

PE and Games Progression Document

	Year 3	Year 4	Year 5	Year 6
Indoor Athletics	Develop running, jumping and throwing in isolation (breaking down the skill (40m, modified equipment where necessary) NC focus: Flexibility and technique	Develop running, jumping and throwing in isolation (breaking down the skill 60m, modified equipment where necessary) NC focus: Flexibility, technique and balance	Develop running, jumping and throwing in combination (distance (80m for each race, modified equipment where necessary) NC focus: Flexibility, technique, balance and control	Develop running, jumping and throwing in combination (distance 80m for each race, all equipment used like the competition) NC focus: Flexibility, technique, balance, control and strength
Dance	Perform, demonstrating different movement patterns. (forward and backwards and unison)	Perform, demonstrating different movement patterns. (forward, backwards, side to side, unison, face to face)	Perform, demonstrating different movement patterns. (forward, backwards, side to side, diagonal, canon)	Perform, demonstrating different movement patterns. (forward, backwards, side to side, diagonal, back to back and mirror)
Gym	Have a developing level of flexibility and techniques Compare performance with previous ones and demonstrate improvements to achieve their personal best	Demonstrate a more consistent level of flexibility, technique and balance Compare performance with previous ones and demonstrate improvements to achieve their personal best	Demonstrate consistency with flexibility, technique, balance and control Compare performance with previous ones and demonstrate improvements to achieve their personal best	Demonstrate accuracy, control and consistency with flexibility, technique, balance, and strength. Evaluate performance and suggest basic ways to improve
OAA	Orientate themselves with increased accuracy Identify and use effective communication and begin to identify symbols on a key Begin to use equipment that is appropriate for the activity	Orientate themselves around a short trail with increased accuracy Create a short course and start to identify features on an orienteering course Try a range of equipment for completing an activity	Orientate themselves around a short trail with increased accuracy and speed Identify a key on a map and begin to use the information in activities Choose the best equipment for an outdoor activity	Orientate themselves around a trail with confidence and accuracy when under pressure Begin to use navigation equipment. Use clear communication to effectively complete a role within a team
Track and Field (Outdoor Athletics)	Develop running, jumping and throwing in isolation (breaking down the skill (40m, modified equipment where necessary)	Develop running, jumping and throwing in isolation (breaking down the skill 60m, modified equipment where necessary)	Develop running, jumping and throwing in combination (distance (80m for each race, modified equipment where necessary)	Develop running, jumping and throwing in combination (distance 80m for each race, all equipment used like the competition)
Tennis	Use running, jumping, throwing and catching in isolation and in combination To begin to understand the basic rules of tennis To begin to use ground strokes (forehand and backhand)	Use running, jumping, throwing and catching in isolation and in combination To have a developing understanding of the rules of tennis To begin to use ground strokes	To have a developing understanding of the rules of tennis To use ground strokes (forehand and backhand) with more accuracy and control To begin to use the volley with control	To apply the rules of tennis to game situations To use ground strokes (forehand and backhand) and the volley with more accuracy and control To use the serve with an increasing

		(forehand and backhand) with more accuracy	To use the overarm serve.	amount of accuracy and control
Tag Rugby	Develop flexibility, and technique Apply basic principles suitable for attacking and defending in isolation through small sided games (1V1, 2V2)	Develop flexibility, strength and technique. Apply basic principles suitable for attacking and defending in isolation through small sided games (1V1, 2V2)	Develop flexibility, strength, technique, control and balance Apply basic principles suitable for attacking and defending in isolation through small sided games (2V1, 3V2)	Demonstrate strength, technique and control in a range of situations Apply basic principles suitable for attacking and defending in isolation through small sided games (2V1, 3V2, 3v3)
Football	Develop flexibility, and technique To develop efficiency and control when dribbling To begin to understand some of the basic laws of football	Develop flexibility, strength and technique To dribble with increased accuracy and control To have a developing understanding of the laws of football	Develop flexibility, strength, technique, control and balance To develop shooting techniques To apply the laws of football to games	Demonstrate strength, technique and control in a range of situations To shoot with increased accuracy and control To apply the laws of football to match situations
Hockey	Develop flexibility, and technique Send and receive a ball with some consistency to keep possession	Develop flexibility, strength and technique Send and receive the ball with accuracy, controlling to score points/goals	Develop flexibility, strength, technique, control and balance Able to combine skills such as dribbling and passing	Demonstrate strength, technique and control in a range of situations. Use a variety of techniques for passing, controlling, dribbling and shooting the ball in games
Basketball	Develop flexibility, and technique Work as part of a team to attack towards the basket / target	Develop flexibility, strength and technique Work as part of a team to attack and score in a defined area	Develop flexibility, strength, technique, control and balance Move balls over longer distances accurately, demonstrating power and control	Demonstrate strength, technique and control in a range of situations Use a variety of techniques for passing, controlling, dribbling and shooting
Netball	Develop flexibility, and technique Send and receive a ball with some consistency to keep possession Employ tactics to put pressure on opponents	Develop flexibility, strength and technique Send and receive the ball with accuracy, controlling to score points/goals Use tactics to perform defensively both as a team and as an individual	Develop flexibility, strength, technique, control and balance Select and apply skills in game situations with some consistency e.g. dodging and pivoting Explain the need for different tactics and attempt these in game situations	Demonstrate strength, technique and control in a range of situations. Work collaboratively in a team to play and keep possession of the ball Choose and implement a range of strategies to attack & defend such as restricting attackers' space or goal side marking
Rounders	Strike a stationary ball with some consistency Have a developing understanding of the	Strike a moving ball with some consistency Use and apply the basic rules of the	Choose where to hit the ball to maximise likely hood of scoring runs Use and apply the basic rules of the game	Strike a bowled ball and attempt a range of shots Apply with consistency standard rules of

	<p>rules of rounders</p> <p>Know where to run to score points</p>	<p>game</p> <p>Apply speed and decision making to run safely between scoring markers</p>	<p>fairly and consistently</p> <p>In a game situation use a range of simple tactics in order to maximise scoring opportunities</p>	<p>rounders</p> <p>Use a range of tactics for attacking and defending in order to maximise scoring opportunities</p>
Cricket	<p>Have a developing understanding of the rules of cricket</p> <p>Show ready position to catch a ball</p> <p>Bowl, using a developing action with some consistency</p>	<p>Use and apply the basic rules of the game</p> <p>Track and intercept the ball along the ground, sometimes collecting with 1 hand.</p> <p>Bowl, using a recognised action with some consistency</p>	<p>Use and apply the basic rules of the game fairly and consistently</p> <p>Use a variety of shots in isolation and in a game situation</p> <p>Begin to employ the overarm bowling action</p>	<p>Apply with consistency the standard rules of cricket</p> <p>Demonstrate control and consistency in a range of fielding skills, e.g. throwing, catching, tracking, intercepting</p> <p>Strike a bowled ball and attempt a range of shots</p>