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| **Progression of skills: KS2 PE** | | | | | |
|  | **Y3: I can…** | **Y4: I can…** | **Y5: I can…** | **Y6: I can…** |
| **OAA** | **OAA**:   * work as part of team * show **enthusiasm**, **determination** and **resilience** * work together in small groups to solve problems * complete **under pressure** * **negotiate** with my group * plan a route map * work with others to solve problems * follow the rules of an activity * identify areas of school grounds using a map * run and think **simultaneously** in a competition situation * identify a number of **controls** around school grounds using photographic clues * take photos of interesting places around school | **OAA**: (as Y3)   * work as part of team * show **enthusiasm**, **determination** and **resilience** * work together in small groups to solve problems * complete **under pressure** * **negotiate** with my group * plan a route map * work with others to solve problems * follow the rules of an activity * identify areas of school grounds using a map * run and think **simultaneously** in a competition situation * identify a number of **controls** around school grounds using photographic clues * take photos of interesting places around school | **Teambuilding:**   * communicate **verbally** * use **non-verbal** communication effectively * work with others effectively * perform calmly **under pressure** * make a plan * put my trust in others * work with others to apply a plan * keep going when things are not necessarily going my way | **OAA**:   * use **non-verbal** clues to solve problems * work as part of team * work with a partner to **navigate** obstacles whilst blindfolded * give clear instructions * stay focused * think creatively to find solutions to challenges * work together in a small group to solve problems * **navigate** using a map * demonstrate teamwork and a good level of communication to complete a group task * work quickly and effectively **against the clock** * work with a partner to fins a number of **controls** using a map * identify the location of a number of controls which relate to specific letters of the alphabet * communicate positively with team members   **Teambuilding** (as Y5)**:**   * communicate **verbally** * use **non-verbal** communication effectively * work with others effectively * perform calmly **under pressure** * make a plan * put my trust in others * work with others to apply a plan * keep going when things are not necessarily going my way |
| **Yoga** | **Yoga:**   * Perform a variety of poses * **Retain** my focus * Hold positions with **good** **alignment** and shape * Work with **control** and **isolating** **body** **parts** * Control my breathing as exercising * Devise my own meditation * Work in a group to perform different poses * **Articulate** what the benefits of yoga are |  |  |  |
| **Dance** |  | **Dance around the world:**   * develop a **motif** demonstrating some **agility, balance, coordination** and **precision** * creatively change **static** actions into travelling moments * show different levels and **pathways** when I travel * communicate effectively with a partner * communicate effectively within a group * **evaluate** the work of others using **technical language** | **Dance through the ages:**   * develop a **motif** demonstrating some **agility, balance, coordination** and **precision** * creatively change **static** actions into travelling moments * show different levels and **pathways** when I travel * communicate effectively with a partner * communicate effectively within a group * **evaluate** the work of others using **technical language** * improve my own performance based on the feedback of others |  |
| **Net and Wall** |  | **Tennis:**   * take up a ‘ready position’ and move into good positions to strike a ball * play game of hand tennis, trying to move my **opponent** around the **court** * hit **consistent forehand returns** * get into **consistently** good positions to hit the ball after one bounce * get into good positions to play **backhand shots** * strike the ball on the **backhand** with some **consistency**. * **volley** a ball on the **forehand** and **backhand**, striking the ball downwards * **serve** from the **baseline** into my **opponents’** side of the court * move into the correct position to play a variety of shots * use **tactics** against an **opponent** | **Dodgeball:**   * throw hard and low at my **opponents** * dodge to **evade** the ball * catch to bring teammates back into the game * dodge balls well that are thrown at me * throw with increasing power and at **a low trajectory** * catch balls which are low down and thrown at me **with pace** * use a ball to block **incoming fire** * play **adapted** games with special rules * **abide** by the rules * work as a group to decide **tactics** * choose the right moment to **attack** and **defend** * compete against others **effectively** |  |
| **Striking and Fielding** | **Rounders:**   * **send** using good throwing **technique** * **receive** using good catching **technique** * develop basic **bowling** and **batting** skills * develop my throwing skills * **communicate** with other players for the good of my team * **field** the ball off the ground using a **variety** of techniques * catch high balls comfortably * **backpedal** to catch balls over me * perform well in a range of positions in a competitive game | **Cricket:**   * stand **sideways on** with a **high back lift**, ready to receive a ball * step back and across to **pull a short ball** * **bowl** a ball **overarm** with a straight arm * **take up a wicket**, **keep stance**, and take balls bowled on both sides of the **wicket** * throw accurately and powerfully * **drive a ball** and then run between **a set of wickets**, **sliding my bat when necessary** * **bat** successfully with a partner, communicating effectively * **bowl** with increasing accuracy * **bowl with a run up** * stop **hard balls** struck at me by forming **a long barrier** * communicate effectively with my partner when batting * **back up** my fellow fielders in the field * play **purposefully** in a competitive game, taking on **multiple roles** effectively | **Rounders:**   * catch with **soft hands** * throw accurately into space * bowl accurately at a **consistent height** * **ground field** consistently well * catch and throw quickly from **backstop** * **strike** with some accuracy into a given area * **back up** fellow fielders in the **outfield** * communicate with fellow batsmen/women when **between bases** * throw with **real accuracy** and **under pressure** * play a full game in a small group, taking on different roles within the team * **adapt** my game according to the direct opponent/situation | **Cricket**:   * Catch **consistently** well **under** **pressure** * Throw **accurately** **overarm** * Pull a ball from a **short** **delivery** to the **leg** **side** * I can bowl with a **short** **run** **up** and **straight** **arm** with **some** **accuracy** * Perform a **range** **of** **fielding** **techniques** **confidently** and **consistently** * Bowl with a **run** **up** * Bowl with **consistent** **accuracy** **and** **length** * Pick up and return a ball with **one** **hand** **quickly** and **consistently** well * Use my feet to get to the **pitch** **of** **the** **ball** when batting * Show **tactical** **awareness** as a fielder * Bowl out of the **back** **of** **my** **hand** * Play a **square** **cut** **shot** * Link my skills and perform in a **competitive** game * Bowl by running in **close** **to** **the** **wickets** |
| **Invasion Games** | **Invasion Games Fundamental Skills:**   * **dodge** * be aware of my environment and others * get into good positions to **receive** a ball * **pass** and move into **space** * **shield** a ball from an **opponent** * turn in different ways whilst **in possession** * **dribble** with control and using both hands/feet * **deceive** my opponent by **feinting/dummying/giving the eyes** * close the space and then **jockey** awaiting for my opponent to lose control * force my opponent onto their **weaker side** * communicate with my fellow players to make sure everyone is in the right position and **alert**   **Handball:**   * send using **a javelin style pass** accurately * catch a handball **on the run** * pass and receive the ball **on the move** * pass quickly **under pressure** * throw/shoot accurately using good **overarm** technique * **intercept** passes * **block a shot** * participate **purposefully** in a small-sided game * play to the rules * show a wide range of skills * play in a variety of positions with **equal proficiency** * keep control of my emotions whilst playing a tournament | **Hockey:**   * **dribble** a ball confidently * stop a ball * develop my **dribbling** technique * change direction easily * pass a ball accurately * **control** a ball sent to me * pass in a variety of ways using good technique * receive a pass **on the run** * perform a **jab tackle** * **play advantage** **appropriately** * compete in a tournament * work effectively as part of a team   **Football:**   * **trap a ball** and **cushion** it when receiving * pass the ball accurately * dribble a ball using both feet and **manipulate** it using different parts of the foot * **shield** a ball from an **opponent** * turn confidently with a football * play a small game and demonstrate my turns * make good decisions when **in possession** * use a **numerical advantage** by **overloading, overlapping,** and **underlapping** * **defend** well-watching the ball, **jockeying** to await the moment to pounce and being **decisive** * focus and **retain my concentration** when the ball isn’t in my area of the pitch * show the skills and knowledge I have developed in a competitive environment * get into **sideways positions** when receiving the ball | **Basketball:**   * **control** a basketball using both hands to **protect** the ball **under pressure** * pass the ball using good techniques-having a **target**, **receiving** the pass and stepping in the direction of the pass (at a chest and bounce pass) * use different skills such as **varying** speed and direction to get past **defenders** * **mark** a player or an area of the court to **limit opportunities** for the **opposition** * use the correct technique of balance, elbow, eye line and follow through (**BEEF**) to shoot a basketball * **dribble, pass** and **shoot** the basketball using the correct technique during a game. | **Netball:**   * **send** a netball in a variety of ways * **receive** a ball and already know what I want to do with it * **pass** accurately, using a variety of passes * **anticipate the play** and release the ball quickly and **efficiently** * **shoot** with good technique * land and **pivot** to pass the ball * **shoulder pass** accurately and **with force** * create **space** for myself * position myself to take **rebounds** from missed shots * participate **purposefully** in a netball match * apply some **tactics** that we have decided as a team * play by the rules   **Tag Rugby:**   * **pop pass** and **pocket pass** * tag someone safely * understand what constitutes a **try** and what doesn’t * send and receive a ball **on the run** and **under pressure** * pass well to my left and right * pass a rugby ball backwards consistently * pass accurately * **dummy** a pass * pass missing out players in a line * take a **tap penalty** with a **dummy half** * attack in **staggered** lines * organise my position so that I receive passes **on the run** * apply skills effectively * develop game understanding * compete in a full game of tag rugby   **Lacrosse:**   * Hold the stick **correctly** and **consistently** * Scoop a ball using the **correct** **technique** * Carry a ball using cradling technique * Cradle the ball and **evade** **opponents** * Throw and catch **consistently** well * **Adjust** my grip on the stick to throw and then catch * Play a game **incorporating** the skills of cradling, scooping, throwing, catching and shooting * Send and receive a ball **confidently** * Shoot from left and right * Force my opponent onto their **weaker** **side** when I am defending them * Demonstrate **sporting** **values** * Make a **good** **contribution**, attacking and defending, in a game |