ball) The correct technique for catching a ball (both hands either side of the ball, pull the ball in towards you, focus on the ball).</p> <p>What bowling is and some key points on how to do this (Holding the ball in your hand, swing the arm back, direct the arm towards the target).</p>	<p>Overarm technique: stand sideways, step forward with opposite foot, throwing arm taken behind the head whilst non-throwing arm pulls through.</p> <p>How to pass a ball with accuracy (passing, face towards partner, kick with inside of foot. Receiving; follow and track the ball, Use sole of foot).</p> <p>The 'ready position' for catching a ball (cup hands to catch. Watch the ball all way into hands. Create a base with knees bent and shoulder width apart).</p> <p>The correct technique for holding a hockey stick (right hand at the bottom of the grip, left hand at the top of the grip, thumbs on both hands pointing down. Hit ball using flat side of the stick. To turn, twist right hand on the stick).</p>	<p><b>Hockey</b> Hold the stick and dribble under pressure. Pass and receive the ball with improving accuracy. Tackle correctly. Shoot with accuracy. Play hockey in a game situation.</p> <p><b>By the end of the year children will know</b> How to hold the hockey stick correctly.</p> <p>The correct technique for dribbling the ball (always use the flat side, keep the stick in contact with the ball as much as possible. The ball should be ahead of the feet. Encourage children to run with their</p>	<p>ball. Bend the knees as the ball falls).</p> <p>The basic rules when playing tennis (the ball must go over the net and the ball can only bounce once before being hit).</p> <p><b>Handball</b> Throw and catch using different techniques. Pass and shoot the ball accurately and within a competitive situation. Dribble with ball and make a pass. Move using space appropriately.</p> <p><b>By the end of the year children will know</b> How to perform an overhead pass (hold the ball higher than the head to shoot over the defender. The ball will rest in the hand with the fingers gripping where possible).</p> <p>How to perform a bounce pass (Throw the ball the same as the overhead pass, except pass the ball</p>	<p>towards the ball with the inside of their foot and the weight of their body to move the ball in the opposite direction it is going). When defending it is important to stand goal side.</p> <p><b>Hockey</b> Use correct technique dribbling. Pass and receive – using space; appropriate skills to keep possession. Shoot with power and developed accuracy. Tackle and mark.</p> <p><b>By the end of the year children will know</b> How to pass accurately (Look up to see where to pass. Have a balanced body position and a flat and low back swing. Push the ball and follow through with the stick pointing to where you want the ball to go). The correct technique for receiving a pass</p>	<p><b>Handball</b> Developing dribbling and shooting within game situations. Accurately pass a ball and intercept a pass. Defend in game situations. Demonstrate goalkeeper skills. Apply skills to a full game situation.</p> <p><b>By the end of the year children will know</b> Some tactics when attacking (move the ball fast, fluid passing, fast movement, strong defence position-fast feet and movement).  Some tips for goalkeepers (you can use your legs, arms, feet or arms to block the ball, you need fast feet, and you need to position</p>
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			<p>How to pass and shoot (Side on, pull the stick back slightly and then swing forward to connect firmly, aim at target and ensure ball travels along the floor) in hockey.</p> <p>The importance of space in team games and how to find or create space in games.</p> <p>What attacking and defending is in a game and become aware of some tactics involving these.</p>	<p>knees slightly bent with their backs straight).</p> <p>How to dribble under pressure.</p> <p>How to tackle in hockey (line up the flat side of the stick with their opponent's stick. Sticks should be kept on the floor when tackling. Keep a wide grip on the stick and a low stance to give more strength and control).</p> <p>How to shoot in hockey (look up to see the target, have a balanced body position and have a flat and low back swing).</p>	<p>to bounce on the floor in front of person you are passing to).</p> <p>Catching a handball is done by forming a bowl with both hands.</p> <p>The correct technique for shooting (Hold the ball high with the over arm at shoulder height and the elbow at 90 degrees angle. Draw the throwing arm backwards. Progress to left foot in front if you are passing / shooting with the right arm and vice versa. Move the passing/shooting arm forward and finish the movement with a stretched arm. A final movement in the wrist/fingers gives the ball extra speed and the chosen direction).</p> <p>How to dribble a handball (it can be bounced three times before the ball must be passed or shot).</p>	<p>(Have a wide grip, bend the knees and get low. The flatter the stick, the more of the stick surface can stop the ball. Receive the ball on the flat side of the stick with soft hands).</p> <p>How to shoot with accuracy and power (look up to see the target, have a balanced body position and have a flat and low back swing. Bring the stick back further (not higher) to gain more power).</p> <p>Marking is an important part of defending in hockey.</p> <p>Some tactics when playing hockey (communicate with team mates, pass the ball forward quickly and look for players in space).</p>	<p>yourself in line with the opponent shooting).</p>
				<p><b>Netball</b> Pass and catch a netball including via</p>	<p><b>Basketball</b> Dribble under pressure.</p>	<p><b>Netball</b> Pass, Pivot pass, shoot and throw with</p>	<p><b>Basketball</b> Shoot with the correct technique at</p>

				<p>bounce and overhead. Demonstrate correct footwork. Effectively dodge and mark. Shoot a netball. Demonstrate some understanding of rules.</p> <p><b>By the end of the year children will know</b> The correct technique for catching a ball.</p> <p>What a chest pass is and how to do this (Ball to the chest with hands behind the ball, create a W shape on the back of the ball, step into the pass, push the ball from the body with the fingers pointing towards the target).</p> <p>The correct technique for a bounce pass ( "W" shape with hands, step into pass, push ball down and out) and an overhead pass (hands spread either side of the ball, lift ball over and behind the head slightly, step in to</p>	<p>Pass and catch a basketball using chest bounce, developing to doing so whilst on move. Pivot to take, receive and make pass.</p> <p><b>By the end of the year children will know</b> The correct technique for dribbling the ball (Use your fingers to control the ball when dribbling. You do not need to push down with much force and keep your head up if you can and always dribble with one hand at a time). How to dribble under pressure (using the hand, which is the furthest away from the opponent, keeping the ball low and out of reach of opponents).</p> <p>Some of the lines on a basketball court (baseline, side-lines, three-point lines and the centre circle).</p>	<p>accuracy, including chest, bounce and overhead. Use tactics for game dominance, building on dodge and marking. Develop footwork. Play to rules.</p> <p><b>By the end of the year children will know</b> Correct technique for a chest, bounce and overhead pass.</p> <p>Know the rules of high 5 netball including positions and their zones.</p> <p>How the footwork rule applies in game situations.</p> <p>Know some tactics when playing netball.</p> <p>Know the rules of high 5 netball.</p> <p>How to shoot with increased accuracy and fluency (Taking your time, facing the basket, wrist action, high release).</p>	<p>end of a dribble. Defend using defensive stance and mark. Develop accuracy of pivot to take receive and make pass. Apply skills to full size game.</p> <p><b>By the end of the year children will know</b> The correct technique for shooting (feet about shoulder width apart, knees bent to allow a jump into the shot. Use both hands to hold the ball and push it towards the target, the other is used to guide and balance. When at the top of the jump, the shooting hand pushes through the ball towards the target with the elbow kept in. The elbow straightens and the ball is released with a snap of the wrist, with the ball rolling off the fingertips).</p> <p>The defensive stance in basketball and how to do this (feet apart, knees bent</p>
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				<p>throw, swing ball overhead and release).</p> <p>Some of different netball positions (GS, GA, GK, C, GD).</p> <p>The footwork rule (you cannot move the foot you landed on until you have passed the ball, but you can pivot on it).</p> <p>Players need to be dodged when attacking and marked when defending</p> <p>The correct shooting technique (Balance the ball on the shooting hand, non-shooting hand supports the ball. Bend knees and as you push and release ball, by flicking wrist, push ball up and out).</p> <p><b>Tag Rugby</b> Evade and tag opponents while keeping control of the rugby ball. Pass the ball accurately and receive the ball safely including whilst on</p>	<p>A range of passes in basketball and how to perform these (Chest, bounce and javelin passes).</p> <p>What basketball pass to choose in game situations (Chest pass is chosen when you are close to a teammate, but a bounce pass can be used when a team is close or far away).</p> <p>How to pivot whilst handling the basketball.</p> <p>To receive a pass, they must move into space and away from an opponent.</p>	<p><b>Tag Rugby</b> Evade and tag opponents running at speed, changing direction and developing control. Pass and receive at speed in game situation.</p>	<p>and arms wide. From this position the defender then side steps to keep the pressure on their opponent as they move with the ball).</p> <p>What marking is and why this is important.</p>
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				<p>the move and in a game situation Apply learnt skills in a game of rugby.</p> <p><b>By the end of the year children will know</b></p> <p>The correct technique for grabbing tags (Good footwork skills, getting low and strong communication skills). How to hold the ball correctly (held in both hands where possible, make sure that the fingers are wrapped around the ball).</p> <p>The correct technique for passing a rugby (Stand sideways on to your teammate, keep your hands on the side of the ball, swing your arms like a pendulum and release towards the receiver, the ball must go backwards).</p> <p>What a try is.</p> <p>To receive a pass, they must be stood behind the passer.</p>		<p>Refine attacking and defending skills. Develop team tactics.</p> <p><b>By the end of the year children will know</b></p> <p>How to receive a pass at pace (take the pass in your stride and do not slow down for it).</p> <p>What tactical awareness is and give some examples of this (looking where opponents are before running or passing).</p> <p>Attackers and defenders must work together to create a successful play.</p>	
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Swimming			<p>To enter the water safely and move in all directions for a short distance.</p> <p>To maintain a floating position with aids or support</p> <p>To push and glide in a horizontal position and on their back from side to side.</p> <p>Demonstrate an understanding of water safety.</p> <p>Jump in from the poolside safely.</p> <p>Blow bubbles underwater with mouth and nose submerged.</p> <p>Regaining an upright position from a back to front float</p>				<p>Jump into the pool and submerge briefly.</p> <p>Sink, push away from the wall and glide underwater for a short distance.</p> <p>Submerge fully to pick up an object from the bottom.</p> <p>Have reasonable knowledge of the water safety code.</p> <p>To perform a sequence of different shapes whilst floating</p> <p>Swimming 10m and over using a range of strokes.</p> <p>Perform a surface dive.</p> <p>To perform a range of jumps into deep water and tread water when resurfacing</p> <p>Perform a forward somersault tucked in water.</p> <p>To swim 10m wearing clothes</p> <p>Exit the water without using steps.</p>
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			<p><b>By the end of the year children will know</b></p> <p>How to jump into the pool safely.</p> <p>Some basic water safety.</p> <p>What the floating position is and why this is important.</p>				<p>Swim 25m using any stroke.</p> <p>Perform a range of deep-water movements.</p> <p><b>By the end of the year children will know</b></p> <p>A range of swimming strokes (Front crawl, breaststroke, and backstroke).</p> <p>The water safety code.</p> <p>How to perform a surface dive.</p> <p>How to exit the pool without using steps.</p>
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