



SOUND & DISTRICT PRIMARY SCHOOL

Whole School Physical Education Progression Map
2023 - 2024

Scheme: Complete PE



Who is this document for?

This progression has been made to help both class teachers and the PE subject lead. For class teachers this progression document allows teachers to clearly see what has already been covered in the previous year, the areas which are to be covered in the current year but also where learning continues into the next year. This progression document allows us to see how topics are developed over time.

It also allows the PE subject lead to know when topics are being taught and which resources may be needed across the school at a particular time.

Physical Education at Sound School

Sound School has invested in Complete PE's Teaching Platform to support and upskills teaching staff in their delivery of outstanding Physical Education and School Sport. The portal provides Planning, Assessment and CPD Opportunities. Planning is clearly differentiated and progressive throughout the year groups. Teachers are encouraged to use the programme and tweak lessons/resources to suit the needs of the children in their class.

Termly Assessments should be carried out during assessment week at the end of each term. These assessments can be found on the portal with step by step instructions and videos. This information should be imported onto the portal where it can be analysed. Teachers should use this information to inform future planning.

Whole School Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1		Summer 2
Diamond Class (R)	Locomotion: Walking and Jumping	Ball Skills: Hands	Dance & Gymnastics (LS)	Dance & Gymnastics (LS)	Swimming & Ball Skills Feet	National Sports Week – taster sessions for 'new' sports/activities	Swimming & Games For Understanding
Emerald Class (Y1)	Ball Skills Hands & Ball Skills Hands 2	Games For Understanding & Gymnastics	Ball Skills Feet & Dance	Locomotion: Running & Rackets, Bats and Ball Skills	Swimming & Locomotion: Jumping		Swimming & Health and Wellbeing
Ruby Class (Y2)	Ball Skills Hands & Gymnastics (LS)	Games For Understanding & Gymnastics (LS)	Ball Skills Feet & Dance	Locomotion: Dodging & Rackets, Bats and Ball Skills	Ball Skills Hands 2 & Locomotion: Jumping		Health and Wellbeing & Team Building
Opal Class (Y3/4)	Invasion: Netball & Swimming	Invasion: Football & Swimming	Invasion: Dodgeball & Dance	Invasion: Tag Rugby & OAA: Communication	Athletics & Striking & Fielding Rounders		Striking & Fielding Cricket
Topaz Class (Y4/5)	Invasion: Netball & Swimming	Invasion: Football & Swimming	Invasion: Dodgeball & Dance	Invasion: Tag Rugby & OAA: Communication	Striking & Fielding Rounders & Athletics		Striking & Fielding Cricket & Athletics

Onyx Class (Y6)	Invasion: Netball & Martial Arts	Invasion: Football & OAA: Orienteering	Invasion: Dodgeball & Dance	Invasion: Tag Rugby	Striking & Fielding Rounders & Gymnastics (LS)		Gymnastics (LS) & Athletics
----------------------------	---	--	--------------------------------------	---------------------	---	--	-----------------------------------

Vocabulary Progression

EYFS- Year 6

EYFS

Accuracy	Accuracy is the ability to control where we throw/roll/send an object.	Dribbling (Rackets, Bats and Balls)	Dribbling is a method of moving with the ball. The attacker in possession of the ball uses their racket to push the ball around in order to move around the space.
Agility	Aiming is the ability to use our bodies to direct an object towards a target.	Expression	Expression refers to the actions a dancer uses to make their characters thoughts or feelings known.
Apparatus	The term apparatus refers to a piece of equipment that's used in gymnastics. For example a bench, vault or balance beam.	Height	Height is defined as the distance from the bottom to the top of something. This means how high an athlete has jumped.
Attacker	We are considered an 'attacker' when we or our team are in possession of the ball or in control of the ball. Our aim is the keep the ball away from the defenders.	High	High means moving or balancing in ways where the body is high up away from the floor. For example jumping, hopping or skipping.
Beat	The beat is the basic unit of time used to count the notes of the music or sound that	Hopping	Hopping is to continuously jump on one foot

	a dancer is moving to. Dancers usually move on the beat (counts 1, 2, 3, 4).		
Big	Big means moving or balancing in ways where the body is extended as large as possible.	Jumping	Jumping is a form of moving where we use our body to propel ourselves off a surface and into the air.
Bouncing	Bouncing means using our hands to push the ball towards the floor. If the attacker in possession of the ball continuously bounces the ball and moves around the space, keeping control this is known as dribbling.	Landing	Landing is how we use our bodies to land after we have left a surface and jumped into the air. When landing we should land on two feet, bending our knees to absorb the impact.
Catching	Catching means holding the object with our hands that is hit or thrown to us usually before it touches the ground.	Low	Low means moving or balancing in ways where the body is low to the floor. For example sliding, rolling or crawling.
Champion Dancers	Champion dancers can move with control, respond to the rhythm and move in relation to the music.	Marching	Marching is a method of moving in either a rhythmic or a route-step time. Marching is normal associated with the military and requires controlled and disciplined movements.
Champion Gymnasts	'Champion' refers to when pupils are being silent, pointing their fingers and toes and are still when they make a shape/balance.	Moving	Moving means using a variety of body parts to move around the space in a creative way.
Change of direction	Change of direction means to change the pathway that we are orienting in.	Opponent	Opponent means a player on the other team. If we are an attacker dribbling, we need to keep the ball away from the defender who is our opponent
Control	Control means keeping the ball close to us, preventing the defenders from gaining possession.	Over	Over refers to when the body is moving over the top of a piece of apparatus. Under: This refers to when the body is moving underneath a piece of apparatus.

Control (Dance)	Control means moving our bodies in time with the music, beat or sound.	Possession	Possession is when we have physical control of the ball.
Defender	We are considered a 'defender' when we are not in possession of the ball. The aim of the game for the defenders is to try and prevent the attackers from scoring.	Power	Power is the intensity and speed that an object is thrown/rolled/sent
Distance	Distance is defined as the length of space between two points	Pushing	Pushing is a method of sending the ball using our hands. The person pushing the ball will extend their hands away from their body to direct the ball towards a target or their partner.
Dribbling (Feet)	Dribbling is a method of moving with the ball. The attacker in possession of the ball continuously kicks the ball, keeping it close to them in order to move around the pitch.	Rhythm	Rhythm is a repeated pattern of movements or sounds.
Rolling	Rolling is a method of sending the ball along the floor. A ball can be rolled using our hands towards a target or our partner.	Rules	Rules are a set of regulations or principles that govern a particular activity that ensure that the activity is played fairly and safely.
Sequence	Sequence is a combination of controlled movements that have been added together in a particular order.	Shapes	Shapes is another word for balancing. Pupils must hold a shape still.
Sharing	Sharing to ensure that a game is played fairly pupils should be encouraged to share and take turns.	Small	Small means moving or balancing in ways where the body is made as small as possible.
Space	Space is an open area on the pitch/court that is unoccupied by a defender or the defending team. The attacker in possession of the ball needs to identify open spaces to	Speed	Speed is the ability to move parts of the body as quickly or as slowly as possible.

	move into, to keep the ball away from the defenders.		
Stopping	Stopping is a fielding method used by a fielder to prevent the ball going past them.	Tagging or Tag	Tagging or Tag is the method applied by the defending team to stop the attacker from moving.
Tempo	Tempo refers to the speed or pace (fast or slow) that a dancer performs their movements.	Throwing	Throwing means using your arm/hand to propel a ball with force through the air to a specific target or area.
Timing	Timing in dance, timing refers to moving to the beat of the music.	Transition	The term transition means to move into and out of basic movements, actions or balances.
Walking	Walking is a method of moving at a regular pace by lifting and placing down each foot in turn, never having both feet off the ground at once.		

Key Stage 1

Acceleration	Acceleration is how quickly an athlete can increase their speed over a distance when running.	Hitting	Hitting means striking the ball with a racket towards a target or into space.
Accuracy	Accuracy is the ability to control where we roll, bounce, push, throw, hit or send a ball or object.	Inclusion	Inclusion means to include everyone in the activity or within a team no matter their ability. No one should be left out.
Agility	Agility is the body's ability to move quickly and easily in different directions.	Interesting	Interesting means pupils are thinking and being creative.

Aiming	Aiming is the ability to use our bodies to direct an object towards a target.	Jump	Jump is a method of moving where a gymnast pushes themselves off of a surface and into the air creating a moment of flight.
Attacker	We are considered an 'attacker' when we or our team are in possession of the ball or in control of the ball. Our aim is the keep the ball away from the defenders	Jumping	Jumping is a form of moving where we use our body to propel ourselves off a surface and into the air.
Balance	Balance is the even distribution of weight enabling someone or something to remain upright and steady.	Landing	Landing is how we use our bodies to land after we have left a surface and jumped into the air. When landing we should land on two feet, bending our knees to absorb the impact.
Batter	Batting is the skill of hitting a ball with a bat into a space to score runs. The aim of the game for the batter (attacking team) is to score as many points / rounders / runs as possible.	Linking	Linking means successfully adding two movements together so that they flow one after the other.
Beat	The beat is the basic unit of time used to count the notes of the music or sound that a dancer is moving to. Dancers usually move on the beat (counts 1, 2, 3, 4)	Motif	Motif is a series of movements that are repeated.
Big	Big means moving or balancing in ways where the body is extended as large as possible.	Motivation	Motivation is described as the positive actions and behaviours an individual uses to help drive themselves, their partner or their team towards a goal.
Catching	Catching means holding the with our hands that is hit or thrown to us usually before it touches the ground.	Moving	Moving means using a variety of body parts to move around the space in a creative way.

Champion Dancers	Champion dancers can move with control, respond to the rhythm and move in relation to the music.	Narrow	Narrow means moving or balancing in ways where the body stretches (arms and legs) vertically away from the centre of the body. For example, a pencil jump is a narrow way of moving.
Champion Gymnast	'Champion' refers to when pupils are being silent, pointing their fingers and toes and are still when they make a shape/balance.	Opponent	Opponent means a player on the other team. If we are an attacker dribbling, we need to keep the ball away from the defender who is our opponent.
Chest Pass	A Chest Pass Is thrown by gripping the ball on the sides with the thumbs directly behind the ball. When using a chest pass, the passer should direct the ball towards the receiver's hands at chest level.	Opposite	Passing is a method of sending (kicking) the ball to our partner or another member of our team in order to keep possession of the ball
Choreography	Choreography is a set of sequence steps and movements that have been specifically designed for a dancer or group of dancers to performer.	Passing	Passing is a method of sending (kicking) the ball to our partner or another member of our team in order to keep possession of the ball
Communication	Communication is the method of transferring information from one person or a group to another. Types of communication include: verbal, nonverbal, written and visual.	Possessing	Possession is when we have physical control of the ball. This could be as an individual or when working as part of a team. It is when we have 'possession' that we can create the opportunity to score.
Control	Control means keeping the ball close to us, preventing the defenders from gaining possession.	Power	Power is the intensity and speed that a ball is rolled, bounced, pushed, thrown, hit or sent.
Control (Dance)	Control means moving our bodies in time with the music, beat or sound.	Rhythm	Rhythm is a repeated pattern of movements or sounds.

Cooperation	Cooperation is another word used to define teamwork, meaning to work together to achieve a goal or complete a task in the most effective way possible.	Roll	Roll is a method of moving where a gymnast completes rotation of their body on the ground.
Coordination	Coordination is the ability to use different parts of the body together efficiently.	Rolling	Rolling is a method of sending the ball along the floor. A ball can be rolled using our hands towards a target or our partner.
Courage	Courage means being brave enough to try something even when we find it scary or difficult.	Rules	Rules are a set of regulations or principles that govern a particular activity that ensures that the activity is played fairly and safely
Defender	We are considered a 'defender' when we are not in possession of the ball. The aim of the game for the defenders is to try and prevent the attackers from scoring.	Sequence (Dance)	Sequence is a combination of controlled movements that have been added together in a particular order.
Distance	Distance is defined as the length of space between two points. This might mean how far an athlete has jumped.	Sequence (Gymnastics)	Sequence is a combination of controlled movements, balances or actions that have been added (linked) together in a particular order.
Dodge	Dodge is a method of moving quickly by an attacker, from one side to the other to avoid being tagged by a defender.	Skipping	Skipping is a combination of a long step and a hop, stepping from one foot to the other with a hop or bounce.
Dribbling (Feet)	Dribbling is a method of moving with the ball. The attacker in possession of the ball continuously kicks the ball, keeping it close to them in order to move around the pitch.	Small	Small means moving or balancing in ways where the body is made as small as possible.
Dribbling (Hands)	Dribbling is a method of moving with the ball. The attacker in possession of the ball continuously bounces the ball on the floor in order to move around the court.	Space	Space is an open area on the pitch/court that is unoccupied by a defender or the defending team. The attacker in possession of the ball needs to identify open spaces to

			move into to keep the ball away from the defenders.
Emotion	Emotion refers to the feelings a dance character is feeling depending on their circumstances, mood, or relationship with others.	Speed	Speed is the ability to move all or part of the body as quickly as possible. Speed is a vital component to being successful when running.
Expression	Expression refers to the actions a dancer uses to make their characters thoughts or feelings known	Stimulus	Stimulus is something that provokes or causes an action or response.
Fairness	Fairness is when we make judgements in accordance with the rules and treat everyone equally and fairly	Strategy	Strategy is a planned set of actions that are used by a team or individual to achieve a long term goal. We plan a strategy and then use specific tactics to help us achieve our goal.
Fielder	A fielder is a defensive position that is occupied while the other team are batting. The aim of the fielding team (defending team) is to prevent the batter from scoring.	Tactics	Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.
Flow (Dance)	Flow is when a dancer moves from one action to another smoothly and without stopping.	Team	Team means a group of players from one side who come together to try and achieve a common goal.
Flow (Gymnastics)	Flow is when a gymnast moves from one action to another without stopping	Team Member	A team member is an individual within a team who has a specific role and responsibility to perform. Team members need to cooperate and work together to enable their team achieve its goal.
Hand-eye coordination	Hand-eye coordination is the ability to use our hands and eyes at the same time to	Teamwork	Teamwork is the combined effort of a group to achieve a goal or complete a task in the most effective and efficient way.

	perform and accomplish a given task, such as catching a ball.		
Throwing	Throwing means using your arm/hand to propel a ball with force through the air to a specific target or area.	Tempo	Tempo refers to the speed or pace (fast or slow) that a dancer performs their movements.
Timing	Timing in dance, timing refers to moving to the beat of the music.	Transition	The term transition means to move into and out of basic movements, actions or balances.
Trust	Trust is the ability to have the confidence to believe in the actions of your partner or team.	Unison	Unison is where pupils perform the same movement at exactly the same time as each other.
Warm Up	Before taking part in a physical activity or a sport we need to prepare our body and mind for that activity. One of the reasons for a 'warm up' is to reduce the risk of injuring a muscle.	Wide	Wide means moving or balancing in ways where the body is extended (arms and legs) horizontally away from the centre of the body. For example a star jump is a wide movement.
Zig-Zag	Zig-Zag means a line or course having abrupt alternate right and left turns that a pupil follows as they create movements.		

Lower Key Stage 2

½ a Rounder	½ a Rounder is the method of scoring used in rounders. If the batter misses the ball and runs around the outside of the bases and reaches the 4th base	Fielder	A fielder is a defensive position that is occupied while the other team are batting. The aim of the fielding team (defending team) is to keep the	Shoulder Pass	Shoulder Pass is the most commonly used pass in handball. The shoulder pass is a onehanded pass that can be used to cover long and short
--------------------	--	----------------	---	----------------------	--

	before the ball, the batting team scores $\frac{1}{2}$ a rounder.		batters score as low as possible.		distances. If a shoulder pass is fast and accurate it can be the most effective pass to use to outwit the opposition.
Acceleration	Acceleration is how quickly an athlete can increase their speed over a distance. For example, this might mean how quickly an athlete ran over 10m starting from a stationary position.	Flow	Flow is when a gymnast moves from one action to another without stopping.	Space	Space is an open area on the court/pitch that is unoccupied by a defender or the defending team. The team in possession of the ball need to identify open spaces to move into to enable them to create opportunities to score.
Accuracy	Accuracy is the ability to control where we throw, roll or kick a ball.	Footwork (Netball)	A player can receive the ball with both feet grounded or jump to catch the ball and land on two feet simultaneously. The landing foot cannot be moved, other than to pivot on the spot, whilst the other foot can be moved in any direction.	Speed	Speed is the ability to move all or part of the body as quickly as possible. Speed is vital to success when sprinting or throwing an object.
Aiming	Aiming is the ability to use our bodies to direct a ball towards a target.	Forehand	A forehand is a shot in which the palm of your hand faces the direction	Stage Presence	Stage presence is the ability of a dancer to capture and command

			in which you are hitting the ball.		the attention of an audience's attention.
Asymmetrical	Asymmetry means when a balance or a movement does not match on either side.	Forward Pass	The ball can only be passed sideways or backwards. If the ball is passed forwards to a team member this is an illegal pass. This is known as a forward pass.	Strategy	Strategy is a planned set of actions that are used by a team or individual to achieve a long term goal. We plan a strategy and then use specific tactics to help us achieve our goal.
Attacker	We are considered an 'attacker' when we or our team are in possession of the ball or in control of the ball. The aim of the game for the attackers is to score.	Free Kick	A free kick is a method of restarting the game in football, following an offence committed by the opposing side outside of the penalty area.	Stride Pattern	Stride Pattern is the distance covered when an athlete takes a step. An athlete's stride pattern will differ depending on the distance that athlete is running.
Backhand	A backhand is a shot in which you hit the ball with your arm across your body and the back of your hand facing the ball.	Goalkeeper	The role of the goalkeeper in football is to stop the ball from entering the goal. The goalkeeper is the only player allowed to use their hands on the pitch, but must do so within their own area.	Strike	Strike means hitting the ball with a bat with the purpose of scoring runs/points.
Ball Carrier	The ball carrier is defined as the attacker who is in possession of the ball.	Intercepting	Intercepting is when a defender cuts off and prevents a pass from reaching the receiver	Symbol	Symbols are small images marked on a map that have been designed to look like what it

					represents. Map symbols are conventional signs as can be understood by everyone.
Base/Posts	There are four bases/posts that are used to mark out the pitch. These are positioned on the outside of the bowling square in a diamond shape	Interesting	Interesting means pupils are thinking and being creative. This includes adding different levels and different connection points to their balances and/or movements.	Symmetrical	Symmetry occurs when a balance or a movement is identical on either side.
Baseline	The baseline runs parallel to the net and defines the back of the court on each side.	Levels	This refers to when a gymnast is creating movements and balances that are performed using different heights either on the floor or on apparatus.	Tactics	Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.
Batting	Batting is the skill of hitting a ball with a bat into a space to score runs/points. The aim of the game for the batter (attacking team) is to score as many runs/points as possible.	Linking	Linking means successfully adding two movements together so that they flow one after the other.	Tag	Tag is the method applied by the defending team to stop the attackers from scoring.
Block	Block is a tactic designed to limit an opponent's ability to score	Listening	Listening is the ability to accurately receive and interpret messages from our team in the communication process.	Tagging (Rugby)	Tagging or Tag is the method applied by the defender teaming to stop the ball carrier running with the ball.

Bounce Pass	A bounce pass is a short pass that enables the player to find a teammate in a crowded area. The height of the ball makes it difficult for the opposition to reach and intercept.	Map	A map is a piece of paper that shows a representation of an area of land that uses symbols or signs to represent the various physical features e.g. trees and buildings.	Teamwork	Teamwork is the combined effort of a group to achieve a goal or complete a task in the most effective and efficient way.
Barrier (Cricket)	Bowling is the action of propelling the ball towards the wicket defended by a batter, with the intention of getting the batter out or preventing them from scoring runs.	Marking	Marking is when the attacking player has received the ball and you are making it difficult for them to pass the ball on by restricting their options.	Throwing	Throwing means using your arm/hand to propel a ball with force through the air to a specific target.
Barrier (Rounders)	Bowling is the action of propelling the ball towards the batter, with the intention of getting the batter out or preventing them from scoring a rounder.	Motif	Motif is a series of movements that are repeated.	Timing	Timing in dance, timing refers to moving to the beat of the music.
Bridge (Gymnastics)	A bridge is a structure that passes over a road, a river or other obstacle. In this unit we want to recreate the idea of a bridge using our bodies.	Navigate	Navigate means to find a way through a planned course often by using a map.	Transition	Transition is defined as the process of recognising and responding after losing or regaining possession.
Catching	Catching means receiving and holding the ball with our hands when the ball has been hit or thrown to	Non-verbal Communication	Non-verbal communication is a method of sending messages or signals	Triple Threat	The triple threat involves the attacking player in possession of the ball asking themselves; can I

	us. This includes holding onto a ball struck by a batter before it touches the ground.		without speaking. This includes actions such as making eye contact, using hand gestures or changing a body language or posture to communicate.		shoot, if not can I pass, if not can I dribble before making and applying a skill.
Change Over	A Change Over is where two athletes from the same team pass a baton between one another while running as fast as possible. Athletes cannot throw or drop the baton.	Offside	Offside occurs when a tag takes place. All players on the defending team, must step back towards their goal line. A defender must not intercept that first pass, unless they are in front of the attacker who was tagged. If a defender behind the tagged attacker incepts the first pass, this is know as offside.	Trust	Trust is the ability to have the confidence to believe in the actions of your partner or team.
Character	Character refers to the person, animal or fictional character that the pupil is portraying in their performance.	Orienteering	Orienteering is a sport that requires navigational skills using a map and/or a compass to navigate from various points.	Try	A try is a method of scoring points in rugby. A try is scored when the attacking player holding the ball, places the ball over the oppositions try line using two hands.
Chest Pass	A Chest Pass is thrown by gripping the ball on the sides with the thumbs directly behind the ball.	Out (Cricket and Rounders)	Out is a form of dismissal which occurs when the batters period of batting	Turning	Turning is used to describe the change of direction of the player who is in possession of

	When using a chest pass, the passer should direct the ball towards the receiver's hands at chest level.		is brought to an end by the opposing team.		the ball. A turn is a method used by an attacker to outwit and deceive a defender.
Choreography	Choreography is a set of sequence steps and movements that have been specifically designed for a dancer or group of dancers to perform.	Out of Bounds	Is the area outside of the course that is prohibited for pupils to enter. The area that is 'out of bounds' should be clearly marked out and identifiable on a map.	Verbal Communication	Verbal communication is a method of communicating using our voice. When communicating verbally it is important that our message is clear and precise so that our team members can understand.
Communication	Communication is the method of transferring information from one person or a group to another. Types of communication include verbal, nonverbal, written and visual.	Outwit	Outwit means using your intelligence to trick or outsmart your opponent or the other team.	Control	Control refers to pupils being able to move their bodies silently.
Pace	Pace is used to measure an athlete's speed. It is the amount of time it takes an athlete to cover a specific distance. It is important for long distance runners to pace themselves, if they go too fast too early, they will finish the race slower.	Creativity	Creativity refers to pupils using their imagination or original ideas when performing their dance actions	Penalty	A penalty kick is a method of restarting the game following an offence committed by the opposing side inside the penalty area

Defenders	We are considered a 'defender' when we are not in possession of the ball. The aim of the game for the defenders is to prevent the opposition from scoring	Pivot	A pivot is used to allow the attacker in possession of the ball the opportunity to change direction without committing an offence. One foot must remain on the ground known as the pivot foot. The attacker can step with their other foot, using their pivot foot to change direction.	Possession	Possession is when we have physical control of the ball. This could be as an individual or when working as part of a team. It is when we have 'possession' that we can create the opportunity to score.
Distance	Distance is defined as the length of space between two points. This might mean how far an athlete has to run, how far an athlete has thrown an object, or how far an athlete has jumped.	Dodge	Dodge is a method of moving quickly from one side to the other to avoid being hit by a ball, being tagged or tackled.	Power	Power is the intensity and speed that an object is thrown towards or how an athlete uses their body to increase the distance they jump.
Drag Back	A drag-back is a turn used in football. The attacker dribbling the ball, places their non kicking foot next to the ball and places their kicking foot on top of the ball, dragging the ball in the opposite direction to where they were going.	Problem Solving	Problem Solving means the ability to find a solution to overcome a challenge. An individual or a team needs to create then apply a strategy and tactics to solve a problem and achieve their goal.	Responsibility	Responsibility is when you take ownership for the things that you are supposed to do and accept the results or consequences of your actions.
Dribbling (Basketball)	Dribbling is a method of moving with the ball. The attacker in possession of the ball continuously	Rally	A rally is a series of returned hits of the ball that ends when either	Retrieving	Retrieving means returning the ball as quickly as possible to a bowler, fielder or

	bounces the ball on the floor in order to move around the court.		player fails to successfully return the ball.		wicketkeeper/backstop preventing the batters from scoring runs/points.
Dribbling (Football)	Dribbling is a method of moving with the ball. The attacker in possession of the ball continuously kicks the ball, keeping it close to them in order to move around the pitch.	Relay	A rally is a series of returned hits of the ball that ends when either player fails to successfully return the ball.	Rhythm	Rhythm is a repeated pattern of movements or sounds.
Ducking	Ducking is a method of defending to avoid being hit by a ball. It involves a defender lowering their body towards the floor, allowing the ball to travel over them.	End	End is a passage of play that features six balls per pupils, pair or team.	Rolling	Rolling is a method of sending the ball along the floor. A ball can be rolled using our hands or a ramp towards a target.
Emotion	Emotion refers to the feelings a dancer's character is feeling depending on their circumstances, mood, or relationships with others	Excellent Dancers	Excellent dancers interpret the music, perform with good timing and musicality, show expression and creativity and are able to choreograph.	Rounder	Is the method of scoring used in rounders. If the batter successfully runs around the outside of the bases and reaches the 4th base before the ball, the batting team scores one rounder.
Excellent Gymnasts	'Excellent' refers to when pupils are being silent, extending their fingers and toes and when they make a shape/ balance are able	Expression	Expression refers to the actions a dancer uses to make their characters thoughts or feelings known.	Route	A route is a particular course taken when moving from point A to point B.

	to hold it still for at least four seconds.				
Extension	Extension is when pupils are pointing (extending) their fingers and toes when moving or holding a balance.	Shooting	Shooting is when we throw/kick/hit the ball towards the goal in an attempt to score.		

Upper Key Stage 2

Accuracy	Accuracy is the ability to control where we throw, roll or kick a ball.	Distance	Distance is defined as the length of space between two points. This might mean how far an athlete has to run, how far an athlete has thrown an object, or how far an athlete has jumped.	Levels	Levels refers to when a gymnast is creating movements and balances that are performed using different heights either on the floor or on apparatus.
Adapt	Adapt is the ability to change or modify something depending on the situation. An individual or team may need to adapt their tactics to help them achieve their goal.	Dodge	Dodge is a method of moving quickly from one side to the other to avoid being hit by a ball, being tagged or tackled.	Listening	Listening is the ability to accurately receive and interpret messages from our team in the communication process
Advantage	Advantage is applied when an infringement occurs. Instead of stopping the game the referee can apply an 'advantage' to	Double Dribble (Basketball)	A double dribble occurs when the attacker in possession dribbles the ball with two hands simultaneously or begins	Loop Pass	Loop Pass is a pass used in tag rugby where the ball carrier runs in a straight line and after making a normal pass to

	the non-offending if they have/gain possession and create an attack.		to dribble again after stopping. When an attacker commits a double dribble offence possession changes.		a supporting player, then runs behind the supporting player to receive a pass from them.
Aiming	Aiming is the ability to use our bodies to direct a ball towards a target.	Doubles	Doubles is a match played by four players, two on either side of the court.	Man-to-Man Marking	Man-to-Man Marking is a defensive tactic used where each player is assigned to defend and follow the movements of a particular player on the opposite team.
Attack	The aim of the game for the attackers is to score a goal. When a team are in possession of the ball they need to work together and apply their understanding of passing, moving and dribbling to create a shooting opportunity.	Eliminated	Eliminated is when a pupil is out of the game and waits on the side to re enter. An elimination generally occurs when a player is hit with the ball, they enter the other team's half of the court or their opponent catches the ball that they have thrown.	Marking	Marking is when the attacking player has received the ball and you are making it difficult for them to pass the ball on by restricting their options.
Back/End Line (Dodgeball)	Is the boundary line at the back of the court. At the beginning of the game players from both teams start on their back/end line and on the referee's command run to the centre line to collect a ball.	Emotion	Emotion refers to the feelings a dancer's character is feeling depending on their circumstances, mood, or relationships with others.	Matching	Matching is where pupils perform exactly the same movements at the same time

Backcourt Violation	In Basketball, a foul is called when the team in possession of the ball cross into the oppositions half of the court and then, pass or dribble the ball back into their half of the court. When a team commits a backcourt violation possession changes.	Equipment (STEP Principle)	The necessary items that are used to play a game or activity.	Mirroring	Mirroring is where pupils perform their movements creating a mirror image of each other.
Backhand (Tennis)	A backhand is a shot in which you hit the ball with your arm across your body and the back of your hand facing the ball.	Evaluation	Evaluation is how an athlete can review their own or teams' performance. They can make judgements on their own or teams' strengths and weaknesses in order to improve their own or teams performances.	Miss Pass	Miss Pass is a pass used in tag rugby where the attacker receiving the ball, receives a pass from the ball carrier that has missed out another attacker.
Backstop (Rounders)	The backstop is a fielder who stands a safe distance behind the batting square, opposite the bowler ready to catch and stop the ball.	Events	The different track and field activities in athletics are known as events. Track are running events and field are throwing and jumping events.	Motif	Motif is a series of movements that are repeated.
Batting/Bowling Square (Rounders)	The batting square is a marked out area that the batter stands in when striking the ball. The bowling square is opposite the batting square in the	Excellent Dancers	Excellent dancers interpret the music, perform with good timing and musicality, show expression and creativity	Motivation	Motivation refers to the positive actions and behaviours an individual uses to help drive themselves, their partner

	middle of the pitch. This is where the bowler stands when bowling the ball.		and are able to choreograph.		or their team towards a goal.
Block	Block is a tactic designed to limit an opponent's ability to score..	Excellent Gymnasts	'Excellent' refers to when pupils are being silent, extending their fingers and toes and when they make a shape/ balance are able to hold it still for at least four seconds.	No Ball (Cricket)	A no ball is an unfair delivery bowled by the bowler that is either; dangerous, the ball is bowled above waist height or the ball bounces more than once when it is bowled.
Blocking (Dodgeball)	When in possession of a ball, a player can hold their ball and use it to deflect a ball that is thrown towards them to avoid being hit.	Expression	Expression refers to the actions a dancer uses to make their characters thoughts or feelings known.	No Ball (Rounders)	A no ball is an unfair delivery bowled by the bowler that is either; dangerous, the ball is bowled above the batters head and below the knee or if the ball bounces before the batter.
Bounce Pass	A bounce pass is a short pass that enables the player to find a teammate in a crowded area. The height of the ball makes it difficult for the opposition to reach and intercept.	False Start	A false start is where an athlete begins a running race before they are permitted to do so.	Offside (Tag Rugby)	Offside occurs when a tag takes place. All players on the defending team, must step back towards their goal line. A defender must not intercept that first pass, unless they are in front of the attacker who was tagged. If a defender behind the tagged attacker intercepts the first

					pass, this is know as offside.
Bowling (Cricket)	Bowling is the action of propelling the ball towards the wicket defended by a batter, with the intention of getting the batter out or preventing them from scoring runs.	Fitness	Physical fitness is a state of health and well-being that means you are able to take part in all your normal daily activities, including sport, with ease.	Orienteering	Orienteering is a sport that requires navigational skills using a map and/or a compass to navigate from various points.
Bye (Cricket)	A bye is a run scored by the batting team when the ball is missed by the wicket keeper and has not been hit by the batter.	Fitness Test	A fitness test will evaluate your overall health and physical status. The test marks the starting point for designing an appropriate exercise programme.	Out	Out is a form of dismissal which occurs when the batters period of batting is brought to an end by the opposing team.
Canon	Canon is where pupils perform the same movement one after the other.	Flexibility	Flexibility is the elasticity of muscles when stretching and the ability to move joints through a full range of motion.	Outfielder	An outfielder is a player on the fielding team, not on a base or the backstop. An outfielder is responsible for catching and returning the ball to a base to prevent the batter from scoring a rounder.
Cardiovascular System	The cardiovascular system is responsible for transporting oxygen and nutrients around our bodies	Flow (Dance)	Flow is when a dancer moves from one action to another smoothly and without stopping.	Outwit	Outwit means using your intelligence to trick or out smart your opponent to win a point.

Centre Line	Is the line marked across the court at exactly halfway between the back lines. Players are eliminated if they cross the centre line.	Flow (Gymnastics)	This is when a gymnast moves from one action to another without stopping.	Over	An over consists of six consecutive legal deliveries (wide balls and no-balls do not count) bowled from one end by a bowler
Change Over	A Change Over is where two athletes from the same team pass a baton between one another while running as fast as possible.	Forehand (Tennis)	Forehand (Tennis) A forehand is a shot in which the palm of your hand faces the direction in which you are hitting the ball.	People	People refers to the pupils taking part in an activity or game.
Character	Character refers to the person, animal or fictional character that the pupil is portraying in their performance.	Formation	A formation describes how the attackers and defenders position themselves on the pitch.	Personal Best	A personal best is an individual or team's best performance in a given event
Choreography	Choreography is a set of sequence steps and movements that have been specifically designed for a dancer or group of dancers to perform.	Four Runs	The batter scores four runs if the ball crosses the boundary having touched the ground within the playing area first.	Possession	Possession is when we have physical control of the ball or other implement of play. This could be when working individually or as part of a team. It is when we have 'possession' that we can create the opportunity to score.
Circuit Training	Circuit training is a combination of six or more exercises performed with short rest periods between	Goal Side	Goal Side is a defensive tactic used when a defender marks an opponent. This is where	Power (with a ball)	Power is the intensity and speed that a ball is rolled, pushed, thrown or kicked.

	them for either a set number of repetitions or a prescribed amount of time.		the defender positions themselves between the attacker and the goal, increasing the defenders chances of preventing an attack.		
Communication	Communication is the method of transferring information from one person or a group to another. Types of communication include verbal, nonverbal, written and visual.	High Press	A high press is a tactic applied by the defending team that defends high up the court and inside the opposition's half in an attempt to regain possession quickly.	Pressure	Pressure is the term used to immediately try to gain possession of the ball back. Rather than leaving the ball alone, teams or an individual can apply pressure in an attempt to regain possession.
Compositional	Compositional means the ability to create a dance performance in relation to a poem or piece of music.	Improvisation	Improvisation means the ability to perform a dance sequence or movement to a particular piece of music or drama, spontaneously or without preparation.	Rebound	A rebound occurs when an attacking player has a shot, misses and the ball hits the backboard or hoop. A rebound allows players from the attacking or defending team to make an attempt to regain possession.
Control Point	A control point is a marked waypoint used in orienteering. Control points are marked both on a map and on the ground.	Interconnecting	Interconnecting movements are movements that involve one pupil moving over, under, around another pupil or movements that involve two pupils	Recover	Recover means returning to a position on the court, usually in the middle of the court on the baseline, ready to

			connected to each other.		receive a shot from your opponent.
Cooperation	Cooperation is another word used to define teamwork, meaning to work together to achieve a goal or complete a task.	Interesting	Interesting means pupils are thinking and being creative. This includes adding different levels and different connection points to their balances and/or movements	Referee	Referee is an official who watches the game and enforces the rules. The referee is responsible for making sure that the game is played fairly. The referee will resolve any disagreements and their decision is final and should be respected.
Counter Attack	A counter attack is a tactic employed by the team gaining possession who immediately attack after regaining the ball from defending the opponent's attack.	Knock On (Tag Rugby)	Knock On is an offence committed by the attacking team when the ball carrier or an attacker receiving a pass 'drops' the ball forwards towards their opponents try line.	Responsibility	Responsibility is when you take ownership for the things that you are supposed to do and accept the results or consequences of your actions.
Counter Balance	A counter balance is a pushing balance. Counter Tension A counter tension is a pulling balance	Lap	Lap is one full completed circuit of a track in a running race.	Retrievers (Dodgeball)	Retrievers are designated players that are allowed to retrieve balls that go out of play. Active players are not allowed to go out of bounds during a game.
Creativity	Creativity refers to pupils using their imagination or original ideas when performing their dance actions.	Leadership	Leadership is the ability to guide members of your team towards achieving your goal.	Return	Return means successfully hitting a shuttlecock back over the net, landing it in, on

					your opponent's side of the court.
Defender	We are considered a 'defender' when we are not in possession of the ball. The aim of the game for the defenders is to prevent the opposition from scoring.	Leg Bye	A leg bye is a run scored by the batting team when the ball hits the batters leg or body and not their bat.	Rhythm	Rhythm is a repeated pattern of movements or sounds.
Rolling	Rolling is a method of sending the ball along the floor. A ball can be rolled using our hands or a ramp towards a target.	Run Out (Cricket)	A run out occurs when a batter attempting a run, has not reached their ground when the stumps are successfully hit with the ball by the fielding team	Serve	Serve is the method of starting a game of tennis. A pupil serves from the baseline and the ball must be hit diagonally into the opponent's service box.
Shoulder Pass	The shoulder pass is a one handed pass that can be used to cover long and short distances. If a shoulder pass is fast and accurate it can be the most effective pass to use to outwit the opposition.	Strategy	Strategy is a planned set of actions that are used by a team or individual to achieve a long term goal. We plan a strategy and then use specific tactics to help us achieve our goal.	Task (STEP Principles)	Is the type of game or activity that pupils are taking part in.



Progression of Skills (Classes)




	Diamond Class
Autumn 1	<p>Locomotion: Walking and Jumping</p> <ul style="list-style-type: none">• Explore/develop walking• Explore walking in different pathways• Sustain walking• Explore marching• Apply walking into a game



	<ul style="list-style-type: none"> • Explore/develop jumping • Apply jumping into a game • Jumping for distance • Explore jumping high • Explore hopping
Vocabulary	Defender, Walking, Marching, Change of direction, Speed, Tag, Hopping, Speed, Landing, Space, Height, Distance, Jumping
Autumn 2	<p>Ball Skills Hands 1</p> <ul style="list-style-type: none"> • Explore pushing • Explore rolling • Explore bouncing • Explore bouncing into space • Combine pushing and rolling • Combine rolling, pushing and bouncing
Vocabulary	Space, Control, Defender, Bouncing, Rolling, Pushing
Spring 1	<p>Gymnastics: High, Low, Over, Under</p> <ul style="list-style-type: none"> • Introduction to high, low, over and under • Introduction to the apparatus • Applying high and low on apparatus • Explore moving and making shapes using different body parts • Explore moving in different directions • Explore big and small ways of moving and making shapes • Moving in pairs • Creating shapes in pairs
Vocabulary	Gymnastics champion, Shapes, High, Low, Over, Under, Apparatus, Transition
Spring 2	<p>Dance Nursery Rhymes</p> <ul style="list-style-type: none"> • Moving in sequence



	<ul style="list-style-type: none"> • Creating our own movements • Creating simple movement sequences • Responding in movement to words and music • Exploring contrasting tempos • Exploring character movements • Moving in sequence • Responding in movement to words and music • Moving with props and contrasting tempos • Creating their own movements • Exploring opposites • Moving with control • Adding movements together • Responding to rhythm in character • Adding expression to our characters' movements • Performing with a partner • Exploring relationship
Vocabulary	Champion Dancers, Beat, Moving, Control, Rhythm, Timing, Sequence, Expression, Tempo
Summer 1	<p>Swimming</p> <p>Planned, led and assessed by Cheshire East swimming instructors.</p> <p>&</p> <p>Ball Skills Feet</p> <ul style="list-style-type: none"> • Explore moving with a ball using our feet • Develop moving with a ball using our feet • Understand dribbling • Develop dribbling against an opponent
Vocabulary	Attacker, Defender, Space, Opponent, Dribbling, Control
Summer 2	<p>Swimming</p> <p>Planned, led and assessed by Cheshire East swimming instructors.</p>



	<p style="text-align: center;">& Games for Understanding</p> <ul style="list-style-type: none"> • Taking turns/keeping the score • Understanding and playing by the rules • Avoiding a defender • Preventing an attacker from scoring
Vocabulary	Attacker, Defender, Space, Rules, Tagging or Tag, Sharing

	Emerald Class	
Autumn 1	<p style="text-align: center;">Ball Skills Hands 1</p> <ul style="list-style-type: none"> • Introduce sending (bouncing) with control • Introduce aiming with accuracy • Introduce power and speed when sending a ball 	<p style="text-align: center;">Ball Skills Hands 2</p> <ul style="list-style-type: none"> • Introduce throwing with accuracy • Apply throwing with accuracy in a team • Introduce stopping a ball • Develop sending (rolling) skills to score a point


	<ul style="list-style-type: none"> • Introduce/develop stopping, combining sending skills • Combine sending and receiving skills  <ul style="list-style-type: none"> • Catch a ball with one hand. • Clap, or turn before catching a ball. • Bounce using 1 hand • Bounce the ball to a partner with accuracy. 	<ul style="list-style-type: none"> • Consolidate sending and stopping to win a game  <ul style="list-style-type: none"> • Roll a ball or a quoit along a line to a target with speed and control • Use an extended arm overarm throw • Use a sideways quoit throw • Throw a ball at, or over a target
Vocabulary	Attacker, Defender, Space, Dribbling, Passing, Control	Control, Accuracy, Aiming, Distance, Power, Throwing, Catching, Rolling, Stopping
Autumn 2	<p>Games for Understanding</p> <ul style="list-style-type: none"> • Understanding the principles of attack/defence • Applying attacking/ defending principles into a game • Consolidate attacking/defending  <ul style="list-style-type: none"> • Select the most appropriate way of travelling for the context of the game • Keep good control of a ball while travelling with it. • Pass the ball quickly and accurately to another player 	<p>Gymnastics</p> <ul style="list-style-type: none"> • Introduction to wide, narrow and curled • Exploring the difference between wide, narrow and curled • Transitioning between wide, narrow and curled movements • Linking two movements together • Introduction to big/ small body parts • Combining big and small with wide, narrow and curled • Transition between wide narrow and curled using big and small body parts • Adding (linking) movements together


	<ul style="list-style-type: none"> • Make quick decisions about which player to pass to. 	
Vocabulary	Attacker, Defender, Space, Tactics, Team	Champion Gymnastics, Wide, Narrow, Curled, Transition, Interesting, Linking
Spring 1	<p>Ball Skills Feet</p> <ul style="list-style-type: none"> • Develop moving the ball using the feet • Apply dribbling into games • Consolidate dribbling • Explore kicking (passing) • Apply kicking (passing) to score a point  <ul style="list-style-type: none"> • Use different parts of the foot to control and move with the ball • Propel the ball forwards using a simple technique 	<p>Dance</p> <ul style="list-style-type: none"> • Responding to a rhythm: Introducing partner work • Responding to rhythm • Introduction to motifs • Creating motifs • Creating movement sequences • Relationships and performance • Performing movements in sequence • Creating movements that represent superpowers • Creating movements that represent a superhero rescuing/saving, someone/something • Exploring character movements  <ul style="list-style-type: none"> • Move at high, medium and low levels • Move at fast, slow and intermediate speeds. • Reverse their pathway • Improvise different ideas



		<ul style="list-style-type: none"> Lead a group in movement in response to stimuli <p>Move smoothly between basic actions and movement patterns.</p>
Vocabulary	Attacker, Defender, Space, Dribbling, Passing, Control	Champion Dancer, Beat, Moving, Control, Rhythm, Timing, Sequence, Opposite
Spring 2	<p>Locomotion: Running</p> <ul style="list-style-type: none"> Explore running Apply running into a game Explore running at different speeds Running for speed: Acceleration Explore running in a team Consolidate running, apply running into a game  <ul style="list-style-type: none"> Run at different speeds selecting the appropriate speed for that activity Move along a wide range of pathways at different speeds and will be able to think of their own pathways 	<p>Rackets, Bats and Ball Skills</p> <ul style="list-style-type: none"> Develop pushing (dribbling) a ball with a racket: Introducing control Explore hitting and develop pushing a ball (with a racket) towards a target Explore hitting a ball (with a racket) with accuracy and power  <ul style="list-style-type: none"> Pass the ball quickly and accurately to another player <p>Make quick decisions about which player to pass to.</p>
Vocabulary	Attacker, Defender, Space, Speed, Acceleration, Tagging or Tag	Attacker, Defender, Space, Dribbling, Passing, Control
Summer 1	Swimming	<p>Locomotion: Jumping</p> <ul style="list-style-type: none"> Recap jumping Develop jumping





	Planned, led and assessed by Cheshire East swimming instructors.	<ul style="list-style-type: none"> • Explore how jumping affects our bodies • Explore skipping • Apply skipping and jumping into a game  <ul style="list-style-type: none"> • Use the correct technique for jumping for height and distance improving their performance • Jump from a standing position with accuracy and control • Land safely with control and technique • Create and improve a sequence of jumps ,acting on feedback.
Vocabulary		Attacker, Defender, Space, Speed, Acceleration, Tagging or Tag
Summer 2	Swimming Planned, led and assessed by Cheshire East swimming instructors.	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> • Introduce and explore agility • Introduce and explore balance • Introduce and explore coordination: Bouncing, rolling and throwing  <p>Move with agility and speed and apply it effectively in game play.</p>
Vocabulary		Attacker, Defender, Agility, Balance, Coordination, Dribbling, Warm Up


Sound and District Primary School


	Ruby Class	
Autumn 1	<p>Ball Skills Hands 1</p> <ul style="list-style-type: none"> • Develop dribbling/ passing and receiving • Combine dribbling, passing and receiving, keeping possession • Develop dribbling/passing and receiving to score a point • Combine dribbling, passing and receiving to score a point  <ul style="list-style-type: none"> • Stop a rolling ball or quoit with one hand • Step forward as they catch a quoit/ball sideways <p>Catch an oval ball</p>	<p>Gymnastics</p> <ul style="list-style-type: none"> • Developing linking • Linking on apparatus • Jump, roll, balance sequences/on apparatus • Creation of sequences • Completion of sequences and performance • Explore/develop zigzag pathways/on apparatus • Explore/develop curved pathways/on apparatus • Creation of pathway sequences • Completion of pathways sequences and performance
Vocabulary	Attacker, Defender, Opponent, Team, Dribbling, Chest Pass	Champion Gymnast, Linking, Flow, Transition, Jump, Roll, Sequence, Shapes, Big, Small, High, Low, Apparatus, Transition
Autumn 2	<p>Gymnastics</p> <ul style="list-style-type: none"> • Developing linking • Linking on apparatus 	<p>Games for Understanding</p> <ul style="list-style-type: none"> • Attacking/defending as a team



	<ul style="list-style-type: none"> • Jump, roll, balance sequences/on apparatus • Creation of sequences • Completion of sequences and performance • Explore/develop zigzag pathways/on apparatus • Explore/develop curved pathways/on apparatus • Creation of pathway sequences • Completion of pathways sequences and performance 	<ul style="list-style-type: none"> • Understanding the transition between defence and attack • Create and apply attacking/ defensive tactics  <ul style="list-style-type: none"> • Explain the terms attacking and defending • Using different techniques and demonstrate the best pass to make in a game. • Confidently use throwing, catching, kicking skills in a game with control and accuracy • Consistently apply a range of attacking and defending skills in a game successfully. • Follow more complex rules in games and explain the importance of having them • Work effectively as part of a team.
Vocabulary	Champion Gymnast, Linking, Flow, Transition, Jump, Roll, Sequence, Shapes, Big, Small, High, Low, Apparatus, Transition	Attacker, Defender, Space, Tactics, Transition, Team
Spring 1	<p>Ball Skills Feet</p> <ul style="list-style-type: none"> • Develop dribbling/ passing/receiving, keeping possession 	<p>Dance</p> <ul style="list-style-type: none"> • Responding to stimuli • Developing our motif with expression and emotion


	<ul style="list-style-type: none"> • Combine dribbling, passing and receiving, keeping possession/to score a point • Apply dribbling, passing and receiving as a team to score a point  <ul style="list-style-type: none"> • Kick a ball along a line to a target with speed and control • Use a simple (toe poke) and more complete (side of foot) technique to kick the ball • Kick a ball at, or into a target with increasing consistency 	<ul style="list-style-type: none"> • Applying choreography in our motifs • Extending our motifs • Sequences, relationships and performance • Responding to stimuli • Developing whole group movement • Improvisation and physical descriptions • Creating contrasting movement sequences • Sequences, relationships and performance <p>Exploring expression</p> <ul style="list-style-type: none"> • Linking movements together • Creating a motif with characterisation, expression and emotion • Extending our motifs with different dynamics (fast and slow)  <ul style="list-style-type: none"> • Give detailed evaluation of their own performance • Suggest how their group might adapt their movements • Clearly explain the structure of a whole dance and perform it confidently.
Vocabulary	Attacker, Defender, Possession, Space, Dribbling, Passing	Champion Dancer, Control, Rhythm, Expression, Emotion, Stimulus, Flow, Timing
Spring 2	<p>Locomotion: Dodging</p> <ul style="list-style-type: none"> • Explore dodging • Develop dodging 	<p>Rackets, Bats and Ball Skills</p> <ul style="list-style-type: none"> • Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent

	<ul style="list-style-type: none"> • Apply dodging: Explore attacking and defending • Apply dodging in teams  <p>Begin to apply these skills in games successfully, including dodging and marking.</p>	<ul style="list-style-type: none"> • Introduce hitting (sending/striking) a ball into a space: Where and why? • Striking the ball (with a bat) into space with intent  <ul style="list-style-type: none"> • Hit and Catch a ball with a partner using different techniques and demonstrate the best pass to make in a game. • Pass a ball in different ways over a range of distances, demonstrating control and accuracy • Confidently use striking/sending skills in a game with control and accuracy.
Vocabulary	Attacker, Defender, Space, Dodge, Tagging or Tag	Attacker, Defender, Opponent, Accuracy, Power, Batting, Fielding
Summer 1	<p>Ball Skills Hands 2</p> <ul style="list-style-type: none"> • Consolidate pupil's application and understanding of underarm throwing • Applying the underarm and overarm throw to win a game • Applying the underarm throw to beat an opponent  <ul style="list-style-type: none"> • Step forward into an opposition overarm throw 	<p>Locomotion: Jumping</p> <ul style="list-style-type: none"> • Consolidate jumping • Apply jumping into a game • Linking jumping • Explore jumping combinations • Develop jumping combinations  <ul style="list-style-type: none"> • Use the correct technique for jumping for height and distance improving their performance

	Throw an oval ball	<ul style="list-style-type: none"> • Jump from a standing position with accuracy and control • Land safely with control and technique • Create and improve a sequence of jumps, acting on feedback.
Vocabulary	Attacker, Defender, Batting, Fielder, Space, Throwing, Catching	Jumping, Distance, Space, Attacker, Defender, Speed, Landing
Summer 2	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> • Consolidate agility • Consolidate balancing: Explore balancing on apparatus • Introduce and explore coordination: Dribbling and kicking 	<p>Team Building</p> <ul style="list-style-type: none"> • Introducing teamwork • Develop teamwork • Building trust and developing communication • Cooperation and communication • Explore simple strategies • Problem solving: Consolidate teamwork  <ul style="list-style-type: none"> • Work well as part of a team. • Identify and begin to use simple tactics to help themselves and their team keep possession of the ball
Vocabulary	Attacker, Defender, Agility, Balance, Coordination, Dribbling, Warm-up	Teamwork, Inclusion, Communication, Cooperation, Strategy, Courage, Motivation

	Opal Class	
Autumn 1	<p>Invasion: Netball</p> <p>Year 3</p> <ul style="list-style-type: none"> • Introduce passing, receiving and creating space • Develop/combine passing and moving • Combine/develop passing and shooting <p></p> <ul style="list-style-type: none"> • Know when to pass with the ball and use a variety of techniques with control and accuracy. • Read the game to be able to intercept effectively <p>Year 4</p> <ul style="list-style-type: none"> • Refine passing and receiving • Develop passing and dribbling creating space • Develop passing, moving and shooting 	<p>Swimming</p> <p>Planned, led and assessed by Cheshire East swimming instructors.</p>

	<ul style="list-style-type: none"> • Refine passing and shooting • Develop footwork  <ul style="list-style-type: none"> • Feint and dodge, using good footwork and the correct body position and apply the skill effectively in a game situation • Move with agility and speed and apply it effectively in a game situation. 	
Vocabulary	<p>Year 3: Attacker, Defender, Possession, Chest Pass, Footwork</p> <p>Year 4: Attacker, Defender, Possession, Chest Pass, Footwork</p>	
Autumn 2	<p>Swimming</p> <p>Planned, led and assessed by Cheshire East swimming instructors.</p>	<p>Invasion: Football</p> <p>Year 3</p> <ul style="list-style-type: none"> • Introduce/develop dribbling keeping control • Introduce passing and receiving • Combine dribbling and passing to create space • Develop passing, receiving and dribbling  <ul style="list-style-type: none"> • Know when to pass or dribble with the ball and use a variety of techniques with control and accuracy. • Use space effectively and intentionally

		<p>Year 4</p> <ul style="list-style-type: none"> • Refine dribbling Turning • Refine passing and receiving • Develop passing and dribbling creating space • Introduce shooting  <ul style="list-style-type: none"> • Confidently dribble with the ball using a range of techniques demonstrating control, fluency and speed. • Look up and change speed and direction whilst keeping good control of the ball.
Vocabulary		<p>Year 3: Attacker, Defender, Space, Possession, Free Kick, Penalty</p> <p>Year 4: Attacker, Defender, Transition, Turning, Drag Back, Goalkeeper</p>
Spring 1	<p>Dance</p> <p>Year 3</p> <ul style="list-style-type: none"> • Responding to stimuli • Developing character dance into a motif • Developing sequences with a partner in character that show relationships 	<p>Invasion: Dodgeball</p> <p>Year 3:</p> <ul style="list-style-type: none"> • Developing changing direction • Introduce throwing with accuracy • Introduce catching

- Extending sequences with a partner in character



- Develop dance motifs by adapting original ideas to vary the levels methods of travel, speed, repeating movements and experimenting with different dynamics
- Take responsibility of their own skill progressions by suggesting ways to make activities more challenging.

Year 4

- Performing with technical control and rhythm in a group
- Creating rhythmic patterns using the body
- Experiencing dance from a different culture
- Chorographical elements including still imagery



- Incorporate a range of dance techniques into a dance motif.
- Develop dance motifs by adapting original ideas to vary the levels methods of travel,

- Develop moving, changing direction at speed





- Develop throwing with accuracy and power over an increased distance
- Develop catching
- Combine dodging, catching and throwing



Year 4:

- Introduce jumping and ducking
- Develop throwing with accuracy and power over an increased distance
- Develop catching
- Consolidate dodging, jumping and ducking



- Consolidate catching
- Understand where we throw and why we need to throw with accuracy and power
- Explore basic attacking and defending tactics

	<p>speed, repeating movements and experimenting with different dynamics</p> <ul style="list-style-type: none"> Take responsibility of their own skill progressions by suggesting ways to make activities more challenging. 	
Vocabulary	<p>Year 3: Excellent Dancers, Expression, Creativity, Emotion, Motif, Interconnecting, Character</p> <p>Year 4: Excellent Dancers, Expression, Creativity, Emotion, Motif, Interconnecting, Character, Rhythm, Timing, Stage Presence</p>	<p>Year 3: Attacker, Defender, Possession, Dodge, Throwing, Catching</p> <p>Year 4: Attacker, Defender, Dodge, Ducking, Jumping Aiming</p>
Spring 2	<p>Tag Rugby</p> <p>Year 3</p> <ul style="list-style-type: none"> Introduce moving with the ball, passing and receiving Introduce tagging Create space when attacking Develop passing and moving Combine passing/moving to create attacking opportunities  <ul style="list-style-type: none"> Read the game to be able to intercept effectively Use space effectively and intentionally 	<p>OAA</p> <p>Year 3</p> <ul style="list-style-type: none"> Creating and applying simple tactics Developing leadership Developing communication as a team / collaborate effectively as a team Create defending and attacking tactics as a team  <ul style="list-style-type: none"> Demonstrate excellent teamwork skills and be instrumental in helping their team to achieve the goals Verbally communicate ideas clearly and concisely, show excellent listening skills

	<p>Year 4</p> <ul style="list-style-type: none"> • Develop passing, moving and creating space • Apply learning to 3v3 mini games • Develop defending in game situations • Combine passing and moving to create an attack and score  <ul style="list-style-type: none"> • Move with agility and speed and apply it effectively in a game situation. • Read the game to make interceptions. 	<p>and communicate skilfully using non-verbal methods</p> <ul style="list-style-type: none"> • Help others identify a problem suggesting a range of possible solutions and appropriate plan of action and be instrumental in successfully solving it. <p>Year 4</p> <ul style="list-style-type: none"> • Focus on cooperation and responsibility • Develop communication and collaboration • Understand why motivating each other is important when working in a team  <ul style="list-style-type: none"> • Be able to bring the correct equipment for the activity. • Show leadership skills with growing confidence • Demonstrate excellent teamwork skills and be instrumental in helping their team to achieve the goals
<p>Vocabulary</p>	<p>Year 3: Attacker, Defender, Possession, Dodge, Try, Tagging or Tag</p> <p>Year 4: Space, Attacker, Defender, Forward Pass, Offside</p>	<p>Year 3: Navigate, Teamwork, Strategy, Tactics, Communication, Orienteering, Symbol</p> <p>Year 4: Navigate, Teamwork, Strategy, Tactics, Map, Route, Out of Bounds</p>

Summer 1

Striking & Fielding Rounders

Year 3

- Introduce to rounders
- Introduce overarm throwing
- Apply overarm and underarm throwing
- Introduce stopping the ball
- Application of stopping the ball in a game



- Pass, receive and travel with a ball with some control and accuracy
- Work effectively as part of a team.

Year 4

- Develop fielding bowling with a backstop
- Introduce batting; how
- Develop batting; where and why
- Introduce and apply basic fielding tactics



- Move with agility and speed and apply it effectively in a game situation.

Pass the ball with control and accuracy over a range of distances.

Athletics

Year 3

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


Year 4

- Develop running at speed
- Exploring our stride pattern
- Exploring running at pace
- Understand and apply tactics when running for distance
- Introduce the Javelin
 - Standing Triple Jump

Vocabulary	Year 3: Batting, Fielder, Throwing, Base/Posts, Rounder, The Long Barrier Year 4: Batting, Tactics, Bowling, Catching, Backstop, ½ Rounder	Year 3: Tactics, Speed, Acceleration, Distance, Accuracy, Relay, Change Over Year 4: Tactics, Speed, Distance, Pace, Power, Stride Pattern
Summer 2	<p style="text-align: center;">Striking & Fielding Cricket</p> <p>Year 3</p> <ul style="list-style-type: none"> • Understand the concept of batting and fielding • Introduce throwing overarm • Introduce throwing underarm • Introduce catching • Striking with intent <div data-bbox="562 775 716 826"> </div> <ul style="list-style-type: none"> • Use space effectively and intentionally • Work effectively as part of a team. <p>Year 4</p> <ul style="list-style-type: none"> • Develop an understanding of batting and fielding • Introduce bowling underarm • Develop stopping and returning the ball • Develop retrieving and returning the ball • Striking the ball at different angles and speeds <div data-bbox="562 1337 716 1388"> </div> <ul style="list-style-type: none"> • Demonstrate excellent teamwork and sportsmanship 	

	<ul style="list-style-type: none"> Evaluate their own and other performance
Vocabulary	<p>Year 3: Throwing, Catching, Outwit, Strike, Batting, Fielder, Out</p> <p>Year 4: Retrieving, Bowling, Strike, Batting, Fielder, The Long Barrier</p>

	Topaz Class	
Autumn 1	<p>Invasion: Netball</p> <p>Year 4</p> <ul style="list-style-type: none"> Refine passing and receiving 	Swimming

	<ul style="list-style-type: none"> • Develop passing and dribbling creating space • Develop passing, moving and shooting • Refine passing and shooting • Develop footwork  <ul style="list-style-type: none"> • Feint and dodge, using good footwork and the correct body position and apply the skill effectively in a game situation • Move with agility and speed and apply it effectively in a game situation. <p>Year 5</p> <ul style="list-style-type: none"> • Refine passing and receiving • Apply passing, footwork and shooting into mini games • Introduce officiating • Introduce defending • Explore the function of other passing styles 	Planned, led and assessed by Cheshire East swimming instructors.
Vocabulary	<p>Year 4: Attacker, Defender, Possession, Chest Pass, Footwork</p> <p>Year 5: Tactics, Transition, Possession, Marking, Shoulder Pass, Bounce Pass</p>	
Autumn 2	<p>Invasion: Football</p> <p>Year 4</p> <ul style="list-style-type: none"> • Refine dribbling 	<p>Swimming</p> <p>Planned, led and assessed by Cheshire East swimming instructors.</p>

- Turning
- Refine passing and receiving
- Develop passing and dribbling creating space Introduce shooting





- Confidently dribble with the ball using a range of techniques demonstrating control, fluency and speed.
- Look up and change speed and direction whilst keeping good control of the ball.



Year 5

- Refine dribbling and passing to maintain possession
- Introduce and develop defending
Develop shooting
- Refine attacking skills, passing, dribbling and shooting, introduce officiating



- Use space effectively and intentionally to keep possession of the ball
- Select and apply a range of skills for attacking and defending consistently and with success over a range of invasion games

	Explain why they have used a particular skill and how it has impacted on the game	
Vocabulary	<p>Year 4: Attacker, Defender, Transition, Turning, Drag Back, Goalkeeper</p> <p>Year 5: Tactics, Marking, Pressure, Tackle, Shadowing, Tracking Back</p>	
Spring 1	<p>Dodgeball</p> <p>Year 4</p> <ul style="list-style-type: none"> • Introduce jumping and ducking • Develop throwing with accuracy and power over an increased distance • Develop catching • Consolidate dodging, jumping and ducking into games • Combine dodging, catching and throwing  <ul style="list-style-type: none"> • Demonstrate excellent teamwork and sportsmanship • Read the game to make interceptions. • Feint and dodge, using good footwork and the correct body position and apply the skill effectively in a game situation <p>Year 5</p> <ul style="list-style-type: none"> • Introduce blocking 	<p>Dance</p> <p>Year 4</p> <ul style="list-style-type: none"> • Performing with technical control and rhythm in a group • Creating rhythmic patterns using the body • Experiencing dance from a different culture • Chorographical elements including still imagery  <ul style="list-style-type: none"> • Incorporate a range of dance techniques into a dance motif. • Develop dance motifs by adapting original ideas to vary the levels methods of travel, speed, repeating movements and experimenting with different dynamics

	<ul style="list-style-type: none"> • Consolidate catching • Understand where we throw and why we need to throw with accuracy and power • Explore basic attacking and defending tactics  <ul style="list-style-type: none"> • Use space effectively and intentionally • Explain why they have used a particular skill and how it has impacted on the game 	<ul style="list-style-type: none"> • Take responsibility of their own skill progressions by suggesting ways to make activities more challenging. <p>Year 5</p> <ul style="list-style-type: none"> • Exploring a period in time (e.g. Greeks) using compositional principles • Extending sequences with a partner using compositional principles • Creating movement using improvisation where movement is reactive  <ul style="list-style-type: none"> • Incorporate a range of dance techniques to create a topic themed phrase. • Develop dance motifs by adapting original ideas to vary the levels methods of travel, speed, repeating movements and experimenting with different dynamics
Vocabulary	<p>Year 4: Attacker, Defender, Dodge, Ducking, Jumping, Aiming</p> <p>Year 5: Tactics, Transition, Accuracy, Power, Dodge, Blocking, Eliminated</p>	<p>Year 4: Excellent Dancer, Expression, Creativity, Emotion, Motif, Choreographer, Character</p> <p>Year 5: Excellent Dancer, Expression, Creativity, Emotion, Motif, Choreographer, Character, Unison</p>
Spring 2	Invasion: Tag Rugby	OAA

Year 4

- Develop passing, moving and creating space
- Apply learning to 3v3 mini games
- Develop defending in game situations
- Combine passing and moving to create an attack and score



- Move with agility and speed and apply it effectively in a game situation.
- Read the game to make interceptions.

Year 5

- Refine passing and moving to create attacking opportunities
- Explore different passes that can be used to outwit defenders
- Refine defending as a team
- Create and apply defending tactics.
- Develop officiating



- Use space effectively and intentionally to keep possession of the ball

Select and apply a range of skills for attacking and defending consistently and with success over a range of invasion games

Year 4

- Focus on cooperation and responsibility
- Develop communication and collaboration
- Understand why motivating each other is important when working in a team





- Be able to bring the correct equipment for the activity.
- Show leadership skills with growing confidence
- Demonstrate excellent teamwork skills and be instrumental in helping their team to achieve the goals



Year 5


- Introduce the concept and meaning of orienteering
- Introduce the concept of reading a map or a plan, being able to use a key correctly to help us navigate
- Orientate a map and locate points on the map in a set order








		<ul style="list-style-type: none"> Make informed judgements about their own and other performances and use this to improve the quality and variety of their own work using an increasingly wider range of subject vocabulary. <p>Record, view and evaluate their own performances independently</p>
Vocabulary	<p>Year 4: Space, Attacker, Defender, Forward Pass, Offside</p> <p>Year 5: Tactics, Transition, Outwit, Offside, Loop Pass, Miss Pass</p>	<p>Year 4: Navigate, Teamwork, Strategy, Tactics, Map, Route, Out of Bounds</p> <p>Year 5: Teamwork, Strategy, Tactics, Communication, Control Pass, Scale</p>
Summer 1	<p>Striking & Fielding: Rounders</p> <p>Year 4</p> <ul style="list-style-type: none"> Develop fielding bowling with a backstop Introduce batting; how Develop batting; where and why Introduce and apply basic fielding tactics  <ul style="list-style-type: none"> Move with agility and speed and apply it effectively in a game situation. Pass the ball with control and accuracy over a range of distances. 	<p>Athletics</p> <p>Year 4</p> <ul style="list-style-type: none"> Develop running at speed Exploring our stride pattern Exploring running at pace Understand and apply tactics when running for distance Introduce the Javelin Standing triple jump <p>Year 5</p> <ul style="list-style-type: none"> Finishing a race Evaluating our performance Sprinting: My personal best Relay changeovers Introduce the Shot Put



	<p>Year 5</p> <ul style="list-style-type: none"> • Develop fielding tactics maximising players • Understand what happens if the batter misses the ball • Refine fielding tactics, what players where? • Applying tactics in mini games  <ul style="list-style-type: none"> • Explain why they have used a particular skill and how it has impacted on the game • Apply skills and techniques with some consistency to more than one type of invasion game. 	<ul style="list-style-type: none"> • Introducing the hurdles
Vocabulary	<p>Year 4: Batting, Tactics, Bowling, Catching, Backstop, ½ Rounder</p> <p>Year 5: Tactics, Fielder, Bowling, Batting and Bowling Square, No Ball, Out</p>	<p>Year 4: Tactics, Speed, Distance, Pace, Power, Stride Pattern</p> <p>Year 5: Tactics, Speed, Distance, Evaluation, Change Over, Personal Best, Lap</p>
Summer 2	<p>Striking & Fielding Cricket</p> <p>Year 4</p> <ul style="list-style-type: none"> • Develop an understanding of batting and fielding • Introduce bowling underarm • Develop stopping and returning the ball • Develop retrieving and returning the ball 	<p>Gymnastics</p> <p>Year 4</p> <ul style="list-style-type: none"> • Introduction to bridges • Application of bridge learning onto apparatus • Develop sequences with bridges • Sequence formation

	<ul style="list-style-type: none"> Striking the ball at different angels and speeds  <ul style="list-style-type: none"> Demonstrate excellent teamwork and sportsmanship Evaluate their own and other performance <p>Year 5</p> <ul style="list-style-type: none"> Refine batting, understand and develop batting and bowling tactics Refine fielding stooping, catching and throwing Combine bowling and fielding creating and applying tactics Introduce umpiring and scoring  <ul style="list-style-type: none"> Explain the effect that using a particular skill or technique has had on their performance Apply skills and techniques with consistency 	<ul style="list-style-type: none"> Sequence completion <p>Year 5</p> <ul style="list-style-type: none"> Introduction to counter balance Application of counter balance learning onto apparatus Sequence formation Counter Tension Sequence completion
<p>Vocabulary</p>	<p>Year 4: Retrieving, Bowling, Strike, Batting, Fielder, The Long Barrier</p> <p>Year 5: Tactics, Bowling, Run Out, Wicket-Keeper, No Ball, Wide, Bye</p>	<p>Year 4: Excellent Gymnast, Extension, Control, Interesting, Bridge, Levels, Flow</p> <p>Year 5: Excellent Gymnast, Interesting, Flow, Levels, Counter Balance, Counter Tension, Unison, Canon</p>

	Onyx Class	
Autumn 1	Martial Arts <i>Planned, taught and assessed by an expert.</i>	Invasion: Netball <ul style="list-style-type: none"> • Consolidate keeping possession, develop officiating • Consolidate defending • Create, understand and apply attacking/defending tactics in game situations
		 <ul style="list-style-type: none"> • Show confidence when moving with the ball using the correct technique in at least two invasion games with increasing speed and control including changing direction • Choose the best pass to make in a game situation and execute it with accuracy and precision
Vocabulary		Year 6: Tactics, Transition, Umpire, Netball Positions, Marking

<p>Autumn 2</p>	<p>OAA</p> <ul style="list-style-type: none"> • Understanding what makes an effective leader • Communicating as a leader • Introduce and explore the STEP principle: Space, Equipment, Task and People  <p>View and appraise their own and other performances with confidence using range of appropriate language</p>	<p>Invasion: Football</p> <ul style="list-style-type: none"> • Consolidate keeping possession, develop officiating • Consolidate defending • Organise formations and manage teams • Organise formations decide tactics, manage teams and officiate games  <ul style="list-style-type: none"> • Link together different skills in a game consistently and effectively, such as passing the ball on the move. • Use space effectively and intentionally to help keep possession of the ball.
<p>Vocabulary</p>	<p>Year 6: Navigate, Teamwork, Strategy, Tactics, Leadership, Responsibility, Cooperation</p>	<p>Year 6: Tactics, Transition, Counter Attacker, Referee, Through Ball, Man to Man Marking</p>
<p>Spring 1</p>	<p>Invasion: Dodgeball</p> <ul style="list-style-type: none"> • Consolidate/understanding attacking and defending tactics • Transition between attack and defence • Applying the rules: Officiating games • Managing tactics and officiate games 	<p>Dance</p> <ul style="list-style-type: none"> • Performing with technical control and rhythm in a group • Creating rhythmic patterns using the body • Experiencing dance from a different culture • Chorographical elements including still imagery

	<ul style="list-style-type: none"> • Select and apply knowledge of skills and techniques for attacking and defending in a range of invasion games. • Thoroughly evaluate their own and others work suggesting thoughtful and appropriate improvements 	 <ul style="list-style-type: none"> • accordingly, to advice from others as to how to improve their performance. • Develop dance motifs by adapting original ideas to vary the levels methods of travel, speed, repeating movements and experimenting with different dynamics • Take responsibility of their own skill progressions by suggesting ways to make activities more challenging.
Vocabulary	Year 6: Tactics, Transition, Referee, Back/End Line, Centre Line, Retrievers	Year 6: Excellent Dancers, Expression, Creativity, Emotion, Prejudice, Discrimination, Choreographer, Motif
Spring 2	<p>Invasion: Tag Rugby</p> <ul style="list-style-type: none"> • Consolidate passing and moving • Consolidate defending • Create, understand and apply attacking/defending tactics in game situations • Consolidate attacking and defending in mini games  <ul style="list-style-type: none"> • Thoroughly evaluate their own and others work suggesting thoughtful and appropriate improvements • Link together different skills in a game consistently and effectively, such as passing the ball on the move. 	

Vocabulary	Year 6: Tactics, Transition, Offside, Formations, Knock On, Advantage	
Summer 1	<p>Striking & Fielding: Rounders</p> <ul style="list-style-type: none"> • Introduction to full rounders • Consolidate fielding tactics • Refine our understanding of what happens if the batter misses or hits the ball backwards • Batting considerations  <ul style="list-style-type: none"> • Link together different skills in a game consistently and effectively, such as passing the ball on the move. <p>Thoroughly evaluate their own and others work suggesting thoughtful and appropriate improvements</p>	<p>Gymnastics</p> <ul style="list-style-type: none"> • Introduction to matching/mirroring • Application of matching/mirroring learning • onto apparatus • Sequence development
Vocabulary	Year 6: Tactics, Fielder, Bowling, Run Out, Outfielder, Umpire,	Year 6: Excellent Gymnastics, Flow, Levels, Matching, Mirroring, Unison, Canon
Summer 2	<p>Gymnastics</p> <ul style="list-style-type: none"> • Introduction to matching/mirroring • Application of matching/mirroring learning • onto apparatus • Sequence development 	<p>Striking & Fielding Cricket</p> <ul style="list-style-type: none"> • Consolidate batting/fielding/bowling • Create, understand and apply attacking/defensive tactics in game 

		<ul style="list-style-type: none"> Choose the best pass to make in a game situation and execute it with accuracy and precision Thoroughly evaluate their own and others work suggesting thoughtful and appropriate improvements
Vocabulary	Year 6: Excellent Gymnastics, Flow, Levels, Matching, Mirroring, Unison, Canon	Year 6: Tactics, Umpire, Boundary, Four Runs, Six Runs, Over

Progression of Skills (Year Groups)

EYFS – Year 2

EYFS	Locomotion: Walking	Locomotion: Jumping
	<ul style="list-style-type: none"> Explore/develop walking Explore walking in different pathways Sustain walking Explore marching Apply walking into a game 	<ul style="list-style-type: none"> Explore/develop jumping Apply jumping into a game Jumping for distance Explore jumping high Explore hopping
Year 1	Locomotion: Running	<ul style="list-style-type: none"> Recap jumping Develop jumping Explore how jumping affects our bodies Explore skipping Apply skipping and jumping into a game
	<ul style="list-style-type: none"> Explore running Apply running into a game Explore running at different speeds Running for speed: Acceleration 	

	<ul style="list-style-type: none"> Explore running in a team Consolidate running, apply running into a game 	
Year 2	Locomotion: Dodging	<ul style="list-style-type: none"> Consolidate jumping Apply jumping into a game Linking jumping Explore jumping combinations Develop jumping combinations
	<ul style="list-style-type: none"> Explore dodging Develop dodging Apply dodging: Explore attacking and defending Apply dodging in teams 	

	Ball Skills Hands 1	Ball Skills Feet	Ball Skills Hands 2
EYFS	<ul style="list-style-type: none"> Explore pushing Explore rolling Explore bouncing Explore bouncing into space Combine pushing and rolling Combine rolling, pushing and bouncing 	<ul style="list-style-type: none"> Explore moving with a ball using our feet Develop moving with a ball using our feet Understand dribbling Develop dribbling against an opponent 	<ul style="list-style-type: none"> Explore throwing overarm Explore throwing underarm Explore rolling Explore stopping a ball Explore catching
Year 1	<ul style="list-style-type: none"> Introduce sending (bouncing) with control Introduce aiming with accuracy Introduce power and speed when sending a ball 	<ul style="list-style-type: none"> Develop moving the ball using the feet Apply dribbling into games Consolidate dribbling Explore kicking (passing) Apply kicking (passing) to score a point 	<ul style="list-style-type: none"> Introduce throwing with accuracy Apply throwing with accuracy in a team Introduce stopping a ball Develop sending (rolling) skills to score a point

	<ul style="list-style-type: none"> • Introduce/develop stopping, combining sending skills • Combine sending and receiving skills 		<ul style="list-style-type: none"> • Consolidate sending and stopping to win a game
Year 2	<ul style="list-style-type: none"> • Develop dribbling/ passing and receiving • Combine dribbling, passing and receiving, keeping possession • Develop dribbling/passing and receiving to score a point • Combine dribbling, passing and receiving to score a point 	<ul style="list-style-type: none"> • Develop dribbling/ passing/receiving, keeping possession • Combine dribbling, passing and receiving, keeping possession/to score a point • Apply dribbling, passing and receiving as a team to score a point 	<ul style="list-style-type: none"> • Consolidate pupils application and understanding of underarm throwing • Applying the underarm and overarm throw to win a game • Applying the underarm throw to beat an opponent

	Gymnastics	Dance
EYFS	<ul style="list-style-type: none"> • Introduction to high, low, over and under • Introduction to the apparatus • Applying high and low on apparatus • Explore moving and making shapes using different body parts • Explore moving in different directions • Explore big and small ways of moving and making shapes • Moving in pairs • Creating shapes in pairs 	<ul style="list-style-type: none"> • Moving in sequence • Creating our own movements • Creating simple movement sequences • Responding in movement to words and music • Exploring contrasting tempos • Exploring character movements • Moving in sequence • Responding in movement to words and music • Moving with props and contrasting tempos • Creating their own movements • Exploring opposites

		<ul style="list-style-type: none"> • Moving with control • Adding movements together • Responding to rhythm in character • Adding expression to our characters' movements • Performing with a partner • Exploring relationship
Year 1	<ul style="list-style-type: none"> • Introduction to wide, narrow and curled • Exploring the difference between wide, narrow and curled • Transitioning between wide, narrow and curled movements • Linking two movements together • Introduction to big/ small body parts • Combining big and small with wide, narrow and curled • Transition between wide narrow and curled using big and small body parts • Adding (linking) movements together 	<ul style="list-style-type: none"> • Exploring expression • Developing our movements, adding movements together • Responding to a rhythm: Introducing partner work • Creating sequence motifs • Exploring relationships within our motifs Responding to rhythm • Developing the growing plant 'dance' • Introduction to motifs • Creating motifs • Creating movement sequences • Relationships and performance • Performing movements in sequence • Creating movements that represent superpowers • Creating movements that represent a superhero rescuing/saving, someone/something • Exploring character movements
Year 2	<ul style="list-style-type: none"> • Developing linking • Linking on apparatus • Jump, roll, balance sequences/on apparatus • Creation of sequences • Completion of sequences and performance • Explore/develop zigzag pathways/on apparatus • Explore/develop curved pathways/on apparatus • Creation of pathway sequences 	<ul style="list-style-type: none"> • Responding to stimuli • Developing our motif with expression and emotion • Applying choreography in our motifs • Extending our motifs • Sequences, relationships and performance • Responding to stimuli • Developing whole group movement • Improvisation and physical descriptions • Creating contrasting movement sequences

	<ul style="list-style-type: none"> • Completion of pathways sequences and performance 	<ul style="list-style-type: none"> • Sequences, relationships and performance Exploring expression • Linking movements together • Creating a motif with characterisation, expression and emotion • Extending our motifs with different dynamics (fast and slow)
--	--	---

	Games for Understanding	Rackets, Bats and Balls
EYFS	<ul style="list-style-type: none"> • Taking turns/keeping the score • Understanding and playing by the rules • Avoiding a defender • Preventing an attacker from scoring 	<ul style="list-style-type: none"> • N/A
Year 1	<ul style="list-style-type: none"> • Understanding the principles of attack/defence • Applying attacking/ defending principles into a game • Consolidate attacking/defending 	<ul style="list-style-type: none"> • Develop pushing (dribbling) a ball with a racket: Introducing control • Explore hitting and develop pushing a ball (with a racket) towards a target • Explore hitting a ball (with a racket) with accuracy and power
Year 2	<ul style="list-style-type: none"> • Attacking/defending as a team • Understanding the transition between defence and attack • Create and apply attacking/ defensive tactics 	<ul style="list-style-type: none"> • Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent • Introduce hitting (sending/striking) a ball into a space: Where and why? • Striking the ball (with a bat) into space with intent

	Health and Wellbeing	Team Building
EYFS	N/A	N/A

Year 1	<ul style="list-style-type: none"> • Introduce and explore agility • Introduce and explore balance • Introduce and explore coordination: Bouncing, rolling and throwing 	<ul style="list-style-type: none"> • Introducing teamwork • Develop teamwork • Building trust and developing communication • Cooperation and communication • Explore simple strategies • Problem solving: Consolidate teamwork
Year 2	<ul style="list-style-type: none"> • Consolidate agility • Consolidate balancing: Explore balancing on apparatus • Introduce and explore coordination: Dribbling and kicking 	<ul style="list-style-type: none"> • Introducing teamwork • Develop teamwork • Building trust and developing communication • Cooperation and communication • Explore simple strategies • Problem solving: Consolidate teamwork

Year 3 – Year 6

	Dodgeball	Football	OAA
Year 3	<ul style="list-style-type: none"> • Developing changing direction • Introduce throwing with accuracy • Introduce catching 	<ul style="list-style-type: none"> • Introduce/develop dribbling keeping control • Introduce passing and receiving 	<ul style="list-style-type: none"> • Creating and applying simple tactics • Developing leadership • Develop communication as a team

	<ul style="list-style-type: none"> • Develop moving, changing direction at speed 	<ul style="list-style-type: none"> • Combine dribbling and passing to create space • Develop passing, receiving and dribbling 	<ul style="list-style-type: none"> • Create defending and attacking tactics as a team
Year 4	<ul style="list-style-type: none"> • Introduce jumping and ducking • Develop throwing with accuracy and power over an increased distance • Develop catching • Consolidate dodging, jumping and ducking 	<ul style="list-style-type: none"> • Refine dribbling • Turning • Refine passing and receiving • Develop passing and dribbling creating space • Introduce shooting 	<ul style="list-style-type: none"> • Benches and mats challenge • Round the clock card challenge • The pen challenge • The river rope challenge • Caving challenges
Year 5	<ul style="list-style-type: none"> • Introduce blocking • Consolidate catching • Understand where we throw and why we need to throw with accuracy and power • Explore basic attacking and defending tactics 	<ul style="list-style-type: none"> • Refine dribbling and passing to maintain possession • Introduce and develop defending • Develop shooting • Refine attacking skills, passing, dribbling and shooting, introduce officiating 	<ul style="list-style-type: none"> • Face orienteering • Cone orienteering • Point and return • Point to point • Timed course • Orienteering competition
Year 6	<ul style="list-style-type: none"> • Consolidate/understanding attacking and defending tactics • Transition between attack and defence • Applying the rules: Officiating games • Managing tactics and officiate games 	<ul style="list-style-type: none"> • Consolidate keeping possession, develop officiating • Consolidate defending • Organise formations and manage teams • Organise formations decide tactics, manage teams and officiate games 	<ul style="list-style-type: none"> • Understanding what makes an effective leader • Communicating as a leader • Introducing the STEP principle: Space , Task, Equipment and People

	Gymnastics	Athletics	Dance
Year 3	<ul style="list-style-type: none"> • Introduction to symmetry • Introduction to asymmetry 	<ul style="list-style-type: none"> • Explore running for speed • Explore acceleration 	<ul style="list-style-type: none"> • Responding to stimuli • Developing character dance into a motif

	<ul style="list-style-type: none"> • Application of learning onto apparatus • Sequence formation • Sequence completion 	<ul style="list-style-type: none"> • Introduce /develop relay: Running for speed in a team • Throwing: Accuracy vs distance • Standing Long Jump 	<ul style="list-style-type: none"> • Develop sequences with a partner in character that show relationships • Extending sequences with a partner in character
Year 4	<ul style="list-style-type: none"> • Introduction to bridges • Application of bridge learning onto apparatus • Develop sequences with bridges • Sequence formation • Sequence completion 	<ul style="list-style-type: none"> • Develop running at speed • Exploring our stride pattern • Exploring running at pace • Understand and apply tactics when running for distance • Javelin • Standing Triple Jump 	<ul style="list-style-type: none"> • Responding to stimuli working together • Extending sequences with a partner in character • Exploring two contrasting Relationships and interlinking dance moves
Year 5	<ul style="list-style-type: none"> • Introduction to Counter Balance • Application of Counter Balance learning onto apparatus • Sequence formation • Counter Tension • Sequence completion 	<ul style="list-style-type: none"> • Finishing a race • Evaluating our performance • Sprinting: My personal best • Relay changeovers • Shot Put • Introducing the Hurdles 	<ul style="list-style-type: none"> • Develop character movements linked to theme • Create movements that represent different characters and performers • Extending our performance incorporating props and apparatus linked to the variety of performers
Year 6	<ul style="list-style-type: none"> • Introduction to matching/ mirroring • Application of matching/ mirroring learning onto apparatus • Sequence development 	<ul style="list-style-type: none"> • Running for speed competition • Running for distance competition • Throwing competition • Jumping competition 	<ul style="list-style-type: none"> • Performing with technical control and rhythm in a group • Creating rhythmic patterns using the body • Experiencing dance from a different culture • Chorographical elements including still imagery

	Netball	Tag Rugby	Cricket
--	----------------	------------------	----------------

Year 3	<ul style="list-style-type: none"> • Introduce passing, receiving and creating space • Develop/combine passing and moving • Combine/develop passing and shooting 	<ul style="list-style-type: none"> • Introduce moving with the ball, passing and receiving • Introduce tagging • Create space when attacking • Develop passing and moving • Combine passing/moving to create attacking opportunities 	<ul style="list-style-type: none"> • Understand the concept of batting and fielding • Introduce throwing overarm • Introduce throwing underarm • Introduce catching • Striking with intent
Year 4	<ul style="list-style-type: none"> • Refine passing and receiving • Develop passing and dribbling creating space • Develop passing, moving and shooting • Refine passing and shooting • Develop footwork 	<ul style="list-style-type: none"> • Develop passing, moving and creating space • Apply learning to 3v3 mini games • Develop defending in game situations • Combine passing and moving to create an attack and score 	<ul style="list-style-type: none"> • Develop an understanding of batting and fielding • Introduce bowling underarm • Develop stopping and returning the ball • Develop retrieving and returning the ball • Striking the ball at different angels and speeds
Year 5	<ul style="list-style-type: none"> • Refine passing and receiving • Apply passing, footwork and shooting into mini games • Introduce officiating • Introduce defending • Explore the function of other passing styles 	<ul style="list-style-type: none"> • Refine passing and moving to create attacking opportunities • Explore different passes that can be used to outwit defenders • Refine defending as a team • Create and apply defending tactics. • Develop officiating 	<ul style="list-style-type: none"> • Refine batting, understand and develop batting and bowling tactics • Refine fielding stooping, catching and throwing • Combine bowling and fielding creating and applying tactics • Introduce umpiring and scoring
Year 6	<ul style="list-style-type: none"> • Consolidate keeping possession, develop officiating • Consolidate defending • Create, understand and apply attacking/defending tactics in game situations 	<ul style="list-style-type: none"> • Consolidate passing and moving • Consolidate defending • Create, understand and apply attacking/defending tactics in game situations 	<ul style="list-style-type: none"> • Consolidate batting/fielding/bowling • Create, understand and apply attacking/defensive tactics in game

- | | | | |
|--|--|--|--|
| | | <ul style="list-style-type: none"> Consolidate attacking and defending in min games | |
|--|--|--|--|

	Rounders
Year 3	<ul style="list-style-type: none"> Introduce to rounders Introduce overarm throwing Apply overarm and underarm throwing Introduce stopping the ball Application of stopping the ball in a game
Year 4	<ul style="list-style-type: none"> Develop fielding bowling with a backstop Introduce batting; how Develop batting; where and why Introduce and apply basic fielding tactics
Year 5	<ul style="list-style-type: none"> Develop fielding tactics maximising players Understand what happens if the batter misses the ball Refine fielding tactics, what players where? Applying tactics in mini games
Year 6	<ul style="list-style-type: none"> Introduction to full rounders Consolidate fielding tactics Refine our understanding of what happens if the batter

	misses or hits the ball backwards
--	--------------------------------------

- Batting considerations

Sound and District Primary School