

St Nicholas Primary

PE Progression Grid

PE Curriculum Intent:

The ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of PE.

- The willingness to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve exceptionally high levels of performance.
- High levels of physical fitness.
- A healthy lifestyle, achieved by eating sensibly, avoiding smoking, drugs and alcohol and exercising regularly.
- The ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being.
- The ability to take the initiative and become excellent young leaders, organising and officiating, and evaluating what needs to be done to improve, and motivating and instilling excellent sporting attitudes in others.
- Exceptional levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time without the need of guidance or support.
- A keen interest in PE. A willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport.
- The ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.

National Curriculum

EYFS	Key Stage One	Key Stage Two
<p>Physical Development – Provides opportunities for children to be active and interactive; to develop their co-ordination, control and movement (in large and small movements).</p> <ul style="list-style-type: none"> • To negotiate space and obstacles safely, with consideration for themselves and others. • To demonstrate strength, balance and coordination when playing. • To move energetically, such as running, jumping, dancing, hopping, skipping and climbing. <p>Expressive Arts and Design – Provides opportunities and encouragement for sharing thoughts ideas and feelings through movement and dance.</p> <ul style="list-style-type: none"> • To perform songs with others and when appropriate, try to move in time with music. 	<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. • Participate in team games, developing simple tactics for attacking and defending. • Perform dances using simple movement patterns. 	<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other.</p> <p>They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in combination. • Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending. • Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. • Perform dances using a range of movement patterns.

		<ul style="list-style-type: none"> • Take part in outdoor and adventurous activity challenges both individually and within a team. • Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
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Key Concepts

Athletics	Team games	Movement	Outdoor Adventure
<p>This key concept includes track and field events including running, jumping, throwing and catching. Children will have the opportunities to practise the skills they need to take part in a range of track and field activities which leads towards our annual sports day in Term 6.</p>	<p>This key concept includes working together as a team and understanding the basic principles of attacking and defending. The children will have the opportunity to learn tactics and how they can change their game to win and help their team to win.</p>	<p>This key concept includes gymnastics, dance, yoga and swimming. The children will have the opportunity to move their bodies in a range of ways to support flexibility and rhythm while developing their core strength.</p>	<p>The key concept includes solving problems as a team and individually. The children will work on their skills of following a map, understanding the coordinates on a map and will have the opportunity to set up their own orienteering course for others to follow.</p>

We would also like our children to adopt the School Games Values and we promote these in our teaching throughout the year. The children learn the different values, what they mean and then incorporate them into their PE lessons. This enables them to not only develop individually but also as a team, showing determination, teamwork and self-belief. Please find the School Games Values below.



Key Concepts	Year 1
Athletics	
Multi-skills	<u>Indoor PE</u>
Balance on lines with control and use equipment to balance on various parts of body Changing direction quickly with some control (agility) Co-ordinating body whilst beginning to move with equipment Co-operate, compete and challenge themselves as a team in various games	<u>Term 1 Multi-Skills</u> Can you balance using different parts of your body?
Athletics	<u>Term 2 Gymnastics</u>
Running pumping arms at various speeds Throw a variety of objects with some accuracy Jumping bending knees and pushing off – being competitive to improve distance as a pair Co-operate and compete in a team in various running games	Can you perform different rolls and jumps? <u>Term 3 Fitness</u> Can you feel your heart beat get faster when you exercise?
Team Games	<u>Term 4 Fairy Tale dance</u>
Kwik-cricket	Can you perform a dance using different levels?
Rolling and stopping a ball with one/two hands Throw and catch a ball with some control Bowl underarm towards a target Hit a ball off a tee using various bats Play a modified game hitting off a tee	<u>Term 5 Indoor Athletics</u> How many different ways can you jump?
Tennis	<u>Term 6 Kwik-Cricket</u>
Throwing and catching a small ball with control and bounce catch to self and partner Balance a ball on racket Racket familiarisation- moving ball with racket in forehand position Racket Familiarisation – moving a ball in backhand position Tap up tennis to self-keeping control	Can you bowl a ball and hit a ball using various bats? <u>Outdoor PE</u>
Football Fundamentals	<u>Term 1 Ball Skills</u>
Stopping a ball with the inside of feet Pass the ball beginning to use inside of feet “toe, toe, toe, no, no, no!” Dribble the ball with the inside of feet Follow my leader – trying to stay near their partner Scoring point in a variety of ways in adapted games	Can you practice throwing and catching a variety of different balls? <u>Term 2 Football Fundamentals</u> Can you dribble a ball using the inside of your foot?
Movement	<u>Term 3 Ball Games</u>
Dance	Can you catch and throw a variety of balls?
Listen to the music and begin to move in time to it Perform basic dance movements Perform dance movements showing some levels Perform basic dance travelling movements e.g. stepping, skipping, jumping Perform simple dance moves with some control	<u>Term 4 Outdoor Adventure</u> Can you work with a partner to complete a challenge? <u>Term 5 Tennis</u> Can you balance a ball and move with it on a racket?
Gymnastics	<u>Term 6 Athletics</u>
Can perform shapes Perform basic space jump (rocket jump) Perform a moon rock and a moon roll Perform a rocket roll with pointed toes	Can you run at various speeds?

Perform a bunny hop- hands first then feet
Perform a basic sequence (roll and a jump)

Outdoor Adventure

Outdoor adventure

Begin to work with a partner to meet a challenge.
Using communication to guide a partner through a course when blindfolded.
Begin to travel in different directions under instruction to locate treasure with a partner.
Identifying different ways of traveling to include hopping, jumping, leaping, whilst using coordinates to make own maps.
Work as part of a team to match animals to their matching cards.
Continue to develop team skills while attempting to complete a task.

Key Concepts	Year 2
Athletics	
Multi-skills	<u>Indoor PE</u>
Balance on low apparatus with good control Changing direction quickly with good balance and control (agility) Co-ordinating body whilst beginning to move at different speeds with various equipment Compete challenges in a team in various running/obstacle games and working together to improve team performance	Term 1 Ball Games Can you get into a space to receive a pass?
Athletics	Term 2 Gymnastics
Using arms and keeping head still when exploring running patterns Throw in correct stance 'Usain Bolt position' Use arms to improve jumping technique – beating their own score Compete in a team in various running/obstacle games and working together to improve team performance	Can you perform a sequence of moves to the class? Term 3 Great Fire of London Dance Can you perform a dance using whilst travelling in different directions?
Team Games	
Kwik-cricket	Term 4 Jungle Yoga
Roll and stop a ball with control/accuracy Throw underarm with some accuracy and catch a ball Bowl underarm towards a target with control and accuracy Begin to hold the bat in correct position and hit a ball off a tee Play a modified game encouraging teamwork when fielding	Can you create and perform a story using yoga moves? Term 5 Indoor Athletics How many different ways way you jump with control?
Tennis	Term 6 Kwik Cricket
Throw and catch from one hand to the other and bounce catch into a target with a partner Balance a ball on racket with control Racket familiarisation- moving ball with racket in forehand and backhand position whilst moving Racket Familiarisation – moving a ball in backhand position whilst moving Tap up tennis with a partner to keep control of the ball	Can you throw a ball underarm and hit a target? <u>Outdoor PE</u> Term 1 Football Fundamentals Can you dribble to ball using the inside of your foot and get into space?
Football Fundamentals	
Stopping 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 Tag game– trying to catch their partner Scoring in a variety of ways and begin to use scoring techniques game situations	Term 2 Multi-skills
Movement	Can you balance with control and accuracy?
Dance	Term 3 Fitness
Move in time to the music showing some expression Perform dance movements with control Perform dance movements showing a variety of levels Perform dance movements showing travelling in different directions e.g. sliding, turning, gesturing Remember simple dance steps perform with control in time to the music	Can you beat your personal best? Term 4 Tennis Can you pass the ball to your partner and back?
Gymnastics	Term 5 Outdoor adventure
Can perform shapes with a strong body and control Perform jumps (rocket, star, moon jump) with control and a strong body Perform a moon rock, moon roll and forward roll Perform a rocket roll and extend to a dish/saucer roll	Can you begin to use the coordinates on a compass to navigate? Term 6 Athletics Can you use your arms effectively to run?

Perform a bunny hop – hands flat with straight arms Perform a sequence – (roll, jump and balance)
Yoga
Perform basic Yoga poses with some balance Begin to relax the body in rest pose Perform Sun Pose (beginning of sun salutation) To try some challenging poses To make up a story using yoga poses
Outdoor Adventure
Outdoor Adventure
Working within a team to find a solution to cross a river. Developing the ability to work with a variety of partners, providing guidance and instruction while creating own obstacle course. To begin to use coordinates and confidently navigate a map through North, South, East and west. To have a basic understanding of how to use a compass and create their own directions. To continue to work together as a team and to further develop team skills including communication in order to successfully match picture cards to animals. To begin to develop individual leadership qualities while completing tasks as part of a team.



Key Concepts	Year 3
Athletics	
Multi-skills	Indoor PE
Balancing on various body parts while moving Agility focus –changing direction at speed Co-ordinate body to perform a combination of movements Complete a variety of fitness test successfully and get a personal best	Term 1 Multi-skills Can you change direction at speed using agility?
Athletics	Term 2 Gymnastics Can you perform a short gymnastics sequence on mats?
Begin to perform ‘FAST’ technique Throw a javelin/vortex using correct stance rotating hips forward Perform a hop, step and jump (standing triple jump) in isolation and in combination In warm ups develop running for distance Develop relay change over techniques Run and take off over obstacles at some speed	Term 3 Roman Dance Can you dance in unison with a partner?
Team Games	Term 4 Fitness Can you beat your personal best?
Kwik-cricket	Term 5 Kwik Cricket Can you bowl at a wicket underarm?
Roll the ball with one hand and stop the ball attempting Long barrier method Throw and catch underarm with both hands (in isolation) Bowl at a wicket underarm and attempt overarm Control with a bat (holding it correctly) hitting a ball off a tee and whilst moving Play a modified game using fielding and batting skills	Term 6 Rounders (outside) Can you bat a ball using a tennis racket?
Tennis	Outdoor PE
Move to catch a ball Control a ball on racket when moving Hit ball across the floor with forehand position Hit the ball across the floor using back hand position Hit a ball into a target (with one bounce)	Term 1 Football Can you dribble with the ball and make a turn with control?
Football	Term 2 Tag Rugby Can you tag a player?
Control a ball using inside, outside and sole of feet Pass the ball with inside of feet with accuracy Dribble the ball beginning to turn with some control (inside and outside hook) Begin to defend making a standing tackle in a 1v1 Kick a ball stationary past a goal keeper Embracing rules and playing fairly	Term 3 Netball Can you pass and receive a netball?
Quick Sticks	Term 4 Quick Sticks Can you dribble the ball holding the stick in the correct position?
Dribble the ball holding the stick in correct position Perform a pass at a short distance and receive the ball with some control Pass the ball over a longer distance Begin to tackle a player safely Can occasionally score whilst the ball is stationary Embracing rules and playing fairly	Term 5 Outdoor adventure Can you set up your own orienteering course for another team to complete?
Tag Rugby	Term 6 Athletics Can you throw a vortex or javelin using the correct arm position?
Tag a player in isolation using the tag belts Move with a ball in their hand using correct position ‘dirty fingers clean palms’	

<p>Pass the ball backwards and sideways in isolation Move into a space to avoid a defender through dodging techniques Beat a defender to score a try</p>	
<p>Netball</p>	
<p>Pass and receive a netball safely (chest and bounce pass) Perform a stride stop in netball Perform a jump stop in netball Perform a dodge in netball to get into a space Marking a player keeping on the balls of your feet Shooting the ball high and bending knees Introduce high fives game or an adapted game</p>	
<p>Movement</p>	
<p>Dance</p>	
<p>Collaborate to make a dance warm up Use a stimulus to create a dance Dance in unison with a partner Perform canon with a group Use some different levels and pathways</p>	
<p>Gymnastics</p>	
<p>Can perform a variety of shapes with good control Perform a rocket jump with a half turn Teddy bear roll Perform matching and mirroring balances Perform a bunny hop across a mat run and onto/across low benches and apparatus Hopscotch on throw down feet Perform a short sequence on mats</p>	
<p>Outdoor Adventure</p>	
<p>Outdoor Adventure</p>	
<p>Working in larger teams to complete a task Work in a team to overcome challenges and obstacles with competition between the teams. To set up their own orienteering course for another group to complete, creating maps using a compass. To understand how to use a compass using a variety of co-ordinates To develop communication skills in a variety of ways including verbal, non-verbal and by using sign language. To take the lead in their group when solving tasks as part of a team</p>	

Key Concepts		Fox
Athletics		
Multi-skills Year 4		<u>Indoor PE</u>
Balancing on various body parts while moving Agility focus –changing direction at speed Co-ordinate body to perform a combination of movements Complete a variety of fitness test successfully and get a personal best		<p><u>Term 1 Gymnastics (Y4)</u> Can you perform a bunny hop across low benches and apparatus?</p> <p><u>Term 1 Swimming (Y5)</u> Can you practise a variety of strokes?</p>
Athletics – Year 4	Athletics- Year 5	<p><u>Term 2 Egyptian Dance</u> Can you perform a dance using a canon?</p> <p><u>Term 2 Swimming (Y5)</u> Can you swim 25m?</p>
Begin to perform ‘FAST’ technique Throw a javelin/vortex using correct stance rotating hips forward Perform a hop, step and jump (standing triple jump) in isolation and in combination In warm ups develop running for distance Develop relay change over techniques Run and take off over obstacles at some speed	React quickly and accelerate over short distances Throw a javelin/vortex/ tennis ball using correct stance rotating hips forward with good height and distance Perform a variety of jumps (Long jump and triple jump) and measure for distance Develop pace when running longer distance Pass a relay baton with control and timing in a pairs change over	<p><u>Term 3 Fitness</u> Can you beat your personal best?</p> <p><u>Term 4 Indoor athletics</u> How high can you jump?</p>
Team Games		
Kwik-cricket Year 4	Kwik-cricket Year 5	<p><u>Term 5 Kwik Cricket</u> Can you throw and catch both overarm and underarm?</p>
Roll the ball with one hand and stop the ball attempting Long barrier method Throw and catch underarm with both hands (in isolation) Bowl at a wicket underarm and attempt overarm Control with a bat (holding it correctly) hitting a ball off a tee and whilst moving Play a modified game using fielding and batting skills	Begin to use fielding techniques with throwing and stopping and scooping up the ball Throwing over/underarm and catching 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 team to beat an opponent	<p><u>Term 6 Outdoor Athletics (outside)</u> Can you understand how to use a compass using a variety of co-ordinates?</p>
Tennis – Year 4	Tennis – Year 5	<p><u>Outdoor PE</u></p> <p><u>Term 1 Football</u> Can you tackle your opposition safely?</p>
Move to catch a ball Control a ball on racket when moving Hit ball across the floor with forehand position Hit the ball across the floor using back hand position Hit a ball into a target (with one bounce)	Move to hit a ball with some control Hit/ bounce a ball with control when moving Moving into position to hit a ball with forehand in skills practice and game Moving into position to hit a ball with backhand in skill practice and game Serve diagonally with underarm/overarm throwing into target/game. Begin to use with racket to serve into a target.	<p><u>Term 2 Tag Rugby</u> Can you dodge away from your opponents?</p> <p><u>Term 3 Netball</u> Can you mark a player staying on the balls of your feet?</p>
Football - Year 4	Football - Year 5	<p><u>Term 4 Quick Sticks</u> Can you throw at a wicket overarm?</p>
Control a ball using inside, outside and sole of feet Pass the ball with inside of feet with accuracy Dribble the ball beginning to turn with some control (inside and outside hook) Begin to defend making a standing tackle in a 1v1	Control the ball using either foot when moving Pass the ball with inside, front or laces on the foot Dribble the ball using various turns beginning to accelerate past an opponent Show good body position to defend and press in a 2v2 game	<p><u>Term 5 Tennis</u> Can you pass the ball with your forearm and return a ball to your opposition?</p> <p><u>Term 6 Athletics</u></p>

<p>Kick a ball stationary past a goal keeper Embracing rules and playing fairly</p>	<p>Scoring using top of foot (laces)- aiming for corners of the goal Begin to communicate with team to develop tactics for attacking and defending</p>	<p>Can you perform a hop, step and jump (standing triple jump)?</p>
<p>Quick Sticks – Year 4</p>	<p>Quick Sticks – Year 5</p>	
<p>Dribble the ball holding the stick in correct position Perform a pass at a short distance and receive the ball with some control Pass the ball over a longer distance Begin to tackle a player safely Can occasionally score whilst the ball is stationary Embracing rules and playing fairly</p>	<p>Dribbling the ball in different directions keeping head up Perform a pass with control, accuracy and with movement into a space Pass the ball over a variety of distances with some accuracy and power in a game situation I can begin to defend against an opponent in a game situation Can hit a moving ball with some accuracy and control into a goal Begin to communicate with team to develop tactics for attacking and defending</p>	
<p>Tag Rugby – Year 4</p>	<p>Tag Rugby – Year 5</p>	
<p>Tag a player in isolation using the tag belts Move with a ball in their hand using correct position ‘dirty fingers clean palms’ Pass the ball backwards and sideways in isolation Move into a space to avoid a defender through dodging techniques Beat a defender to score a try</p>	<p>Tag more than one player using either hand whilst moving with tag belts Choose different pathways to move with a ball in hands against a defender Pass and receive the ball in a game situation Use speed and space to avoid an active defender In a game situation beat defenders to score a try</p>	
<p>Netball Year 4</p>	<p>Netball Year 5</p>	
<p>Pass and receive a netball safely (chest and bounce pass) Perform a stride stop in netball Perform a jump stop in netball Perform a dodge in netball to get into a space Marking a player keeping on the balls of your feet Shooting the ball high and bending knees Introduce high fives game or an adapted game</p>	<p>Pass and move (chest, shoulder and bounce) Receive the ball on the move and perform the correct footwork (stride stop,) Receive the ball on the move and perform the correct footwork (jump stop) Perform three different dodges (Drive dodge and double dodge) and receive a ball To defend a player and attempt to intercept a pass Flick my wrist to shoot into a goal Know where the positions are on a netball court</p>	
<p>Movement</p>		
<p>Dance Year 4</p>	<p>Dance Year 5</p>	
<p>Collaborate to make a dance warm up Use a stimulus to create a dance Dance in unison with a partner Perform canon with a group Use some different levels and pathways</p>	<p>Co-operate and collaborate to create a warm up displaying a variety of movement patterns I can translate ideas from a stimulus showing control and fluency Dance in unison in a group keeping in time with each other Dance in canon showing good timing Perform using a variety of levels and using the space</p>	

Gymnastics Year 4	Gymnastics Year 5	
Can perform a variety of shapes with good control Perform a rocket jump with a half turn Teddy bear roll Perform matching and mirroring balances Perform a bunny hop across a mat run and onto/across low benches and apparatus Perform a short sequence on mats	Can perform complex shapes with control and some flexibility Perform more complex jumps, tuck, pike and begin leaps Side star roll and T-roll Perform point and patch balances Perform a 'squat on and squat off' on various apparatus To perform a hurdle step on the floor/springboard Link and sequence actions. Co-operate, communicate and collaborate with others.	
	Swimming – Year 5	
	Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] Perform safe self-rescue in different water-based situations	
Outdoor Adventure		
Outdoor Adventure Year 4	Outdoor Adventure Year 5	
Working in larger teams to complete a task Work in a team to overcome challenges and obstacles with competition between the teams. To set up their own orienteering course for another group to complete, creating maps using a compass. To understand how to use a compass using a variety of co-ordinates To develop communication skills in a variety of ways including verbal, non-verbal and by using sign language. To take the lead in their group when solving tasks as part of a team		

Key Concepts		Owl
Athletics		
Athletics – Year 5 React quickly and accelerate over short distances Throw a javelin/vortex/ tennis ball using correct stance rotating hips forward with good height and distance Perform a variety of jumps (Long jump and triple jump) and measure for distance Develop pace when running longer distance Pass a relay baton with control and timing in a pairs change over	Athletics – Year 6 Accelerate quickly with speed and control in movement – timed/competitive races Throw a javelin/vortex /shot put safely with accuracy and power. Perform a jump for distance varying techniques to improve performance In an competitive game and begin to hit/place a ball into a space Develop long distance running- learning to pace and show good technique Pass a relay baton in competitive situations (timed)	<p style="text-align: center;">Indoor PE</p> <p>Term 1 Swimming (Y5) Can you practise a variety of strokes?</p> <p>Term 2 Swimming (Y5) Can you swim 25m?</p> <p>Term 1 Dance (Y6) Can you use levels, travelling and space with timing and musicality?</p> <p>Term 2 Gymnastics (Y6) Perform more complex balances in a sequence on</p> <p>Term 3 Fitness Can you beat your personal best?</p> <p>Term 4 Dodgeball Can you throw a ball accurately at a target?</p> <p>Term 5 Indoor Athletics Can you use your arms to help you jump further?</p> <p>Term 6 Rounders (outside) Can you bat with a rounders bat and aim it to a certain place?</p> <p style="text-align: center;">Outdoor PE</p> <p>Term 1 Football Can you communicate with team to develop tactics for attacking and defending?</p> <p>Term 2 Tag Rugby Can you pass and receive a ball in a game situation without getting tagged?</p> <p>Term 3 Netball Can you receive the ball whilst performing the correct footwork?</p> <p>Term 4 Outdoor adventure Can you develop communication skills in a variety of ways including verbal, non-verbal and by using sign language?</p> <p style="text-align: center;">Term 5 Tennis</p>
Team Games		
Tennis – Year 5 Move to hit a ball with some control Hit/ bounce a ball with control when moving Moving into position to hit a ball with forehand in skills practice and game Moving into position to hit a ball with backhand in skill practice and game Serve diagonally with underarm/overarm throwing into target/game. Begin to use with racket to serve into a target.	Tennis – Year 6 Move in a variety of directions when hitting a ball Hit/bounce ball to a partner with control Move to hit a ball in game in forehand position Move into position to hit a ball with backhand. Begin to choose which shot it best in a game. Serve diagonally under/overarm in a game of mini tennis	
Tag Rugby – Year 5 Tag more than one player using either hand whilst moving with tag belts Choose different pathways to move with a ball in hands against a defender Pass and receive the ball in a game situation Use speed and space to avoid an active defender In a game situation beat defenders to score a try	Tag Rugby – Year 6 Tag a player using either hand when moving at full speed in a game situation Dodge around a defender at speed with a ball in hands avoiding being tagged Pass and receive the ball when in a pressurised modified game situation Play modified competitive games avoiding defenders Work as a team in a game situation to score a try	
Football – Year 5 Control the ball using either foot when moving Pass the ball with inside, front or laces on the foot Dribble the ball using various turns beginning to accelerate past an opponent Show good body position to defend and press in a 2v2 game Scoring using top of foot (laces)- aiming for corners of the goal Begin to communicate with team to develop tactics for attacking and defending	Football – Year 6 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 -making interceptions, cover space To work as a team to score, shooting from various angles	

	Communicate with team evaluate and recognise success to help improve individual and team performance	<p align="center">Can you serve diagonally underarm?</p> <p align="center">Term 6 Athletics</p> <p align="center">Can you participate in a variety of athletic activities?</p>
Netball – Year 5	Netball – Year 6	
Pass and move (chest, shoulder and bounce) Receive the ball on the move and perform the correct footwork (stride stop,) Receive the ball on the move and perform the correct footwork (jump stop) Perform three different dodges (Drive dodge and double dodge) and receive a ball To defend a player and attempt to intercept a pass Flick my wrist to shoot into a goal Know where the positions are on a netball court	Perform a variety of passes within a game with precision and control Perform correct footwork in a game (stride stop with a pivot) Perform correct footwork in a game (jump stop with a pivot) Perform a variety of dodges to move into a space and receive a ball in a practice and in a game situation To defend a player during a game to intercept the ball Shoot into a goal and attempt to get the rebound if missed. Rotate into different positions on the court.	
Movement		
Gymnastics – Year 5	Gymnastics – Year 6	
Can perform complex shapes with control and some flexibility Perform more complex jumps, tuck, pike and begin leaps Side star roll and T-roll Perform point and patch balances Perform a ‘squat on and squat off’ on various apparatus To perform a hurdle step on the floor/springboard Link and sequence actions. Co-operate, communicate and collaborate with others.	Can perform complex shapes when performing sequences and skills with flexibility Perform more complex jumps, tuck, pike and leaps scissor kick and cat leap Side star roll, T-roll (with pointed toes), backwards roll Perform more complex point and patches balances in a sequence on apparatus Perform a ‘squat on and squat off’ apparatus with a run up (with or without a spring board) Perform a hurdle step on the floor/springboard and onto low apparatus Compete in teams to win points with sequences	
Dance– Year 5	Dance– Year 6	
Co-operate and collaborate to create a warm up displaying a variety of movement patterns I can translate ideas from a stimulus showing control and fluency Dance in unison in a group keeping in time with each other Dance in canon showing good timing Perform using a variety of levels and using the space	Co-operate, communicate and collaborate with group to make up a warm up with good rhythm and timing I can translate ideas from a stimulus into movement showing expression, precision, control and fluency Dance in unison in a group showing good timing, energy and strength Dance in canon in a group showing good timing, energy and strength Use levels, travelling and space with timing and musicality	
Swimming – Year 5		
Swim competently, confidently and proficiently over a distance of at least 25 metres		

<p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] Perform safe self-rescue in different water-based situations</p>		
<p>Outdoor Adventure</p>		
<p>Outdoor Adventure- Year 5</p>	<p>Outdoor Adventure- Year 6</p>	
<p>Working in larger teams to complete a task Work in a team to overcome challenges and obstacles with competition between the teams. To set up their own orienteering course for another group to complete, creating maps using a compass. To understand how to use a compass using a variety of co-ordinates To develop communication skills in a variety of ways including verbal, non-verbal and by using sign language. To take the lead in their group when solving tasks as part of a team</p>		