

St Marys School
PE Progression of Skills

EYFS	KS1		KS2			
3- and 4-Year-Olds Reception Early Learning Goals	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Athletics						
<ul style="list-style-type: none"> - Show a preference for a dominant hand. - Revise and refine the fundamental movement skills they have already acquired, including running and jumping. - Progress towards a more fluent style of moving, with developing control and grace. - Move energetically, such as running and jumping 	<p><u>Running</u></p> <ul style="list-style-type: none"> - Explore running at different speeds. <p><u>Jumping</u></p> <ul style="list-style-type: none"> - Developing balance whilst jumping and landing. - Exploring hopping, jumping and leaping for distance. <p><u>Throwing</u></p> <ul style="list-style-type: none"> -Explore throwing for distance and accuracy. 	<p><u>Running</u></p> <ul style="list-style-type: none"> - Develop the sprinting action. <p><u>Jumping</u></p> <ul style="list-style-type: none"> - Develop jumping, hopping and skipping actions. - Explore safely jumping for distance and height. <p><u>Throwing</u></p> <ul style="list-style-type: none"> - Develop overarm throwing for distance. 	<p><u>Running</u></p> <ul style="list-style-type: none"> - Developing the sprinting technique and apply it to relay events. <p><u>Jumping</u></p> <ul style="list-style-type: none"> - Develop technique when jumping for distance in a range of approaches and take off positions. <p><u>Throwing</u></p> <ul style="list-style-type: none"> - Explore technique for a pull throw. 	<p><u>Running</u></p> <ul style="list-style-type: none"> - Develop an understanding of speed and pace in relation to distance. - Develop power and speed in the sprinting technique. <p><u>Jumping</u></p> <ul style="list-style-type: none"> - Develop technique when jumping for distance. <p><u>Throwing</u></p> <ul style="list-style-type: none"> - Explore power and technique when throwing for distance in a pull and heave throw. 	<p><u>Running</u></p> <ul style="list-style-type: none"> - Apply fluency and co-ordination when running for speed in relay change overs. Effectively apply speeds appropriate for the event. <p><u>Jumping</u></p> <ul style="list-style-type: none"> - Develop power, control and consistency in jumping for distance. - Explore technique and rhythm in jumps. <p><u>Throwing</u></p> <ul style="list-style-type: none"> - Develop technique and power in javelin and shot put. 	<p><u>Running</u></p> <ul style="list-style-type: none"> - Demonstrate a clear understanding of pace and use it develop their own and others sprint technique. <p><u>Jumping</u></p> <ul style="list-style-type: none"> - Develop power, control and consistency in the triple jump. <p><u>Throwing</u></p> <ul style="list-style-type: none"> - Develop power, control and technique when throwing discus and shot put.

Ball Skills						
<ul style="list-style-type: none"> - Show a preference for a dominant hand. - Combine different movements with ease and fluency. - Develop overall body strength, balance, coordination and agility. - Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge. 	<p><u>Sending</u></p> <ul style="list-style-type: none"> - Roll and throw with some accuracy towards a target. <p><u>Catching</u></p> <ul style="list-style-type: none"> - Begin to catch with two hands. <p><u>Tracking</u></p> <ul style="list-style-type: none"> - Track a ball being sent directly. <p><u>Dribbling</u></p> <ul style="list-style-type: none"> - Begin to dribble with hands and feet. 	<p><u>Sending</u></p> <ul style="list-style-type: none"> - Roll, throw and kick a ball to a target. <p><u>Catching</u></p> <ul style="list-style-type: none"> - Develop catching a range of objects with two hands. - Catch with and without a bounce. <p><u>Tracking</u></p> <ul style="list-style-type: none"> - Consistently track and collect a ball being sent directly. <p><u>Dribbling</u></p> <ul style="list-style-type: none"> Dribble a ball with hands and feet with some control. 	<p><u>Sending</u></p> <ul style="list-style-type: none"> - Send a ball with accuracy and increasing consistency to a target. <p><u>Catching</u></p> <ul style="list-style-type: none"> - Catch a range of objects with increasing consistency. <p><u>Tracking</u></p> <ul style="list-style-type: none"> - Track a ball not sent directly. <p><u>Dribbling</u></p> <ul style="list-style-type: none"> - Dribble a ball with hands and feet with control. 	<p><u>Sending</u></p> <ul style="list-style-type: none"> - Accurately use a range of techniques to send a ball to a target. <p><u>Catching</u></p> <ul style="list-style-type: none"> - Catch different sized objects with increasing consistency with one and two hands. <p><u>Tracking</u></p> <ul style="list-style-type: none"> - Consistently track a ball sent directly and indirectly. <p><u>Dribbling</u></p> <ul style="list-style-type: none"> - Dribble a ball with increasing control and co-ordination. 	<p><u>Sending</u></p> <ul style="list-style-type: none"> Demonstrate clear technique when sending a ball under pressure. <p><u>Catching</u></p> <ul style="list-style-type: none"> - Demonstrate good technique under pressure. <p><u>Tracking</u></p> <ul style="list-style-type: none"> - Demonstrate a range of techniques when tracking and collecting a ball. <p><u>Dribbling</u></p> <ul style="list-style-type: none"> - Dribble with some control under pressure. 	<p><u>Sending</u></p> <ul style="list-style-type: none"> - Show good technique when sending a ball with increasing control, accuracy and consistency under pressure. <p><u>Catching</u></p> <ul style="list-style-type: none"> - Demonstrate increasing consistency of catching under pressure in a variety of game situations. <p><u>Tracking</u></p> <ul style="list-style-type: none"> Demonstrate a wider range of techniques when tracking a ball under pressure. <p><u>Dribbling</u></p> <ul style="list-style-type: none"> Demonstrate a range of techniques with increasing control under pressure.

Dance						
<ul style="list-style-type: none"> - Increasingly able to use and remember sequences and patterns of music that are related to music and rhythm. - Create collaboratively, sharing ideas, resources and skills. - Watch and talk about dance and performance art, expressing their feelings and responses. - Explore and engage in music making and dance, performing solo or in groups. - Try to move in time with music. 	<p><u>Actions</u></p> <ul style="list-style-type: none"> - Copy, remember and repeat actions to represent a theme. - Explore creating their own actions in relation to a theme. <p><u>Dynamics</u></p> <ul style="list-style-type: none"> - Explore varying speeds to represent an idea. <p><u>Space</u></p> <ul style="list-style-type: none"> - Explore pathways within their performance. <p><u>Relationships</u></p> <ul style="list-style-type: none"> - Begin to explore actions and pathways with a partner. <p><u>Performance</u></p> <ul style="list-style-type: none"> - Begin to use counts within their performance. 	<p><u>Actions</u></p> <ul style="list-style-type: none"> - Accurately remember, repeat and link actions to express an idea. <p><u>Dynamics</u></p> <ul style="list-style-type: none"> - Develop an understanding of dynamics. <p><u>Space</u></p> <ul style="list-style-type: none"> - Develop the use of pathways and travelling actions to include levels. <p><u>Relationships</u></p> <ul style="list-style-type: none"> - Explore working with a partner using unison, matching and mirroring. <p><u>Performance</u></p> <ul style="list-style-type: none"> - Develop the use of facial expressions in their performance. 	<p><u>Actions</u></p> <ul style="list-style-type: none"> - Create actions in response to a stimulus individually and in groups. <p><u>Dynamics</u></p> <ul style="list-style-type: none"> - Use dynamics effectively to express an idea. <p><u>Space</u></p> <ul style="list-style-type: none"> - Use directions to transition between formations. <p><u>Relationships</u></p> <ul style="list-style-type: none"> - Develop an understanding of formations. <p><u>Performance</u></p> <ul style="list-style-type: none"> - Perform short, self choreographed phrases showing awareness of timing. 	<p><u>Actions</u></p> <ul style="list-style-type: none"> - Respond imaginatively to a range of stimuli related to character and narrative. <p><u>Dynamics</u></p> <ul style="list-style-type: none"> - Change dynamics confidently within a performance to express changes in character. <p><u>Space</u></p> <ul style="list-style-type: none"> - Confidently use change in level, direction and pathway. <p><u>Relationships</u></p> <ul style="list-style-type: none"> - Use action and reaction to represent an idea. <p><u>Performance</u></p> <ul style="list-style-type: none"> - Perform complex dances that communicate narrative and character well. 	<p><u>Actions</u></p> <p>Choreograph planned dances by using, adapting and developing actions and steps from different dance styles.</p> <p><u>Dynamics</u></p> <ul style="list-style-type: none"> - Confidently use dynamics to express different dance styles. <p><u>Space</u></p> <ul style="list-style-type: none"> - Use direction and patterning to express different dance styles. <p><u>Relationships</u></p> <ul style="list-style-type: none"> - Confidently use formations, canon and unison to express a dance idea. <p><u>Performances</u></p> <ul style="list-style-type: none"> - Perform dances expressively, using a range of skills with accuracy and fluency. 	<p><u>Actions</u></p> <ul style="list-style-type: none"> - Show controlled movements which express emotion and feeling. <p><u>Dynamics</u></p> <ul style="list-style-type: none"> - Explore, improvise and combine movement dynamics to express ideas fluently, effectively on their own, with a partner or in a small group. <p><u>Space and Relationships</u></p> <ul style="list-style-type: none"> - Use a variety of basic compositional principles when creating their own dances. <p><u>Performance</u></p> <ul style="list-style-type: none"> - Demonstrate a clear understanding of timing in relation to music and other dancers.

Fitness						
<ul style="list-style-type: none"> - Continue to develop their movement, balancing ... - Skip, hop, stand on one leg and hold a pose for a game like musical statues. - Know and talk about the different factors that support overall health and well-being: regular physical activity. - Demonstrate strength, balance and coordination when playing. - Move energetically. 	<p><u>Agility</u></p> <ul style="list-style-type: none"> - Change direction whilst moving. <p><u>Balance</u></p> <ul style="list-style-type: none"> - Explore balancing in more challenging activities with some success. <p><u>Co-ordination</u></p> <ul style="list-style-type: none"> - Explore co-ordination through the use of equipment. <p><u>Speed</u></p> <ul style="list-style-type: none"> - Explore running at different speeds. <p><u>Strength</u></p> <ul style="list-style-type: none"> - Explore exercises using their own body weight. <p><u>Stamina</u></p> <ul style="list-style-type: none"> - Explore moving for longer periods of time and identify how that makes them feel. 	<p><u>Agility</u></p> <ul style="list-style-type: none"> - Demonstrate improved technique when changing direction on the move. <p><u>Balance</u></p> <ul style="list-style-type: none"> - Demonstrate increased balance whilst travelling along and over equipment. <p><u>Co-ordination</u></p> <ul style="list-style-type: none"> - Perform actions with increased control when coordinating their body with and without equipment. <p><u>Speed</u></p> <ul style="list-style-type: none"> - Can demonstrate running at different speeds. <p><u>Strength</u></p> <ul style="list-style-type: none"> - Demonstrate increased control in body weight exercises. <p><u>Stamina</u></p> <ul style="list-style-type: none"> - Show ability to work for longer periods of time. 	<p><u>Agility</u></p> <ul style="list-style-type: none"> - Show balance when changing direction. <p><u>Balance</u></p> <ul style="list-style-type: none"> - Explore more complex activities which challenge balance. <p><u>Co-ordination</u></p> <ul style="list-style-type: none"> - Can coordinate their bodies with increased consistency in a variety of activities. <p><u>Speed</u></p> <ul style="list-style-type: none"> - Explore sprinting technique. <p><u>Strength</u></p> <ul style="list-style-type: none"> - Explore building strength in different muscle groups. <p><u>Stamina</u></p> <ul style="list-style-type: none"> - Explore using their breath to increase their ability to work for longer periods of time. 	<p><u>Agility</u></p> <ul style="list-style-type: none"> - Show balance when changing direction. <p><u>Balance</u></p> <ul style="list-style-type: none"> - Explore more complex activities which challenge balance. <p><u>Co-ordination</u></p> <ul style="list-style-type: none"> - Explore increased speed when co-ordinating their bodies. <p><u>Speed</u></p> <ul style="list-style-type: none"> - Demonstrate improved sprinting technique. <p><u>Strength</u></p> <ul style="list-style-type: none"> - Identify activities which help strengthen different muscle groups. <p><u>Stamina</u></p> <ul style="list-style-type: none"> - Demonstrate using their breath to maintain work rate. 	<p><u>Agility</u></p> <ul style="list-style-type: none"> - Demonstrate improved body posture and speed when changing direction. <p><u>Balance</u></p> <ul style="list-style-type: none"> - Change their body position to maintain a controlled centre of gravity. <p><u>Co-ordination</u></p> <ul style="list-style-type: none"> - Demonstrate increased speed when coordinating bodies. <p><u>Speed</u></p> <ul style="list-style-type: none"> - Identify the best pace for a set distance or time. <p><u>Strength</u></p> <ul style="list-style-type: none"> - Demonstrate increased technique in body weight exercises. <p><u>Stamina</u></p> <ul style="list-style-type: none"> - Use their breath to increase their ability to move for sustained periods of time. 	<p><u>Agility</u></p> <ul style="list-style-type: none"> - Change direction with a fluent action and can transition smoothly between varying speeds. <p><u>Balance</u></p> <ul style="list-style-type: none"> - Show fluency and control when travelling, landing, stopping and changing direction. <p><u>Co-ordination</u></p> <ul style="list-style-type: none"> - Can coordinate a range of body parts with a fluent action at a speed appropriate to the challenge. <p><u>Speed</u></p> <ul style="list-style-type: none"> - Can adapt running technique to meet the needs of the distance. <p><u>Strength</u></p> <ul style="list-style-type: none"> - Can complete bodyweight exercises for increased repetitions with control and fluency. <p><u>Stamina</u></p> <ul style="list-style-type: none"> - Use their breath to increase ability to move for sustained periods.

Fundamentals						
<ul style="list-style-type: none"> - Continue to develop their movement ... - Skip, hop, stand on one leg and hold a pose for a game like musical statues. - Revise and refine the fundamental movement skills they have already acquired. - Demonstrate strength, balance and coordination when playing. - Move energetically, such as running jumping, dancing, hopping, skipping and climbing. 	<p><u>Running</u></p> <ul style="list-style-type: none"> - Explore changing direction and dodging. - Discover how the body moves at different speeds. <p><u>Balance</u></p> <ul style="list-style-type: none"> - Move with some control and balance. - Explore stability and landing safely. <p><u>Jumping</u></p> <ul style="list-style-type: none"> - Demonstrate control in take off and landing when jumping. <p><u>Hopping</u></p> <ul style="list-style-type: none"> - Begin to explore hopping in different directions. <p><u>Skipping</u></p> <ul style="list-style-type: none"> - Show coordination when turning a rope. 	<p><u>Running</u></p> <ul style="list-style-type: none"> - Demonstrate balance when changing direction. - Clearly show different speeds when running. <p><u>Balance</u></p> <ul style="list-style-type: none"> - Demonstrate balance when performing movements. <p><u>Jumping</u></p> <ul style="list-style-type: none"> - Demonstrate jumping for distance, height and in different directions. <p><u>Hopping</u></p> <ul style="list-style-type: none"> - Demonstrate hopping for distance, height and in different directions. <p><u>Skipping</u></p> <ul style="list-style-type: none"> - Explore single and double bounce when jumping in a rope. 	<p><u>Running</u></p> <ul style="list-style-type: none"> - Change direction quickly. - Understand and show how the body moves at different speeds. <p><u>Balance</u></p> <ul style="list-style-type: none"> - Demonstrate balance when performing other fundamental skills. <p><u>Jumping and hopping</u></p> <ul style="list-style-type: none"> - Link jumping and hopping actions. <p><u>Skipping</u></p> <ul style="list-style-type: none"> - Jump and turn a skipping rope. 	<p><u>Running</u></p> <ul style="list-style-type: none"> - Change direction quickly under pressure. - Demonstrate when and how to accelerate and decelerate. <p><u>Balance</u></p> <ul style="list-style-type: none"> - Demonstrate good balance and control when performing other fundamental skills. <p><u>Jumping and hopping</u></p> <ul style="list-style-type: none"> - Link hopping and jumping actions with other fundamental skills. <p><u>Skipping</u></p> <ul style="list-style-type: none"> - Consistently skip in a rope. 	<p><u>Running</u></p> <ul style="list-style-type: none"> - Demonstrate an improved body posture and balance when changing direction. - Accelerate and decelerate appropriately for the situation. <p><u>Balance</u></p> <ul style="list-style-type: none"> - Consistently demonstrate good balance when performing other fundamental skills. <p><u>Jumping and hopping</u></p> <ul style="list-style-type: none"> - Demonstrate good technique and coordination when linking jumps. <p><u>Skipping</u></p> <ul style="list-style-type: none"> - Show a range of skills when skipping. 	<p><u>Running</u></p> <ul style="list-style-type: none"> - Change direction with a fluent action. Can transition smoothly between varying speeds. <p><u>Balance</u></p> <ul style="list-style-type: none"> - Show fluency and control when travelling, landing, stopping and changing direction. <p><u>Jumping and hopping</u></p> <ul style="list-style-type: none"> - Demonstrate good technique when jumping and hopping for distance and height. - Fluently link jumps together. <p><u>Skipping</u></p> <ul style="list-style-type: none"> - Consistently show a range of skills when skipping a rope.

Gymnastics						
<ul style="list-style-type: none"> - Continue to develop their ... balancing ... - Go up steps and stairs, or climb up apparatus, using alternate feet. - Combine different movements with ease and fluency. - Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group. - Develop overall body strength, balance, coordination and agility. - Negotiate space and obstacles safely, with consideration for themselves and others. - Demonstrate strength, balance and coordination. 	<p><u>Shapes</u></p> <ul style="list-style-type: none"> - Explore basic and still shapes, straight, tuck, straddle and pike. <p><u>Balances</u></p> <ul style="list-style-type: none"> - Perform balances making their body tense, stretched and curled. <p><u>Rolls</u></p> <ul style="list-style-type: none"> - Explore barrel, straight and forward roll progressions. <p><u>Jumps</u></p> <ul style="list-style-type: none"> - Explore shape jumps, including jumping off low apparatus. 	<p><u>Shapes</u></p> <ul style="list-style-type: none"> - Explore using shapes in different gymnastic balances. <p><u>Balances</u></p> <ul style="list-style-type: none"> - Remember, repeat and link combinations of gymnastic balances. <p><u>Rolls</u></p> <ul style="list-style-type: none"> - Explore barrel, straight and forward roll and put into sequence work. <p><u>Jumps</u></p> <ul style="list-style-type: none"> - Explore shape jumps and take off combinations. 	<p><u>Shapes</u></p> <ul style="list-style-type: none"> - Explore matching and contrasting shapes. <p><u>Balances</u></p> <ul style="list-style-type: none"> - Explore point and patch balances and transition smoothly into and out of them. <p><u>Rolls</u></p> <ul style="list-style-type: none"> - Develop the straight, barrel and forward roll. <p><u>Jumps</u></p> <ul style="list-style-type: none"> - Develop stepping into shape jumps with control. 	<p><u>Shapes</u></p> <ul style="list-style-type: none"> - Develop the range of shapes they use in their sequences. <p><u>Inverted movements</u></p> <ul style="list-style-type: none"> - Develop strength in bridge and shoulder stand. <p><u>Balances</u></p> <ul style="list-style-type: none"> - Develop control and fluency in individual and partner balances. <p><u>Rolls</u></p> <ul style="list-style-type: none"> - Develop the straight, barrel, forward and straddle roll and perform with increased control. <p><u>Jumps</u></p> <ul style="list-style-type: none"> - Develop control in performing and landing rotation jumps. 	<p><u>Shapes</u></p> <ul style="list-style-type: none"> - Perform shapes consistently and fluently to a high standard and sometimes link with other gymnastic actions. <p><u>Inverted movements</u></p> <ul style="list-style-type: none"> - Explore progressions of a cartwheel. <p><u>Balances</u></p> <ul style="list-style-type: none"> - Explore symmetrical and asymmetrical balances. <p><u>Rolls</u></p> <ul style="list-style-type: none"> - Develop control and fluency in the straight, barrel, forward, straddle and backward roll. <p><u>Jumps</u></p> <ul style="list-style-type: none"> - Select a range of jumps to include sequence work. 	<p><u>Shapes</u></p> <ul style="list-style-type: none"> - Combine and perform gymnastic shapes more fluently and effectively. <p><u>Inverted movements</u></p> <ul style="list-style-type: none"> - Develop control in progressions of a cartwheel and headstand. <p><u>Balances</u></p> <ul style="list-style-type: none"> - Explore counter balances and counter tension balances. <p><u>Rolls</u></p> <ul style="list-style-type: none"> - Develop fluency and consistency in the straddle, forward and backward roll. <p><u>Jumps</u></p> <ul style="list-style-type: none"> - Combine and perform a range of gymnastic jumps more fluently and effectively.

Invasion Games						
<ul style="list-style-type: none"> - Show a preference for a dominant hand. - Remember rules without needing an adult to remind them. - Progress towards a more fluent style of moving, with developing control... - Develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions. - Work and play cooperatively and take turns with others. - Negotiate space and obstacles safely, with consideration for themselves and others. 	<p><u>Sending and receiving</u></p> <ul style="list-style-type: none"> - Explore sending and receiving with hands and feet to a partner. <p><u>Dribbling</u></p> <ul style="list-style-type: none"> - Explore dribbling with hands and feet. <p><u>Attacking</u></p> <ul style="list-style-type: none"> - Explore changing direction to move away from a partner. <p><u>Defending</u></p> <ul style="list-style-type: none"> - Explore tracking and move to stay with a partner. <p><u>Space</u></p> <ul style="list-style-type: none"> - Recognise good space when playing games. 	<p><u>Sending and receiving</u></p> <ul style="list-style-type: none"> - Developing sending and receiving with increased control. <p><u>Dribbling</u></p> <ul style="list-style-type: none"> - Explore dribbling with hands and feet with increasing control on the move. <p><u>Attacking</u></p> <ul style="list-style-type: none"> - Develop moving into space away from defenders. <p><u>Defending</u></p> <ul style="list-style-type: none"> - Explore staying close to other players to try and stop them getting the ball. <p><u>Space</u></p> <ul style="list-style-type: none"> - Explore moving with a ball towards a goal. 	<p><u>Sending and receiving</u></p> <ul style="list-style-type: none"> - Explore sending and receiving abiding by the rules of the game. <p><u>Dribbling</u></p> <ul style="list-style-type: none"> - Explore dribbling the ball abiding by the rules of the game under some pressure. <p><u>Attacking</u></p> <ul style="list-style-type: none"> - Developing movement skills to lose a defender. - Explore shooting actions in a range of invasion games. <p><u>Defending</u></p> <ul style="list-style-type: none"> - Track opponents to limit their shooting opportunities. <p><u>Space</u></p> <ul style="list-style-type: none"> - Develop movement with a ball towards a goal with some control. 	<p><u>Sending and receiving</u></p> <ul style="list-style-type: none"> - Develop passing to a teammate using a variety of techniques appropriate to the game. <p><u>Dribbling</u></p> <ul style="list-style-type: none"> - Develop control whilst dribbling under pressure. <p><u>Attacking</u></p> <ul style="list-style-type: none"> - Develop decision making around when to pass and when to shoot. <p><u>Defending</u></p> <ul style="list-style-type: none"> - Develop defending one on one and know when to win the ball. <p><u>Space</u></p> <ul style="list-style-type: none"> - Move into space to help the team keep possession and score goals. 	<p><u>Sending and receiving</u></p> <ul style="list-style-type: none"> - Develop control when sending and receiving under pressure. <p><u>Dribbling</u></p> <ul style="list-style-type: none"> - Select and apply a variety of dribbling techniques to game situations. <p><u>Attacking</u></p> <ul style="list-style-type: none"> - Explore creating tactics with others and applying them to game situations. <p><u>Defending</u></p> <ul style="list-style-type: none"> - Develop tracking and marking with a variety of techniques and increased success. <p><u>Space</u></p> <ul style="list-style-type: none"> - Move to create space for themselves and others in their team. 	<p><u>Sending and receiving</u></p> <ul style="list-style-type: none"> - Develop making quick decisions about when, how and who to pass to. <p><u>Dribbling</u></p> <ul style="list-style-type: none"> - Dribble consistently using a range of techniques with increasing control under pressure. <p><u>Attacking</u></p> <ul style="list-style-type: none"> - Explore creating attacking tactics with others in response to the game. <p><u>Defending</u></p> <ul style="list-style-type: none"> - Explore creating and applying defending tactics with others in response to the game. <p><u>Space</u></p> <ul style="list-style-type: none"> - Move to the correct space when transitioning from attack to defence.

Net and Wall Games						
<ul style="list-style-type: none"> - Show a preference for a dominant hand. - Remember rules without needing an adult to remind them. - Progress towards a more fluent style of moving, with developing control... - Develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions. - Work and play cooperatively and take turns with others. - Negotiate space and obstacles safely, with consideration for themselves and others. 	<p><u>Hitting</u></p> <ul style="list-style-type: none"> - Explore hitting a dropped ball with a racket. <p><u>Feeding</u></p> <ul style="list-style-type: none"> - Throw a ball over a net to land into the court area. <p><u>Rallying</u></p> <ul style="list-style-type: none"> - Explore underarm rallying with a partner. <p><u>Footwork</u></p> <ul style="list-style-type: none"> - Use the ready position to move towards a ball. 	<p><u>Hitting</u></p> <ul style="list-style-type: none"> - Develop hitting a dropped ball over a net. <p><u>Feeding</u></p> <ul style="list-style-type: none"> - Accurately underarm throw over a net to a partner. <p><u>Rallying</u></p> <ul style="list-style-type: none"> - Explore underarm rallying with a partner catching after one bounce. <p><u>Footwork</u></p> <ul style="list-style-type: none"> - Consistently use the ready position to move towards a ball. 	<p><u>Shots</u></p> <ul style="list-style-type: none"> - Explore returning a ball using focus shots such as the forehand and backhand. <p><u>Serving</u></p> <ul style="list-style-type: none"> - Explore serving from an underarm serve. <p><u>Rallying</u></p> <ul style="list-style-type: none"> - Explore rallying with a forehand. <p><u>Footwork</u></p> <ul style="list-style-type: none"> - Consistently use and return to the ready position between shots. 	<p><u>Shots</u></p> <ul style="list-style-type: none"> - Demonstrate increased technique when using shots both cooperatively and competitively. <p><u>Serving</u></p> <ul style="list-style-type: none"> - Develop technique in serving underarm with increased consistency. <p><u>Rallying</u></p> <ul style="list-style-type: none"> - Develop rallying using both forehand and backhand with increased technique. <p><u>Footwork</u></p> <ul style="list-style-type: none"> - Begin to use appropriate footwork patterns to move around the court. 	<p><u>Shots</u></p> <ul style="list-style-type: none"> - Develop the range of shots used in the games they play. <p><u>Serving</u></p> <ul style="list-style-type: none"> - Develop their range of serving techniques appropriate to the games they are playing. <p><u>Rallying</u></p> <ul style="list-style-type: none"> - Use a variety of shots to keep a continuous rally. <p><u>Footwork</u></p> <ul style="list-style-type: none"> - Demonstrate effective footwork patterns to move around the court. 	<p><u>Shots</u></p> <ul style="list-style-type: none"> - Demonstrate increased success and technique in selecting and applying the appropriate shot for the situation. <p><u>Serving</u></p> <ul style="list-style-type: none"> - Serve accurately and consistently. Begin to apply tactics to serving. <p><u>Rallying</u></p> <ul style="list-style-type: none"> - Successfully apply a variety of shots to keep a continuous rally. <p><u>Footwork</u></p> <ul style="list-style-type: none"> - Demonstrate a variety of footwork patterns relevant to the game they are playing.

OAA (Outdoor Adventurous Activity)						
<ul style="list-style-type: none"> - Choose the right resources to carry out their own plan. - Respond to what they have heard, expressing their thoughts and feelings. - Create collaboratively, sharing ideas, resources and skills. - Work and play cooperatively and take turns with others. 	<p><u>Problem Solving</u> - Suggest ideas in response to a task.</p> <p><u>Navigational Skills</u> - Follow a path and lead others.</p> <p><u>Communication</u> - Communicate simple instructions and listen to others.</p> <p><u>Reflection</u> - Identify when they were successful and make basic observations about how to improve.</p>	<p><u>Problem Solving</u> - Begin to plan, and with some success, apply strategies.</p> <p><u>Navigational Skills</u> - Understand how to use, follow and create a simple diagram/map.</p> <p><u>Communication</u> - Work co-operatively with a partner and small group.</p> <p><u>Reflection</u> - Verbalise when they were successful and areas they could improve.</p>	<p><u>Problem Solving</u> - Can plan and implement strategies to solve problems.</p> <p><u>Navigational Skills</u> - Developing map reading skills.</p> <p><u>Communication</u> - Can follow and give instructions and are accepting of other peoples' ideas.</p> <p><u>Reflection</u> - Can reflect on when and why they were successful at solving challenges.</p>	<p><u>Problem Solving</u> - Plan independently and in small groups, implementing a strategy with increased success.</p> <p><u>Navigational Skills</u> - Identify key symbols on a map and use a key to help navigate around a grid.</p> <p><u>Communication</u> - Confidently communicate ideas and listen to others.</p> <p><u>Reflection</u> - With increased accuracy, critically reflect on when and why they were successful.</p>	<p><u>Problem Solving</u> - Explore tactical planning within a team to overcome increasingly challenging tasks.</p> <p><u>Navigational Skills</u> - Develop navigational skills and map reading in increasingly challenging tasks including map orientation.</p> <p><u>Communication</u> - Explore a variety of communication methods with increasing success.</p> <p><u>Reflection</u> - Reflect on when they were successful at solving challenges and how to alter their methods to improve.</p>	<p><u>Problem Solving</u> - Pool ideas within a group, selecting and applying the best method to solve a problem.</p> <p><u>Navigational Skills</u> - Orientate a map efficiently to navigate around a course.</p> <p><u>Communication</u> - Inclusively communicate with others, share job roles and lead when necessary.</p> <p><u>Reflection</u> - Reflect on when they were successful at solving challenges and how to alter their methods to improve.</p>

Striking and Fielding						
<ul style="list-style-type: none"> - Show a preference for a dominant hand. - Remember rules without needing an adult to remind them. - Progress towards a more fluent style of moving, with developing control... - Develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions. - Work and play cooperatively and take turns with others. - Negotiate space and obstacles safely, with consideration for themselves and others. 	<p><u>Striking</u></p> <ul style="list-style-type: none"> - Explore striking a ball with their hand and equipment. <p><u>Fielding</u></p> <ul style="list-style-type: none"> - Develop tracking and retrieving for their team. <p><u>Throwing</u></p> <ul style="list-style-type: none"> - Explore technique when throwing overarm and underarm. <p><u>Catching</u></p> <ul style="list-style-type: none"> - Develop coordination and technique when catching 	<p><u>Striking</u></p> <ul style="list-style-type: none"> - Develop striking a ball with their hand and equipment with some consistency. <p><u>Fielding</u></p> <ul style="list-style-type: none"> - Understand there are different roles within a fielding team. <p><u>Throwing</u></p> <ul style="list-style-type: none"> - Develop coordination and technique when throwing over and underarm. <p><u>Catching</u></p> <ul style="list-style-type: none"> - Catch with two hands with some coordination and technique. 	<p><u>Striking</u></p> <ul style="list-style-type: none"> - Begin to strike a bowled ball using different equipment. <p><u>Fielding</u></p> <ul style="list-style-type: none"> - Explore bowling and fielding skills to include a two handed pick up and long and short barriers. <p><u>Throwing</u></p> <ul style="list-style-type: none"> - Use overarm and underarm throws in game situations. <p><u>Catching</u></p> <ul style="list-style-type: none"> - Catch with some consistency in game situations. 	<p><u>Striking</u></p> <ul style="list-style-type: none"> - Develop batting technique consistent with the rules of the game. <p><u>Fielding</u></p> <ul style="list-style-type: none"> - Develop bowing with some consistency abiding by the rules of the game. <p><u>Throwing</u></p> <ul style="list-style-type: none"> - Use overarm and underarm throwing with increased consistency in game situations. <p><u>Catching</u></p> <ul style="list-style-type: none"> - Begin to catch with one and two hands with some consistency. 	<p><u>Striking</u></p> <ul style="list-style-type: none"> - Explore defensive and driving hitting techniques and directional batting. <p><u>Fielding</u></p> <ul style="list-style-type: none"> - Develop over and underarm bowling techniques. Select and apply long and short barriers appropriately. <p><u>Throwing</u></p> <ul style="list-style-type: none"> - Demonstrate clear technique when using a variety of throws. <p><u>Catching</u></p> <ul style="list-style-type: none"> - Explore catching skills (close/deep) and wicket keeping. 	<p><u>Striking</u></p> <ul style="list-style-type: none"> - Strike a bowled ball with increasing accuracy and consistency. <p><u>Fielding</u></p> <ul style="list-style-type: none"> - Consistently select and apply the appropriate fielding action for the situation. <p><u>Throwing</u></p> <ul style="list-style-type: none"> - Consistently make good decisions on who and when to pass to get batters out. <p><u>Catching</u></p> <ul style="list-style-type: none"> - Consistently demonstrate good technique in catching under pressure.

Target Games						
<ul style="list-style-type: none"> - Show a preference for a dominant hand. - Remember rules without needing an adult to remind them. - Progress towards a more fluent style of moving, with developing control... - Develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions. - Work and play cooperatively and take turns with others. - Negotiate space and obstacles safely, with consideration for themselves and others. 	<p><u>Throwing</u></p> <ul style="list-style-type: none"> - Explore technique when throwing overarm towards a target. <p><u>Throwing Underarm</u></p> <ul style="list-style-type: none"> - Develop coordination and technique when throwing underarm at a target. <p><u>Striking</u></p> <ul style="list-style-type: none"> - Explore striking a ball with their hand and equipment. 	<p><u>Throwing</u></p> <ul style="list-style-type: none"> - Develop coordination and technique when throwing overarm at a target. <p><u>Throwing underarm</u></p> <ul style="list-style-type: none"> - Develop coordination and technique when throwing underarm at a target. <p><u>Striking</u></p> <ul style="list-style-type: none"> - Develop striking a ball with equipment with some consistency. 	<p><u>Throwing</u></p> <ul style="list-style-type: none"> - Explore throwing at a moving target. <p><u>Catching</u></p> <ul style="list-style-type: none"> - Build the confidence to attempt catching in game situations. <p><u>Striking</u></p> <ul style="list-style-type: none"> - Begin to explore striking a ball with sport specific equipment. 	<p><u>Throwing</u></p> <ul style="list-style-type: none"> - Throw with increasing accuracy and success in game situations. <p><u>Catching</u></p> <ul style="list-style-type: none"> - Catch with increasing consistency in game situations. <p><u>Striking</u></p> <ul style="list-style-type: none"> - Explore striking techniques appropriate to the situation. 	<p><u>Throwing</u></p> <ul style="list-style-type: none"> - Demonstrate clear technique when throwing under pressure. <p><u>Catching</u></p> <ul style="list-style-type: none"> - Demonstrate good technique and consistency under pressure. <p><u>Striking</u></p> <ul style="list-style-type: none"> - Develop a wider range of striking techniques and begin to use them under pressure. 	<p><u>Throwing</u></p> <ul style="list-style-type: none"> - Consistently make good decisions on who and when to throw at in order to get opponents out. <p><u>Catching</u></p> <ul style="list-style-type: none"> - Make quick decisions about when to catch and when to dodge (dodgeball specific). <p><u>Striking</u></p> <ul style="list-style-type: none"> - Successfully select and apply a wider range of striking techniques appropriate to the situation.