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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
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| **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
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| **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
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| **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**
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| **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**
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| **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
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