



PE Skills Progression at Northstead CP School

	Ball Skills Hands 1 into Netball	Ball Skills Hands 1 into Basketball	Ball Skills Hands into Dodgeball	Locomotion into Tag Rugby	Games for Understanding into Hockey
EYFS	<ul style="list-style-type: none"> Explore pushing Explore rolling Explore bouncing Explore bouncing into space Combine pushing and rolling Combine rolling, pushing and bouncing <i>(Autumn 2)</i>		Games For Understanding Taking Turns, Keeping the Score, Playing by the rules, Avoiding a defender, Preventing an attacker from scoring <i>(Summer 2)</i>		
Year 1	Introduce sending (bouncing) with control • Introduce aiming with accuracy • Introduce power and speed when sending a ball • Introduce/develop stopping, combining sending skills • Combine sending and receiving skills <i>(Autumn 2)</i>			Games For Understanding Understanding the principles of attack/defence, Applying attacking / defending principles into a game, Consolidate attacking / defending <i>(Summer 2)</i>	
Year 2	<ul style="list-style-type: none"> Develop dribbling/ passing and receiving Combine dribbling, passing and receiving, keeping possession Develop dribbling/passing and receiving to score a point Combine dribbling, passing and receiving to score a point <i>(Autumn 2)</i>	Dodging <ul style="list-style-type: none"> Explore dodging Develop dodging Apply dodging: Explore attacking to beat an opponent Apply dodging in teams <i>(Autumn 1)</i>			Games For Understanding Attacking/defending as a team • Understanding the transition between defence and attack • Create and apply attacking/ defensive tactics <i>(Summer 2)</i>
Year 3	Netball Introduce passing and receiving, Introduce passing and creating space, Introduce scoring and the concept of shooting, Develop shooting <i>(Autumn 2)</i>	Basketball Introduce dribbling, keeping control, Introduce passing and receiving, Combine dribbling and passing to create space, Develop passing, receiving and dribbling, Introduce shooting	Dodgeball • Developing changing direction • Introduce throwing with accuracy, Introduce catching • Develop moving, changing direction at speed • Combine throwing and dodging	Tag Rugby • Introduce moving with the ball, passing and • receiving • Introduce tagging • Create space when attacking • Develop passing and moving • Combine passing/moving to create attacking opportunities <i>(Autumn 1)</i>	Hockey Introduce dribbling; keeping control • Introduce passing and receiving • Combine dribbling and passing to create space • Develop passing, receiving and dribbling Introduce shooting
Year 4	Netball Develop passing and receiving, Develop passing and creating space, Develop passing, moving and shooting,	Basketball Refine dribbling, Refine passing and receiving, Refine passing and dribbling creating space, Refine	Dodgeball • Introduce jumping and ducking, • Develop throwing with accuracy and power • Develop catching • Consolidate dodging, jumping	Tag Rugby • Develop passing, moving and creating space • Apply learning to 3v3 mini games • Develop defending in	Hockey Refine dribbling and passing • Develop shooting • Develop passing and dribbling creating space for attacking

	Develop Footwork, Introduce defending (<i>Autumn 1</i>)	passing and dribbling creating shooting opportunities, Introduce marking	and ducking into games • Combine dodging, catching and throwing (<i>Autumn 1</i>)	game situations • Combine passing and moving to create an attack and score	opportunities • Introduce defending; blocking and tackling (<i>Autumn 2</i>)
Year 5	5: Netball Refine passing and receiving Explore the function of other passes Develop using a range of passes Develop defending and marking the player with the ball (<i>Spring 2</i>)	: Basketball Develop marking Refine shooting Refine attacking skills, passing, dribbling and shooting introduce officiating (<i>Autumn 2</i>)	Dodgeball Introduce blocking Consolidate catching Understand where we throw and why we need to throw with accuracy and power Explore basic attacking and defending tactics	Refine passing and moving to create attacking opportunities Explore different passes that can be used to outwit defenders Refine defending as a team Create and apply defending tactics. Develop officiating (<i>Spring 1</i>)	Hockey • Develop defending; block and tackling • Refine dribbling and passing to create attacking opportunities • Refine attacking skills, passing dribbling and shooting • Refine defending skills developing transition from defence to attack
Year 6	Consolidate attacking Consolidate Defending Understand and apply attacking tactics to game scenarios Understand and apply defending tactics in game situations (<i>Autumn 1</i>)	Basketball Consolidate defending Create, understand and apply attacking tactics in game situations Create, understand and apply defending tactics in game situations	Dodgeball Consolidate attacking and defending, understand and apply attacking/defending tactics Transition between attack and defence Applying the rules: Officiating games Managing tactics and officiate games (<i>Autumn 2</i>)	Consolidate passing and moving Consolidate defending Create, understand and apply attacking/defending tactics in game situations Consolidate attacking and defending in mini games	Hockey • Consolidate keeping possession, develop officiating • Consolidate defending • Create, understand and apply attacking/defending tactics in game situations (<i>Autumn 2</i>)

	Ball Skills Hands 2 into Cricket	Ball Skills Hands 2 into Rounders	Ball Skills Feet into Football	Rackets, Bats and Balls into Tennis	Outdoor and Adventurous Activities
EYFS	Ball Skills Hands Explore throwing overarm and underarm Explore rolling, stopping a ball and catching (<i>Spring 1</i>)		Explore moving with a ball using our feet • Develop moving with a ball using our feet • Understand dribbling • Develop dribbling against an opponent (<i>Spring 2</i>)	Rackets, Bats, Balls and Balloons Explore pushing/hitting a balloon with control • Explore hitting a balloon with power into space • Explore balancing an object on (<i>Summer 2</i>)	Games For Understanding Taking turns/keeping the score Understanding and playing by the rules (<i>Summer 2</i>)
Year 1	Ball Skills Hands Introduce throwing with accuracy • Apply throwing with accuracy in a team • Introduce stopping a ball • Develop sending skills to score a point • Consolidation of sending and stopping skills to win a game (<i>Spring 2</i>)		Develop moving the ball using the feet • Apply dribbling into games • Consolidate dribbling • Explore kicking (passing) • Apply kicking (passing) to score a point	Rackets, Bats and Balls Explore pushing (dribbling) a ball with a racket • Explore hitting a ball (with a racket) towards a target • Explore hitting a ball (with a racket) with power and accuracy	Team Building Introducing teamwork Building trust and developing communication Cooperation and communication

			<i>(Spring 1)</i>	<i>(Summer 1)</i>	
Year 2	Ball Skills Hands Develop pupils understanding of underarm throwing •Applying the underarm throw to win a game/beat an opponent• Introduce overarm throwing: •Applying overarm throwing to win a game <i>(Spring 2)</i>		Develop dribbling/ passing/receiving, keeping possession • Combine dribbling, passing and receiving, keeping possession/to score a point • Apply dribbling, passing and receiving as a team to score a point <i>(Spring 1)</i>	Rackets, Bats and Balls Combine hitting a ball with accuracy and power •Explore hitting a ball with accuracy and power to beat an opponent •Introduce hitting a ball into a space <i>(Summer 1)</i>	Team Building Develop teamwork Explore simple strategies Problem solving: Consolidate teamwork <i>(Summer 2)</i>
Year 3	Cricket Understand the concept of batting and fielding • Introduce throwing overarm •Introduce throwing underarm Introduce catching •Striking with intent <i>(Summer 1)</i>	Rounders Introduce to rounders• Introduce overarm throwing •Apply overarm and underarm throwing Introduce stopping the ball •Application of stopping the ball in a game	Football Introduce/develop dribbling keeping control •Introduce passing and receiving• Combine dribbling and passing to create space •Develop passing, receiving and dribbling	Tennis Introduction tennis, outwitting an opponent •Creating space to win a point •Consolidate how to win a game •introduce rackets •Introduce the forehand <i>(Summer 1)</i>	Communication & Tactics Creating and applying simple tactics Developing leadership Developing communication as a team / collaborate effectively as a team Create defending and attacking tactics as a1team <i>(Summer 2)</i>
Year 4	Cricket Develop an understanding of batting and fielding• Introduce bowling underarm •Develop stopping and returning the ball •Develop retrieving and returning the ball •Striking the ball at different angles and speeds <i>(Spring 2)</i>	Rounders Develop fielding bowling with a backstop •Introduce batting; how •Develop batting; where and why• Introduce and apply basic fielding tactics <i>(Summer 1)</i>	Football Refine dribbling •Turning• Refine passing and receiving •Develop passing and dribbling creating space •Introduce shooting	Tennis Developing the forehand• Creating space to win a point using a racket •Introduce the backhand •Applying the forehand and backhand in game situations •Applying the forehand and backhand creating space to win a point <i>(Summer 1)</i>	Problem Solving Focus on cooperation and responsibility Develop communication and collaboration Understand why motivating each other is important when working in a team <i>(Spring 1)</i>
Year 5	Cricket Refine batting, understand and develop batting and bowling tactics •Refine fielding stooping, catching and throwing• Combine bowling and fielding creating and applying tactics •Introduce umpiring and scoring	Rounders Develop fielding tactics maximising players •Understand what happens if the batter misses the ball •Refine fielding tactics, what players where? •Applying tactics in mini games	Football •Recap and refine dribbling and passing to maintain possession Introduce and develop defending• Develop shooting •Refine attacking skills, passing, dribbling and shooting, •introduce officiating <i>(Autumn 1)</i>	Tennis Introduce/develop the volley •Controlling the game from the serve •Doubles, understanding and applying tactics to win a point <i>(Summer 1)</i>	Orienteering Introduce the concept and meaning of orienteering Introduce the concept of reading a map or a plan, being able to use a key correctly to help us navigate Orientate a map and locate points on the map in a set order <i>(Summer 1)</i>

Year 6	Cricket Consolidate batting/ fielding/bowling •Create, understand and apply attacking/defensive tactics in game (<i>Spring 2</i>)	Rounders •Introduction to full rounders •Consolidate fielding tactics• Refine our understanding of what happens if the batter misses or hits the ball backwards •Batting considerations (<i>Summer 1</i>)	Football •Consolidate keeping possession, develop officiating• Consolidate defending •Organise formations and manage teams •Organise formations decide tactics, manage teams and officiate games	Tennis •Game application •Game application, mixed ability doubles, round robin games (<i>Summer 1</i>)	Leadership Understanding what makes an effective leader Communicating as a leader Introduce and explore the STEP principle: Space, Equipment, Task and People (<i>Autumn1</i>)
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	Gymnastics Part 1	Gymnastics Part 2	Dance Part 1	Dance Part 2	Locomotion Into Athletics
EYFS	High, Low, Over Under • Introduction to high, low, over and under •Introduction to the apparatus •Applying high and low on apparatus (<i>Spring 2</i>)	Moving • Explore moving and making shapes using different body parts • Explore moving in different directions • Moving and creating shapes in pairs (<i>Spring 1</i>)	Ourselves •Responding in movement to words and music •Creating their own movement (<i>Autumn 2</i>)	Nursery Rhymes •Moving in sequence •Exploring character movements (<i>Summer 1</i>)	Walking & Jumping • Explore/develop jumping • Apply jumping into a game • Jumping for distance • Explore jumping high • Explore hopping (<i>Autumn 1</i>) (<i>Summer 1</i>)
Year 1	Wide, Narrow and Curled •Introduction to wide, narrow and curled •Exploring the difference between wide, narrow and curled •Transitioning between wide, narrow and curled movements (<i>Spring 2</i>)	Body Parts • Introduction to 'big' and 'small' body parts • Combining big and small with wide, narrow and curled • Creative ways of adding (linking) movements together	Growing •Responding to rhythm •Introduction to motifs •Creating motifs •Creating movement sequences •Relationships and performance (<i>Summer 1</i>)	The Zoo •Exploring expression •Developing our movements, adding movements together •Responding to a rhythm: Introducing partner work •Creating an animal sequence motifs •Exploring relationships within our motifs (<i>Spring 1</i>)	Running & Jumping • Explore running • Apply running into a game • Explore running at different speeds • Running for speed: Acceleration • Explore running in a team • Consolidate running, apply running into a game (<i>Autumn 1</i>)
Year 2	Linking •Developing linking •Linking on apparatus Jump, roll, balance sequences/on apparatus •Creation of sequences •Completion of sequences and performance (<i>Spring 1</i>)	Pathways • Exploring zig-zag and curled pathways • Developing zig-zag and curled pathways on apparatus • Creation and completion of pathways sequences and performance	Water •Responding to stimuli •Developing whole group movement •Improvisation and physical descriptions• Creating contrasting movement sequences •Sequences, relationships and performance (<i>Autumn 2</i>)	Exploring •Responding to stimuli• Developing our motif with expression and emotion •Applying choreography in our motifs •Extending our motifs •Sequences, relationships and performance (<i>Autumn 1</i>)	Jumping Consolidate jumping • Apply jumping into a game • Linking jumping • Explore jumping combinations • Develop jumping combinations (<i>Summer 1</i>)
Year 3	Symmetry and Asymmetry •Introduction	Canon and Unison • Introduction to Unison •	Wild Animals •Responding to stimuli •Developing	Weather •Responding to stimuli, extreme weather	Athletics

	to symmetry •Introduction to asymmetry •Application of learning onto apparatus •Sequence formation• Sequence completion (<i>Spring 1</i>)	Introduction to Canon • Application of sequences in 'Unison' and 'Canon' onto apparatus • Combining Canon and Unison in groups	character dance into a motif •Developing sequences with a partner in character that show relationships• Extending sequences with a partner in character	•Developing thematic dance into a motif •Extending dance to create sequences with a partner •Developing sequences with a partner (<i>Autumn 1</i>)	• Explore running for speed, Explore acceleration • Introduce /develop relay • Running for speed in a team • Throwing: Accuracy vs distance • Standing Long Jump (<i>Spring 1</i>)
Year 4	Bridges •Introduction to bridges •Application of bridge learning onto apparatus •Develop sequences with bridges •Sequence formation •Sequence completion (<i>Spring 1</i>)	Levels and Direction • Exploring changes in 'Level' • Exploring changes in 'Direction' • Application of learning onto apparatus to include changes in 'Level' and 'Direction'	Carnival •Performing with technical control and rhythm in a group •Creating rhythmic patterns using the body •Experiencing dance from a different culture •Choreographical elements including still imagery	Space •Extending sequences with a partner in character •Developing sequences with a partner in character that show relationships and interlinking dance moves •Sequences, relationships, choreography and performance (<i>Spring 2</i>)	Athletics • Develop running at speed • Exploring our stride pattern • Exploring running at pace • Understand and apply tactics when running for distance • Javelin • Standing Triple Jump (<i>Summer 1</i>)
Year 5	Counter Balance and Counter Tension •Introduction to counter balance •Application of counter balance learning onto apparatus •Sequence formation •Counter Tension Sequence completion (<i>Spring 1</i>)	Flight • Introduction to Flight: Developing Jumping • Application of 'Jumping,' learning, onto apparatus • Combining jumping on apparatus with Canon and Unison • Sequence formation and performance	Greeks •Exploring the Greeks using compositional principles• Extending sequences with a partner using compositional principles• Creating movement using improvisation where movement is reactive (<i>Year 6 (Summer 1)</i>)	The Circus •Developing character movements linked to 19th Century prejudices •Creating movements to represent different characters and performers in a 19th Century circus •Extending our Performance incorporating props and apparatus linked to the variety of performers (<i>Spring 2</i>)	Athletics Finishing a race Evaluating our performance Sprinting: My personal best Relay changeovers Shot Put Introducing the hurdles (<i>Summer 1</i>)
Year 6	Matching and Mirroring •Introduction to matching/mirroring •Application of matching/mirroring learning onto apparatus •Sequence development (<i>Spring 1</i>)	Creating Sequences • Challenging creativity • Sequence development • Sequence performance	Carnival Performing with technical control and rhythm in a group Creating rhythmic patterns using the body Experiencing dance from a different culture Choreographical elements including still imagery	Titanic •Creating rhythmic patterns using our body •Extending our choreography through controlled movements, character emotion and expression •Explore the relationships between characters applying character emotion and expression (<i>Spring 2</i>)	Athletics Running for speed competition Running for distance competition Throwing competition Jumping competition (<i>Summer 1</i>)

Vocabulary

EYFS						
Year 1 vocabu lary						
Year 2 vocabu lary						
Year 3 vocabu lary						
Year 4 vocabu lary						
Year 5 vocabu lary						
Year 6 vocabu lary						