

## Coteford Junior School Progression in PE

### Essential characteristics of an athlete

- The ability to demonstrate and recognise: friendship, respect, excellence, determination, inspiration, courage and equality when taking part.
- The ability to acquire new knowledge and skills and develop an in-depth understanding of PE.
- Practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve increasing levels of accuracy in performance.
- Aim to improve personal levels of fitness
- A healthy lifestyle, achieved by eating sensibly and exercising regularly
- The ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being
- The ability to take the initiative and become confident young leaders, organising and officiating, and instilling positive sporting attitudes in others
- Develop levels of originality, imagination and creativity in their techniques, tactics and choreography
- The ability to evaluate what needs to be done to improve their own and others' performance
- The ability to work independently for increasingly extended periods of time without the need of guidance or support
- A keen interest in PE. A willingness to engage in every lesson, with positive attitudes
- The ability to make informed choices about engaging fully in extra-curricular sport
- The ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water

Range of Coverage	Year 3	Year 4	Year 5	Year 6
	Football, OAA, Gymnastics, Golf, Dance, Handball, Orienteering, Fitness, Volleyball, Netball, Athletics, Rounders	Tag-Rugby, OAA, Gymnastics, Dodgeball, Dance, Hockey, Orienteering, Fitness, Tennis, Basketball, Athletics, Cricket	Football, OAA, Gymnastics, Golf, Dance, Handball, Orienteering, Fitness, Volleyball, Netball, Athletics, Rounders, Swimming	Tag-Rugby, OAA, Gymnastics, Dodgeball, Dance, Hockey, Orienteering, Fitness, Tennis, Basketball, Athletics, Cricket

## **Intent**

Coteford Junior School provides its pupils with a coherently planned sequence of lessons to ensure all areas of the PE National Curriculum are met in a progressive manner. Teachers are equipped with the skills and experience to adapt the planning scheme to meet the physical needs of the children they teach. Pupils will be able given the opportunity to participate in a range of physical activities through both curriculum time and extra-curricular activities. Through curriculum time, pupils will have the opportunity to revisit and build on prior learning by taking part in different sports in alternating year groups. This will enable pupils to apply and develop a broader range of skills, learn how to use them in different ways, and to link them to make actions and sequences of movement. By the end of Year 6, pupils will have developed an understanding of how to improve in different physical activities and sports and learn how to evaluate their own and others performance. They will have developed essential skills including leadership and teamwork and as a result, be competent at communicating, collaborating and competing with each other.

## **Implementation**

The planning scheme at Coteford Junior School revisits the same physical activities either each year or alternate years. This allows the children to experience a broader range of physical activities as well as provides children with the opportunity to build on prior learning. Pupils at Coteford have 2 hours of timetabled PE a week and re taught a range of skills through 12 units. Each unit consists of 6 sequenced lessons which cover the range of skills needed to be successful in the particular activity. All lessons involve a warm-up, skill development, a game or performance element, cool down and a plenary. The skill development section and game/performance element allow children to learn and perform skills in a variety of scenarios, as well as apply previously learnt skills in current lessons. Skills will be taught through a combination of teacher modelling, peer modelling and video demonstrations. During the game/performance element of lessons, children will evaluate their own performance and the performance of their peers. Key vocabulary and questioning are used to guide children towards achieving lesson aims. Teachers will assess during the skill development phase and game/performance of lessons. Due to the nature of PE, feedback can be given immediately and where necessary, skills can be remodelled or coaching points redelivered. Whole-class end of unit assessments will be undertaken. These are used to inform the next unit to be covered.

## **Impact**

The planning scheme used at Coteford provides pupils with the opportunity to meet the aims of the National Curriculum in a wide range of sporting scenarios. Children will become competent at applying a range of skills and tactics to the physical activities delivered at Coteford. Additionally, children will have the knowledge of how to apply the skills and tactics they have learnt to similar activities. Coteford pupils will have an understanding of the importance of leading healthy and active lifestyles. Through PE and PSHE lessons, children will be equipped with the knowledge to enable them to live healthy and active lives. Children will have developed teamwork and leadership skills which can be applied to future PE lessons and other aspects of their lives. The extra-curricular provision will allow children to participate in a wider range of sporting scenarios and help to provide community links for our children to participate in sport outside of school.

Whole School Sports	*Pre-KS2	Lower KS2	Upper KS2
<b>Athletics</b>	<ul style="list-style-type: none"> <li>• Explore and practise a variety of athletic movements and apply athletic skills and techniques to a variety of activities</li> <li>• Show understanding and a basic level of control, coordination and consistency when running.</li> <li>• Experiment with different jumping techniques, showing control, coordination and consistency throughout.</li> <li>• Develop coordination and balance whilst exploring different running, jumping and throwing techniques.</li> <li>• Develop the overarm, underarm and pull throw technique, throwing accurately towards a target.</li> <li>• Develop the distance running technique, understanding the difference between sprinting and running over longer distances.</li> </ul>	<ul style="list-style-type: none"> <li>• Apply and develop a broad range of athletic skills in different ways.</li> <li>• Show control, coordination and consistency when running, throwing and jumping.</li> <li>• Choose appropriate running speed to meet the demand of the task.</li> <li>• Understand the pace judgement when running over an increased distance, choosing the appropriate speed to meet the demand of the task.</li> <li>• Combine basic jump actions to form a jump combination, using a controlled jumping technique.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand and apply appropriate pace judgement for the running distance to be covered.</li> <li>• Run, jump, catch and throw in isolation and combination. Combine and perform skills with control.</li> <li>• Demonstrate a range of throwing actions e.g., push, pull, and sling using different equipment.</li> <li>• Choose the appropriate speed to run at for the distance to be covered.</li> <li>• Understand and apply the appropriate throwing and jumping technique to achieve maximum distance and height.</li> <li>• Select and apply skills that meet the needs of the situation, combining and performing each skill with control at speed.</li> </ul>
<b>OAA</b>	<ul style="list-style-type: none"> <li>• Move in different directions and a variety of different ways.</li> <li>• Introduction to a map. Be able to use some basic features on a map to select and plan a route.</li> <li>• Begin to understand the competitive side of orienteering and take part in a picture orienteering event, following rules and playing fairly.</li> <li>• Begin to plan how to solve problems and problem solve with others.</li> <li>• Understand what a compass is used for and be able to use the direction points.</li> </ul>	<ul style="list-style-type: none"> <li>• Recognise where you are on a map.</li> <li>• Demonstrate all the physical skills needed for orienteering: agility, balance and coordination.</li> <li>• Recognise that activities need thinking through and planning.</li> <li>• Move confidently in different ways, developing agility, balance and coordination.</li> <li>• Participate in competitive orienteering events, following instructions of the game.</li> <li>• Develop a basic understanding of map reading/making and apply these skills and techniques in games.</li> </ul>	<ul style="list-style-type: none"> <li>• Use a map to confidently orientate yourself around – use previous knowledge to navigate and design a route to the controls.</li> <li>• Take part in orienteering events, such as picture orienteering and control orienteering, with success.</li> <li>• Plan strategies to complete tasks. Choose sensible skills and approaches for the challenge.</li> <li>• Build confidence during team activities and develop communication skills to use to achieve success.</li> <li>• Develop map reading and map building skills – Understanding elements and scaling confidently.</li> </ul>

	<ul style="list-style-type: none"> <li>• Has knowledge of safety rules and procedures for taking part in orienteering events.</li> <li>• Participates in competition with others, completing a simple orienteering event.</li> </ul>	<ul style="list-style-type: none"> <li>• Have knowledge of safety rules and procedures for taking part in orienteering events.</li> </ul>	<ul style="list-style-type: none"> <li>• Use relevant techniques to navigate to and from control points.</li> </ul>
<b>Dance</b>	<ul style="list-style-type: none"> <li>• Respond imaginatively to a range of stimuli.</li> <li>• Move confidently and safely in your own and general space, using changes of speed, level and direction.</li> <li>• Perform movement phrases using a range of different body actions and body parts – with control and accuracy.</li> <li>• Create linked movements, combining different ways of travelling, with beginnings, middles and ends.</li> <li>• Compose short dances that express and communicate mood, ideas and feelings, varying simple compositional ideas.</li> <li>• Explore, remember, and repeat short dance phrases, showing greater control and spatial awareness.</li> <li>• Describe phrases and expressive qualities.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore and create characters and narratives on response to a range of stimuli.</li> <li>• Perform dances using a range of movement patterns – accurately, fluently, consistently and with control on your own and with a partner.</li> <li>• Develop dance phrases using canon, unison, repetition, action/reaction, and question/answer.</li> <li>• Combine actions and maintain the quality of performance when performing at the same time as a partner.</li> <li>• Experiment with a wide range of actions, varying and combining special patterns, speed, tension, and continuity when working with a partner and in a group.</li> </ul>	<ul style="list-style-type: none"> <li>• Continue to develop a broader range of skills and movement patterns, exploring and practising movement ideas inspired by a stimulus.</li> <li>• Use basic compositional principles when creating dances – combining movements fluently and effectively.</li> <li>• Perform a range of movements accurately with a sense of rhythm, clarity, and confidence.</li> <li>• Use imagination to create and structure dance motifs, phrases, and selections of dances, developing expressive qualities.</li> <li>• Explore, improvise, and combine movement ideas fluently and effectively inspired by a stimulus.</li> <li>• Perform movements to an audience with rhythm and confidence.</li> </ul>
<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>• Perform basic gymnastic actions, including travelling, rolling, jumping and staying still.</li> <li>• Become increasingly confident and competent, moving safely using changes of speed, level and direction.</li> <li>• Combine different ways of travelling, exploring a range of movements and shapes.</li> <li>• Create linked movement phrases with beginning, middle and ends.</li> <li>• Perform movement phrases using a range of different body actions and body parts.</li> </ul>	<ul style="list-style-type: none"> <li>• Perform a range of actions, agilities and skills with consistency, fluency and clarity of movement</li> <li>• Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension, and continuity when working with a partner and in a group.</li> <li>• Create gymnastic sequences that meet a theme or a set of conditions, showing a clear beginning, middle and end.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore, improvise, and combine movement ideas fluently and effectively, using skills in different ways, performing confidently, with clarity and a sense of rhythm.</li> <li>• Perform movements accurately with a sense of rhythm.</li> <li>• Make up longer sequences and perform them with fluency and clarity of movement, choosing skills that meet the needs of the situation.</li> <li>• Develop your own gymnastic sequences by understanding, choosing, and applying a</li> </ul>

	<ul style="list-style-type: none"> <li>• Develop fundamental movement skills, combining travelling, balancing and stiffness using both floor and apparatus; and moving smoothly from one position of stiffness to another.</li> <li>• Develop agility, balance and coordination.</li> <li>• Form simple sequences of different actions, using the floor and a variety of apparatus.</li> </ul>	<ul style="list-style-type: none"> <li>• Create, perform, and repeat a combination of actions that include changes of dynamic e.g., changes of level, speed and direction, and clarity of shape.</li> <li>• Develop flexibility, strength, control, technique and balance.</li> <li>• Find different ways of using a shape, balance or travel, and link them to make actions and sequences of movement.</li> </ul>	<p>range of compositional principles; varying direction, level and pathways to improve the look of a sequence.</p> <ul style="list-style-type: none"> <li>• Develop flexibility, strength, control, technique, and balance.</li> <li>• Use combinations of dynamics using the space effectively.</li> </ul>
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<b>Year 3 and 5 Sports</b>	<b>*Pre-KS2</b>	<b>Year 3</b>	<b>Year 5</b>
<b>Football</b>	<ul style="list-style-type: none"> <li>• Explore different ways to use and move with a ball. Show control of a ball with basic actions.</li> <li>• Send/pass a ball and successfully catch/stop a ball.</li> <li>• Move fluently, changing direction and speed – with and without a ball. Develop fundamental movement skills, becoming increasingly confident and competent.</li> <li>• Use skills in different ways when playing games.</li> <li>• Recognise space in games and use it to your advantage.</li> </ul>	<ul style="list-style-type: none"> <li>• Move the ball keeping it under control whilst changing direction.</li> <li>• Pass/send a ball with increasing accuracy and at different speeds. Shoot/score with some success.</li> <li>• Challenge a player in possession of the ball.</li> <li>• Apply basic principles for attacking and defending – finding space (attacking), challenge a player in possession (defending).</li> <li>• Employ and explain simple tactics in game situations.</li> <li>• Receive a ball under control.</li> </ul>	<ul style="list-style-type: none"> <li>• Apply basic principles for attacking – use a variety of tactics to keep possession of the ball.</li> <li>• Apply basic principles for defending – defend by marking, covering, and tracking opponents as appropriate.</li> <li>• Participate in competitive games, modified where appropriate.</li> <li>• Understand the positions in a team and the roles they play; and choose different formations to suit the needs of the game.</li> <li>• Develop control and confidence whilst performing skills at speed. Change speed and direction to get away from a defender.</li> </ul>

	<ul style="list-style-type: none"> <li>• Perform a variety of skills keeping the ball under control.</li> <li>• Participate in team games – showing good awareness of others.</li> </ul>		<ul style="list-style-type: none"> <li>• Keep possession of the ball when faced with opponents.</li> <li>• Adapt games and activities making sure everyone has a role to play.</li> </ul>
<b>Golf</b>	<ul style="list-style-type: none"> <li>• Explore different ways of moving with and without a ball, developing movement and coordination.</li> <li>• Explore different ways of moving a golf ball, and/other size ball.</li> <li>• Push/roll and putt a ball towards a target with control.</li> <li>• Perform basic skills needed for games with control and accuracy.</li> <li>• Develop technique when using the golf putter, becoming increasingly accurate.</li> <li>• Use skills to learn to participate and compete in rolling and putting games.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore skills required to play golf successfully.</li> <li>• Develop and apply the chipping technique for competitive games.</li> <li>• Develop, explore and demonstrate the ability to 'putt' accurately and effectively.</li> <li>• Understand the importance of accuracy when chipping.</li> <li>• Demonstrate good teamwork skills.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop an accurate putting technique, chipping for height technique, and driving for distance technique.</li> <li>• Determine how much speed and power is required when working to a target.</li> <li>• Become familiar with golf phrases and the concept of golf.</li> <li>• Compete with others in modified golf games, applying techniques learnt.</li> <li>• Increase accuracy and distance when practising the driving technique and participate in driving games.</li> <li>• Show control to make accurate shots.</li> </ul>
<b>Handball</b>	<ul style="list-style-type: none"> <li>• Move fluently, changing direction and speed easily and avoiding collisions.</li> <li>• Begin to understand some rules of the game.</li> <li>• Perform a range of actions with control of the ball, including throwing, catching, gathering, keeping, possession, and throwing in different ways (fast, slow, high, low).</li> <li>• Can shoot successfully at a goal or target.</li> <li>• Recognise space in games, using it to your advantage and playing in a safe way.</li> </ul>	<ul style="list-style-type: none"> <li>• Get into good positions to pass and receive the ball. Pass the ball using different techniques.</li> <li>• Develop set moves that can be used in attacking play.</li> <li>• Show growing control and consistency during games.</li> <li>• Keep and follow the rules of the game.</li> <li>• Choose an adapt techniques and tactics to keep possession of the ball and give you a chance to shoot and score.</li> <li>• Keep the ball under control, passing and receiving with increasing accuracy.</li> <li>• Choose space/positions where you can receive a pass or to support a teammate.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop control whilst performing skills at speed.</li> <li>• Understand there are different ways to defend, choose and apply a range of tactics and strategies when defending, including how to mark a player and space.</li> <li>• Understand there are different ways to attack as a team, choose and apply a range of tactics and strategies when attacking.</li> <li>• Combine and perform skills with control, adapting them to meet the needs of the situation.</li> <li>• Perform skills such as passing and shooting, with accuracy, control and confidence.</li> </ul>

	<ul style="list-style-type: none"> <li>• Have simple plans that you know you can make work, e.g. where to stand to make it difficult for an opponent.</li> <li>• Know how to defend between ball and target.</li> <li>• Decide when and where to run, showing good awareness of others.</li> </ul>		<ul style="list-style-type: none"> <li>• Change speed and direction to get away from a defender.</li> </ul>
<b>Volleyball</b>	<ul style="list-style-type: none"> <li>• Send a ball in different ways e.g. throwing, pushing and rolling.</li> <li>• Master basic throwing technique. Throw/hit a ball in different ways e.g. high, low, fast, slow.</li> <li>• Perform a range of catching and gathering skills with control and understand the concept of moving to get in line with a ball to receive it.</li> <li>• Understand and follow the rules of the game, showing good awareness of others when playing games.</li> <li>• Develop simple tactics for attacking. Gain an understanding that hitting the ball into space helps them score points.</li> <li>• Understand, follow, and apply skills and tactics in simple games.</li> <li>• Show control of a ball with basic action and explore different ways to use and move with a ball.</li> </ul>	<ul style="list-style-type: none"> <li>• Perform basic skills needed for the games with control and accuracy.</li> <li>• Throw/send the ball using a variety of techniques.</li> <li>• Send a ball into space at different speeds and heights to make it difficult for the opponent.</li> <li>• Take up space/positions that make it difficult for the opponents. Intercept and stop the ball consistently.</li> <li>• Employ simple tactics in game situations and explain why they have used the tactics.</li> <li>• Apply basic principles suitable for attacking and defending.</li> <li>• Adopt a good 'ready position' to move and catch a ball.</li> </ul>	<ul style="list-style-type: none"> <li>• Adopt a good ready position on court and show good awareness of other in game situations.</li> <li>• Apply basic principle suitable for defending. Show good position on court.</li> <li>• Apply basic principles suitable for attacking. Identify spaces and understand the tactic of hitting into gaps.</li> <li>• Use good footwork that allows the ball to be hit with good technique.</li> <li>• Participate in competitive games, modified and adapted where appropriate.</li> <li>• Direct the ball towards the opponent's court or target area.</li> </ul>
<b>Netball</b>	<ul style="list-style-type: none"> <li>• Explore different ways to use, move and send the ball.</li> <li>• Develop skills such as sending an object to a target, catching, and gathering, rolling and basic ball control.</li> </ul>	<ul style="list-style-type: none"> <li>• Move to support teammates, getting into good positions to pass, receive, and shoot the ball.</li> <li>• Pass the ball using different techniques.</li> <li>• Shoot and score with increasing accuracy.</li> </ul>	<ul style="list-style-type: none"> <li>• Choose different formations to suit the need of the game.</li> <li>• Work effectively as a team.</li> <li>• Use a variety of tactics to keep possession of the ball, applying the principles of attacking.</li> </ul>

	<ul style="list-style-type: none"> <li>• React to situations to make it difficult for opponents – using simple tactics e.g., move to defend a goal.</li> <li>• Understand how to play in a safe way.</li> <li>• Show good awareness of others when playing games.</li> <li>• Perform a range of actions with the ball keeping it under control.</li> </ul>	<ul style="list-style-type: none"> <li>• Use a range of tactics, including finding and using space, to keep possession of the ball, to shoot/score, and to make it difficult for opponents.</li> <li>• Develop the understanding of the importance of speed when playing invasion games.</li> <li>• Pass and receive the ball with control.</li> <li>• Select passes that keep possession.</li> </ul>	<ul style="list-style-type: none"> <li>• Use defending principles in game situations, including marking, tracking, and covering to gain possession.</li> <li>• Increase accuracy and confidence of passing and shooting skills.</li> <li>• Use a variety of skills to keep the ball, thinking about moving towards goal, different positions and the use of space.</li> </ul>
<b>Rounders</b>	<ul style="list-style-type: none"> <li>• Understand and follow simple rules for games and compete in physical activities both against self and others.</li> <li>• Develop fundamental movement skills, becoming increasingly confident and competent, moving fluently, and changing direction and speed.</li> <li>• Throw/hit a ball in different ways e.g. high, low, fast, slow showing basic control.</li> <li>• Successfully receive (catch/stop) a ball, understanding the concept of moving to get in line with the ball to receive it.</li> <li>• Apply skills and tactics in simple games, including recognising space and using it to your advantage.</li> <li>• React to situations in ways that make it difficult for opponents, applying simple tactics like hitting the ball into space to help score more points.</li> <li>• Show good awareness of others when playing games.</li> </ul>	<ul style="list-style-type: none"> <li>• Apply and develop a broader range of skills, whilst ensuring basic skills are performed with control and accuracy.</li> <li>• Throw a ball increasing distances, catch a ball with increasing consistency and hit a ball with correct technique and increasing control.</li> <li>• Intercept and stop the ball with consistency.</li> <li>• Work well as part of a team, employing simple tactics, particularly when fielding to make it harder for the batter.</li> <li>• Communicate, collaborate and compete with others, following the rules of the game.</li> <li>• Choose both fielding and striking skills which make it difficult for your opponent. Explain the tactics you have used in games.</li> <li>• Show control, coordination and consistency when throwing and catching a ball.</li> </ul>	<ul style="list-style-type: none"> <li>• Bowl using an overarm technique, beginning to vary speed and length of delivery.</li> <li>• Hit the ball with purpose, varying speed, height and direction, as well as thinking of tactics needed to score more runs.</li> <li>• Choose skills and tactics to meet the needs of the situation (i.e., to outwit opponents when fielding). Begin to bowl at different speeds.</li> <li>• Work as part of a team that covers the areas to make it hard for the batter to score runs.</li> <li>• Show good awareness of others in game situations.</li> <li>• Participate in competitive games, modified where appropriate.</li> <li>• Perform skills and techniques, including retrieve, intercept and stop a ball, with accuracy, confidence and control. Perform skills at speed.</li> </ul>

Year 4 and 6 Sports	*Pre-KS2	Year 4	Year 6
<b>Tag Rugby</b>	<ul style="list-style-type: none"> <li>• Develop control and accuracy when throwing and catching a rugby ball.</li> <li>• Improve movement skills whilst moving with the ball in two hands, progressing to beating a defender.</li> <li>• Learn how to tag and begin tagging players in game situations.</li> <li>• Begin to understand and develop correct technique of passing the ball.</li> <li>• Develop understanding of tag rugby and participate in small games.</li> <li>• Use simple tactics in game situations, such as deciding when to pass and when to run.</li> <li>• Understand who the attackers and who the defenders are.</li> </ul>	<ul style="list-style-type: none"> <li>• Move in different directions learning to move away from your opponent and keep control of the ball when running.</li> <li>• Learn how to pass in rugby, catching successfully and improving skills whilst on the move.</li> <li>• Move forward to attack as part of a team – running a line.</li> <li>• To work as part of a team when defending, keeping a line and spreading out.</li> <li>• Develop attacking and defending skills within tag rugby, successfully scoring tries, tagging opponents, and passing the ball backwards to a teammate.</li> <li>• To begin to understand and follow the rules of tag rugby.</li> <li>• Improve decision making skills and choose the right skills that meet the needs of the situation.</li> </ul>	<ul style="list-style-type: none"> <li>• To pass and catch the ball whilst running at different speeds. Keep control of the ball when running and passing, ensuring passing is accurate.</li> <li>• Understand the defensive duties in tag rugby and the process of tagging.</li> <li>• Understand the importance of keeping in a line in both attacking and defending plays.</li> <li>• Use tactics in games to achieve success as a team.</li> <li>• Participate in competitive games, understanding the rules of the game, and participate in full games playing fairly.</li> <li>• Use simple tactics in games to achieve success as a team.</li> <li>• Carefully consider the best way to score a try and win the game, remembering to find and use space when running.</li> </ul>
<b>Dodgeball</b>	<ul style="list-style-type: none"> <li>• Develop catching and striking skills</li> <li>• Move a ball in different ways.</li> <li>• Pass, send and roll a ball with some accuracy.</li> <li>• Develop ball handling skills.</li> <li>• Develop fundamental movement skills.</li> <li>• Develop decision making strategies.</li> <li>• Employ simple tactics in competitive games.</li> </ul>	<ul style="list-style-type: none"> <li>• Improve consistency when catching a variety of different shots.</li> <li>• Show control when moving at speed.</li> <li>• Understand how finding space can help in game situations.</li> <li>• Move the ball in different ways -with increasing control and accuracy- whilst moving.</li> <li>• Practise and improve the underarm throw and side shot throw.</li> <li>• Use a range of tactics to try to win games.</li> <li>• Get into good positions to both receive and throw the ball.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand the importance of quick reactions in dodgeball.</li> <li>• Apply appropriate skills with control in game situations.</li> <li>• Demonstrate a variety of different throwing techniques, with good accuracy, pace and consistency.</li> <li>• Successfully catch a ball at different heights.</li> <li>• Take part in competitive games, working together as a team and playing fairly.</li> <li>• Discuss and apply strategies and tactics needed to win dodgeball games.</li> </ul>

		<ul style="list-style-type: none"> <li>Develop skills needed for games including ball handling, striking, dodging and catching.</li> </ul>	<ul style="list-style-type: none"> <li>Move quickly and use different ways to dodge – jump, skip, jockey, gallop.</li> </ul>
<b>Hockey</b>	<ul style="list-style-type: none"> <li>Understand and follow the rules of the game.</li> <li>Pass/send a ball and stop a ball with control and increasing accuracy and consistency.</li> <li>Develop fundamental movement skills, becoming increasingly confident and competent, moving fluently, and changing direction and speed – with and without a ball.</li> <li>Explore different ways to use and move with a ball. Perform a range of skills with control of the ball.</li> <li>Choose and use simple tactics to suit different situations in small sided games. React to situations in ways that make it difficult for opponents.</li> <li>Use skills in different ways when playing games.</li> <li>Recognise space in games and use it to your advantage.</li> </ul>	<ul style="list-style-type: none"> <li>Move the ball keeping it under control whilst changing direction.</li> <li>Perform basic skills needed for the games with control and accuracy.</li> <li>Pass, shoot and receive a ball with increasing accuracy, control and success.</li> <li>Apply basic principles for attacking and defending – finding space (attacking), challenge a player in possession (defending).</li> <li>Explain simple tactics in game situations.</li> <li>Develop control and technique.</li> </ul>	<ul style="list-style-type: none"> <li>Choose different formations to suit the needs of the game and choose skills that meet the need of the situation. Adapt games and activities making sure everyone has a role to play.</li> <li>Perform skills (e.g. passing) with accuracy, confidence and control whilst developing technique and performing at speed.</li> <li>Apply basic principle for attacking in games - choosing when to pass or dribble to keep possession of a ball. Keep possession of the ball when faced with opponents.</li> <li>Apply basic principles for defending in games – defend by marking, covering and tracking opponents as appropriate.</li> <li>Participate in competitive games, modified where appropriate.</li> <li>Use different skills to keep possession of a ball as part as part of a team. Change speed and direction to get away from a defender.</li> </ul>
<b>Tennis</b>	<ul style="list-style-type: none"> <li>Engage in cooperative and competitive physical activities both against self and others.</li> <li>Explore different ways to use and move with the ball – showing control with simple actions and basic control when striking a ball (then add a tennis racket).</li> <li>Perform a range if actions including catching/gathering skills and</li> </ul>	<ul style="list-style-type: none"> <li>Perform basic skills needed for the game with control and accuracy, including hitting a ball towards a target, throwing and stopping the ball.</li> <li>Perform a basic forehand action with control and accuracy.</li> <li>Throw/send/hit a ball into space, at different speeds and heights to make it difficult for your opponent.</li> </ul>	<ul style="list-style-type: none"> <li>Hit the ball with purpose, varying speed, height and direction.</li> <li>Direct the ball towards the opponent’s court or target area. Perform skills such as forehand and backhand shots with control and confidence.</li> <li>Play shots on the forehand and backhand side of your body.</li> <li>Participate in competitive games, modified where appropriate.</li> </ul>

	<p>sending/passing with control and throw/hit a ball in different ways e.g. high, low, fast, slow.</p> <ul style="list-style-type: none"> <li>• Understand the concept of moving to get in line with a ball to receive it.</li> <li>• Choose and use skills and simple tactics to suit different situations.</li> <li>• Understand and follow the rules of the game.</li> <li>• Move fluently, changing direction and speed – showing good awareness of others.</li> <li>• Use correct skills and basic tactics in games to meet the challenges of the game, or in response to your opponent's actions.</li> </ul>	<ul style="list-style-type: none"> <li>• Begin to apply basic movements in a range of activities and in combination.</li> <li>• Apply basic principles for attacking including finding and using space in game situations.</li> <li>• Keep a rally going using a range of shots.</li> <li>• Compete with others – keeping and following the rules of the game.</li> </ul>	<ul style="list-style-type: none"> <li>• Adopt a good ready position and show good position on court.</li> <li>• Use good footwork that allows the ball to be hit with good technique.</li> <li>• Apply the principles of attacking.</li> <li>• Identify space and understand the tactic of hitting into gaps.</li> </ul>
<b>Basketball</b>	<ul style="list-style-type: none"> <li>• Explore different ways to use, move and send the ball.</li> <li>• Develop skills such as sending an object to a target, catching, and gathering, rolling and basic ball control.</li> <li>• React to situations to make it difficult for opponents – using simple tactics e.g. move to defend a goal.</li> <li>• Understand how to play in a safe way.</li> <li>• Show good awareness of others when playing games.</li> <li>• Perform a range of actions with the ball keeping it under control.</li> </ul>	<ul style="list-style-type: none"> <li>• Move the ball keeping it under control whilst changing direction.</li> <li>• Pass, shoot and receive a ball with increasing accuracy, control and success. Pass in different ways e.g. high, low, fast slow.</li> <li>• Find and use space in game situations and work well as part of a team.</li> <li>• Apply basic attacking and defending principles.</li> <li>• Use a range of tactics to keep possession of the ball; and explain simple tactics in game situations.</li> <li>• Take up spaces/positions that make it difficult for opponents.</li> </ul>	<ul style="list-style-type: none"> <li>• Use different skills to keep possession of the ball.</li> <li>• Develop control whilst performing skills at speed.</li> <li>• Show good awareness of others in game situations.</li> <li>• Use defending principles in game situations, including marking, tracking and covering to gain possession.</li> <li>• Perform skills (e.g. passing) with accuracy, confidence, and control at increasing speed.</li> <li>• Apply principles for attacking – work effectively as part of a team and keep possession of the ball when faced with opponents.</li> <li>• Choose formations that suit the game and make amendments ensuring everyone has a role to play.</li> </ul>

<b>Cricket</b>	<ul style="list-style-type: none"> <li>• Understand and follow simple rules for games and compete in physical activities both against self and others.</li> <li>• Develop fundamental movement skills, becoming increasingly confident and competent, moving fluently, and changing direction and speed.</li> <li>• Throw/hit a ball in different ways e.g. high, low, fast, slow showing basic control.</li> <li>• Successfully receive (catch/stop) a ball, understanding the concept of moving to get in line with the ball to receive it.</li> <li>• Apply skills and tactics in simple games, including recognising space and using it to your advantage.</li> <li>• React to situations in ways that make it difficult for opponents, applying simple tactics like hitting the ball into space to help score more points.</li> <li>• Show good awareness of others when playing games.</li> </ul>	<ul style="list-style-type: none"> <li>• Apply and develop a broader range of skills, whilst ensuring basic skills are performed with control and accuracy.</li> <li>• Throw a ball with increasing distance, catch a ball with increasing consistency and hit a ball with correct technique and increasing control.</li> <li>• Intercept and stop the ball consistently.</li> <li>• Work well as part of a team, employing simple tactics, particularly when fielding to make it harder for the batter.</li> <li>• Communicate, collaborate, and compete with others, following the rules of the game.</li> <li>• Choose both fielding and striking skills which make it difficult for your opponent. Explain the tactics you have used in games.</li> <li>• Show control, coordination and consistency when throwing and catching a ball.</li> </ul>	<ul style="list-style-type: none"> <li>• Bowl using an overarm technique, beginning to vary speed and length of delivery.</li> <li>• Hit the ball with purpose, varying speed, height and direction, as well as thinking of tactics needed to score more runs.</li> <li>• Choose skills and tactics to meet the needs of the situation (i.e. to outwit opponents when fielding).</li> <li>• Begin to bowl at different speeds.</li> <li>• Work as part of a team that covers the areas to make it hard for the batter to score runs.</li> <li>• Show good awareness of others in game situations.</li> <li>• Participate in competitive games, modified where appropriate.</li> <li>• Perform skills and techniques, including retrieve, intercept and stop a ball, with accuracy, confidence and control. Perform skills at speed.</li> </ul>
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**\*Pre-KS2 skills based on the planning scheme used at Coteford. Children coming up from the infant school may not have covered all of these sports.**