

Dance and Gymnastics

Dance

CORE

Listen to the beat of the music and sometimes move in time to it

Use basic dance movements to travel
e.g. jumping and turning

Explore some movements in response
to a story

Perform dance movements showing a
variety of levels

Remember simple dance moves and
perform with some control

Begin to change the speed of the
actions I choose

Begin to dance with a partner

WORKING DEEPER

Move to music with good rhythm and
timing of their actions



Hi there, Buddy the Balance bot is here
to help if you need it!

Gymnastics

CORE

Can perform various shapes

Perform basic jumps (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

Games

Tag Rugby

CORE

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

Score a try in a drill using 2 hands to place ball down

Begin to develop tactics for attacking and defending

Hockey

CORE

Move a ball along the floor using a tennis racket

Push a ball to a partner using a hand paddle/tennis racket

Begin to move into a space in a 'Hand hockey' game

Begin to develop tactics for attacking and defending

Football

CORE

Stop a ball with the inside of feet

Pass the ball, beginning to use inside of feet

Dribble the ball with the inside of feet -finding a space

Begin to understand tactics for attacking and defending

Netball

CORE

Catch a soft ball safely. Pass a soft ball from the chest – ‘W’ shape when passing and receiving

Begin to understand footwork- no running with the ball

Move into a space in a game, looking to throw the ball to someone in a space

Score in a variety of ways- into hoops and targets

Begin to develop tactics for attacking and defending.

Tennis

CORE

Throw and catch a ball with some control

Bounce and catch a ball with some control

Balance a ball on a racket

Begin to develop tactics in adapted games

Perform a forehand hit and attempt a backhand hit

WORKING DEEPER

Perform a backhand hit

Rounders

CORE

Throw underarm

Throw and catch various size balls

Bowl with some accuracy at various sized targets

Hit a ball with a tennis racket along the floor and in the air

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

WORKING DEEPER

Throw overarm.

Cricket

CORE

Roll a ball with some control and stop the ball using two hands

Throw underarm and catch a ball with control

Throw a ball overarm with some control

Hold the bat correctly and hit the ball off a tee with some control

Acquiring, developing, selecting and applying skills & tactics

CORE

Vary their pace and speed when running

Run with a basic technique over different distances

Show good posture and balance

Jog in a straight line

Change direction when jogging

Sprint in a straight line

Change direction when sprinting

Perform different types of jumps (eg. 2 feet to 2 feet, 2 foot to 1 foot, 1 foot to same foot/opposite foot)

Jump as high/far as possible

Land safely and with control

Throw underarm and overarm towards a target with increasing accuracy

WORKING DEEPER

Maintain control as they change direction when jogging or sprinting

Travel at different speeds and be able to maintain and control a run over different distances

Jump for distance from a standing position with accuracy and control

Throw with accuracy at targets of different heights and lengths

Improve the distance they throw by using more power

Begin to perform learnt skills with some control

Engage in competitive activities and team games

Knowledge and understanding of fitness and health

CORE

Describe how their bodies feel when still and when exercising

Talk about how to exercise safely

Swimming and water safety

Acquiring, developing, selecting and applying skills & tactics

CORE

Demonstrate understanding of pool rules

Enters the water safely and knows where the shallow end is

Can climb onto floating object without support

Holds onto poolside or pool rail safely

Exits the water safely

Knows dangers of jumping into water

Demonstrates an understanding of correct body position when swimming

Understands importance of a streamlined position

Can travel 10m on the front with kicking legs and flotation (if needed)

Can travel 10m on the back with kicking legs and flotation (if needed)

Treads water with flotation (if needed)

Show frog kicks (breaststroke) with flotation (if needed)

Blows bubbles with face in the water

Holds breath with face in the water

Picks up sunken object that is within reach

Performs star, tuck, and pencil floats with supporting floatation (if needed)

Dance and Gymnastics

Dance

CORE

Listen to the beat of the music and move in time to it

Co-operate with a group

Perform dance movements in time to the music showing a variety of levels

Perform dance movements with co-ordination and control

Respond imaginatively to a story and explore movements

Make a sequence by linking sections together

Change the speed of the action/movement in dance

Suggest improvements based on observations

WORKING DEEPER

Begin to improvise with a partner or small group to create a simple dance with some awareness of rhythm and expression

Perform learnt skills and techniques with control and confidence

Gymnastics

CORE

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

Tag Rugby

CORE

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

Develop tactics for attacking and
defending

WORKING DEEPER

Compete in a controlled manner,
performing learnt skills and techniques
with confidence

Hockey

CORE

Move a ball along the floor with control, using a tennis racket

Push 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

Score into goals/targets using various types of equipment e.g. tennis racket to hit a ball through cones

Begin to anticipate when to tackle, using throw down strips (as hand extension)

Football

CORE

Stop 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

Score 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

Netball

CORE

Perform a bounce pass from a short distance to a partner

Demonstrate understanding of footwork - feet are stuck when receiving the ball

Move into a space to catch a ball.

Pass the ball to someone in a space

Develop tactics for attacking and defending

Tennis

CORE

Throw and catch from one hand to the other

Balance a ball on racket with control

Demonstrate control tapping ball to a partner (who is catching the ball)

Move ball with racket in forehand and backhand position whilst moving

Develop tactics for beating an opponent

Rounders

CORE

Throw underarm and begin to improve distance thrown with overarm

Catch a ball with control

Underarm bowl at a various sized targets with control

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

Stop the ball using one or two hands

Cricket

CORE

Roll and stop a ball with control/accuracy

Throw underarm with some accuracy

Bowl underarm towards a target with control and accuracy

Catch a ball

Begin to hold the bat in correct position and hit a ball off a tee

Play a modified game encouraging teamwork when fielding

Acquiring, developing, selecting and applying skills & tactics

CORE

Recognise and describe how the body feels during and after different physical activities

Run at different paces, describing the different paces

Use a variety of different stride lengths to travel at different speeds and in varied directions

Begin to select the most suitable pace and speed for distance

Complete an obstacle course

Be able to maintain and control a run over different distances

Perform and compare different types of jumps: e.g. 2 feet to 2 feet, 2 feet to 1 foot, 1 foot to same foot, 1 foot to opposite foot.

Combine different jumps together with some fluency and control

Jump for distance from a standing position with accuracy and control and choose the most appropriate jumps to cover different distances

WORKING DEEPER

Perform learnt running, jumping and throwing skills and techniques with control and confidence

Know that the leg muscles are used when performing a jumping action

Throw different types of equipment in different ways, for accuracy and distance

Throw with accuracy at targets of different heights

Investigate ways to alter their throwing technique to achieve greater distance

Perform learnt skills with increasing control

Compete against self and others

Watch and describe performances and use what they see to improve their own performance

Talk about the differences between their work and that of others

Understand how to exercise and describe how their bodies feel during different activities

Explain what their body needs to keep healthy (drinking water, eating healthily, physical activity, get enough sleep)

Swimming and water safety

Acquiring, developing, selecting and applying skills & tactics

CORE

Knows the HELP (Heat Escape Lessening Position) and that it can help retain body heat in the water

Knows how to recover from cold temperatures and to huddle in a group for warmth

Jumps into deep water safely

Understands importance of treading water

Climbs out of the water when out of depth

Can travel 10m on the front with no floatation

Can travel 10m on the back with no floatation

Demonstrates front crawl arms (this can be from a standing position in the water)

Treads water for 30 seconds with no floatation

Demonstrates breaststroke legs

Demonstrates breaststroke arms

Demonstrates kicking from the hip with pointed toes and no floatation (front crawl and backstroke)

Swims with held breath and face in the water

Performs star float, tuck float, pencil float

Performs push and glide on the front

Performs push and glide on the back

Can log roll from back to front with floatation

Performs a pencil dive

Swims 25m of any stroke with floatation (can pause and hold the side rail)

Collects sunken objects that require full submersion

Jumps into deeper water

PE

Y3



Dance and Gymnastics

Dance

CORE

Move in time to the music with expression

Perform turns, leaps, and balances at different speeds with control

Dance in unison and canon with a partner/group

Perform dance movements incorporate space elements e.g. levels and pathways

Begin to perform with a good sense of expression and energy

Begin to use their own movements based on a theme to create a dance performance

Describe and comment on their own performance and that of others

Make simple suggestions to improve quality

WORKING DEEPER

Confidently improvise with a partner or on their own, and compose longer dance sequences in a small group

Demonstrate precision, control, rhythm and spatial awareness when performing a dance

Gymnastics

CORE

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)

Games

Tag Rugby

CORE

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

Beat a defender to score a try in various scoring zones

Understand that a pass can only be made backwards

Begin to apply some basic principles for attacking & defending

Show understanding of, and sometimes use, attacking and defending skills to contribute towards the success of their team

Show some knowledge of the rules of tag rugby and sometimes adhere to them in a game

Move into a space to avoid a defender, through dodging techniques

WORKING DEEPER

Use a range of attacking and defending skills to contribute to the success of their team

Demonstrate knowledge of many of the rules of tag rugby and follow them in a game

Hockey

CORE

Dribble the ball holding the stick in correct position

Perform a pass and look for a space in an adapted game to receive the ball

Pass and receive a ball with some control

Begin to tackle a player safely- when stationary and moving

Score whilst the ball is stationary

Begin to apply some basic principles for attacking & defending

WORKING DEEPER

Keep excellent control of the ball when moving and dribbling

Pass the ball in different ways using the correct technique and with consistently good control and accuracy

Football

CORE

Use the correct technique for dribbling with a football with control

Stop the ball with control after dribbling with it

Use the correct technique for passing a football, generally with accuracy

Use the correct technique for receiving a pass, generally with control and success

Combine dribbling and passing

Kick a stationary ball past a goal keeper

Begin to apply some basic principles for attacking & defending in small sided games

WORKING DEEPER

Execute ball control skills with good control and success

Use the correct technique for dribbling with a football, passing a ball, and receiving a pass, all with good accuracy, control and success

Effectively combine dribbling and passing and demonstrate and apply a variety of football skills and techniques confidently and consistently in a game situation

Netball

CORE

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

Shoot the ball high and bending knees towards hoop/target

In adapted games, begin to apply some basic principles for attacking & defending

Watch, describe and evaluate the effectiveness of a performance and describe how their performance has improved over time

WORKING DEEPER

Effectively, consistently and accurately pass the ball over a range of distances in a game situation

Mark an opponent with great success, including making interceptions

Get free from a defender with speed and success in a game situation

Aim for an hit a target from a range of angles and distances with increasing accuracy and success

Tennis

CORE

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

WORKING DEEPER

Use an excellent forehand and backhand technique to accurately hit the ball and consistently demonstrate this in rallies and games

Show excellent aiming skills to accurately and consistently hit a ball close to or in a target area

Rounders

CORE

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

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

Strike the ball with adapted bats e.g tennis racket, cricket bat, rounders bat

Stop the ball using two hands and attempt a long barrier

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

WORKING DEEPER

Demonstrate excellent all round skills (striking and fielding) by throwing and catching consistently well, stopping balls travelling from different heights and speeds, and communicating effectively with teammates showing leadership where appropriate

Cricket

CORE

Roll the ball with one hand

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

Acquiring, developing, selecting and applying skills & tactics

CORE

Identify and demonstrate how different techniques can affect their running performance

Focus on their arm and leg action to improve their sprinting technique

Begin to combine running with jumping over hurdles

Understand the importance of adjusting running pace to suit the distance being run

Jump using one and two feet to take off and to land with

Develop an effective take-off and flight phase for the standing long jump and land safely and with control

Throw (overarm, under arm and push throws) with greater control and accuracy

Continue to develop techniques to throw for increased distance

Recognise changes in body temperature, heart rate and breathing

WORKING DEEPER

Confidently demonstrate an improved technique for sprinting and be able to speed up and slow down smoothly

Perform and apply skills and techniques with speed, control and accuracy, taking part in a range of competitive games and activities

Recognise and describe the effects of exercise on the body

Know the importance of strength and flexibility for physical activity

Explain why is it important to warm up and cool down

Swimming

Progression and outcomes for achieving skills required to meet end KS2 NC requirements

CORE

Explain how to be safe in different water environments

Swims 10m in clothing

Is able to take breaks when swimming a longer distance (tread water, float on back)

Completes 10m front crawl with rhythmic breathing

Completes 10m breaststroke with rhythmic breathing

Completes 10m backstroke

Completes 25m in any stroke

Treads water for 60 seconds

Skulls feet first

Skulls head first

Swims 10m underwater

Performs a series of floats (star, pencil, tuck) without touching the pool floor

Performs floats (star, pencil, tuck) out of depth

Performs a log roll from front to back with no floatation

Performs a log roll from back to front with no floatation

Performs an underwater push and glide on the front

Performs a forward roll in the water

Performs a surface dive

Surface dives to collect sunken objects

Dance and Gymnastics

Dance

CORE

Keep in time with my group in a performance

Perform movements with high or low energy with control

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 expression and energy

Use their own movements based on a range of themes to create a dance performance

Change parts of a dance as a result of self-evaluation.

WORKING DEEPER

Perform and apply skills and techniques with control and accuracy.

Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.

Gymnastics

CORE

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

Tag Rugby

CORE

Use the correct grip while holding the ball to be able to pass it effectively.

Pass the ball with accuracy, using the correct technique while stationary.

Pass the ball with accuracy using the correct technique while on the move.

Move their hands to catch a ball arriving at different heights and angles.

Sometimes get into the correct position to receive a pass from a teammate.

Demonstrate tactics when attacking and defending

Explain and demonstrate most of the rules of tagging, including in a game situation.

WORKING DEEPER

Expertly use the correct grip while moving with the ball and be able to pass it effectively.

Pass the ball with control and accuracy to the left and the right, using the correct technique while moving at pace.

Confidently intercept the ball to win possession for their team and set up an attack.

Consistently and confidently use a range of attacking and defending skills to contribute to the success of their team.

Hockey

CORE

With support, hold the hockey stick correctly for pushing and stopping the ball.

Stop and control the ball effectively, using elements of the correct technique.

Use elements of the correct body position for forehand dribbling with some efficiency.

Keep some control of the ball while dribbling.

Change direction with the ball with some control at a walking pace.

Demonstrate use of tactics when attacking and defending

WORKING DEEPER

Consistently and effectively use the correct technique for tackling safely.

Consistently demonstrate accuracy when aiming for a target a longer distance away.

Can perform and apply a variety of attacking and defending skills competently and confidently, to contribute towards the success of their team.

Change direction with the ball with good control at a jogging pace.

Football

CORE

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

Move forward to close down space to tackle in a conditioned game.

Intercept a pass

Strike a moving ball (past a goal keeper) with some accuracy

Use hand-eye coordination to strike a moving and a stationary ball.

WORKING DEEPER

Modify their use of skills or techniques to achieve a better result.

Use at least two different shots or dribble technique in a game situation.

Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.

Netball

CORE

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

Mark a player, standing side on, sticking to player

Bend the knees and place hand under the ball to shoot

Discuss tactics when attacking and defending

WORKING DEEPER

Apply a range of attacking movement skills to outwit a defender with success in a game.

Understand the footwork rule and demonstrate their understanding in a game situation.

Catch a netball while in motion using both a one or two-footed landing with success.

Choose the most appropriate netball pass in a game situation and execute it with success.

Tennis

CORE

Move with balance and control to catch a ball

Hit a ball into a target from a variety of distances/ angles with no bounce

Hit/bounce ball on racket when moving

Hit ball in forehand/ backhand position with drop feed

Play a game communicating as a team

Use the ready position between shots, to prepare themselves for the next volley.

Understand some of the basic rules in tennis and knows how to keep score.

WORKING DEEPER

Hit a backhand stroke at a targeted area.

Regularly get into the ready position before and after shots.

Use the correct technique for the double-handed and single-handed backhand.

Rounders

CORE

Throw under/over arm over varying distances

Catch a ball with control and accuracy

Begin to bowl from the correct bowling distance 7.5 metres

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

Move into the correct position or space to catch a ball that is thrown or hit into the field, with some success.

WORKING DEEPER

Use a range of tactics during a game and explain how these will benefit the overall strategy.

Accurately throw a ball overarm over a long distance in order to reach a designated target.

Cricket

CORE

Roll the ball with one hand and stop the ball from different directions using barrier method

Bowl at a wicket underarm/overarm with accuracy and control

Throw and catch under pressure in modified games

Hit a drop fed ball and/or moving ball with a bat

Play a game communicating as a team

Demonstrate awareness of tactics when striking and fielding

WORKING DEEPER

Instinctively adapt their hand, arm and body positioning appropriately, aiding them to make different types of catches successfully.

Show excellent understanding of the overarm throwing technique, by positioning themselves correctly and fluidly.

Fluidly adapt their body into the correct position when using the long barrier technique, to effectively stop or control a rolling ball.

Show an excellent understanding of how to position themselves in the batting crease, demonstrating a relaxed and confident grip when in their stance.

Developing, selecting and applying skills & tactics

CORE

Explain why exercise is good for your health.

Know some reasons for warming up and cooling down.

Confidently demonstrate an improved technique for sprinting.

Carry out an effective sprint finish.

Perform a relay, focusing on the baton changeover technique.

Speed up and slow down smoothly.

Perform a standing long jump using one and two feet to take off landing safely and with control.

Begin to measure the distance jumped.

Perform a pull throw.

Measure the distance of their throws.

WORKING DEEPER

Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.

Modify their use of skills or techniques to achieve a better results.

Continue to develop techniques to throw for increased distance.

Perform and apply skills and techniques with control and accuracy.

Outdoor Adventurous Activities

Developing, selecting and applying skills & tactics

CORE

Develop different methods of communication to achieve a goal

Listen carefully and follow instructions given by teammates

Communicate clearly with other people in a team, and with other teams.

Associate the meaning of a key in the context of the environment.

Try a range of equipment for creating and completing an activity.

Make an informed decision on the best equipment to use for an activity.

Have experience of a range of roles within a team and begin to identify the key skills required to succeed at each.

PE

Y5



Dance and Gymnastics

Dance

CORE

Change energy depending on time of the music

Create a performance displaying dance elements performing with control

Demonstrate 'relationship' elements- unison, canon, matching, mirroring and formations

Begin to demonstrate more complex 'space' elements; levels, size of movement, directions and pathways

Perform some 'dynamic' elements in the dance- Energy, Speed and Flow

Translate ideas from a stimulus into a performance – and incorporate dance elements

Ensure their actions fit the rhythm of the music

Choose and use criteria to evaluate own and others' performances and modify a sequence as a result of self and peer evaluation

Consistently perform own longer, more complex sequences in time to music with accuracy and control

WORKING DEEPER

Dance with expression, fluency and control, linking all movements and ensuring that transitions flow

Demonstrate consistent precision when performing dance sequences

Gymnastics

CORE

Perform complex shapes with control and some flexibility

Perform a T-roll

Perform symmetrical and asymmetrical balances

Perform a 'squat on and squat off' on various apparatus

Create a sequence with Fluency, co-operating, communicating and collaborating with others

Perform a hurdle step on the floor/springboard

Cartwheel on the floor using various apparatus

Tag Rugby

CORE

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

Work as a team to score a try- supporting runs in practice

Develop tactics for attacking e.g working as a team, supporting each other

WORKING DEEPER

Consistently perform and apply skills and techniques (passing, tagging, intercepting and sidestepping) with accuracy, speed and control, showing leadership skills when appropriate to contribute to the success of their team

Hockey

CORE

Dribble 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

WORKING DEEPER

Move with the ball, holding the hockey stick with the correct grip, with speed and control, including changing direction

Pass and receive the ball in a variety of ways using the correct technique with control and accuracy

Link dribbling and passing skills together with success and fluency

Use the space well to pass and receive the ball

Football

CORE

Control the ball using either foot when moving

Pass the ball with inside, front or top of 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

Shoot using top of foot (laces)- aiming for corners of the goal

Begin to use attacking and defending, techniques learned in a game situation

In a team, begin to discuss tactics and how to work as a team (communicate and collaborate)

WORKING DEEPER

Use dribbling and passing skills together with speed, accuracy and control

Identify and use different attacking and defending skills and techniques in a game situation, and use leadership skills when appropriate

Move with the ball with control and at speed, changing direction and keeping possession, contributing to the success of their team in a game situation

Netball

CORE

Select 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

Defend a player and attempt to intercept a pass

Shoot into netball posts - bend knees to gain height, flick wrist for accuracy

Begin to use attacking and defending, techniques learned in a game situation

In a team, begin to discuss tactics and how to work as a team (communicate and collaborate)

WORKING DEEPER

Move at different speeds and in different directions in specific drills to practise this and sometimes effectively in a game scenario

Know how to mark an opposition player who is in possession of the ball (marking the ball) and sometimes adopt elements of the correct technique when doing this in a game

Know how to mark an opposition player who is not in possession of the ball (marking the player) and sometimes adopt elements of the correct technique when doing this in a game

Understand and sometimes use attacking and defending skills to contribute towards the success of their team

Tennis

CORE

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.

Move into position to hit a ball with forehand/ backhand in skills practice and game

Communicate and collaborate as a pair to beat opponents

WORKING DEEPER

Move confidently from the ready position into the playing of groundstrokes and back again

Hit the ball with accuracy towards a targeted area using both forehand and backhand strokes

Strike an accurately tossed ball, showing a flowing overhead service stroke

Rounders

CORE

Throw and catch the ball

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

WORKING DEEPER

Strike a bowled ball with a rounders bat into an intended direction, into space

Catch and throw the ball with one hand, and in some cases with their non dominant hand

Cricket

CORE

Begin to use fielding techniques with throwing and stopping and scooping up the ball

Throw over/underarm over varying distances

Catch the ball 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

WORKING DEEPER

Strike a bowled ball in an intended direction, into space

Stop a ball using a range of techniques, including the long-barrier technique

Understand the active role of a fielder and know how to 'attack the ball'

Play cooperatively with teammates, showing leadership skills when appropriate, making decisions when to run for points and when to not

Successfully choose and use a range of simple tactics and strategies when striking and fielding

Developing, selecting and applying skills & tactics

CORE

When running, accelerate from a variety of starting positions and select their preferred position

Identify their reaction times when performing a sprint start

Continue to practise and refine their technique for sprinting, focusing on an effective sprint start

Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run

Identify and demonstrate stamina, explaining its importance for runners

Improve techniques for jumping for distance

Perform an effective standing long jump

Perform a standing triple jump with increasing confidence

Develop an effective technique for the standing vertical jump (jumping for height) including take off and flight

WORKING DEEPER

Confidently and independently select the most appropriate pace for different distances and different parts of the run

Demonstrate endurance and stamina over longer distances in order to maintain a sustained run

Thoroughly evaluate their own and others' work (in running, jumping and throwing events) suggesting thoughtful and appropriate improvements

Land safely and with control

Measure the distance and height
jumped with accuracy

Perform a fling throw

Throw a variety of implements using a
range of throwing techniques

Measure and record the distance of
their throws

Continue to develop techniques to
throw for increased distance

Know and understand the reasons for
warming up and cooling down

Explain some safety principles when
preparing for and during exercise

Explain why exercise is important

Compare and comment on skills,
techniques and ideas that they and
others have used

Outdoor Adventurous Activities

Developing, selecting and applying skills & tactics

CORE

Start to orientate themselves with increasing confidence and accuracy around an orienteering course, both as part of a team and independently

Begin to use navigational equipment (map and compass) to orientate around a trail

Use clear communication to effectively complete a particular role in a team

Identify a key on a map and begin to use the information in activities

Choose the best equipment for an outdoor activity

Offer a detailed and effective evaluation of both personal performances and activities

Communicate and listen clearly to other members of the team to

Work efficiently as part of a team to complete a challenge

PE

Y6



Dance and Gymnastics

Dance

CORE

Keep in time when transitioning from one part of the dance to another

Create a performance displaying a range dance elements performing with good control

Demonstrate new 'relationship' elements- contact, contrast, complement, proximity

Demonstrate more complex 'space' elements (levels, size of movement, directions and pathways)

Combine flexibility, techniques and movements to create a fluent sequence

Perform a variety of 'dynamic' elements in the dance- perform with control and fluency

Translate ideas from a stimulus into a performance – and incorporate a variety of dance elements

Move rhythmically and accurately in dance sequences

WORKING DEEPER

Dance with sustained fluency and control, linking all movements and ensuring that transitions flow

Demonstrate consistent precision and flair when performing dance sequences

Modify elements of a sequence as a result of self and peer evaluation

Use complex dance vocabulary to compare and improve work

Improvise with confidence, still demonstrating fluency across their sequence

Analyse and evaluate skills and techniques within a sequence (both their own and that of others) and suggest ways to improve the quality of performance

Gymnastics

CORE

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

Perform a hurdle step on the floor/springboard and onto apparatus

WORKING DEEPER

Perform inverted skills shoulder stand, cartwheel, teddy bear roll, head stand, handstand

Tag Rugby

CORE

Throw and catch a rugby ball accurately and successfully under pressure in a game

Move with the ball with control and at speed

Change direction with the ball

Pass and receive the rugby ball using the correct technique with control and accuracy

Work as part of a team to score a try in a tag rugby game, e.g supporting diagonal runs

In a team, discuss tactics of attacking and defending (communicate and collaborate)

Contribute to the success of their team when attacking or defending, showing leadership skills when appropriate

WORKING DEEPER

Show confidence in moving and changing direction with the ball using the correct technique in a tag rugby game with speed, control and fluency and support others in doing so too

Choose the best pass to make in a game situation and execute it with accuracy and precision

Link together different skills in a game consistently and effectively, such as passing the ball whilst running at speed

Use the space effectively and intentionally to help keep possession of the ball

Hockey

CORE

Dribble the ball at various speeds- both in isolation and a game situation

Pass and move into a space with accuracy, control and speed (in isolation/game situation)

Pass the ball over a variety of distances in attacking or defensive situations

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

WORKING DEEPER

Show confidence in moving and changing direction with the ball using the correct technique in a hockey game with speed, control and fluency and support others in doing so too

Choose the best pass to make in a game situation and execute it with precision

Link together different skills in a game situation and execute it with accuracy and precision

Use space effectively and intentionally to help keep possession of the ball

Football

CORE

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

Work as part of 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

Demonstrate a clear understanding of the positions and rules of the game

WORKING DEEPER

Consistently choose and make the best pass in a game situation and link a range of skills together with fluency e.g. passing and receiving the ball on the move

Keep and win back possession of the ball effectively and in a variety of ways, showing more complex skills and agility in a competitive match (for the school team, school sports club or external club)

Netball

CORE

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, focusing 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 applying basic principles for attacking and defending

Evaluate their own and others' performance, sometimes suggesting appropriate improvements

WORKING DEEPER

Confidently execute the chest pass, shoulder pass, bounce pass and overhead pass with accuracy, consistency and control in a range of situations

Use an excellent technique to catch the netball with both one and two hands confidently and consistently

Demonstrate an excellent understanding of the footwork rule and adhere to it in a game situation

Demonstrate excellent footwork, speed and agility to move at a range of speeds and in different directions in specific drills to practise and with success in a game scenario

Tennis

CORE

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.

Demonstrate a good forehand technique to land shots over the net

Demonstrate a good backhand technique (either single-handed or double-handed) to land shots over the net

Discuss tactics of attacking and defending in tennis (communicate and collaborate)

WORKING DEEPER

Demonstrate excellent forehand and backhand technique to successfully land shots deep towards the baseline

Strike a tossed ball, showing a flowing overhead service stroke

Confidently strike a ball before it bounces, using a good volley technique

Use a range of the techniques and skills learnt to take control of a rally and win points, whilst demonstrating understanding of tennis rules and scoring system

Rounders

CORE

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 techniques learned and apply in a game situation, applying basic principles for striking and fielding

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

WORKING DEEPER

Play to, adapt and invent rules for striking and fielding games

Cricket

CORE

Demonstrate positioning in a modified game to field a ball (both throwing and stopping it)

Make 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

Play cooperatively with teammates, making decisions when to run for points and when to not

WORKING DEEPER

Catch and throw with one hand, and in some cases with their non-dominant hand

Take responsibility for their own skill progression by reviewing, analysing and evaluating their performance, and set and achieve personal challenges

Developing, selecting and applying skills & tactics

CORE

When running, recap, practise and refine an effective sprint technique, including reaction time and acceleration (to pass other competitors)

Confidently and independently select the most appropriate pace for different distances and different parts of the run

Demonstrate endurance and stamina over longer distances in order to maintain a sustained run

Work as a team to competitively perform a relay

Develop the technique for the standing vertical jump

Maintain control at each of the different stages of the triple jump

Land jumps safely and with control

Develop and improve their techniques for jumping for distance and height and support others in improving their performance

Perform and apply different types of jumps in other contexts

Set up and lead jumping activities including measuring the jumps with confidence and accuracy

Perform a heave throw

Measure and record the distance of their throws

Continue to develop techniques to throw for increased distance and support others in improving their personal best

Develop and refine techniques to throw for accuracy

Take part in competitive games with a strong understanding of tactics and composition

Understand the importance of warming up and cooling down and explain how the body reacts to different kinds of exercise

Carry out warm-ups and cool-downs safely and effectively

Know ways they can become healthier and explain why we need regular and safe exercise

Demonstrate all round safe practise , including handling equipment safely, and observing accepted rules and conventions

Outdoor Adventurous Activities

Developing, selecting and applying skills & tactics

CORE

Orientate (both as part of a team and individually) with confidence and accuracy around an orienteering course

Design, prepare and manage an orienteering course that is clear to follow and offers challenge to others

Use navigation equipment (map, compass) to identify the quickest route to accurately complete an orienteering course

Use clear communication to effectively complete a particular role in a team

Use a range of map styles and make an informed decision on the most effective

Choose the best equipment for an outdoor activity

Work effectively as part of a team, communicating clearly and demonstrating leadership skills when necessary

Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements

Listen to feedback and improve an orienteering course from it

Swimming

Progression and outcomes for achieving skills required to meet end KS2 NC requirements

CORE

Can explain how to be safe in different water environments

Swims 10m in clothing

Is able to take breaks when swimming a longer distance (tread water, float on back)

Recognises dry land exercises that can benefit swimming ability and explain why these help

Understands the importance of being able to swim long distances

Understands how to train for endurance

Completes front crawl with rhythmic breathing for 10m

Completes breaststroke with rhythmic breathing for 10m

Completes backstroke for 10m

Completes 25m in any stroke

WORKING DEEPER

Swims a length in clothing

Describes an effective warm up routine for swimming

Able to evaluate stroke performance in others and provide constructive feedback

Completes 25m of front crawl while demonstrating correct breathing technique

Completes 25m of breaststroke while demonstrating correct breathing technique

Completes 25m of backstroke

Performs a standing dive from the poolside

Treads water for 60 seconds

Sculls feet first and head first

Swims 10m underwater

Performs floats (star, pencil, tuck) out of depth

Performs log rolls (front to back and back to front) with no flotation

Performs an underwater push and glide on the front and back

Performs a forward roll in the water

Performs a surface dive

Surface dives to collect sunken objects

