

Physical Education

Skills and knowledge progression

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Introduction to PE Skills <u>Problem solving</u>: explore activities where I have to make my own decisions. <u>Navigational skills</u>: explore moving in space and following a path. <u>Communication</u>: develop confidence in expressing myself. Knowledge <u>Problem solving</u>: make simple decisions in response to a task. <u>Navigational skills</u>: know that moving into space away from others will help me to stay safe. Know to leave a gap when following a path will help me to stay safe. <u>Communication</u>: know that talking with a partner will help me to solve challenges e.g. 'let's go to the green hoop next'. <u>Reflection</u>: begin to identify when I am successful. Rules: know that rules help us to stay safe.	Fundamentals Skills <u>Agility</u>: explore changing direction safely. <u>Balance</u>: explore balancing whilst stationary and on the move. <u>Co-ordination</u>: explore moving different body parts together. <u>Speed</u>: explore moving and stopping with control. <u>Strength</u>: explore taking weight on different body parts. <u>Stamina</u>: explore moving for extended periods of time. Knowledge <u>Agility</u>: know that moving into space away from others helps to keep me safe. <u>Balance</u>: know that I can hold my arms out to help me to balance. <u>Co-ordination</u>: know that moving my arms and legs at the same time helps me to walk, run and jump. <u>Speed</u>: know that I use big steps to run and small steps to stop. <u>Strength</u>: understand that I can hold my weight on different parts of my body. <u>Stamina</u>: understand that moving for a long time can make me feel tired.	Gymnastics Skills <u>Shapes</u>: show contrast with my body including wide/narrow, straight/curved. <u>Balances</u>: explore shapes in stillness using different parts of my body. <u>Rolls</u>: explore rocking and rolling. <u>Jumps</u>: explore jumping safely. Knowledge <u>Shapes</u>: understand that I can make different shapes with my body. <u>Balances</u>: know that I should be still when holding a balance. <u>Rolls</u>: know that I can change my body shape to help me to roll. <u>Jumps</u>: know that bending my knees will help me to land safely. <u>Strategy</u>: know that if I hold a shape and count to five people will see it clearly	Ball skills Skills <u>Sending</u>: explore sending an object with hands and feet. <u>Catching</u>: explore catching to self and with a partner. <u>Tracking</u>: explore stopping a ball with hands and feet. <u>Dribbling</u>: explore dropping and catching with two hands and moving a ball with feet. Knowledge <u>Sending</u>: know to look at the target when sending a ball. <u>Catching</u>: know to have hands out ready to catch. <u>Tracking</u>: know to watch the ball as it comes towards me and scoop it with two hands. <u>Dribbling</u>: know that keeping the ball close will help with control.	Dance Skills <u>Actions</u>: explore how my body moves. Copy basic body actions and rhythms. <u>Dynamics</u>: explore actions in response to music and an idea. <u>Space</u>: begin to explore pathways and the space around me and in relation to others. <u>Performance</u>: perform short phrases of movement in front of others. Knowledge <u>Actions</u>: understand that I can move my body in different ways to create interesting actions. <u>Dynamics</u>: understand that I can change my action to show an idea. <u>Space</u>: know that if I move into space it will help to keep me and others safe. <u>Performance</u>: know that when watching others I sit quietly and clap at the end. <u>Strategy</u>: know that if I use lots of space, it helps to make my dance look interesting.	Games Skills <u>Hitting</u>: explore hitting a ball with hands and pushing with a racket. <u>Feeding and rallying</u>: explore sending and tracking a ball with a partner. <u>Footwork</u>: explore changing direction, running and stopping. Knowledge <u>Hitting</u>: know to point my hand/object at my target when hitting a ball. <u>Feeding and rallying</u>: know to look at the target when sending a ball and watch the ball to receive it. <u>Footwork</u>: know to use big steps to run and small steps to stop. <u>Tactics</u>: make simple decisions in response to a task. Rules: know that rules help us to stay safe
Year 1	Fundamentals Skills <u>Running</u>: explore changing direction and dodging. Discover how the body moves at different speeds. <u>Balancing</u>: move with some control and balance. Explore stability and landing safely. <u>Jumping</u>: demonstrate control in take off and landing when jumping. <u>Hopping</u>: begin to explore hopping in different directions. <u>Skipping</u>: show co-ordination	Gymnastics Skills <u>Shapes</u>: explore basic shapes straight, tuck, straddle, pike. <u>Balances</u>: perform balances making my body tense, stretched and curled. <u>Rolls</u>: explore barrel, straight and forward roll progressions. <u>Jumps</u>: explore shape jumps including jumping off low apparatus. Knowledge <u>Shapes</u>: understand that I can improve my shapes by extending	Ball skills Skills <u>Sending</u>: roll and throw with some accuracy towards a target. <u>Catching</u>: begin to catch with two hands. Catch after a bounce. <u>Tracking</u>: track a ball being sent directly. <u>Dribbling</u>: explore dribbling with hands and feet. Knowledge <u>Sending</u>: know to face my body towards my target when rolling and throwing underarm to help	Target games Skills <u>Throwing overarm</u>: explore technique when throwing overarm towards a target. <u>Throwing underarm</u>: explore technique when throwing underarm towards a target. Knowledge <u>Throwing</u>: know which type of throw to use for distance and accuracy. Know that my body position will affect the accuracy of my throw. <u>Tactics</u>: know that tactics can	Striking and fielding Skills <u>Striking</u>: explore striking a ball with their hand and equipment. <u>Fielding</u>: develop tracking and retrieving a ball. <u>Throwing</u>: explore technique when throwing over and underarm. <u>Catching</u>: develop co-ordination and technique when catching. Knowledge <u>Striking</u>: understand that the harder I strike, the further the ball will travel. <u>Fielding</u>: know that throwing the	Athletics Skills <u>Running</u>: explore running at different speeds. <u>Jumping</u>: develop balance whilst jumping and landing. Explore hopping, jumping and leaping for distance. <u>Throwing</u>: explore throwing for distance and accuracy. Knowledge <u>Running</u>: understand that if I swing my arms it will help me to run faster.

	when turning a rope. Use rhythm to jump continuously in a French rope. Knowledge <u>Running</u>: understand that bending my knees will help me to change direction. Understand that if I swing my arms it will help me to run faster. <u>Balancing</u>: know that looking ahead will help me to balance. Know that landing on my feet helps me to balance. <u>Jumping</u>: know that landing on the balls of my feet helps me to land with control. <u>Hopping</u>: know that I should hop with a soft bent knee. <u>Skipping</u>: know that I should use the opposite arm to leg when I skip. Know that jumping on the balls of my feet helps me to keep a consistent rhythm.	parts of my body. <u>Balances</u>: know that balances should be held for 5 seconds. <u>Rolls</u>: know that I can use different shapes to roll. <u>Jumps</u>: know that landing on the balls of my feet helps me to land with control. <u>Strategy</u>: know that if I use a starting and finishing position, people will know when my sequence has begun and when it has ended.	me to balance. <u>Catching</u>: know to watch the ball as it comes towards me. <u>Tracking</u>: know to move my feet to get in the line with the ball. <u>Dribbling</u>: know that moving with a ball is called dribbling.	help us when playing games. <u>Rules</u>: know that rules help us to play fairly	ball back is quicker than running with it. <u>Throwing</u>: know which type of throw to use to throw over longer distances. <u>Catching</u>: know to watch the ball as it comes towards me. <u>Tactics</u>: know that tactics can help us when playing games. Rules: know that rules help us to play fairly.	<u>Jumping</u>: know that landing on the balls of my feet helps me to land with control. Understand that if I bend my knees it will help me to jump further. <u>Throwing</u>: know that stepping forward with my opposite foot to hand will help me to throw further. <u>Rules</u>: know that rules help us to play fairly.
Year 2	Fundamentals Skills <u>Running</u>: demonstrate balance when changing direction. Clearly show different speeds when running. <u>Balancing</u>: demonstrate balance when performing movements. <u>Jumping</u>: demonstrate jumping for distance, height and in different directions. <u>Hopping</u>: demonstrate hopping for distance, height and in different directions. <u>Skipping</u>: explore single and double bounce when jumping in a rope. Knowledge <u>Running</u>: know that putting weight into the front of my feet helps me to stop in a balanced position. Know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster. <u>Balancing</u>: understand that squeezing my muscles helps me to balance. <u>Jumping</u>: know that swinging my arms forwards will help me to jump further. <u>Hopping</u>: know that if I look straight ahead it will stop me	Gymnastics Skills <u>Shapes</u>: explore using shapes in different gymnastic balances. <u>Balances</u>: remember, repeat and link combinations of gymnastic balances. <u>Rolls</u>: explore barrel, straight and forward roll and put into sequence work. <u>Jumps</u>: explore shape jumps and take off combinations Knowledge <u>Shapes</u>: know that some shapes link well together. <u>Balances</u>: understand that squeezing my muscles helps me to balance. <u>Rolls</u>: understand that there are different teaching points for different rolls. <u>Jumps</u>: understand that looking forward will help me to land with control. <u>Strategy</u>: know that if I use shapes that link well together it will help my sequence to flow.	Ball skills Skills <u>Sending</u>: roll, throw and kick a ball to hit a target. <u>Catching</u>: develop catching a range of objects with two hands. Catch with and without a bounce. <u>Tracking</u>: consistently track and collect a ball being sent directly. <u>Dribbling</u>: explore dribbling with hands and feet with increasing control on the move. Knowledge <u>Sending</u>: know that stepping with opposite foot to throwing arm will help me to balance. <u>Catching</u>: know to use wide fingers and pull the ball in to my chest to help to securely catch. <u>Tracking</u>: know that it is easier to move towards a ball to track it than chase it. <u>Dribbling</u>: know to keep my head up when dribbling to see space/opponents.	Target games Skills <u>Throwing overarm</u>: develop co-ordination and technique when throwing overarm towards a target. <u>Throwing underarm</u>: develop co-ordination and technique when throwing underarm towards a target. <u>Striking</u>: develop striking a ball with equipment with some consistency Knowledge <u>Throwing</u>: know that stepping with opposite foot to throwing arm will help you to balance. Know that moving my arm quicker will give me more power. <u>Striking</u>: know to finish with my object/hand pointing at my target. <u>Tactics</u>: understand and apply simple tactics. <u>Rules</u>: know how to score points and follow simple rules.	Striking and fielding Skills <u>Striking</u>: develop striking a ball with their hand and equipment with some consistency. <u>Fielding</u>: develop tracking a ball and decision making with the ball. <u>Throwing</u>: develop co-ordination and technique when throwing over and underarm. <u>Catching</u>: catch with two hands with some co-ordination and technique. Knowledge <u>Striking</u>: understand the role of a batter. Know that striking quickly will increase the power. <u>Fielding</u>: understand that there are different roles within a fielding team. Know to move towards the ball to collect it to limit a batter's points. <u>Throwing</u>: know that stepping with opposite foot to throwing arm will help me to balance. <u>Catching</u>: know to use wide fingers and pull the ball in to my chest to help me to securely catch. <u>Tactics</u>: understand and apply simple tactics for attack (batting) and defence (fielding). <u>Rules</u>: know how to score points and follow simple rules. <u>Striking</u>: understand that the harder I strike, the further throw	Athletics Skills <u>Running</u>: develop the sprinting action. <u>Jumping</u>: develop jumping, hopping and skipping actions. Explore safely jumping for distance and height. <u>Throwing</u>: develop overarm throwing for distance. Knowledge <u>Running</u>: know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster. <u>Jumping</u>: know that swinging my arms forwards will help me to jump further. <u>Throwing</u>: know that I can throw in a straight line by pointing my throwing hand at my target as I let go of the object. <u>Rules</u>: know how to follow simple rules when working with others

	falling over when I land. <u>Skipping</u>: know that I should swing opposite arm to leg to help me balance when skipping without a rope.					
Year 3	Fundamentals 3/4 Skills <u>Running</u>: change direction. Show an increase and decrease in speed. <u>Balancing</u>: demonstrate balance when performing other fundamental skills. <u>Jumping and hopping</u>: link jumping and hopping actions. <u>Skipping</u>: jump and turn a skipping rope. Knowledge <u>Running</u>: understand that leaning slightly forwards helps to increase speed (acceleration). Leaning my body in the opposite direction to travel helps to slow down (deceleration). Understand how agility helps us with everyday tasks. <u>Balancing</u>: understand how balance helps us with everyday tasks. <u>Jumping and hopping</u>: know that if I jump and land in quick succession, momentum will help me to jump further. <u>Skipping</u>: understand that I should turn the rope from my wrists with wide hands to create a gap to step through.	Dance Skills <u>Actions</u>: create actions in response to a stimulus individually and in groups. <u>Dynamics</u>: use dynamics effectively to express an idea. <u>Space</u>: use direction to transition between formations. <u>Relationships</u>: develop an understanding of formations. <u>Performance</u>: perform short, self-choreographed phrases showing an awareness of timing. Knowledge <u>Actions</u>: understand that sharing ideas with others enables my group to work collaboratively and try ideas before deciding on the best actions for our dance. <u>Dynamics</u>: understand that all actions can be performed differently to help to show effect. <u>Space</u>: understand that I can use space to help my dance to flow. <u>Relationships</u>: understand that 'formation' means the same in dance as in other activities such as football, rugby and gymnastics. <u>Performance</u>: understand that I can use timing techniques such as canon and unison to create effect. <u>Strategy</u>: know that if I show sensitivity to the music, my performance will look more complete.	Ball skills 3/4 Skills <u>Sending</u>: send a ball with accuracy and increasing consistency to a target. <u>Catching</u>: catch a range of objects with increasing consistency. <u>Tracking</u>: track a ball not sent directly. <u>Dribbling</u>: dribble a ball with hands and feet with control. Knowledge <u>Sending</u>: know that pointing my hand/foot/stick to my target on release will help me to send a ball accurately. <u>Catching</u>: know to move my feet to the ball. <u>Tracking</u>: know that using a ready position will help me to react to the ball. <u>Dribbling</u>: know that dribbling is an attacking skill used in games which helps us to move towards a goal or away from defenders.	Handball Skills <u>Sending & receiving</u>: explore s&r abiding by the rules of the game. <u>Dribbling</u>: explore dribbling the ball abiding by the rules of the game under some pressure. <u>Space</u>: develop using space as a team. <u>Attacking</u>: develop movement skills to lose a defender. Explore shooting actions in a range of invasion games. <u>Defending</u>: develop tracking opponents to limit their scoring opportunities. Knowledge <u>Sending & receiving</u>: know that pointing my hand/foot/stick to my target on release will help me to send a ball accurately. <u>Dribbling</u>: know that dribbling is an attacking skill which helps us to move towards a goal or away from defenders. <u>Space</u>: know that by spreading out as a team we move the defenders away from each other. <u>Attacking and defending</u>: know my role as an attacker and defender. <u>Tactics</u>: know that using simple tactics will help my team to achieve an outcome e.g. we will each mark a player to help us to gain possession. <u>Rules</u>: know the rules of the game and begin to apply them.	Cricket Skills <u>Striking</u>: begin to strike a bowled ball after a bounce with different equipment. <u>Fielding</u>: explore bowling to a target and fielding skills to include a two-handed pick up. <u>Throwing</u>: use overarm and underarm throwing in game situations. <u>Catching</u>: catch with some consistency in game situations. Knowledge <u>Striking</u>: know that striking to space away from fielders will help me to score. <u>Fielding</u>: know to look at where a batter is before deciding what to do. Know to communicate with teammates before throwing them a ball. <u>Throwing</u>: know that overarm throwing is used for long distances and underarm throwing for shorter distances. <u>Catching</u>: know to move my feet to the ball. <u>Tactics</u>: know that using simple tactics will help my team to achieve an outcome e.g. we will spread out to deny space. <u>Rules</u>: know the rules of the game and begin to apply them	Tag rugby Skills <u>Sending & receiving</u>: explore s&r abiding by the rules of the game. <u>Dribbling</u>: explore dribbling the ball abiding by the rules of the game under some pressure. <u>Space</u>: develop using space as a team. <u>Attacking</u>: develop movement skills to lose a defender. Explore shooting actions in a range of invasion games. <u>Defending</u>: develop tracking opponents to limit their scoring opportunities. Knowledge <u>Sending & receiving</u>: know that pointing my hand/foot/stick to my target on release will help me to send a ball accurately. <u>Dribbling</u>: know that dribbling is an attacking skill which helps us to move towards a goal or away from defenders. <u>Space</u>: know that by spreading out as a team we move the defenders away from each other. <u>Attacking and defending</u>: know my role as an attacker and defender. <u>Tactics</u>: know that using simple tactics will help my team to achieve an outcome e.g. we will each mark a player to help us to gain possession. <u>Rules</u>: know the rules of the game and begin to apply them.
Year 4	Fitness Skills <u>Agility</u>: show balance when changing direction at speed. <u>Balance</u>: show control whilst completing activities which challenge balance. <u>Co-ordination</u>: explore increased speed when co-ordinating my body. <u>Speed</u>: demonstrate improved sprinting technique. <u>Strength</u>: develop building strength in different muscle groups. <u>Stamina</u>: demonstrate using my breath to maintain my work rate. Knowledge	Dance Skills <u>Actions</u>: respond imaginatively to a range of stimuli related to character and narrative. <u>Dynamics</u>: change dynamics confidently within a performance to express changes in character. <u>Space</u>: confidently use changes in level, direction and pathway. <u>Relationships</u>: use action and reaction to represent an idea. <u>Performance</u>: perform complex dances that communicate narrative and character well, performing clearly and fluently. Knowledge <u>Actions</u>: understand that some actions are better suited to a certain character, mood or idea	Ball skills 3/4 Skills <u>Sending</u>: accurately use a range of techniques to send a ball to a target. <u>Catching</u>: catch different sized objects with increasing consistency with one and two hands. <u>Tracking</u>: consistently track a ball sent directly and indirectly. <u>Dribbling</u>: dribble a ball with increasing control and co-ordination. Knowledge <u>Sending</u>: know that I can use a variety of ways to send the ball and it may depend on the situation e.g. distance, speed, if there is a defender.	Handball Skills <u>Sending & receiving</u>: develop passing techniques appropriate to the game with increasing success. Catch a ball using one and two hands and receive a ball with feet/object with increasing success. <u>Dribbling</u>: link dribbling the ball with other actions and change direction whilst dribbling with some control. <u>Space</u>: develop moving into space to help my team. <u>Attacking</u>: change direction to lose an opponent with some success. <u>Defending</u>: develop defending one on one and begin to intercept.	Cricket Skills <u>Striking</u>: develop batting technique with a range of equipment. <u>Fielding</u>: develop bowling with some consistency, abiding by the rules of the game. <u>Throwing</u>: use overarm and underarm throwing with increased consistency in game situations. <u>Catching</u>: begin to catch with one and two hands with some consistency in game situations Knowledge <u>Striking</u>: know that using the centre of the bat will provide the most control and accuracy. <u>Fielding</u>: know that it easier to field a ball that is coming towards me rather than away so set up	Tag rugby Skills <u>Sending & receiving</u>: develop passing techniques appropriate to the game with increasing success. Catch a ball using one and two hands and receive a ball with feet/object with increasing success. <u>Dribbling</u>: link dribbling the ball with other actions and change direction whilst dribbling with some control. <u>Space</u>: develop moving into space to help my team. <u>Attacking</u>: change direction to lose an opponent with some success. <u>Defending</u>: develop defending one on one and begin to intercept.

	<u>Agility</u>: know that keeping my elbows bent when changing direction will help me to stay balanced. <u>Balance</u>: understand that I need to squeeze different muscles to help me to stay balanced in different activities. <u>Co-ordination</u>: understand that if I begin in a ready position I can react quicker. <u>Speed</u>: understand that a high knee drive, pumping my arms and running on the balls of my feet gives me power. <u>Strength</u>: understand that strength comes from different muscles and know how I can improve my strength. <u>Stamina</u>: understand that I need to pace myself when running further or for a long period of time.	than others. <u>Dynamics</u>: understand that some dynamics are better suited to a certain character, mood or idea than others. <u>Space</u>: understand that space can be used to express a certain character, mood or idea. <u>Relationships</u>: understand that some relationships are better suited to a certain character, mood or idea than others. <u>Performance</u>: know that being aware of other performers in my group will help us to move in time. <u>Strategy</u>: know that I can select from a range of dance techniques to translate my idea	<u>Catching</u>: know to adjust my hands to the height of the ball. <u>Tracking</u>: know that tracking a ball is an important skill used in games activities and be able to give examples of this. <u>Dribbling</u>: know that dribbling with soft hands/touches will help me to keep control.	Knowledge <u>Sending & receiving</u>: know that cushioning a ball will help me to control it when receiving it. <u>Dribbling</u>: know that protecting the ball as I dribble will help me to maintain possession. <u>Space</u>: know that moving into space will help my team keep possession and score goals. <u>Attacking</u>: recognise when to pass and when to shoot. <u>Defending</u>: know when to mark and when to attempt to win the ball. <u>Tactics</u>: know that applying attacking tactics will help to maintain possession and score goals. Know that applying defending tactics will help to deny space, gain possession and stop goals. <u>Rules</u>: know and understand the rules to be able to manage our own game.	accordingly. <u>Throwing</u>: understand that being balanced before throwing will help to improve the accuracy of the throw. <u>Catching</u>: know to track the ball as it is thrown to help to improve the consistency of catching. <u>Tactics</u>: know that applying attacking tactics will help to score points and avoid getting out. Know that applying defending tactics will help to deny space, get opponents out and limit points. <u>Rules</u>: know and understand the rules to be able to manage our own game.	Knowledge <u>Sending & receiving</u>: know that cushioning a ball will help me to control it when receiving it. <u>Dribbling</u>: know that protecting the ball as I dribble will help me to maintain possession. <u>Space</u>: know that moving into space will help my team keep possession and score goals. <u>Attacking</u>: recognise when to pass and when to shoot. <u>Defending</u>: know when to mark and when to attempt to win the ball. <u>Tactics</u>: know that applying attacking tactics will help to maintain possession and score goals. Know that applying defending tactics will help to deny space, gain possession and stop goals. <u>Rules</u>: know and understand the rules to be able to manage our own game.
Year 5	Fitness Skills <u>Agility</u>: demonstrate improved body posture and speed when changing direction. <u>Balance</u>: change my body position to maintain a controlled centre of gravity. <u>Co-ordination</u>: demonstrate increased speed when co-ordinating my body. <u>Speed</u>: apply the best pace for a set distance or time. <u>Strength</u>: demonstrate increased technique in body weight exercises. <u>Stamina</u>: use a steady pace to be able to move for sustained periods of time. Knowledge <u>Agility</u>: understand that to change direction I push off my outside foot and turn my hips. <u>Balance</u>: understand that dynamic balances are harder than static balances as my centre of gravity changes. <u>Co-ordination</u>: understand that people will have varying levels of co-ordination and that I can get better with practice. <u>Speed</u>: understand that taking big consistent strides will help to create a rhythm that allows me	Dance Skills <u>Actions</u>: choreograph dances by using, adapting and developing actions and steps from different dance styles. <u>Dynamics</u>: confidently use dynamics to express different dance styles. <u>Space</u>: confidently use direction and patterning to express different dance styles. <u>Relationships</u>: confidently use formations, canon and unison to express a dance idea. <u>Performance</u>: perform dances expressively, using a range of performance skills, showing accuracy and fluency. Knowledge <u>Actions</u>: understand that different dance styles utilise selected actions to develop sequences in a specific style. <u>Dynamics</u>: understand that different dance styles utilise selected dynamics to express mood. <u>Space</u>: understand that space relates to where my body moves both on the floor and in the air. <u>Relationships</u>: understand that different dance styles utilise selected relationships to express mood. <u>Performance</u>: understand what	Dodgeball Skills <u>Throwing</u>: demonstrate clear technique and accuracy when throwing at a target. <u>Catching</u> (dodgeball): demonstrate good technique and consistency in catching skills. <u>Striking</u>: develop a wider range of striking techniques and begin to use them under pressure. Knowledge <u>Throwing</u>: know to aim low to make it difficult for an opponent to catch. <u>Catching</u> (dodgeball): know to stay towards the back of the court area to give me more time to catch. <u>Striking</u>: know that aligning my body and equipment before striking will help me to be balanced. <u>Tactics</u>: understand the need for tactics and identify when to use them in different situations. <u>Rules</u>: understand and apply rules in a variety of target games whilst playing and officiating.	Hockey Skills <u>Sending & receiving</u>: develop control when s&r under pressure. <u>Dribbling</u>: dribble with some control under pressure. <u>Space</u>: explore moving to create space for themselves and others in their team. <u>Attacking</u>: use a variety of techniques to lose an opponent e.g. change of direction or speed. <u>Defending</u>: develop tracking and marking with increased success. Explore intercepting a ball using one and two hands.	Athletics Skills <u>Running</u>: apply fluency and co-ordination when running for speed in relay changeovers. Effectively apply speeds appropriate for the event. <u>Jumping</u>: explore technique and rhythm in the triple jump. <u>Throwing</u>: Develop technique and power in javelin and shot put. Knowledge <u>Running</u>: understand that taking big consistent strides will help to create a rhythm that allows me to run faster. Understand that keeping a steady breath will help me when running longer distances. <u>Jumping</u>: know that if I drive my knees high and fast I can build power and therefore distance in my jumps. <u>Throwing</u>: know how to transfer my weight in different throws to increase the distance. <u>Rules</u>: understand and apply rules in a variety of events using official equipment.	Rounders Skills <u>Striking</u>: explore defensive and driving hitting techniques and directional batting. <u>Fielding</u>: develop over and underarm bowling technique. Develop long and short barrier and two handed pick up. <u>Throwing</u>: demonstrate good technique when using a variety of throws under pressure. <u>Catching</u>: explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations. Knowledge <u>Striking</u>: understand that stance is important to allow me to be balanced as I hit. <u>Fielding</u>: know that backing up a fielder as a ball is being thrown will help to increase the chances of fielding successfully. <u>Throwing</u>: understand where to throw the ball in relation to where a batter is. <u>Catching</u>: understand when to use a close catch technique or deep catch technique. <u>Tactics</u>: understand the need for tactics and identify when to use them in different situations. <u>Rules</u>: understand and apply rules in a variety of striking and fielding games whilst playing and

	to run faster. <u>Strength</u>: know the muscles I am using by name. <u>Stamina</u>: understand that keeping a steady breath will help me to move for longer periods of time.	makes a performance effective and know how to apply these principles to my own and others' work. <u>Strategy</u>: know that if I use dance principles it will help me to express an atmosphere or mood.				officiating.
Year 6	Fitness Skills <u>Agility</u>: change direction with a fluent action and transition smoothly between varying speeds. <u>Balance</u>: show fluency and control when travelling, landing, stopping and changing direction. <u>Co-ordination</u>: co-ordinate a range of body parts with a fluent action at a speed appropriate to the challenge. <u>Speed</u>: adapt running technique to meet the needs of the distance. <u>Strength</u>: complete body weight exercises for increased repetitions with control and fluency. <u>Stamina</u>: use my breath to increase my ability to move for sustained periods of time. Knowledge <u>Agility</u>: understand that agility requires speed, strength, good balance and co-ordination. <u>Balance</u>: know where and when to apply force to maintain control and balance. <u>Co-ordination</u>: understand that co-ordination also requires good balance and know how to achieve this. <u>Speed</u>: know that speed can be improved by training and know which speed to select for the distance. <u>Strength</u>: understand that I can build up my strength by practicing in my own time. <u>Stamina</u>: know which exercises can develop stamina and understand that it can be improved by training over time.	Dance Skills <u>Actions</u>: show controlled movements which express emotion and feeling. <u>Dynamics</u>: explore, improvise and combine dynamics to express ideas fluently and effectively on my own, with a partner or in a small group. <u>Space and relationships</u>: use a variety of compositional principles when creating my own dances. <u>Performance</u>: demonstrate a clear understanding of timing in relation to the music and other dancers throughout my performance. Knowledge <u>Actions</u>: understand that actions can be improved with consideration to extension, shape and recognition of intent. <u>Dynamics</u>: understand that selecting a variety of dynamics in my performance can help to take the audience on a journey through my dance idea. <u>Space and relationships</u>: know that combining space and relationships with a prop can help me to express my dance idea. <u>Performance</u>: understand how a leader can ensure our dance group performs together. <u>Strategy</u>: know that if I keep in character throughout, it will help me to express an atmosphere or mood that can be interpreted by the audience.	Dodgeball Skills <u>Throwing</u>: throw with increasing control under pressure. Catching (dodgeball): catch with increasing control under pressure. <u>Striking</u>: use a variety of striking techniques with control and under pressure Knowledge <u>Throwing</u>: know who to throw at and when to throw in order to get opponents out. <u>Catching</u> (dodgeball): know that I need to make quick decisions on if to catch or if to dodge the ball. <u>Striking</u>: know which skill to select for the situation. <u>Tactics</u>: know how to create and apply a tactic for a specific situation or outcome. <u>Rules</u>: understand, apply and use rules consistently in a variety of target games whilst playing and officiating	Hockey Skills <u>Sending & receiving</u>: s&r consistently using a range of techniques with increasing control under pressure. <u>Space</u>: move to the correct space when transitioning from attack to defence or defence to attack and create and use space for self and others. <u>Attacking</u>: confidently change direction to lose an opponent <u>Defending</u>: use a variety of defending skills (tracking, interception, jockeying) in game situations. Knowledge <u>Sending & receiving</u>: understand and make quick decisions about when, how and who to pass to. <u>Space</u>: understand that transitioning quickly between attack and defence will help my team to maintain or gain possession. <u>Tactics</u>: know how to create and apply a tactic for a specific situation or outcome. <u>Rules</u>: understand, apply and use rules consistently in a variety of invasion games whilst playing and officiating.	Athletics Skills <u>Running</u>: demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique. <u>Jumping</u>: develop power, control and technique in the triple jump. <u>Throwing</u>: develop power, control and technique when throwing discus and shot put. Knowledge <u>Running</u>: understand that I need to prepare my body for running and know the muscle groups I will need to use. <u>Jumping</u>: understand that a run up builds speed and power and enables me to jump further. <u>Throwing</u>: understand that I need to prepare my body for throwing and know the muscle groups I will need to use. <u>Rules</u>: understand and apply rules in events that pose an increased risk.	Rounders Skills <u>Striking</u>: strike a bowled ball with increasing accuracy and consistency. <u>Fielding</u>: use a wider range of fielding skills with increasing control under pressure. <u>Throwing</u>: consistently demonstrate good technique in throwing skills under pressure. <u>Catching</u>: consistently demonstrate good technique in catching skills under pressure. Knowledge <u>Striking</u>: understand that the momentum and power for striking a ball comes from legs as well as arms. <u>Fielding</u>: know which fielding action to apply for the situation. <u>Throwing and catching</u>: consistently make good decisions on who to throw to and when to throw in order to get batters out. Know that accuracy, speed and consistency of throwing and catching will help to limit a batter's score. <u>Tactics</u>: understand and apply some tactics in the game as a batter, bowler and fielder. <u>Rules</u>: understand, apply and use rules consistently in a variety of striking and fielding games whilst playing and officiating.