

Gymnastics- Progression of Key Skills

Year 3	Year 4	Year 5	Yr 6
<p>Can perform a variety of shapes with good control</p> <p>Perform a rocket jump with a half turn</p> <p>Teddy bear roll</p> <p>Perform matching and mirroring balances</p> <p>Perform a bunny hop across a mat run and onto/across low benches and apparatus</p> <p>Hopscotch on throw down feet</p> <p>Perform a short sequence on mats</p>	<p>Can perform a variety of shapes with good control when performing various skills</p> <p>Perform a rocket jump with a $\frac{3}{4}$ and full turn with pointed toes</p> <p>Teddy bear roll with a partner/group in sequence with pointed toes</p> <p>Perform matching and mirroring balance routines on apparatus</p> <p>Perform a bunny hop onto variety of apparatus with control</p> <p>Hopscotch across the floor to develop hurdle step</p> <p>Perform a short sequence on mats showing levels, control and pointed toes</p>	<p>Can perform complex shapes with control and some flexibility</p> <p>Perform more complex jumps, tuck, pike and begin leaps</p> <p>Side star roll and T-roll</p> <p>Perform point and patch balances</p> <p>Perform a 'squat on and squat off' on various apparatus</p> <p>To perform a hurdle step on the floor/springboard</p> <p>Link and sequence actions.</p> <p>Co-operate, communicate and collaborate with others.</p>	<p>Can perform complex shapes when performing Sequences and skills with flexibility</p> <p>Perform more complex jumps, tuck, pike and leaps scissor kick and cat leap</p> <p>Side star roll, T-roll (with pointed toes), backwards roll</p> <p>Perform more complex point and patches balances in a sequence on apparatus</p> <p>Perform a 'squat on and squat off' apparatus with a run up (with or without a spring board)</p> <p>Perform a hurdle step on the floor/springboard and onto low apparatus</p> <p>Compete in teams to win points with sequences and a vault competitions</p>

Multi-Skills- Progression of Key Skills

Year 3	Year 4	Year 5	Yr 6
Balancing on various body parts while moving	Balancing confidently using various equipment and body parts	In combination with different skills can balance equipment while moving and co-ordinating another body action	Balance equipment on various body parts whilst moving or co-ordinating another body actions accurately
Agility focus -changing direction at speed	Agility focus - changing direction at speed with good technique	Agility focus – change direction quickly and efficiently with equipment	Agility focus – can change direction at speed with balance and control whilst using various equipment
Co-ordinate body to perform a combination of movements	Co-ordinate body efficiently to perform combination of movements or actions	Co-ordinate using both sides of the body	Co-ordinate using both sides of the body with fluency to perform combination of movements or actions
Complete a variety of fitness test successfully and get a personal best	Complete a variety of fitness tests confidently and achieve a number of personal bests	Test and measure balance agility and co-ordination confidently and accurately. Can compare their performances with previous ones and a strive to achieve a personal best	Complete each test with fluency and accurately measure and record. Evaluate previous performance levels and demonstrate improvements to achieve their personal best

Athletics- Progression of Key Skills

Year 3	Year 4	Year 5	Yr 6
<p>Begin to perform 'FAST' technique</p> <p>Throw a javelin/vortex using correct stance rotating hips forward</p> <p>Perform a hop, step and jump (standing triple jump) in isolation and in combination</p> <p>In warm ups develop running for distance</p> <p>Develop relay change over techniques</p> <p>Run and take off over obstacles at some speed</p>	<p>Perform 'FAST' technique confidently when sprinting</p> <p>Throw a javelin/vortex with height and distance</p> <p>Perform a hop, step and jump (standing triple jump)</p> <p>In warm ups develop running for distance increasing each lesson</p> <p>Pass a relay baton with control with a partner in adapted games</p> <p>Run and jump over hurdles with some speed and control</p>	<p>React quickly and accelerate over short distances</p> <p>Throw a javelin/vortex/ tennis ball using correct stance rotating hips forward with good height and distance</p> <p>Perform a variety of jumps (Long jump and triple jump) and measure for distance</p> <p>Develop pace when running longer distance</p> <p>Pass a relay baton with control and timing in a pairs change over</p>	<p>Accelerate quickly with speed and control in movement – timed/competitive races</p> <p>Throw a javelin/vortex /shot put safely with accuracy and power.</p> <p>Perform a jump for distance varying techniques to improve performance</p> <p>In an competitive game and begin to hit/place a ball into a space</p> <p>Develop long distance running- learning to pace and show good technique</p> <p>Pass a relay baton in competitive situations (timed)</p>

Tennis- Progression of Key Skills (Net/Wall Games)

Year 3	Year 4	Year 5	Yr 6
<p>Move to catch a ball</p> <p>Control a ball on racket when moving</p> <p>Hit ball across the floor with forehand position</p> <p>Hit the ball across the floor using back hand position</p> <p>Hit a ball into a target (with one bounce)</p>	<p>Move with balance and control to catch a ball</p> <p>Hit/bounce ball on racket when moving</p> <p>Hit ball in forehand position with drop feed</p> <p>Hit a ball in backhand position with a dropfeed</p> <p>Hit a ball into a target from a variety of distances with no bounce</p>	<p>Move to hit a ball with some control</p> <p>Hit/ bounce a ball with control when moving</p> <p>Moving into position to hit a ball with forehand in skills practice and game</p> <p>Moving into position to hit a ball with backhand in skill practice and game</p> <p>Serve diagonally with underarm/overarm throwing into target/game. Begin to use with racket to serve into a target.</p>	<p>Move in a variety of directions when hitting a ball</p> <p>Hit/bounce ball to a partner with control</p> <p>Move to hit a ball in game in forehand position</p> <p>Move into position to hit a ball with backhand. Begin to choose which shot it best in a game.</p> <p>Serve diagonally under/overarm in a game of mini tennis</p>

Dance - Progression of Key Skills

Year 3	Year 4	Year 5	Yr 6
Collaborate to make a dance warm up	Cooperate to make a dance warm up and take on a leadership role	Co-operate and collaborate to create a warm up displaying a variety of movement patterns	Co-operate, communicate and collaborate with group to make up a warm up with good rhythm and timing
Use a stimulus to create a dance	Respond imaginatively to a stimulus	I can translate ideas from a stimulus showing control and fluency	I can translate ideas from a stimulus into movement showing expression, precision, control and fluency
Dance in unison with a partner	Dance in unison with a partner/group Performing a range of movement patterns	Dance in unison in a group keeping in time with each other	Dance in unison in a group showing good timing, energy and strength
Perform canon with a group	Perform canon showing a range of movement patterns	Dance in canon showing good timing	Dance in canon in a group showing good timing, energy and strength
Use some different levels and pathways	Perform a variety of levels and pathways in a dance	Perform using a variety of levels and using the space	Use levels, travelling and space with timing and musicality

Kwik Cricket- Progression of Key Skills (Striking and Fielding)

Year 3	Year 4	Year 5	Yr 6
<p>Roll the ball with one hand and stop the ball attempting Long barrier method</p> <p>Throw and catch underarm with both hands (in isolation)</p> <p>Bowl at a wicket underarm and attempt overarm</p> <p>Control with a bat (holding it correctly) hitting a ball off a tee and whilst moving</p> <p>Play a modified game using fielding and batting skills</p>	<p>Roll the ball with one hand and stop the ball from different directions using Long barrier method</p> <p>Throw and catch under pressure in modified games</p> <p>Bowl at a wicket underarm/overarm with accuracy and control</p> <p>Hit a drop fed ball and/or moving ball with a bat</p> <p>Play a game communicating as a team</p>	<p>Begin to use fielding techniques with throwing and stopping and scooping up the ball</p> <p>Throwing over/underarm and catching over various distances</p> <p>Bowl attempting to hit the wicket using under/overarm</p> <p>Hit a moving ball with control and some distance</p> <p>Communicate and collaborate as team to beat an opponent</p>	<p>Positioning in a modified game to field a ball (both throwing and stopping it)</p> <p>Making correct decisions with the type of throw to use in modified game. Move body into a position to catch the ball</p> <p>Bowl (over/underarm) at a wicket in a game against a batter with some speed and control to hit the wicket</p> <p>In a competitive game begin to tactically hit/place a ball into a space</p> <p>Use a variety of tactics to attack and defend in a game of quick cricket</p>

Progression of Key Skills (Invasion Games)

Year 3	Year 4	Year 5	Yr 6
<p>Tag a player in isolation using the tag belts</p> <p>Move with a ball in their hand using correct position 'dirty fingers clean palms'</p> <p>Pass the ball backwards and sideways in isolation</p> <p>Move into a space to avoid a defender through dodging techniques</p> <p>Beat a defender to score a try</p>	<p>Tag a player whilst moving using tag belts</p> <p>Move with control in a variety of directions holding the ball in the correct position.</p> <p>Pass the ball backwards/ sideways with control whilst moving</p> <p>Use speed and space to avoid a passive defender</p> <p>Beat a defender at speed to score a try</p>	<p>Tag more than one player using either hand whilst moving with tag belts</p> <p>Choose different pathways to move with a ball in hands against a defender</p> <p>Pass and receive the ball in a game situation</p> <p>Use speed and space to avoid an active defender</p> <p>In a game situation beat defenders to score a try</p>	<p>Tag a player using either hand when moving at full speed in a game situation</p> <p>Dodge around a defender at speed with a ball in hands avoiding being tagged</p> <p>Pass and receive the ball when in a pressurised modified game situation</p> <p>Play modified competitive games avoiding defenders</p> <p>Work as a team in a game situation to score a try</p>

Netball - Progression of Key Skills (Invasion Games)

Year 3	Year 4	Year 5	Yr 6
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	Pass and receive stepping into the pass (chest, bounce and shoulder pass) Perform a stride stop with a pivot Perform a jump top with a pivot Perform two different dodges (Drive and the dodge) Marking a player standing side on sticking to player Shooting- bend knees and place hand under the ball to shoot Begin to understand the positions in a high five game	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.

Quicksticks Hockey- Progression of Key Skills

Year 3	Year 4	Year 5	Yr 6
Dribble the ball holding the stick in correct position	Dribble the ball the ball with control	Dribbling the ball in different directions keeping head up	Dribble the ball at various speeds- both in isolation and a game situation
Perform a pass at a short distance and receive the ball with some control	Perform a short pass and begin to move into a space and receive the ball with some control	Perform a pass with control, accuracy and with movement into a space	Pass and move into a space with accuracy, control and speed (in isolation/game situation)
Pass the ball over a longer distance	Pass the ball over a longer distance with accuracy and power	Pass the ball over a variety of distances with some accuracy and power in a game situation	I can start to pass the ball over a variety of distances in attacking or defensive situations
Begin to tackle a player safely	Tackle a player using correct grip	I can begin to defend against an opponent in a game situation	Begin to defend as an individual and communicate to defend as a team (marking and tackling)
Can occasionally score whilst the ball is stationary	Can occasionally score whilst the ball is moving	Can hit a moving ball with some accuracy and control into a goal	I can hit a moving ball into a goal from different angles and sometimes with different levels of power.
Embracing rules and playing fairly	Inspire others with fair play and being gracious in victory and defeat	Begin to communicate with team to develop tactics for attacking and defending	Communicate with team evaluate and recognise success to help improve individual and team performance

Football- Progression of Key Skills (Invasion Games)

Year 3	Year 4	Year 5	Yr 6
<p>Control a ball using inside, outside and sole of feet</p> <p>Pass the ball with inside of feet with accuracy</p> <p>Dribble the ball beginning to turn with some control (inside and outside hook)</p> <p>Begin to defend making a standing tackle in a 1v1</p> <p>Kick a ball stationary past a goal keeper</p> <p>Embracing rules and playing fairly</p>	<p>Move body to correct position to stop and control a ball</p> <p>Pass the ball with inside of feet whilst on the move</p> <p>Dribble the ball using inside, outside hook and drag back beginning to accelerate</p> <p>Begin to defend making a standing tackle or intercept a pass</p> <p>Kick a ball whilst moving past a goal keeper with some accuracy</p> <p>Inspire others with fair play and being gracious in victory and defeat</p>	<p>Control the ball using either foot when moving</p> <p>Pass the ball with inside, front or laces on the foot</p> <p>Dribble the ball using various turns beginning to accelerate past an opponent</p> <p>Show good body position to defend and press in a 2v2 game</p> <p>Scoring using top of foot (laces)- aiming for corners of the goal</p> <p>Begin to communicate with team to develop tactics for attacking and defending</p>	<p>Move into space to receive the ball and control with either foot in a game</p> <p>Select the correct pass for various distances in a game situation</p> <p>Dribble the ball in a game situation around a defender</p> <p>Communicate with team when defending in a game -making interceptions, cover space</p> <p>To work as a team to score, shooting from various angles</p> <p>Communicate with team evaluate and recognise success to help improve individual and team performance</p>

Swimming- Progression of Key Skills

Beginner (KS2)	Intermediate (KS2)	Advanced (KS2)	End of KS2 expectation
<p>Enter and exit the pool in correct and safe manner by the poolside steps</p> <p>Gain confidence in water walking unaided in pool</p> <p>Breathing technique – blowing bubbles, face in water and begin to develop technique with float</p> <p>Developing whole strokes including “doggy paddle” swim on back through kicking and sculling</p> <p>Be able to swim 5-10metres</p> <p>Gain knowledge of water safety and attempt self rescue using skills e.g. pyjama rescue in shallow water</p>	<p>Enter the pool safely by jumping in or sliding in on front. Exit the pool by the poolside steps or climbing out.</p> <p>Be confident to be able to swim across the pool without stopping</p> <p>Begin to show breathing technique when performing various strokes with and without a float</p> <p>Swim competently and confidently across the pool using various strokes front crawl, breaststroke and backstroke</p> <p>Be able to swim at least 25 metres</p> <p>Perform safe self rescue in water base situations e.g. pyjama rescue, float aids in deep water etc</p>	<p>Enter the pool by jumping and diving (at the deep end) safely. Exit the pool by climbing out.</p> <p>Swim confidently using various strokes on the surface and under the water</p> <p>Use advance breathing techniques in all strokes</p> <p>Swim competently and confidently using correct stroke techniques e.g. front crawl, breast stroke, backstroke and butterfly.</p> <p>Be able to swim over 25m</p> <p>Confidently perform safe self rescue skills in deep water</p>	<p>All primary schools must provide swimming and water safety lessons in either Key Stage 1 or 2.</p> <p>Each pupil is required to be able to do the following:</p> <p>Perform safe self-rescue in different water based situations</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.</p>