striver

Progression of Skills

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N.C Objectives						
	KS1: 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.		**KS2**: Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. **KS2**: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.			
Aspect	**Year 1**	**Year 2**	**Year 3**	**Year 4**	**Year 5**	**Year 6**
Gymnastics	Explore and use space effectively using agility, balance and coordination skills. Balance using different parts of the body, exploring points and patches (Beginning to on apparatus).	Explore medium level shapes with linking, mirroring and balances.	Perform short sequence with: low and medium level shapes; with matching and mirroring; contrasting shapes with some linking.	Perform & evaluate a routine: matching balances & stands; with matching balances on apparatus; with contrasting balances; with contrasting balances on and over apparatus; with linked balances on and over apparatus.	Perform a range of routines with rolling; including jumping rolls, build into rolling from and into a pike position.	Incorporate stands into cannon and or unison performances. Perform rotation, balances and stands in unison and cannon.
	To take weight on hands and feet. Learn copy and name basic and advanced low-level shapes. Link shapes and rolls to form a short sequence.	Compare and contrast low and medium level shapes with confidence and rehearse them. Roll safely using a variety of rolling techniques. Incorporate two shapes into a sequence. Perform low level shapes with some precision and perform shapes in flight.	Take weight confidently on hands (developing core strength) and roll safely, exploring different rolling methods (Front and backward Rolls).	Perform a shoulder and headstand safely without support.	Perform both a stag jump and a split leap. Progress from a cartwheel to a perform a round-off. Perform Cat Springs.	Perform shoulder, headstands, cartwheels and handstands safely without support.

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Aspect	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics	Explore different styles of travelling: under, over and through. Beginning to travel on apparatus.	Use apparatus (extended) safely with entrances, exits, balances and including medium level shapes.	Perform a wide range of shapes and balances on apparatus.	Perform a forward roll with appropriate entrances and exits including on, off and over apparatus.	Perform forwards and backward rolls with a range of entrances and exits. Learning a headstand, transitioning into a forward roll and incorporating as part of a routine.	Perform to roll on, off and over apparatus within routines. Include counter-balances and counter tension balances.
	Jump and land safely, whilst exploring different jumping techniques.	Jump and land safely using apparatus, including from a variety of heights, directions and landings.	Perform shapes in flight, on and off a piece of apparatus, including turn, twist and spin. Perform a range of jumps and leaps from varying heights and on a vault.	Link movements by performing jumps, turns and pivots.	Vault safely with a range of entrances and exits and then into rolling, building up to various landings on and over a vault.	Roll in sequences on, off and over apparatus. Include into partner routines.
	Copy, mirror and create a small routine and matching actions.	Model linking and mirroring of low-level shapes. Including balancing & travel with a partner using mirroring technique.	Perform mirrored and matching travels and balances with a partner.	Complete mirroring actions along different pathways and levels, including basic rolls.	Plan a sequence of movements on apparatus both individually and as a group, in time with each other to form a routine.	Combine balancing & travelling to produce a floor routine including matching. Incorporate apparatus. Produce mirroring routine with a partner on apparatus.

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Aspect	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Athletics	Run fast from a standing start developing speed and coordination.	Developing awareness of speed when running a short distance, including control and fluency in movements; understanding how their body reacts when running.	Run a relay and change over the baton appropriately – including passing a baton from standing start.	Communicate as a team to make relay changeovers. Improving running technique including the sprint finish and maintaining sprint pace	To run relays, running in a given zone, changing baton over with increased skill.	Compete in a variety of athletics type races; adjusting running styles from sprinting to long distance.
	Jump and throw, developing coordination, agility and rhythm.	Jump for distance. Developing awareness of space, height and distance.	Jump for distance including jumping from a standing start. Developing skills to jump further distances. *Learn basics of hurdling, keeping head same height throughout jumping.	Can challenge self to jump for distance including measuring performance. Jumping for height including high over obstacles.	Develop jumping for distance (triple jump); jumping in different ways and competing competitively.	Use correct techniques for all jumps, challenging self to jump further distances.
	Run and kick for accuracy and speed.	Adjust and make changes to running speed when completing different distances.	Run for speed, including over longer distances. *Learn basics of hurdling, keeping head same height throughout jumping.	Sprinting, challenge self and recording performance.	Develop running for speed including sprint from a start finish and sprinting further distance over a given time. Developing hurdling skills, including the role of the lead and trail leg; applying skill to competitive situation.	Run with greater fluency & speed, including hurdling; using the correct stride pattern. Can analyse the changes in speeds when sprinting and hurdling.

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Aspect	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Athletics	Basic throw, catch and skip developing hand-eye coordination and ball handling and throwing skills. Basic bowl and step throwing with agility and with skill.	Throw and aim with accuracy towards a given target. Choose the best way to throw different pieces of equipment dependent on size & weight.	Developing throwing skills – further distances and a range of techniques.	Throw for distance challenging self and recording performance. Using overhead heave and fling throw.	Develop throwing skills using a variety of techniques. Throwing javelin from a standing start.	Use correct techniques for all throws, measuring accurately, challenging to throw further distances.

N.C Objectives		
	KS1:	Perform dances using simple movement patterns.
	KS2:	Perform dances using a range of movement patterns. These skills are fluid and may commence later or earlier in specific year groups and possibly cross them contingent of outcomes.

Aspect		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Dance	Performanace and appreciation	Create a class performance.	Create a class performance and observe others work and give feedback using simple dance vocabulary.	Organising sections of dances to create one piece, working in sync with other group members. Assess others' work.	Developing dance when creating one piece, performing in unison and sync with other group members in front of the class. Self- assess and assess peers' work, and give feedback using appropriate dance vocabulary.	Learn, rehearse and perform choreographed dance phrases of increasing complexity. Self-assess and assess others' work and give critical feedback using appropriate vocabulary.	Perform choreographed dance narrative, improving movements, developing timing and spacing. Asses self and others with increasing critical feedback and suggested actions for improvement using apt and precise language.
	Choreography	Select and use a variety of movements to form a short dance phrase. Perform a variety of movements to form a group dance phrase.	Select and explore an air pattern, jump and shape to form a short dance phrase. Work as a group to recall choreography, rehearse and refine ideas.	Work as a group to select learnt positions and movements to create short dance phrases. Use choreographic devices to enhance dance phrases, including choregraphing a solo.	Developing synchronisation when working in a group including to different rhythms. Respond to teacher instruction to create a choreographed dance routine.	Create versatile movements within a dance sequence including a range of directions. Choreograph a sequence of movements that use contact between two or more people.	Explore and link a number of movements and patters. *Use choreographed movements and patterns to tell a narrative; adapt movements in a more creative style; utilise a floor plan.

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Aspect	**Year 1**	**Year 2**	**Year 3**	**Year 4**	**Year 5**	**Year 6**
Dance – **Movement**	Explore a range of movements.	Perform a variety of movements to form a group dance phrase; exploring turning, rotation, circular shapes/ dynamic through movement. Explore movements considering size of movements, tempo, dynamics, floor pattern, air pattern, levels and shape.	Select and explore a variety of movements, responding imaginatively to a range of stimuli. Perform movement actions individually, with partners, a group and whole class. Explore, repeat and link a range of actions with coordination and memorise. Respond to a beat, using music as a stimulus to influence dance.	Developing choreographic skill incorporating more free – creative thinking. Developing good co-ordination within a sequence of movements. Movements articulate the style of dance well. Use music to influence movement with increasing skill.	Use a range of dance techniques to develop their movements. Develop movements to incorporate at least one lift in a sequence of movements. Identify floor plans and use within their movements, including starting and finishing area.	*Use choreographed movements and patterns to tell a narrative; adapt movements in a more creative style; utilise a floor plan. Use gymnastic equipment to create improvised movement. Allow different parts of the body to lead and influence the rest of the movement; using a range of levels tempos, and contact work.

N.C	
	KS1: 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. **KS1:** Participate in team games, developing simple tactics for attacking and defending.

Aspect	Year 1	Year 2
Games	• Develop spatial awareness whilst moving in different directions. • Show control and balance in basic movements. • Carry and balance equipment whilst changing speed and direction • Move in different directions whilst handling a ball. • Develop control and accuracy when rolling a ball. • Underarm throw with control and accuracy. • Show control and accuracy when throwing and aiming. • Gain rhythm when throwing and striking a ball. • Strike and kick a moving ball with accuracy and control. • Engage in team games. • Develop spatial awareness whilst moving in different directions. • Show control and balance in basic movements. • Send and receive a bouncing ball whist positioning body correctly. • Understand the concept of dribbling and the skills required. • Strike and kick a moving ball with accuracy and control. • Demonstrate the dribbling skills required for football. • Demonstrate the passing skills required for football. • Demonstrate the shooting skills required for football. • Familiarise and understand the passing/movements required in rugby. • Develop the skill of tagging an opponent in rugby. • Engage in team games. • Understand what attacking and defending is using simple practices and demonstrate this.	• Maintain balance whilst reacting quickly to commands. • Perform underarm and overarm throwing with control. • Demonstrate a range of striking and gathering skills, including into a small game. • Demonstrate confidence in ball handling skills. • Control a moving ball in a variety of ways. • Show rolling and gathering skills with confidence and precision. • Show progression from rolling into catching and throwing. • Attack & defend in a game, making and denying space. • Throw & catch to pass and receive a ball in a game. • Control a moving ball in a variety of ways. • Perform kicking skills with control and accuracy. • Use space whilst passing and receiving a kicked ball. • Understand the basics of holding a hockey stick and dribbling a ball. • Pass a hockey ball to a partner and group with control. • Demonstrate attacking skills in hockey such as shooting. • Demonstrate bouncing a basketball with control. • Develop bouncing skills into dribbling activities. • Move away from a defender whilst continuing to dribble • Show progression from rolling into catching and throwing. • Develop tactics when shooting at and protecting targets. • Attack & defend in a game, making and denying space. • Throw & catch to pass and receive a ball in a game.

N.C	
	KS2: 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
	KS2: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Aspect	Year 3	Year 4	Year 5	Year 6
Games	**Cricket** • Bat correctly. • Catch correctly. • Accurately bowl under and overarm using appropriate technique. • Use different batting shots. • Field using appropriate techniques.		**Cricket** • Developed over and underarm bowling applied to game. • Improving accuracy of batting. • Developing deep field catching – catching ball at varying heights. • Developing the lofted drive.	
	Football • Control the ball, dribble and turn. • Pass the ball accurately and control the ball when receiving a pass including whilst on the move. • Shoot and play the position of a goalkeeper. • Apply learnt skills in a game.		**Football** • Control the ball, keeping it close. • Developing passing skills including developed use of inside of the foot. • Able to perform block tackle and mark effectively. • Turn and shoot at speed and with accuracy. • Application of skills within game.	
	Hockey • Hold the stick and dribble under pressure. • Pass and receive the ball with improving accuracy. • Tackle correctly. • Shoot with accuracy. • Play hockey in a game situation.		**Hockey** • Use correct technique dribbling. • Pass & receive – using space; appropriate skills to keep possession. • Shoot with power and developed accuracy. • Tackle and mark.	
	Netball • Pass and catch a netball including via bounce and overhead. • Demonstrate correct footwork. • Effectively dodge and mark. • Shoot a netball. • Demonstrate some understanding of rules.		**Netball** • Pass, Pivot pass, shoot & throw with accuracy, including chest, bounce and overhead. • Use tactics for game dominance, building on dodge and marking. • Develop footwork. • Play to rules.	

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Aspect	Year 3	Year 4	Year 5	Year 6
Games	**Tag Rugby** • Evade and tag opponents while keeping control of the rugby ball. • Pass the ball accurately and receive the ball safely including whilst on the move and in a game situation • Apply learnt skills in a game of rugby.	→	**Tag Rugby** • Evade and tag opponents running at speed, changing direction and developing control. • Pass & receive at speed in game situation. • Refine attacking and defending skills. • Develop team tactics.	

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Aspect	Year 3	Year 4	Year 5	Year 6
Games		**Rounders** • Throw at others and a target under pressure. • Catch consistently under pressure. • Strike a stationary ball demonstrating correct grip. • Develop fielding techniques.	→	**Rounders** • Throw and catch a ball at varying heights consistently. • Strike a bowled ball consistently into different spaces. • Stop a moving ball consistently. Use the long barrier technique. • Apply apt strategies when fielding. • Compete in a full rounders game with understanding of rules.
		Tennis • Demonstrate the ready position and react to ball direction, including correct position to attempt shot. • Play a simple forehand and backhand shot. • Simulate the throw of a serve. • Move and catch the ball correctly applied to the layout of a court. • Throw the ball with accuracy when on a court.	→	**Tennis** • Show developing control of the ball. Play forehand and backhand shot with increased confidence and accuracy. • Serve accurately underarm and overarm. Return serves. • Take correct positions on a court. • Play strategically aiming for points.
		Handball • Throw and catch using different techniques. • Pass and shoot the ball accurately and within a competitive situation. • Dribble with ball and make a pass. • Move using space appropriately.	→	**Handball** • Developing dribbling and shooting withing game situations. • Accurately pass a ball. • and intercept a pass. • Defend in game situations. • Demonstrate goalkeeper skills. • Apply skills to a full game situation.
		Basketball • Dribble under pressure. • Pass & catch a basketball using chest bounce, developing to doing so whilst on move. • Pivot to take, receive and make pass.	→	**Basketball** • Shoot with the correct technique at end of a dribble. • Defend using defensive stance & mark. • Develop accuracy of pivot to take receive and make pass. • Apply skills to full size game.