

Year 3

Progression of skills

Basketball

Introduce dribbling; keeping control
Introduce passing and receiving
Combine dribbling and passing to create space
Develop passing, receiving and dribbling
Introduce shooting

Dodgeball

Developing changing direction
Introduce throwing with accuracy
Introduce catching
Develop moving, changing direction at speed
Combine throwing and dodging

Football

Introduce/develop dribbling keeping control
Introduce passing and receiving
Combine dribbling and passing to create space
Develop passing, receiving and dribbling

Handball

Introduce passing, receiving and creating space
Develop passing and moving
Combine passing and moving
Introduce shooting
Develop passing and shooting

Hockey

Introduce dribbling; keeping control
Introduce passing and receiving
Combine dribbling and passing to create space
Develop passing, receiving and dribbling
Introduce shooting

Year 4

Progression of skills

Basketball

Refine dribbling
Refine passing and receiving
Refine passing and dribbling creating space
Refine passing and dribbling creating shooting opportunities
Introduce marking

Dodgeball

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

Football

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

Handball

Refine passing and receiving
Develop passing and creating space
Develop passing, moving and shooting
Combine passing and shooting
Introduce defending

Hockey

Refine dribbling and passing
Develop shooting; combine passing and dribbling to create shooting opportunities
Develop passing and dribbling creating space for attacking opportunities
Introduce defending; blocking and tackling

Year 5

Progression of skills

Basketball

Refine dribbling
Refine passing and receiving
Refine passing and dribbling creating space
Refine passing and dribbling creating shooting opportunities
Introduce marking

Dodgeball

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

Football

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

Handball

Consolidate passing and receiving
Explore the function of other passes
Develop defending
Develop passing and creating space, introduce officiating
Refine shooting

Hockey

Develop defending; block and tackling
Recap and refine dribbling and passing to create attacking opportunities
Refine attacking skills, passing dribbling and shooting
Refine defending skills developing transition from defence to attack

Year 6

Progression of skills

Basketball

Refine dribbling
Refine passing and receiving
Refine passing and dribbling creating space
Refine passing and dribbling creating shooting opportunities
Introduce marking

Dodgeball

Consolidate/understanding attacking and defending tactics
Transition between attack and defence
Applying the rules: Officiating games
Managing tactics and officiate games

Football

Consolidate keeping possession, develop officiating
Consolidate defending
Organise formations and manage teams
Organise formations decide tactics, manage teams and officiate games

Handball

Consolidate keeping possession, develop officiating
Consolidate defending understand and apply defending tactics in game situations
Consolidate defensive tactics; understand and apply defensive tactics in game scenarios

Hockey

Consolidate keeping possession, develop officiating
Consolidate defending
Create, understand and apply attacking/defending tactics in game situations

Year 3

Progression of skills

Netball

Introduce passing, receiving and creating space
Develop/combine passing and moving
Combine/develop passing and shooting

Tag Rugby

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

Cricket

Understand the concept of batting and fielding
Introduce throwing overarm
Introduce throwing overarm
Introduce catching
Striking with intent

Rounders

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

Tennis

Introduction tennis, outwitting an opponent
Creating space to win a point
Consolidate how to win a game introduce rackets
Introduce the forehand

Year 4

Progression of skills

Netball

Refine passing and receiving
Develop passing and dribbling creating space
Develop passing, moving and shooting
Refine passing and shooting
Develop footwork

Tag Rugby

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

Cricket

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

Rounders

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

Tennis

Developing the forehand
Creating space to win a point using a racket
Introduce the backhand
Applying the forehand and backhand in game situations
Applying the forehand and backhand creating space to win a point

Year 5

Progression of skills

Netball

Refine passing and receiving
Apply passing, footwork and shooting into mini games, introduce officiating
Introduce defending
Explore the function of other passing styles

Tag Rugby

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

Cricket

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

Rounders

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

Tennis

Introduce/develop the volley
Controlling the game from the serve
Doubles, understanding and applying tactics to win a pint

Year 6

Progression of skills

Netball

Consolidate keeping possession, develop officiating
Consolidate defending
Create, understand and apply attacking/defending tactics in game situations

Tag Rugby

Consolidate passing and moving
Consolidate defending
Create, understand and apply attacking/defending tactics in game situations
Consolidate attacking and defending in min games

Cricket

Consolidate batting/fielding/bowling
Create, understand and apply attacking/defensive tactics in game

Rounders

Introduction to full rounders
Consolidate fielding tactics
Refine our understanding of what happens if the batter misses or hits the ball backwards
Batting considerations

Tennis

Game application
Game application, mixed ability doubles, round robin games



KS2 Progression of Skills

Year 3

Progression
of skills

Health, Wellbeing & Fitness*

Exploring warm ups
Continuous training
Interval training
*New unit available on
Complete P.E. form
2020 - 2021

Badminton units are not available on
Complete P.E. for Year 3

Year 4

Progression
of skills

Health, Wellbeing & Mindfulness*

Mental well being
Mindfulness
Leadership
Exploring cool downs
*New unit available on
Complete P.E. form
2020 - 2021

Badminton units are not available on
Complete P.E. for Year 4

Year 5

Progression
of skills

Health Related Exercise

Cardio Fitness 1
Flexibility
Strength
Cardio Fitness 2

Badminton

Exploring different forehand
/backhand shots
Applying different forehand/
backhand shots to win a point
Consolidate outwitting
an opponent
Doubles: Understanding and
applying tactics to
win a point

Year 6

Progression
of skills

Health Related Exercise

Cardio Fitness 1
Flexibility
Strength
Cardio Fitness 2

Badminton

Introduction to badminton:
Outwitting an opponent
Introduce the forehand
and backhand
Applying the forehand and
backhand: Creating space
to win a point
Controlling the game
from the serve