



P ROGRESSION OF KEY SKILLS

Athletics

Early Years

EY

- Marching/running for co-ordination
- Experiment with different ways of throwing under/overarm
- Experiment with different ways of jumping- measuring with various objects
- Working with friends in a team - taking turns
- Leaping over cones, spots and throw down strips from standing

1

Year 1

- Running/ pumping arms at various speeds
- Throw a variety of objects with some accuracy
- Jumping, bending knees and pushing off - being competitive to improve distance as a pair
- Co-operate and compete in a team in various running games.
- Leaping over throw down strips and low hurdles when moving

2

Year 2

- Using arms and keeping head still when exploring running patterns
- Throw in correct stance 'Usain Bolt position'
- Use arms to improve jumping technique - beating their own score
- Compete in a team in various running/obstacle games and working together to improve team performance
- Leaping over hurdles beginning to compete against self and others

3

Year 3

- Begin to perform 'FAST' technique
- Throw a javelin/vortex using correct stance, rotating hips forward
- Perform a hop, step and jump (standing triple jump) in isolation and in combination
- Develop running for distance in warm ups
- Develop relay change over techniques
- Run and take off over obstacles at some speed

4

Year 4

- Perform 'FAST' technique confidently when sprinting
- Throw a javelin/vortex with height and distance
- Perform a hop, step and jump (standing triple jump)
- Develop running for distance in warm ups, increasing with each lesson
- Pass a relay baton with control with a partner in adapted games
- Run and jump over hurdles with some speed and control

5

Year 5

- React quickly and accelerate over short distances
- Throw a javelin/vortex/ tennis ball using correct stance, rotating hips forward with good height and distance
- Perform a variety of jumps (Long jump and triple jump) and measure for distance
- Develop pace when running longer distance
- Pass a relay baton with control and timing in a pairs change over
- Run and jump over hurdles with fluency

6

Year 6

- Accelerate quickly with speed and control in movement - timed/competitive races
- Throw a javelin/vortex /shot put safely, with accuracy and power
- Perform a jump for distance, varying techniques to improve performance
- Develop long distance running- learning how to pace and show good technique
- Pass a relay baton in competitive situations (timed)
- Run and jump over hurdles with fluency and speed, improving time to achieve a personal best





P ROGRESSION OF KEY SKILLS

Indoor Athletics

Early Years	EY
Experiment with different ways of throwing under/overarm	
Experiment with different ways of jumping over objects	
Jumping forwards and backward, sideways over a throw down spot	
Leaping over objects	
Skipping around an area	
Hopping around an area, and over throw down spots, strips	
Moving around safely, negotiating space and looking out for friends	

Year 1	1
Throwing using a sitting chest push- small ball	
Jumping bending knees and pushing off - being competitive to improve distance	
Speed bounce/jump over a throw down strip, cone, spot	
Leaping developing co-ordination	
Skipping - stepping though the hoop- two feet or one at a time	
Vertical jump - co-ordination of banana splat tap- jumping at various heights	
Co-operate and compete on own and in a team in various running games	

Year 2	2
Throwing with control using a sitting chest push	
Use arms to improve jumping technique - beating their own score	
Speed bounce over a cone/mat	
Leaping developing co-ordination of 3 big leaps	
Skipping - stepping/jumping through the hoop with some control	
Vertical jump - standing side on, jumping up to target	
Compete in a team in various running races and working together to improve team performance	

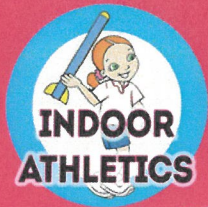
Year 3	3
Chest push using correct stance	
Jumping bending knees, use arms for distance	
Speed bounce develop control over a mat	
5 strides- co-ordinating steps with arms	
Skipping - with control, head up	
Vertical jump - standing side on, jumping up to target, bending your knees	
Running individually using FAST technique, and developing relay change over techniques	

Year 4	4
Chest push with height and distance	
Jumping bending knees, use arms for distance measure with some accuracy	
Speed bounce- increase speed and coordination over the speed bounce mat	
5 strides- co-ordinating steps, increasing distance using arms	
Skipping - with rhythm and focus	
Vertical jump - lower in to squat position, feet hip width apart	
Run and jump over hurdles with some speed and control	

Year 5	5
Chest push bending knees with good height and distance	
Perform a variety of standing jumps (Long jump and triple jump) and measure for distance	
Speed bounce developing good rhythm and control over the speed bounce mat	
5 strides- co-ordinating steps, bounding creating a longer stride	
Skipping - with rhythm aiming to get 25 skips or more	
Vertical jump -use arm swing movement to increase height	
Pass a relay baton with control and timing in a pairs change over	

Year 6	6
Chest push with accuracy and power, bending knees through to feet, extends arms to increase distance	
Perform a Triple jump for distance varying techniques to improve performance	
Speed bounce with speed, fluency and rhythm	
5 strides- improve starting position to ensure a better first stride	
Skipping - with speed (30 skips or more)	
Vertical jump - Push into ground lift with an explosive movement up focus on landing softly- keep core engaged.	
Pass a relay baton in competitive situations (timed)	





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ROGRESSION OF KEY SKILLS

Indoor Athletics

Early Years	EY
Experiment with different ways of throwing under/overarm	
Experiment with different ways of jumping over objects	
Jumping forwards and backward, sideways over a throw down spot	
Leaping over objects	
Skipping around an area	
Hopping around an area, and over throw down spots, strips	
Moving around safely, negotiating space and looking out for friends	

1	Year 1
	Throwing using a sitting chest push- small ball
	Jumping bending knees and pushing off - being competitive to improve distance
	Speed bounce/jump over a throw down strip, cone, spot
	Leaping developing co-ordination
	Skipping - stepping though the hoop- two feet or one at a time
	Vertical jump - co-ordination of banana splat tap- jumping at various heights
	Co-operate and compete on own and in a team in various running games

2	Year 2
	Throwing with control using a sitting chest push
	Use arms to improve jumping technique - beating their own score
	Speed bounce over a cone/mat
	Leaping developing co-ordination of 3 big leaps
	Skipping - stepping/jumping through the hoop with some control
	Vertical jump - standing side on, jumping up to target
	Compete in a team in various running races and working together to improve team performance

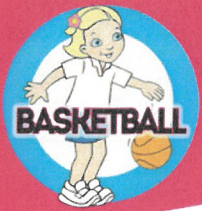
3	Year 3
	Chest push using correct stance
	Jumping bending knees, use arms for distance
	Speed bounce develop control over a mat
	5 strides- co-ordinating steps with arms
	Skipping - with control, head up
	Vertical jump - standing side on, jumping up to target, bending your knees
	Running individually using FAST technique, and developing relay change over techniques

4	Year 4
	Chest push with height and distance
	Jumping bending knees, use arms for distance measure with some accuracy
	Speed bounce- increase speed and coordination over the speed bounce mat
	5 strides- co-ordinating steps, increasing distance using arms
	Skipping - with rhythm and focus
	Vertical jump - lower in to squat position, feet hip width apart
	Run and jump over hurdles with some speed and control

5	Year 5
	Chest push bending knees with good height and distance
	Perform a variety of standing jumps (Long jump and triple jump) and measure for distance
	Speed bounce deveoping good rhythm and control over the speed bounce mat
	5 strides- co-ordinating steps, bounding creating a longer stride
	Skipping - with rhythm aiming to get 25 skips or more
	Vertical jump -use arm swing movement to increase height
	Pass a relay baton with control and timing in a pairs change over

6	Year 6
	Chest push with accuracy and power, bending knees through to feet, extends arms to increase distance
	Perform a Triple jump for distance varying techniques to improve performance
	Speed bounce with speed, fluency and rhythm
	5 strides- improve starting position to ensure a better first stride
	Skipping - with speed (30 skips or more)
	Vertical jump - Push into ground lift with an explosive movement up focus on landing softly- keep core engaged
	Pass a relay baton in competitive situations (timed)





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ROGRESSION OF KEY SKILLS

Basketball

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

1	Year 1 (progressions through ball skills/Ball games)
	Ball Awareness—moving a ball on the ground
	Experiment with bouncing and dribbling a ball
	Catch a soft ball safely, Pass a soft ball from the chest - 'W' shape when passing and receiving
	Scoring in superhero basketball - throwing a ball into target (someone's hands/hoop)
	Footwork- adapted game, not running with a ball
	Move into a space in a game, looking to throw the ball to someone in a space
	Follow an opponent in a game/adapted game
	Small-sided games 3v3. Begin to develop tactics for attacking and defending.

2	Year 2 (progressions through ball skills/ball games)
	Ball Awareness—moving ball on the ground with control
	Experiment with bouncing and dribbling a ball, beginning to use left and right hands
	Catch a ball safely. Pass from a short distance to a partner
	Scoring in a variety of ways and begin to use these in a game situation
	Stopping –with two feet bending at knees and holding the ball close to body
	Move into a space to catch a ball. Pass the ball to someone in a space
	Follow an opponent and trying to win (intercept) the ball
	Small-sided games (Superhero ball Basketball). Develop tactics for attacking and defending

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

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

5	Year 5
	Ball Awareness—copying a partner and moving with the ball
	Dribbling the ball, changing direction, and turning, using either hand
	Pass, receive and move with the ball (chest and bounce pass)
	Learn the BEEF technique when shooting in isolation and begin to use in a game situation
	Dribble the ball and perform the correct footwork when stopping
	Offensive play in a conditioned, game, beating your partner when dribbling a ball
	Defence techniques- (Gorilla) and begin to use the body to protect the ball in a conditioned game situation
	Begin to use techniques learned in a game situation and to have an understanding of key rules

6	Year 6
	Ball Awareness—copying a partner and keeping control while moving the ball
	Dribbling the ball in various directions at speed
	Perform a variety of passes within a game with precision and control
	Using the BEEF technique in a competitive game situation with some success
	Dribble the ball and perform the correct footwork when stopping in a competitive game situation
	Offensive play using your team member to screen the ball in combination. Apply basic principles for attacking
	To apply defensive techniques in a competitive game situation. Apply basic principles for defending
	Use techniques learned and apply in a game situation. Children to officiate.





P ROGRESSION OF KEY SKILLS

Dance

Early Years

EY

- Moving in time to different music
- Experiment with different ways of moving
- Experiment with actions at different levels
- Moving around showing different actions as characters

1

Year 1

- Begin to use dance movements using space e.g levels, travelling, stepping, skipping, jumping
- Begin to dance in unison with a partner
- Listen to the music and begin to move in time to it
- Co-operate in pairs to create a dance
- Remember simple dance steps and begin to perform with some control

Year 2

2

- Perform dance movements using space e.g levels, travelling, stepping, skipping, jumping
- Dance in unison with a partner
- Move in time to the music showing some expression
- Co-operate in pairs/small groups to create a dance
- Remember simple dance steps and perform with control

3

Year 3

- Dance in unison and canon with a partner/group
- Perform dance movements and begin to incorporate space elements e.g levels, formations and pathways
- Begin to perform with a good sense of timing, expression and energy
- Groups to begin to collaborate to create a dance performance independently
- Begin to use their own movements based on a theme to create a dance performance

Year 4

4

- Dance in unison and canon with a partner/group performing a range of movement patterns
- Perform dance movements using variety of space elements e.g levels, formations and pathways
- Perform with timing, expression and energy
- Collaborate independently to create a dance performance
- Can use their own movements based on a theme to create a dance performance

5

Year 5

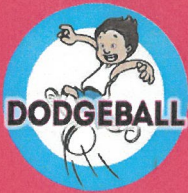
- Demonstrate 'relationship' elements- unison, canon, matching, mirroring and formations
- Perform some 'dynamic' elements in the dance- Energy, Speed and Flow
- Begin to demonstrate more complex 'space' elements (levels, size of movement, directions and pathways)
- Collaborate to create a dance performance displaying dance elements
- Translate ideas from a stimulus into a performance - and incorporate some dance elements

Year 6

6

- Demonstrate new 'relationship' elements- contact, contrast, complement, proximity
- Perform a variety of 'dynamic' elements in the dance- perform with control and fluency
- Demonstrate more complex 'space' elements (levels, size of movement, directions and pathways)
- Collaborate to create a dance performance displaying a range dance elements
- Translate ideas from a stimulus into a performance - and incorporate a variety dance elements





P ROGRESSION OF KEY SKILLS

Dodgeball

Early Years	(progressions through first PE unit/Enjoy-a-ball)
Experiment with rolling the ball, throw and catch to self and to a partner (hand eye co-ordination).	
Throw to self and to a partner using soft objects e.g. balloon, scarf, soft ball. Catching a balloon/ball	
Aiming at a target e.g. a tall cone	
Jumping over objects in a variety of different ways	
Pushing a balloon away with two hands	
Move around safely in a variety of ways and negotiating space.	

EY

1	Year 1
	Rolling the ball in different ways through tunnels
	Throw a ball to a partner underarm. Throwing and catching with a partner
	Aiming at a variety of targets and at different levels
	Jumping over a variety of objects at different heights and over a ball in a game situation.
	Blocking technique movement - through a game situation - tapping another partner's ball with their own
	Adapted games. Begin to develop tactics for attacking and defending.

Year 2	2
Rolling the ball to a partner, increasing the distance of targets to improve accuracy	
Throw the ball to a partner underarm- introduce targets. Throwing and catching, having control of the ball	
Aiming at a variety of targets, beginning to develop accuracy e.g. through a hoop	
Jumping and dodging to avoid being hit by a ball	
Protecting a specific player in a gamell	
Small-sided adapted dodgeball games . Develop tactics for attacking and defending	

3	Year 3
	Throw the ball in different ways e.g grip and claw
	Catching the ball in a variety of ways and getting into 'Ready Position'
	Aiming at the opposition (below the waist) in a variety of directions, using an underarm throw
	Begin to develop different ways to dodge the ball in isolation and replicate in a game situation
	Experiment with different ways of blocking
	Adapted games, begin to apply some basic principles for attacking & defending

Year 4	4
Throw the ball in different ways e.g grip and claw with control	
Catching the ball in a variety of ways and at various distances - moving towards the ball	
Aiming and improving the accuracy of throwing distance	
Begin to develop footwork to dodge and avoid being hit by the ball.	
Blocking the ball in a variety of ways and beginning to protect other players	
Encourage children to talk about tactics when attacking and defending	

5	Year 5
	Throwing the ball overarm and underarm in a variety of directions with control and some speed
	Catching the ball at different levels within a game situation
	Aiming at the opposition with some precision and control
	Dodging in a variety of ways in a game situation. Duck, jump, moving sideways with control and good reactions
	Blocking the ball from a variety of directions and protecting other players in an adapted game
	Begin to use techniques learned in a game situation and to have an understanding of key rules

Year 6	6
Throwing the ball in a game with precision, control and speed	
Identify catching opportunities to claim a catch in a game	
Aiming at the opposition, below the shoulder, using a variety of throwing techniques	
Dodging in a game, reacting quickly and communicating tactics to teammates to dodge	
Blocking the ball and attempting to get a teammate to catch it in a game situation	
To apply defensive techniques e.g blocking and marking in a competitive game situation.	
Use techniques learned and apply in a game situation. Children to officiate.	





P

ROGRESSION OF KEY SKILLS

Fitness

Early Years

EY

- Experiment with different ways of balancing through various fun exercises
- Imaginative exercises beginning to count how many they can do
- Begin to co-ordinate different parts of your body through fun exercises
- Begin to understand the importance of good health, physical exercise, and a healthy diet

1

Year 1

- Balance on different parts of body performing static and some moving exercises
- Each imaginative exercise – encourage to count score and record them
- Co-ordinating body whilst beginning to move with control when exercising
- Beginning to understand what is happening to your body when exercising

2

Year 2

- Balancing in exercises static and when moving building control when performing movements
- Counting scores, recording them and trying to beat their score
- Co-ordinating body whilst beginning to move at different speeds during various exercises
- Understand what is happening to your body when exercising and how to feel a pulse

3

Year 3

- Balancing with control, focusing on preferred and non preferred leg (when performing exercises)
- Complete a variety of fitness exercises successfully and achieve a personal best
- Co-ordinate body to perform a combination of movements in a variety of exercises
- Take pulse before exercise. Understand how your body is getting stronger when exercising

4

Year 4

- Balancing in different directions e.g. on leg- forward backward and side to side
- Complete a variety of fitness activities confidently and achieve a number of personal bests
- Co-ordinate body efficiently to perform a combination of movements or actions when exercising
- Begin to know different types of fitness. Take pulse before and after exercise

5

Year 5

- Balancing on various parts of body when moving –using core strength and keeping control when moving
- Can compare their performances with previous ones and strive to achieve a personal best on each station
- Co-ordinate using both sides of the body when performing exercises – increasing speed and power
- Create a warm up and cool down. Take pulse before and after exercise accurately

6

Year 6

- Balance on various body parts using harder balances e.g shutting eyes, adding explosive movements
- Evaluate previous performance levels and demonstrate improvements to achieve their personal best
- Co-ordinate using both sides of the body with fluency and speed to perform a combination of exercises
- Create an exercise to improve a specific fitness e.g. strength, co-ordination, power





P

ROGRESSION OF KEY SKILLS

Football

Early Years

EY

- Explore stopping a ball with different parts of the body
- Experiment kicking the ball with feet to a partner
- Move a bean bag/ball on the floor using inside of foot
- Fox and rabbits game. Object of the game is to move away from the rabbit onto a spot (finding a space)
- Shooting into a target on the floor
- Introducing fun games e.g. Player in the middle, defending hoops (beginnings of attacking, defending)

1

Year 1

- Stopping a ball with the inside of feet
- Pass the ball, beginning to use inside of feet "toe, toe, toe, no, no, no!"
- Dribble the ball with the inside of feet - finding a space
- Introduce getting the ball off a player - tackling
- Scoring in a variety of ways - into goals and at targets
- Begin to understand tactics for attacking and defending
- Small sided games 4v4

2

Year 2

- Stopping a ball with the sole and inside of feet
- Pass the ball to a partner P,P,P, Plant, Pass Point to help with accuracy
- Dribble the ball with the inside of feet, keeping the ball close to their body - dribble into a space
- Improve tackling by using adapted games - introduce intercepting play
- Scoring in a variety of ways and begin to use in a game situation
- Begin to include some basic tactics for attacking and defending in conditioned games
- Play an adapted and conditioned games 5v5.

3

Year 3

- Control a ball using inside, outside and sole of feet
- Pass the ball with inside of feet with accuracy. Pass the ball to someone in a space
- Dribble the ball, beginning to turn with some control (inside and outside hook)
- Defend making a tackle in isolation (a conditioned game)
- Shooting - Kick a stationary ball past a goal keeper
- Adapted games, begin to apply some basic principles for attacking & defending in small sided games
- Small sided games 6v6

4

Year 4

- Move body to correct position to stop and control a ball
- Pass the ball with inside of feet, whist on the move
- Dribble the ball using inside, outside hook and drag back, beginning to accelerate
- Defend - moving forward to close down space to tackle in a conditioned game. Intercept a pass
- Shooting - Strike a moving ball (past a goal keeper) with some accuracy
- Encourage children to talk about tactics when attacking and defending
- Small sided games - up to 7v7

5

Year 5

- Control the ball using either foot when moving
- Pass the ball with inside, front or laces on the foot
- Dribble the ball using inside, outside hook and drag back beginning to accelerate
- Show good body position to defend and press in a 2v2 game
- Scoring using top of foot (laces) - aiming for corners of the goal
- Begin to use attacking and defending, techniques learned in a game situation
- In teams, begin to discuss tactics and how to work as a team (communicate and collaborate)

6

Year 6

- Move into space to receive the ball and control with either foot in a game
- Select the correct pass for various distances in a game situation
- Dribble the ball in a game situation around a defender
- Communicate with team when defending in a game - making interceptions, cover space
- To work as a team to score, shooting from various angles
- In a team, discuss tactics and how to win as a team (communicate and collaborate)
- Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending
- Understanding the positions and rules of the game





P ROGRESSION OF KEY SKILLS

Gymnastics

Early Years

EY

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

1

Year 1

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

Year 2

2

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

3

Year 3

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

Year 4

4

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

5

Year 5

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

Year 6

6

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





P ROGRESSION OF KEY SKILLS

Handball

Early Years	(progressions through first PE unit/Enjoy-a-ball)
Ball Awareness	–moving ball on body
Experiment with moving an object along the floor	e.g pushing a balloon
Throw to self, catching a soft ball/balloon.	Passing to a partner with different types of balls
Throwing at and into targets	e.g. on walls, on benches, cones– to score
Run in an area, stop quickly and 'Freeze' (in a game/warm up)	–fundamentals to developing footwork
Move around safely in a variety of ways	and negotiating space.
Play adapted games to get past players, with a ball	– (while attempting to bounce it)

EY

1	Year 1	(progressions through ball skills/Ball games)
Ball Awareness	–moving a ball on the ground	
Experiment with bouncing and dribbling a ball		
Catch a soft ball safely, Pass a soft ball from the chest	– 'W' shape when passing and receiving	
Throwing a ball into a target (through cones)	to score	
Footwork	– adapted game, beginning to introduce taking steps with the ball	
Move into a space in a game, looking to throw the ball to someone in a space		
Follow an opponent in a game/adapted game		
Small-sided games 3v3.	Begin to develop tactics for attacking and defending.	

2	Year 2	(progressions through ball skills/ball games)
Ball Awareness	–moving ball on the ground with control	
Experiment with bouncing and dribbling a ball, beginning to use left and right hands		
Catch a ball safely. Pass from a short distance to a partner		
Scoring in a variety of ways and begin to use these in a game situation	– introduce scoring into goals	
Footwork	–experiment with taking 3 steps and passing the ball	
Move into a space to catch a ball. Pass the ball to someone in a space		
Follow an opponent and trying to win (intercept) the ball		
Small-sided games (Mini Handball).	Develop tactics for attacking and defending	

3	Year 3	(through handball and basketball)
Ball Awareness	–moving ball around different parts of the body	
Dribbling and bouncing a ball in a variety of ways	'push not pat'	
Pass and receive a handball safely (chest and bounce pass).	Pass the ball in a game within 5 seconds	
Scoring a goal (handball simulate e.g through 2 cones) adding a passive Goal keeper		
Introduce footwork through warm ups and games	– 3 steps and pass	
Dodge in a conditioned game to get into a space, begin to apply some basic principles suitable for attacking		
Adapted games, begin to apply some basic principles for attacking & defending		
Introduce 3v3 mini basketball or an adapted game. Introduce tip off and key rules		

4	Year 4	(through handball and basketball)
Ball Awareness	–moving ball around different parts of the body with control	
Dribbling and bouncing a ball with control and using either hand		
Pass and receive, stepping into the pass (chest and bounce pass)		
Scoring into a goal, beginning to take 3 steps	– adding an active goalkeeper	
Bringing in footwork and travelling rules into a game situation		
Dodging around a player with the ball, focus on dodging into a space		
Encourage children to talk about tactics when attacking and defending		
Introduce 4v4 or adapted game. Begin to use some additional rules e.g travelling, contact		

5	Year 5
Ball Awareness	–copying a partner and moving with the ball
Dribbling the ball, changing direction, and turning, using either hand	
Pass, receive and move with the ball (chest and bounce pass)	
Introduce a jump shot in isolation and in a game	
Using footwork technique (3 steps) in game and shooting	
Dodging around your partner in a variety of ways e.g. with and without a ball	
Defending – introduce blocking technique	
Begin to use techniques learned in a game situation and to have an understanding of key rules	

6	Year 6
Ball Awareness	–copying a partner and keeping control while moving the ball
Dribbling the ball in various directions at speed	
Perform a variety of passes within a game with precision and control	
Use a variety of shooting techniques in a game situation e.g. feint and shoot, jump and shoot, step and shoot	
Moving with the ball and perform the correct footwork in a competitive game situation	
Dodging around an active defender in a game situation. Apply basic principles for attacking	
To apply defensive techniques e.g blocking and marking in a competitive game situation.	
Use techniques learned and apply in a game situation. Children to officiate.	





P ROGRESSION OF KEY SKILLS

Kwik Cricket

Early Years

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

EY

1

Year 1

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

Year 2

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

2

3

Year 3

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

Year 4

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

4

5

Year 5

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

Year 6

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

6





P ROGRESSION OF KEY SKILLS

Multi-Skills

Early Years

- Experiment with different ways of balancing
- Experiment with different ways of moving (agility)
- Experiment with different ways of moving ball with different body parts (co-ordination)
- Working with friends in a team-taking turns

EY

1

Year 1

- Balance on lines with control and use equipment to balance on various parts of the body
- Changing direction with some control (agility)
- Co-ordinating body whilst beginning to move with equipment
- Co-operate, compete and challenge themselves as a team in various games

Year 2

- Balance on low equipment with good control
- Changing direction quickly with good balance and control (agility)
- Co-ordinating body whilst beginning to move at different speeds with various equipment
- Complete challenges as a team in various running/obstacle games and working to improve performance

2

3

Year 3

- Balancing on various body parts while moving
- Agility focus -changing direction at speed
- Co-ordinate body to perform a combination of movements
- Complete a variety of fitness tests successfully and achieve a personal best

Year 4

- Balancing confidently using various equipment and body parts
- Agility focus - changing direction at speed with good technique
- Co-ordinate body efficiently to perform a combination of movements or actions
- Complete a variety of fitness tests confidently and achieve a number of personal bests

4

5

Year 5

- In combination with different skills, can balance equipment while moving and co-ordinating another action
- Agility focus - change direction quickly and efficiently with equipment
- Agility focus - change direction quickly and efficiently with equipment
- Test and measure balance, agility and co-ordination confidently and accurately. Can compare their performances with previous ones and strive to achieve a personal best

Year 6

- Balance equipment on various body parts whilst moving or co-ordinating another body actions accurately
- Agility focus - can change direction at speed with balance and control whilst using various equipment
- Co-ordinate using both sides of the body with fluency to perform a combination of movements or actions
- Complete each test with fluency and accurately measure and record. Evaluate previous performance levels and demonstrate improvements to achieve their personal best

6





P ROGRESSION OF KEY SKILLS

Netball

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

EY

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

1

Year 1 (progressions through ball skills/ball games)

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

Year 2 (progressions through ball skills/ball games)

2

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

3

Year 3

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

Year 4

4

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

5

Year 5

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

Year 6

6

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





P ROGRESSION OF KEY SKILLS

Outdoor Adventurous Activities (OAA)

Early Years

EY

- Work with a partner and take turns
- Listen attentively to a partner
- Negotiate space and obstacles safely
- Move energetically, such as running, jumping, hopping, skipping and climbing
- Have the confidence to try new activities and show resilience to challenge
- Develop strength, balance and co-ordination when completing tasks

1

Year 1

- Begin to work with a partner to meet a challenge
- Use communication to guide your partner through a course when blindfolded
- Begin to travel in different directions under instruction, to locate treasure with a partner
- Identify ways of travelling to include hopping, jumping and leaping, whilst using co-ordinates to make maps
- Work as part of a team to match animals to their matching cards
- Continue to develop team skills while attempting to complete a task

Year 2

2

- Work within a team to find solutions to cross the river
- Develop the ability to work with a variety of partners, providing instruction while creating an obstacle course
- Begin to use co-ordinates and confidently navigate through a map using North, South, East and West
- Have a basic understanding of how to use a compass and create their own instructions
- Continue to work together as a team and further develop team skills including communication
- Begin to develop individual leadership qualities while completing tasks as part of a team

3

Year 3

- Use a key to follow a plan
- Communicate with peers to complete challenges
- Know the eight points of the compass
- Identify what is at points on a grid using co-ordinates in the form (letter, number)
- Collaborate with members of a team to begin to solve problems
- Continue to develop leadership qualities while completing tasks as part of a team

Year 4

4

- Use a key to accurately place things in the correct locations according to a plan
- Develop different methods of communication to achieve a goal
- Give and follow directions using the eight points of the compass
- Use co-ordinates on a plan to correctly place and locate different objects
- Listen carefully and follow instructions given by teammates
- Lead a team to complete a task

5

Year 5

- Use a key to identify orienteering landmarks on a map
- Communicate and listen clearly to other members of the team to complete challenges in isolation
- Use compass directions to navigate around a grid
- Use 4-figure grid references to read an OS map
- Work efficiently as part of a team to complete a challenge
- Effectively lead a team to complete a task

Year 6

6

- Use a key to follow a route on an orienteering map
- Use clear and concise communication skills to achieve a challenge
- Use compass directions to navigate around a familiar area eg school grounds
- Use 6-figure grid references to read an OS map
- Work as a team to ensure all members are able to complete a challenge at a competitive pace
- Effectively lead a team to complete a task and evaluate their own leadership skills





P ROGRESSION OF KEY SKILLS

Hockey (Quicksticks)

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

EY

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

1

Year 1 (progressions through Ball Games, tennis)

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

2

Year 2 (progressions through Ball games, tennis)

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

3

Year 3

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

4

Year 4

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

5

Year 5

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

6

Year 6

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





P

PROGRESSION OF KEY SKILLS

Rounders

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

EY

Experiment with different ways of throwing a beanbag, tennis ball over a short distance

Experiment with throwing underarm at targets

Hand eye co-ordination developed through hitting a tennis ball, using throw down strips, hitting a balloon in the air

Rolling the ball to a partner and stopping the ball

1

Year 1 (progressions through kwik cricket and tennis)

Throw underarm and introduce overarm. Throw and catch various size balls

Bowling at various sized targets

Hand eye co-ordination - hitting a ball with a tennis racket along the floor and in the air

Rolling the ball to a partner, stopping it with hands, bending knees and moving to the ball

Begin to develop tactics for adapted striking and fielding games

2

Year 2 (progressions through kwik cricket and tennis)

Throw underarm and begin to improve distance thrown with overarm, and catch a ball with control

Underarm bowl at a various sized targets with control

Hitting the ball with a feed and self feed - to develop hand eye co-ordination

Stopping the ball using one or two hands

Develop tactics for adapted striking and fielding games

3

Year 3

Throw under/over arm and catch a ball with control and some accuracy

Bowling a ball (between the batters knee and head) from a short distance

Using various equipment to strike the ball with adapted bats e.g tennis racket, rounders bat

Stop the ball using two hands and attempt a long barrier

Adapted games, with variations of rules, begin to apply some basic principles, through striking and fielding

4

Year 4

Throw under/over arm over varying distances and catch a ball with control and accuracy

Beginning to bowl from the correct bowling distance 7.5 metres

Stepping into the hit when striking the ball with a rounders bat

Long barrier moving into position to scoop up the ball

Play adapted games, Children encouraged to think of tactics when striking and fielding

5

Year 5

Throw and catch the ball sometimes making the correct decisions in a game situation

Introduce a donkey drop bowl

Begin to hit the ball in different directions

Field the ball using long barrier and attempting the run and scoop

In a team, discuss tactics of striking and fielding

6

Year 6

Throw and catch, making correct tactical decisions having an impact in a game situation

Use a variety of bowling techniques, beginning to add speed to the underarm bowl

Hit it in a variety of directions and look for space in a game situation

Use the run and scoop and throw to another player on my team

Use techniques learned and apply in a game situation. Apply basic principles for striking and fielding





P ROGRESSION OF KEY SKILLS

Tag Rugby

Early Years

EY

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

1

Year 1

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

2

Year 2

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

3

Year 3

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

4

Year 4

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

5

Year 5

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

6

Year 6

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





P ROGRESSION OF KEY SKILLS

Tennis

Early Years

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

EY

1 Year 1

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

Year 2

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

2

3 Year 3

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

Year 4

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

4

5 Year 5

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

Year 6

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

6





P ROGRESSION OF KEY SKILLS

Volleyball

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

EY

- Experiment with moving around in a space using a variety of ways
- Moving around in crab shape- this simulates the ready position
- Hand eye co-ordination when passing a ball/balloon to a partner
- Pushing the balloon up with two hands from below hip height (keeping it off the floor)
- Game- Playing in pairs a game of keeping the balloon up in the air

1

Year 1 (progressions through Tennis or Net/wall games)

- Throwing and catching to self/ partner, moving body into position to catch the ball
- Grizzly Bear - ready position stance - in isolation
- Throwing and catching a ball with two hands
- Throwing underarm using two hands
- Throw underarm to a partner using various size balls
- Throwing and catching a ball in small sided games e.g catch tennis

2

Year 2. (progressions through Tennis or Net/wall games)

- Throw and catch at different heights on own and with a partner, moving into position to receive the ball
- Grizzly Bear - ready position when catching a ball
- Throwing and catching the ball to a partner at various heights with two hands
- Throwing underarm at a target using two hands
- Throw underarm to a space in an adapted game e.g Tidy your room
- Moving into position to receive, then return the the ball in an adapted game e.g. catch tennis, bounce ball

3

Year 3

- Footwork- Move body into position to catch a ball in an adapted game
- Ready Position - use in reaction games and catching
- Throw /Self feed and Volley the ball in a rainbow shape
- Catch a ball at knee height (mirrors positioning for the dig shot)
- Play a modified game starting the game with an underarm throw
- Adapted games, with variations of rules and begin to apply some basic principles

4

Year 4

- Footwork- Move with balance and control to catch a ball in an adapted game
- Ready Position - use in isolation e.g. reaction games and moving to return the ball
- Throw /Self feed and Volley the ball in a rainbow shape toward a target
- Move and catch the ball at knee height (mirrors moving into position for the dig shot)
- Serve - underarm with some control
- Play adapted games of volleyball, children encouraged to think of tactics

5

Year 5

- Footwork- Move into position quickly for next play e.g attack or defend
- Ready Position get into the ready position and use it in a game situation
- Volley/Set - the ball up in a rainbow shape towards a team mate with some control
- Dig - the ball with some control
- Serve - underarm with some control towards a target
- Play an adapted game of volleyball beginning to use key skills in their game e.g. serves, set and dig

6

Year 6

- Footwork- React quickly & move in various directions- get into position for the next play e.g attack or defend
- Ready Position - use in combination- get into the ready position and use it confidently when playing a game
- Volley/Set - the ball up in a rainbow shape towards a team mate both with accuracy and control
- Dig - the ball with control into a space for a teammate
- Serve - underarm at various distances
- Play an adapted game of volleyball using a variety of skills into their game e.g. serves, set and dig

