Skills progressions

Year 1

Netball	Gymnastics	Football	Rounders	Tag rugby	Cricket	Athletics
- To be able to demonstrate a variety of different running, throwing and jumping techniques specific to athletic events	- be able to perform basic balances, jumps and shapes - some of these include Y balance, pin jump, butterfly seat, long seat and tuck seat - perform basic skills such as forward roll, archdish roll, pin roll. - explore different ways of manoeuvring their body into different positions and try to gain a love for gymnastics.	- perform basic dribbling techniques - keeping the ball close to their feet aiming to get their head up. - physically demonstrate basic turns such (drag back) - understand the basic principles of a football match, knowing they must attack one end to score a goal, and defend their goal -participate in small sided games (1v1 2v2)	- Team work - basic tactics - throwing (over and under arm) - Striking with different sized objects	- perform different ways of moving when carrying the ball, trying to avoid the opposition defenders. (Tagging them) - explore a range of different ways and strategies to get past a player when running with the ball. - demonstrate basic attacking principals of the game (e.g. what end of the pitch they are scoring in) and basic defending principals. (e.g. which goal they are defending) - participate in primarily 1v1 matches, and some children 2v2 matches.	- Underarm bowling - Fielding principals - Striking with different sized objects (cricket bat, tennis racket) and balls	- Jump with some accuracy into and out of areas from a standing position - Run at different speeds - Throw a variety of objects, using a small range of techniques - Throw with some accuracy

Skills progressions

Year 2

Netball	Gymnastics	Football	Rounders	Tag rugby	Cricket	Athletics
- To physically demonstrate a range of different dribbling, passing and shooting techniques (related to basketball) - To understand basic principals of a 1v1 and 2v2 game.	- to be able to perform basic balances, jumps and shapes. - some of these include Y balance, arabesque, pin jump, tuck jump, straddle jump, butterfly seat, long seat and tuck seat, straddle seat. - perform skills such as forward roll, arch-dish roll, pin roll, teddy bear roll. - perform short basic floor routines.	- perform basic dribbling techniques - keeping the ball close to their feet aiming to get their head up. - demonstrate basic turns such (drag back and stop turn) - understand the basic principles of a football match (attack, score a goal and defend their goal) - participate in larger sided games with the introduction of a goalkeeper. (2v2 3v3)	- Basic bowling - Striking with different sized objects (rounders bat, tennis racket) - throwing (over and under arm, rolling) - different skills (throwing, striking) with some accuracy	- perform different ways of moving when carrying the ball, trying to avoid the opposition defenders. (Tagging them) - explore a range of different ways and strategies to get past a player when running with the ball. - begin to use a basic underarm throwing technique when passing the ball whilst demonstrating good technique when receiving the ball - demonstrate basic attacking principals of the game (e.g. what end of the pitch they are scoring in) and basic defending principals. (e.g. which goal they are defending) - begin to understand staying behind the player with the ball, to prevent forward passes occurring. - participate in 1v1 and 2v2 matches, some chil-	- Underarm and overarm bowling, - Fielding principals - Striking with different sized objects (cricket bat, tennis racket) - Hit a moving ball - Play practice games as a team	- Run with ability to change speed and direction - Link running and jumping activities with some fluency, control and consistency - Throw a variety of objects, changing their action for accuracy and distance - Start at a medium pace for a longer distance - Show consistency, control and accuracy when throwing objects into targets from increasing distances

Skills progressions

Year 3

Netball	Gymnastics	Football	Rounders	Tag rugby	Cricket	Athletics
- To physically demonstrate a range of different passing techniques such as bounce and chest pass. - Demonstrates the correct fundamentals when Shooting. - To understand basic principals of small-sided netball games	- perform balances, jumps and shapes. - some of these include Y balance, arabesque, 2 point balance, 3 point balance. Pin jump, tuck jump, straddle jump, butterfly seat, long seat and tuck seat, straddle seat, V-seat, Japana. - perform skills such as forward roll, archdish roll, pin roll, teddy bear roll, snowball, headstand. - begin to learn the correct technique on the vault, and perform basic bench routines. - begin to experiment performing different balances and shapes on the climbing frame. - perform more advanced floor routines.	- demonstrate different turns (drag back, stop turn, outside hook, inside hook) and basic skills (Messi dip) - begin to demonstrate basic passing (Push Pass) and receiving skills. - begin to learn basic shooting techniques such as using the inside of the foot. - begin to understand the basic rules and positions of a game. - begin to recognize different situations within a game and improve decision making (when to dribble, pass, shoot) - participate in larger sided games. (3v3 4v4 5v5)	- Use a few skills with control and reasonable accuracy - Hit a stationary ball - Use a range of skills (throwing, striking, intercepting and stopping a ball) with some control - Hit a moving ball - Retrieve and throw a ball (under-arm and overarm)	use their body to trick defenders, and start recognizing where the space is to run into - demonstrate an underarm pass motion when they pass the ball, and begin to demonstrate releasing the ball left and right, whilst demonstrating good technique when receiving the ball too. - understand what end of the pitch they are scoring in, and what end they have to defend - begin to understand staying behind the player with the ball, to prevent forward passes occurring - understand what happens when a player is tagged, the offside rule and start demonstrating most rules of a rugby game. - participate in 1v1, 2v2 and 3v3 matches. Some children 4v4 matches.	- Use batting and bowling skills with some control - Hit a stationary ball and retrieve and throw it when fielding - Hit a moving ball - Retrieve and throw a ball (under-arm and overarm) - Play games with speed and precision	- Demonstrate running, jumping and throwing skills in simple challenges - Show some control when using a small range of basic running, jumping and throwing actions - Understand the difference between sprinting and running for sustained periods - Know and demonstrate a range of throwing techniques - Throw with some accuracy and power into a target area

Skills progressions

Year 4

Netball	Gymnastics	Football	Rounders	Tag rugby	Cricket	Athletics
- To physically demonstrate a range of different passing techniques such as bounce, chest pass and overhead pass. - Demonstrates the correct technique when Shooting. - To understand basic principals of 3v3, 4v4, 5v5 netball games	- perform balances, jumps and shapes. - some of these include Y balance, arabesque, 2 point balance, 3 point balance. Pin jump, tuck jump, straddle jump, straddle jump, butterfly seat, long seat and tuck seat, straddle seat, V-seat, Japana. - perform skills such as forward roll, arch-dish roll, pin roll, teddy bear roll, snowball, headstand, backwards roll, bridge, cartwheel, roundoff. - experiment on a range of different levels of vault, perform basic skills on and over the vault and perform bench routines. - begin to experiment performing different balances and shapes on the climbing frame. - perform more advanced floor routines independently and in groups.	- perform more advanced dribbling techniques and identify the difference between dribbling and running with ball - demonstrate more advanced skills (Messi dip, stepover.) and control - demonstrate different types of passes (Push Pass, chip pass) and receiving skills - learn basic shooting techniques (using the inside of the foot, or getting under the ball to hit the ball higher into the goal) - understand the basic rules and positions of a game. - recognize different situations within a game and begin to improve decision making (when to dribble, pass, shoot) - participate in larger sided games. (4v4 5v5 6v6 7v7)	- Use a range of skills (throwing, striking, intercepting and stopping a ball) with some control and accuracy - Retrieve and throw a ball (under-arm and overarm) - Play games with speed and precision, using a variety of equipment - Hit a bowled ball with intent and force - Collect, stop, intercept and throw a ball with increasing efficiency - Throw a ball accurately from a distance	- use their body to trick defenders; fake passes, and develop an understanding of when to run or pass with the ball - demonstrate an underarm pass motion when passing and demonstrate releasing the ball left and right, with good technique when receiving the ball - begin to miss players out when they pass to trick the opposition. - understand what end of the pitch they are scoring and defending - understand staying behind the player with the ball, to defend - understand what happens when a player is tagged, the offside rule and demonstrating most rules of a rugby game. - participate in 2v2 and 3v3 matches, 4v4 matches. (some may participate in 5v5 matches.	- Use batting, bowling and fielding skills with control and reasonable accuracy - Hit a stationary ball and retrieve and throw it when fielding - Retrieve a ball and throw it when fielding - Retrieve and throw a ball (under-arm and overarm) - Play games with speed and precision - Hit a bowled ball with intent and force - Collect, stop, intercept and throw a ball with increasing efficiency	- Understand and demonstrate the difference between sprinting and running for sustained periods - Know and demonstrate a range of throwing techniques - Perform a range of jumps, showing consistent technique and sometimes using a short run-up - Demonstrate good technique, fluency of movement, accuracy and consistency in a wide range of running, jumping and throwing actions and challenges

Skills progressions

Year 5

Netball	Gymnastics	Football	Rounders	Tag rugby	Cricket	Athletics
- To physically demonstrate a range of different passing techniques such as bounce, chest pass and overhead pass. - Demonstrates the correct technique when Shooting. - Understands all the rules of a netball match and applies all of the rules when playing the games. - Play 4v4 & 5v5 matches	- perform a wide variety of different balances, jumps and shapes and begin to move like gymnasts - have a wide range of skills, and begin to link their skills together. (E.g. headstand into forward roll into long seat) - to be able to successfully clear the vault and perform more advanced skills on and over the vault - be able to independently and in groups able to come up with advanced gymnastics routines linking all skills together and begin to perform gymnastic routines on the climbing frame.	- identify the difference between dribbling and running with a ball - keep possession and control over the ball - demonstrate more advanced skills creatively and show a variety of passes, both on the ground and aerial. - understand when receiving the ball to touch it out of their feet and into the space they are trying to take the ball - demonstrate a variety of shooting techniques (placing it using accuracy, shooting with power or chipping the ball) - have a good understanding of the rules, principals and positions of the game - better understanding of the game and decision making (when to dribble, pass, shoot) - participate in larger sided games. (5v5 6v6 7v7)	- Hit a ball bowled sympathetically to them - Play a range of roles in the fielding team, with varying degrees of success - Strike a bowled ball - Use a range of fielding skills (catching, throwing, bowling) with some control	use their body to trick defenders; fake passes, and begins to develop a better understanding of when to run with the ball, pass or kick. demonstrate different types of passing and offloads in different game situations recognise when to pass, and begin to receive the ball at pace. begin to play in positions, and demonstrate a more structured formation understand how to set up as a team when attacking and defending recognise different patterns of play, and understand where to move/what to do in these situations understand all of the rules of a tag rugby game, and start play bigger sided games. (4v4, 5v5, 6v6, 7v7 matches, 8v8 official primary school matches.	- Bowl a ball overarm - Hit a ball bowled sympathetically to them - Play a range of roles in a fielding team, but with varying degrees of success - Use a range of fielding skills (catching, throwing, bowling) with some control - Attempt to play a range of different shots	- Sustain their pace and effort for short periods of time - Demonstrate a range of throwing actions using modified equipment, with some accuracy and control - Demonstrate a range of simpler jumping skills in different activities - Show accuracy when throwing for distance - Show good control, speed, strength and stamina when running, jumping and throwing

Skills progressions

Year 6

Netball	Gymnastics	Football	Rounders	Tag rugby	Cricket	Athletics
- To physically demonstrate a range of different passing techniques such as bounce, chest pass and overhead pass. - Demonstrates the correct technique when Shooting. - Demonstrates good decision making in the netball matches. - Understands all the rules of a netball match, and each positions roles and responsibilities	- perform a wide variety of balances, jumps and shapes and begin to move like gymnasts - have a wide range of skills, and begin to link their skills together and use gymnastic skills to move from one skill to the next to ensure whole routine flows. (E.g. instead of standing up, rock and roll to stand up) - to successfully clear the vault and perform more advanced skills on and over the vault at different heights - perform more advanced skills like handsprings landing on crashmats - to be able to, independently and in groups, come up with advanced gymnastics routines, performing in sync or in cannon, linking all skills together. - perform gymnastic routines on the climbing frame.	- demonstrate high level of dribbling and running by keeping possession and control of the ball when dribbling (use both feet) -change direction and at different speeds. - demonstrate a variety of passes, both on the ground and aerial. - understand when receiving the ball to touch it out of their feet and into the space they are trying to take the ball - demonstrate a variety of shooting techniques (placing it using accuracy, shooting with power or chipping the ball) and choose which shot to play due to the position of the goalkeeper. - have a good understanding of the rules (including offside), roles and principals of the game and better decision making (when to dribble, pass, shoot) - participate in larger sided games. (5v5 6v6 7v7 8v8 9v9)	- Strike a bowled ball in a specific direction with power and control - Use a range of fielding skills (catching, throwing, bowling, intercepting) with growing control and consistency - Bowl a ball with accuracy and appropriate power - Catch, throw, stop and retrieve balls consistently and with control	- use their body to trick defenders; fake passes, and understand when to run, pass or kick the ball (decision making) - demonstrate different types of passing and offloads in different game situations - recognise when to pass, and begin to receive the ball at pace. - play in positions and understand the roles and responsibilities of each position. - understand how to set up as a team when attacking and defending - recognise different patterns of play, and understand where to move/what to do in these situations. - understand all of the rules of a tag rugby game, and start play bigger sided games. (4v4, 5v5, 6v6, 7v7 matches, 8v8 official primary school matches.	- Hit a ball bowled sympathetically to them - Bowl a ball over-arm at a target - Play a range of shots, appropriate to where the ball lands - Bowl the ball over-arm accurately at a target and landing in a specified area - Employ a range of fielding techniques appropriate to the situation (throwing, bowling, intercepting)	- Demonstrate a range of throwing actions using modified equipment, with accuracy and control - Show control at take-off in jumping activities - Show accuracy and good technique when throwing for distance - Show good control, speed, strength and stamina when running, jumping and throwing - Adapt their skills and techniques to different challenges and equipment - Use good technique - Pace their effort well