Knowledge and skills progressions

Year 1 – Teachers

Gymnastics	Dance	Basketball	Hockey	Tennis	Athletics
Shape jumps (tuck, straight, star), balance (5 seconds), some control and coordination	- Identify and use free space - Counting and clapping in counts of 8 - Copy some moves and remember a short dance. - Move spontaneously showing some control and coordination. - Move with rhythm. - Demonstrate good balance. - Move with confidence when walking, hopping, jumping, landing	- Use different types of objects to practice throwing and catching, - To copy and remember actions. - Travel in different ways, creating a sequence with a partner. - Explore balance on front and back so that extended arms and legs are held off the floor - To develop control in different simple rolls.	- Agility, moving in patterns. - Following cones - different speeds, - moving past defenders.	- basic hand to eye co-ordination games. - Throw and catch skills. - Striking motions	- Races, Running, Beanbag, Throwing, Jumping, - Competition - Can run at different speeds. - Can jump from a standing position. - Performs a variety of throws.

Knowledge and skills progressions

Year 2 – Teachers

Gymnastics	Dance	Basketball	Hockey	Tennis	Athletics
- Teach sequence to a partner and perform together. - Develop balance by showing good tension in the core and tension and extension in the arms and legs, hands and feet. - Develop balance on front and back so that extended arms and legs are held off the floor. - Begin to travel on hands and feet. - Bunny hop (transferring weight.) - To explore shapes in the air and show control when jumping and landing e.g star jump.	- Dancing in unison, team-work, timing, mirroring, - perform basic body actions - express feelings through dance - Use own ideas to create dance - Move with rhythm and varying speed. - Demonstrate good balance. - Co-ordinate arm and leg actions (e.g. march and clap) - Interact with a partner (e.g. holding hands, swapping places, meeting and parting)	- Practice throwing and catching with some control - 1v1 2v2 - dribbling, bounce	- Different methods of moving. How? When? Why? - Agility, moving in patterns. - Following cones, - Use different speeds, - Moving past defenders.	- Basic hand to eye co-ordination games. - Throw and catch skills. - Striking motion. - 1v1 rally.	- Races, Running, Beanbag, Throwing, Jumping, - Competition - Can change speed and direction while running. - Can jump from a standing position with accuracy. - Performs a variety of throws with control and coordination.

Knowledge and skills progressions

Year 3 – Teachers

Gymnastics	Dance	Basketball	Hockey	Tennis	Athletics
- Perform a gymnastic sequence with clear changes of speed, different balances and ways of travelling. - Work with a partner to create a sequence. - Challenge balance and use of core strength by exploring use of upper body strength taking weight on hands and feet. - Explore leaping forward in stag jump, taking off from one foot and landing on the other. - Develop control in rolling actions on the floor	- Create a dance phrase with a partner and in a small group. - Move in time with music. - Perform dance to an audience showing confidence. - Demonstrate use of space – levels, directions, pathways and body shape. - Demonstrate different relationships – mirroring, unison, canon, complementary & contrasting.	- Dribbling, pivoting, figure of 8, - change direction (jump, stop, pivot foot, turn) - chest pass (show 10 fingers), - teamwork, - throw and catch with some control when moving, 3v3 - Apply basic principles of attacking and defending.	- Ball manipulation, - Basic dribbling (with control and speed) - keep possession with some success - passing, shooting, pass and receive the ball with some control - Small sided matches	- Repetition activities, - Focus on technique - 1v1 small sided games - Choose and combine techniques in game situations	- Beginning to run at speeds appropriate for the distance. - Can perform a running jump. - Performs a variety of throws with different equipment.

Knowledge and skills progressions

Year 4 – Teachers

Gymnastics	Dance	Basketball	Hockey	Tennis	Athletics
- Work with a partner to create a sequence using travelling and space. - Balance on floor and apparatus exploring which body parts are the safest to use. - Explore balancing with a partner: facing, beside, behind and on different levels. - Move in and out of balance fluently. - Add a quarter or half turn into a jump before landing.	- Remember and repeat a dance phrase with improved clarity and accuracy. - Link phrases to music. - Show coordination, control and strength. - Show focus, projection and musicality. - Demonstrate different dance actions – travel, turn, gesture, jump and stillness. - Demonstrate dynamic qualities – speed, energy and continuity	- Dribble, move, - Use chest pass, bounce pass, - Teamwork - Shoot with some accuracy - mark an opponent - change direction (jump, stop, pivot foot, turn), - 3v3 4v4	- Dribbling - 1v1 & 2v1 situations - perform a left/ right drag - push pass, slap pass - Different types of shot - drag the ball left and right with some control - keep possession - have some control and accuracy when shooting - 2v2 3v3 small sided matches	- Repetition activities - Technique based activities - 1v1 rallies, can progress to 2v2 rallies, add competition - Choose and combine techniques in game situations	- Develop running techniques and confidence. - Can perform a running jump with accuracy. - Developing accuracy in throwing using equipment safely.

Knowledge and skills progressions

Year 5 – Teachers

Gymnastics	Dance	Basketball	Hockey	Tennis	Athletics
- Create complex and well executed sequences that include a range of movements: travelling balances, swinging, bending, stretching, twisting gestures - Linking shapes. - Perform balances with control, showing good body tension. - Mirror and match partner's balance. - Travel in different pathways on the floor - explore different entry and exit points other than travelling in a straight line	- Use simple motifs and movement patterns to structure their own dance phrases on own, with partner and small groups. - Perform dance to an audience showing confidence and clarity of actions. - Show coordination, control, alignment, flow of energy and strength. - Show focus, projection, sense of style and musicality. - Demonstrate use of space – levels, directions, pathways, size and body shape	- Square a target, defend the ball and mark an opponent - keep possession of the ball - dribble using both hands - bounce pass, chest pass - pivot 360 degrees - pass, dribble and shoot with control - 4v4 5v5 - Use the skills e.g of throwing and catching to gain points in competitive games.	- Challenges to suit all needs of learners - pass on the move, dribbling - different passes (slap, push, hit) - block a tackle, jab tackle, channelling - keep possession - attack and defend as a team, - mark opponents - shoot with accuracy - Field, defend and attack tactically by anticipating the direction of play.	- Challenges to suit all needs of learners - Match based scenarios 1v1 2v2 competition - Be able to extend and add to games ideas to increase or decrease the challenge. - Use forehand, backhand and overhead shots increasingly well in the games they play - Use a wide range of shots in games, with a good degree of consistency and accuracy - - Start a game or point with a serve of their choice	- Develop running techniques and confidence. - Can perform a running jump with components. - Developing accuracy in throwing using equipment safely. - Begin to record peers performances.

Knowledge and skills progressions

Year 6 – Teachers

Gymnastics	Dance	Basketball	Hockey	Tennis	Athletics
- Create a longer more complex sequence of up to 10 elements. - Explore and develop control in taking some/all of a partner's weight using counter balance and counter tension. - Perform a range of acrobatic balances with a partner on the floor and on different levels on apparatus. - Travel in time with a partner, move away from and back to a partner.	- Remember and repeat a more challenging dance phrase with improved fluency. - Works imaginatively on their own, with a partner and in a group to compose motifs and structure simple dances. - Demonstrate dynamic qualities – speed, energy, continuity, rhythm. - Demonstrate different relationships – mirroring, unison, canon, complementary and contrasting, body part to body part and physical contact.	- Use a variety of passes (bounce, chest, push) - use sending, receiving and travelling techniques - dribble using both hands - pass, dribble and shoot with control and accuracy - 4v4 5v5 6v6	- receive on the move - keep possession - use left/right drag with a defender - attack from a defence - block tackle, jab tackle, channelling, teamwork - use defensive formations - attack and defend as a team - use different positions - pass, dribble and shoot with accuracy - mark, tackle and intercept - Bigger sided games 3v3 4v4 5v5	- Challenges to suit all needs of learners, - Match based scenarios, 1v1 2v2 - Use forehand, backhand and overhead shots increasingly well in the games they play - Use a small range of basic shots on both sides of the body - Use a wide range of shots in games, with a good degree of consistency and accuracy - Start a game or point with a serve of their choice	- Develop running techniques and confidence. - Can perform a running jump with components accurately. - Developing accuracy in throwing using equipment safely. - Begin to record peers performances and evaluate them.