

Progression of Skills in PE

PE	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Hockey	Ball Awareness-moving the ball along the floor using hands Pushing/Patting the ball to a partner using one hand Move around safely in a variety of ways and negotiating space Trying to get the magic ball from another player-holding a throw down strip (magic wand) in hand Scoring into a target in a variety of ways Play adapted games-beginning to score into a goal	Ball Awareness-moving a ball along the floor using a tennis racket Pushing a ball to a partner using a hand paddle/tennis racket Begin to move into a space in a 'Hand hockey' game holding throw down strips (in hand) Hand hockey-beginning to tackle, holding a throw down strip as extension to hand Introduce scoring into a goal, using various types of equipment Small-sided adapted games 3v3. Begin to develop tactics for attacking and defending.	Ball Awareness-moving a ball along the floor with control, using a tennis racket Pushing 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, holding a throw down strip (in hand) Hand Hockey-beginning to anticipate when to tackle, using throw down strips (as hand extension) Scoring into goals/targets using various types of equipment e.g. tennis racket to hit a ball through cones Small-sided games using various types of equipment. Develop tactics for attacking and defending	Dribble the ball holding the stick in correct position Pass and receive a ball with some control Perform a pass and look for a space in an adapted game to receive the ball Begin to tackle a player safely-when stationary and moving Score whilst the ball is stationary. Adapted games to focus on accuracy Adapted games, with variations of rules, begin to apply some basic principles for attacking & defending	Dribble and stop the ball with control Pass the ball over a longer distance with accuracy and power Perform a short pass and begin to move into a space and receive the ball with some control Tackle a player beginning to use the correct grip and positioning - bend knees, low to the ground. Develop shooting - at targets/goals. Beginning to score whilst the ball is moving Play adapted games: Children encouraged to think of tactics when attacking and defending	Dribbling 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	Dribble the ball at various speeds-both in isolation and a game situation Pass the ball over a variety of distances in attacking or defensive situations Pass and move into a space with accuracy, control and speed (in isolation/game situation) 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 Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending
Dance	Moving in time to happy and sad music Experiment with different ways of moving Experiment with actions at different levels Moving around as different characters or animals to the music	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	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	Collaborate to make a dance warm up Use a stimulus to create a dance Dance in unison with a partner Perform in canon with a group Use some different levels and pathways	Cooperate to make a dance warm up and take on a leadership role Respond imaginatively to a stimulus Dance in unison with a partner/group performing a range of movement patterns Perform in canon showing a range of movement patterns Perform a variety of levels and pathways in a dance	Co-operate and collaborate to create a warm up displaying a variety of movement patterns 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 a group to make up a warm up with good rhythm and timing 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
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PE	Football	Explore stopping a ball with different parts of the body Experiment kicking the ball with feet to a partner Move a bean bag/ball on the floor using inside of foot Fox and rabbits game. Object of the game is to move away from the rabbit onto a spot (finding a space) Shooting into a target on the floor Introducing fun games e.g. Player in the middle, defending hoops (beginnings of attacking, defending)	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 -finding a space Introduce getting the ball off a player- tackling Scoring in a variety of ways-into goals and at targets Begin to understand tactics for attacking and defending Small sided games 4v4	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 accuracule Dribble the ball with the inside of feet, keeping the ball close to their body- dribble into a space Improve tackling by using adapted games- introduce intercepting play Scoring 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 Play an adapted and conditioned games 5v5.	Control a ball using inside, outside and sole of feet Pass the ball with inside of feet with accuracy. Pass the ball to someone in a space Dribble the ball, beginning to turn with some control (inside and outside hook) Defend making a tackle in isolation (a conditioned game) Shooting - Kick a stationary ball past a goal keeper Adapted games, begin to apply some basic principles for attacking & defending in small sided games Small sided games 6v6	Move body to correct position to stop and control a ball Pass the ball with inside of feet, whilst on the move Dribble the ball using inside, outside hook and drag back, beginning to accelerate Defend- moving forward to close down space to tackle in a conditioned game. Intercept a pass Shooting- Strike a moving ball (past a goal keeper) with some accuracy Encourage children to talk about tactics when attacking and defending Small sided games - up to 7v7	Control the ball using either foot when moving Pass the ball with inside, front or laces on 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 Scoring using top of foot (laces)- aiming for corners of the goal Begin to use attacking and defending, techniques learned in a game situation In teams, begin to discuss tactics and how to work as a team (communicate and collaborate)	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 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 Understanding the positions and rules of the game
	Gym	Can experiment with different shapes Experiment with different jumps Experiment with different ways of rolling in small shape Experiment with balancing on different body parts Moving along the floor in different ways like aliens sliding, rolling, stretching etc Show a start shape, middle and finishing shape (beginning of a sequence) Moving on and off apparatus safely	Can perform various shapes Perform basic jump (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	Can 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	Can 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) Hopscotch on throw down feet- introduction to hurdle step onto apparatus	Can 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	Can perform complex shapes with control and some flexibility Perform more complex jumps, tuck, pike and a scissor kick Perform a T-roll Perform symmetrical and asymmetrical balances Perform a 'squat on and squat off' on various apparatus Link skills to create a sequence with Fluency. Co-operate, communicate and collaborate with others To perform a hurdle step on the floor/springboard	Can 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 and a vault competition Perform a hurdle step on the floor/springboard and onto apparatus Inverted skills shoulder stand, cartwheel, teddy bear roll, head stand, handstand
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Tag rugby	Follow a partner to steal their bib - introducing tag games Move with different objects in their hands Passing an object to another child Trying to get around a static player in a coned area Scoring points with beanbag treasure in a simple hoop invasion game Fun game getting past the fish (defender) in a small area. Fish EY (defender) trying to get the tails	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 Scoring a try in a modified drill using correct technique- using 2 hands to place ball down Small-sided adapted games. Begin to develop tactics for attacking and defending	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 Scoring a try in an adapted game- focus placing ball down with 2 hands and staying on feet Small-sided games using various types of equipment. Develop tactics for attacking and defending	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 Move into a space to avoid a defender, through dodging techniques Beat a defender to score a try in various scoring zones Adapted games, with variations of rules, begin to apply some basic principles for attacking & defending	Play a tag game whilst moving at speed, keeping close to an opponent Move with control in a variety of directions holding the ball in the correct position Pass the ball backwards/ sideways with control whilst moving Use speed and space to avoid a passive defender Beat a defender at speed to score a try in an isolated game situation Play adapted games, Children encouraged to think of tactics when attacking and defending	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 Working as a team to score a try- supporting runs in practice Developing tactics for attacking e.g working as a team, supporting each other In teams discuss tactics of attacking e.g diagonal line when attacking In a team, discuss tactics of defending e.g make a wall or flat line as a team when defending	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 Bring in pass and loop into a game situation Looping around your teammate- to try and trick an opponent in game situation Working together as a team to score a try in a tag rugby game, e.g supporting diagonal runs Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending In a team, discuss tactics of attacking and defending (communicate and collaborate)
Indoor athletics	Experiment with different ways of throwing under/overarm Experiment with different ways of jumping over objects Jumping forwards and backward, sideways over a throw down spot Leaping over objects Skipping around an area Hopping around an area, and over throw down spots, strips Moving around safely, negotiating space and looking out for friends	Throwing using a sitting chest push- small ball Jumping bending knees and pushing off – being competitive to improve distance Speed bounce/jump over a throw down strip, cone, spot Leaping developing co-ordination Skipping – stepping though the hoop- two feet or one at a time Vertical jump – co-ordination of banana splat tap- jumping at various heights Co-operate and compete on own and in a team in various running games	Throwing with control using a sitting chest push Use arms to improve jumping technique – beating their own score Speed bounce over a cone/mat Leaping developing co-ordination of 3 big leaps Skipping – stepping/jumping through the hoop with some control Vertical jump – standing side on, jumping up to target Compete in a team in various running races and working together to improve team performance	Chest push using correct stance Jumping bending knees, use arms for distance Speed bounce develop control over a mat 5 strides- co-ordinating steps with arms Skipping – with control, head up Vertical jump – standing side on, jumping up to target, bending your knees Running individually using FAST technique, and developing relay change over techniques Know some of the changes that happen between being a baby & child	Chest push with height and distance Jumping bending knees, use arms for distance measure with some accuracy Speed bounce- increase speed and coordination over the speed bounce mat 5 strides- co-ordinating steps, increasing distance using arms Skipping – with rhythm and focus Vertical jump – lower in to squat position, feet hip width apart Run and jump over hurdles with some speed and control	Chest push bending knees with good height and distance Perform a variety of standing jumps (Long jump and triple jump) and measure for distance Speed bounce develop good rhythm and control over the speed bounce mat 5 strides- co-ordinating steps, bounding creating a longer stride Skipping – with rhythm aiming to get 25 skips or more Vertical jump –use arm swing movement to increase height Pass a relay baton with control and timing in a pairs change over	Chest push with accuracy and power, bending knees through to feet, extends arms to increase distance Perform a Triple jump for distance varying techniques to improve performance Speed bounce with speed, fluency and rhythm 5 strides- improve starting position to ensure a better first stride Skipping – with speed (30 skips or more) Vertical jump – Push into ground lift with an explosive movement up focus on landing softly- keep core engaged. Pass a relay baton in competitive situations (timed)

Netball	Throw to self, catching a soft ball/balloon Experiment with rolling the ball, throw and catch to self and to a partner (hand-eye co-ordination) Moving around, changing direction and negotiating space Fun games, encouraging throwing and catching different types of ball Passing with a partner and counting to 5 and 10 Shooting into a target or hoop on the floor Introducing fun games e.g. Player in the middle, defending hoops (beginnings of attacking, defending)	Catch a soft ball safely. Pass a soft ball from the chest – 'W' shape when passing and receiving Adapted game introducing footwork- no running with the ball Move into a space in a game, looking to throw the ball to someone in a space Follow an opponent in a game/adapted game Scoring in a variety of ways- into hoops and targets Begin to develop tactics for attacking and defending. Small sided games (super hero ball) 3 v 3	Introduce a bounce pass from a short distance to a partner Adapted games -Feet are stuck when receiving the ball - developing thought process of footwork rule Move into a space to catch a ball. Pass the ball to someone in a space Follow an opponent and trying to win (intercept) the ball Scoring in a variety of ways and begin to use in a game situation Develop tactics for attacking and defending Play an adapted super hero netball game.	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 Marking a player, keeping on the balls of your feet Shooting the ball high and bending knees-into hoop/target Adapted games, begin to apply some basic principles for attacking & defending Introduce Bee netball (Flier)	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 Marking a player, standing side on, sticking to player Shooting- focus on bending the knees and place hand under the ball to shoot Encourage children to talk about tactics when attacking and defending Confidently play Bee netball (Flier) 4v 4	Selecting 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 To defend a player and attempt to intercept a pass Shooting into netball posts - Stance, bend knees to gain height, flick wrist for accuracy Begin to use attacking and defending, techniques learned in a game situation Begin to understand the positions in a Bee Netball (Stinger) game In teams, begin to discuss tactics and how to work as a team (communicate and collaborate)	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, focus 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. Apply basic principles for attacking and defending Play Bee Netball (Stinger) - understanding the positions and rules
Enjoy a ball	Throw to self, catching a soft ball/balloon. Experiment with rolling the ball, throw and catch to self and to a partner (hand-eye co-ordination) Moving around a spot/ area, experimenting with different ways of moving (footwork) e.g. jumping, hopping, skipping Moving around, changing direction and negotiating space Follow a partner to steal their bib Experiment with different ways of shooting/placing an object into/on a target or hoop Introducing fun games e.g. Player in the middle, defending hoops (beginnings of attacking, defending)	Catch/receive a ball safely. Pass a ball with some control (using either hands, feet or object) Introducing footwork e.g. stopping and freezing in adapted games, landing on spots with two feet Move into a space in a game, looking to throw/pass the ball to someone in a space Follow an opponent in a game/adapted game Scoring in a variety of ways- into hoops, goals or targets Begin to develop tactics for attacking and defending.					

Tennis				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 Adapted games, with variations of rules, begin to apply some basic principles	Move with balance and control to catch a ball Hit/bounce ball on racket when moving Hit a ball into a target from a variety of distances/ angles with no bounce Hit ball in forehand/ backhand position with drop feed Play a game communicating as a team Play adapted games, Children encouraged to think of tactics		
Dodgeball						Throwing the ball overarm and underarm in a variety of directions with control and some speed Catching the ball at different levels within a game situation Aiming at the opposition with some precision and control Dodging in a variety of ways in a game situation. Duck, jump, moving sideways with control and good reactions Blocking the ball from a variety of directions and protecting other players in an adapted game Begin to use techniques learned in a game situation and to have an understanding of key rules	Throwing the ball in a game with precision, control and speed Identify catching opportunities to claim a catch in a game Aiming at the opposition, below the shoulder, using a variety of throwing techniques Dodging in a game, reacting quickly and communicating tactics to teammates to dodge Blocking the ball and attempting to get a teammate to catch it in a game situation To apply defensive techniques e.g blocking and marking in a competitive game situation. Use techniques learned and apply in a game situation. Children to officiate.

Cricket	Rolling and stopping a ball, sitting down and standing up Experiment with throwing and catching to self and to a partner (hand-eye co-ordination) Passing underarm an object to another child Pushing a ball away from body with hands Push ball with throw down strips to develop hand eye co-ordination	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 Small-sided adapted games. Begin to develop tactics for striking and fielding	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 Small-sided games using various types of equipment. Develop tactics for striking and fielding	Roll the ball with one hand and 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 Adapted games, with variations of rules, begin to apply some basic principles for striking and fielding	Roll the ball with one hand and stop the ball from different directions using barrier method Throw and catch under pressure in modified games Bowl at a wicket underarm/overarm with accuracy and control Hit a drop fed ball and/or moving ball with a bat Play a game communicating as a team Play adapted games, Children encouraged to think of tactics when striking and fielding	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 a team to beat an opponent Developing tactics for striking and fielding e.g working as a team, supporting each other	Positioning in a modified game to field a ball (both throwing and stopping it) Making 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 Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending In a team, discuss tactics of attacking and defending (communicate and collaborate)
Outdoor ed	Work with a partner and take turns Listen attentively to a partner Negotiate space and obstacles safely Move energetically, such as running, jumping, hopping, skipping and climbing Have the confidence to try new activities and show resilience to challenge Develop strength, balance and co-ordination when completing tasks	Begin to work with a partner to meet a challenge Use communication to guide your partner through a course when blindfolded Begin to travel in different directions under instruction, to locate treasure with a partner Identify ways of travelling to include hopping, jumping and leaping, whilst using co-ordinates to make 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	Work within a team to find solutions to cross the river Develop the ability to work with a variety of partners, providing instruction while creating an obstacle course Begin to use co-ordinates and confidently navigate through a map using North, South, East and West Have a basic understanding of how to use a compass and create their own instructions Continue to work together as a team and further develop team skills including communication Begin to develop individual leadership qualities while completing tasks as part of a team	Use a key to follow a plan Communicate with peers to complete challenges Know the eight points of the compass Identify what is at points on a grid using co-ordinates in the form (letter, number) Collaborate with members of a team to begin to solve problems Continue to develop leadership qualities while completing tasks as part of a team	Use a key to accurately place things in the correct locations according to a plan Develop different methods of communication to achieve a goal Give and follow directions using the eight points of the compass Use co-ordinates on a plan to correctly place and locate different objects Listen carefully and follow instructions given by teammates Lead a team to complete a task	Use a key to identify orienteering landmarks on a map Communicate and listen clearly to other members of the team to complete challenges in isolation Use compass directions to navigate around a grid Use 4-figure grid references to read an OS map Work efficiently as part of a team to complete a challenge Effectively lead a team to complete a task	Use a key to follow a route on an orienteering map Use clear and concise communication skills to achieve a challenge Use compass directions to navigate around a familiar area eg school grounds Use 6-figure grid references to read an OS map Work as a team to ensure all members are able to complete a challenge at a competitive pace Effectively lead a team to complete a task and evaluate their own leadership skills

Athletics	Marching/running for co-ordination Experiment with different ways of throwing under/overarm Experiment with different ways of jumping-measuring with various objects Working with friends in a team – taking turns Leaping over cones, spots and throw down strips from standing	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. Leaping over throw down strips and low hurdles when moving	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 Leaping over hurdles beginning to compete against self and others	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 Develop running for distance In warm ups Develop relay change over techniques Run and take off over obstacles at some speed	Perform 'FAST' technique confidently when sprinting Throw a javelin/vortex with height and distance Perform a hop, step and jump (standing triple jump) Develop running for distance In warm ups, increasing with each lesson Pass a relay baton with control with a partner in adapted games Run and jump over hurdles with some speed and control	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 Run and jump over hurdles with fluency	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 Develop long distance running-learning how to pace and show good technique Pass a relay baton in competitive situations (timed) Run and jump over hurdles with fluency and speed, improving time to achieve a personal best
Handball				Ball Awareness-moving ball around different parts of the body Dribbling and bouncing a ball in a variety of ways 'push not pat' Pass and receive a handball safely (chest and bounce pass). Pass the ball in a game within 5 seconds Scoring a goal (handball simulate e.g through 2 cones) adding a passive Goal keeper Introduce footwork through warm ups and games- 3 steps and pass Dodge in a conditioned game to get into a space, begin to apply some basic principles suitable for attacking Adapted games, begin to apply some basic principles for attacking & defending Introduce 3v3 mini basketball or an adapted game. Introduce tip off and key rules	Ball Awareness-moving ball around different parts of the body with control Dribbling and bouncing a ball with control and using either hand Pass and receive, stepping into the pass (chest and bounce pass) Scoring into a goal, beginning to take 3 steps- adding an active goalkeeper Bringing in footwork and travelling rules into a game situation Dodging around a player with the ball, focus on dodging into a space Encourage children to talk about tactics when attacking and defending Introduce 4v4 or adapted game. Begin to use some additional rules e.g travelling, contact		

Rounders						Throw and catch the ball sometimes making the correct decisions in a game situation 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	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 the run and scoop and throw to another player on my team Use techniques learned and apply in a game situation. Apply basic principles for striking and fielding
Swimming						Enter the pool safely by jumping in or sliding in on front. Exit the pool by the poolside steps or climbing out Be confident enough to be able to swim across the pool without stopping Begin to show breathing technique when performing various strokes with and without a float Swim competently and confidently across the pool using various strokes front crawl, breaststroke and backstroke Be able to swim at least 25 metres Perform safe self rescue in water based situations e.g. pyjama rescue, float aids in deep water etc	Enter the pool by jumping or diving (at the deep end) safely. Exit the pool by climbing out Swim confidently using various strokes on the surface and under the water Use advanced breathing techniques in all strokes Swim competently and confidently using correct stroke techniques e.g. front crawl, breast stroke, backstroke and butterfly Be able to swim over 25m Confidently perform safe self rescue skills in deep water