



Haydon Wick's PE Progression Map

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
EYFS	Fundamentals: Unit 1 Introduction to PE: Unit 1	Ball Skills: Unit 1 Introduction to PE: Unit 2	Fundamentals: Unit 2 Dance: Unit 1	Gymnastics: Unit 1 Dance: Unit 2	Games: Unit 1 Gymnastics: Unit 2	Games: Unit 2 Ball Skills: Unit 2
Key Stage 1	Fitness Gymnastics	Yoga Fundamentals	Dance Ball Skills	Invasion Games Target Games	Athletics Net and Wall Games	Team Building Striking and Fielding Games
Key Stage 2	Fitness Gymnastics	Yoga Ball Skills (Year 3) Invasion Games	Dance Invasion Games	Invasion Games Net and Wall Games	Athletics Net and Wall Games	OAA Striking and Fielding Games

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
EYFS	Fundamentals: Unit 1 Running: Explore running and stopping. Explore changing direction safely. Balance: Explore balancing whilst stationary and on the move. Jumping: Begin to explore take-off and landing safely. Hopping: Explore hopping on both feet. Skiping: Explore skipping as a travelling action. Introduction to PE: Unit 1	Ball Skills: Unit 1 Sending: Explore sending an object with hands and feet. Catching: Explore catching using a variety of larger balls and beanbags. Tracking: Explore stopping a ball with hands and feet. Dribbling: Explore bouncing and catching. Introduction to PE: Unit 2	Fundamentals: Unit 2 Same as Term 1. Dance: Unit 1 Actions: Explore how their body moves. Copy basic body actions and rhythms. Dynamics: Explore actions in response to music and an idea. Space: Explore pathways and the space around them in relation to others. Performance: Are given opportunities to perform in front of others.	Gymnastics: Unit 1 Shapes: Show contrast with their bodies including wide/narrow, straight/curved. Balances: Explore shapes using different parts of their bodies. Rolls: Explore rocking and rolling. Jumps: Explore jumping safely. Dance: Unit 2 Same as Term 3.	Games: Unit 1 Running: Explore running and stopping. Explore running on the balls of their feet. Jumping: Explore jumping and hopping safely. Throwing: Exploring throwing to a target. Gymnastics: Unit 2 Same as Term 4	Games: Unit 2 Same as Term 5. Ball Skills: Unit 2 Same as Term 2.

Key Stage 1

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 1	Fitness Agility: Change direction whilst running.	Yoga Balance:	Dance Actions:	Invasion Games Sending and receiving:	Athletics	Team Building Problem solving:

	<p>Balance: Explore balancing in more challenging activities with some success.</p> <p>Co-ordination: Explore coordination through the use of equipment.</p> <p>Speed: Can demonstrate running at different speeds.</p> <p>Strength: Demonstrate increased control in body weight exercises.</p> <p>Stamina: Show an ability to work for longer periods of time.</p> <p>Gymnastics Shapes: Explore basic and still shapes straight, tuck, straddle, pike. Balance: Perform balances making their body tense, stretched and curled.</p> <p>Rolls: Explore barrel, straight and forward roll progressions.</p> <p>Jumps: Explore shape jumps including jumping off low apparatus.</p>	<p>Perform balances and poses making their body tense, stretched and curled.</p> <p>Flexibility: Explore poses and movements that challenge their flexibility.</p> <p>Strength: Explore strength whilst transitioning from one pose to another.</p> <p>Mindfulness: Recognise their own feelings in response to a task or activity.</p> <p>Fundamentals Running: Explore changing direction and dodging. Discover how the body moves at different speeds.</p> <p>Balance: Move with some control and balance. Explore stability and landing safely.</p> <p>Jumping: Demonstrate control in take off and landing when jumping.</p> <p>Hopping: Begin to explore hopping in different directions.</p> <p>Skiping: Show co-ordination when turning a role. Use rhythm to jump continuously in a French rope.</p>	<p>Copy, remember and repeat actions to represent a theme. Explore creating their own actions in relation to a theme.</p> <p>Dynamics: Explore varying speeds to represent an idea.</p> <p>Space: Explore pathways within their performances.</p> <p>Relationships: Explore working with a partner using unison, matching and mirroring.</p> <p>Performance: Develop the use of facial expressions in their performance.</p> <p>Ball Skills Sending: Roll and throw with some accuracy towards a target.</p> <p>Catching: Begin to catch with two hands. Catch after a bounce.</p> <p>Tracking: Track a ball being sent directly.</p> <p>Dribbling: Begin to dribble with hands and feet.</p>	<p>Explore S&R with hands and feet to a partner.</p> <p>Dribbling: Explore dribbling with hands and feet.</p> <p>Attacking: Explore changing direction to move away from a partner.</p> <p>Defending: Explore tracking and move to stay with a partner.</p> <p>Space: Recognise good space when playing games.</p> <p>Target Games Throwing overarm: Explore technique when throwing overarm towards a target.</p> <p>Throwing underarm: explore technique when throwing underarm towards a target.</p> <p>Throwing: Know which type of throw to use for distance and accuracy. Know that my body position will affect the accuracy of my throw.</p> <p>Tactics: Know that tactics can help us when playing games.</p> <p>Rules: Know that rules help us to play fairly.</p>	<p>Running: Explore running at different speeds. Explore running over obstacles.</p> <p>Jumping: Develop balance whilst jumping and landing. Explore hopping, jumping and leaping for distance.</p> <p>Throwing: Explore throwing for distance and accuracy.</p> <p>Net and Wall Games Hitting: Explore hitting a dropped ball with a racket.</p> <p>Feeding: Throw a ball over a net to land into the court area.</p> <p>Rallying: Explore underarm rallying with a partner.</p> <p>Footwork: Use the ready position to move towards a ball.</p>	<p>Suggest ideas in response to a task.</p> <p>Navigational Skills: Follow a simple diagram/map.</p> <p>Communication: Work cooperatively with a partner and a small group.</p> <p>Reflection: Verbalise when they were successful and areas that they could improve.</p> <p>Striking and Fielding Games Striking: Explore striking a ball with their hand and equipment.</p> <p>Fielding: Develop tracking and retrieving a ball for their team.</p> <p>Throwing: Explore technique when throwing over and underarm.</p> <p>Catching: Develop coordination and technique when catching.</p>
Year 2	<p>Fitness Agility: Demonstrate improved technique when changing direction on the move.</p> <p>Balance:</p>	<p>Yoga Balance: Remember, copy and repeat sequences of linked poses.</p> <p>Flexibility: Show increased awareness of extension in poses.</p>	<p>Dance Actions: Accurately remember, repeat and link actions to express an idea.</p> <p>Dynamics:</p>	<p>Invasion Games Sending and receiving: Developing S&R with increased control.</p> <p>Dribbling:</p>	<p>Athletics Running: Develop the sprinting action. Explore rhythm when running over obstacles.</p> <p>Jumping:</p>	<p>Team Building Problem solving: Begin to plan, and with some success, apply strategies to overcome a challenge.</p> <p>Navigational Skills:</p>

	<p>demonstrate increased balance whilst travelling along and over equipment.</p> <p>Co-ordination: Perform actions with increased control when coordinating their body with and without equipment. Speed: Can demonstrate running at different speeds.</p> <p>Strength: Demonstrate increased control in body weight exercises. Stamina: Show an ability to work for longer periods of time.</p> <p>Gymnastics Shapes: Explore using shapes in different gymnastic balances.</p> <p>Balances: Remember, repeat and link combinations of gymnastic balances.</p> <p>Rolls: Explore barrel, straight and forward roll and put into sequence work.</p> <p>Jumps: Explore shape jumps and take off combinations.</p>	<p>Strength: Demonstrate increased control in performing poses.</p> <p>Mindfulness: Explore controlling their focus and sense of calm.</p> <p>Fundamentals Running: Change direction quickly. Understand and show how the body moves at different speeds.</p> <p>Balance: Demonstrate balance when performing other fundamental skills.</p> <p>Jumping: Demonstrate jumping for distance, heights and in different directions.</p> <p>Hopping: Demonstrate hopping for distance, height and in different directions.</p> <p>Skipping: Explore single and double bounce when jumping in a rope.</p>	<p>Develop an understanding of dynamics.</p> <p>Space: Develop the use of pathways and travelling actions to include levels.</p> <p>Relationships: Explore working with a partner using unison, matching and mirroring.</p> <p>Performance: Develop the use of facial expressions in their performance.</p> <p>Ball Skills Sending: Roll, throw and kick a ball to hit a target.</p> <p>Catching: Develop catching a range of objects with two hands. Catch with and without a bounce.</p> <p>Tracking: Consistently track and collect a ball being sent directly.</p> <p>Dribbling: Dribble a ball with hands and feet with some control.</p>	<p>Explore dribbling with hands and feet with increasing control on the move.</p> <p>Attacking: Developing moving into space away from defenders.</p> <p>Defending: Explore staying close to other players to try and stop them getting the ball.</p> <p>Space: Explore moving with a ball towards the goal.</p> <p>Target Games Throwing overarm: Develop co-ordination and technique when throwing overarm towards a target.</p> <p>Throwing underarm: Develop co-ordination technique when throwing underarm towards a target.</p> <p>Striking: Develop striking a ball with equipment with some consistency.</p> <p>Throwing: 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.</p> <p>Striking: Know to finish with my object/hand pointing at my target.</p> <p>Tactics: Understand and apply simple tactics.</p> <p>Rules: Know how to score points and follow simple rules.</p>	<p>Develop jumping, hopping and skipping actions. Explore safely jumping for distance and height.</p> <p>Throwing: Develop overarm throwing for distance.</p> <p>Net and Wall Games Hitting: Develop hitting a dropped ball over a net.</p> <p>Feeding: Accurately underarm throw over a net to a partner.</p> <p>Rallying: Explore underarm rallying with a partner catching after one bounce.</p> <p>Footwork: Consistently use the ready position to move towards a ball.</p>	<p>Understand how to use, follow and create a simple diagram/map.</p> <p>Communication: Work cooperatively with a partner and a small group.</p> <p>Reflection: Verbalise when they were successful and areas that they could improve.</p> <p>Striking and Fielding Games Striking: Develop striking a ball with their hand and equipment with some consistency.</p> <p>Fielding: Understand that there are different roles within a fielding team.</p> <p>Throwing: Develop coordination and technique when throwing over and underarm.</p> <p>Catching: Catch with two hands with some coordination and technique.</p>
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Key Stage 2

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 3	<p>Fitness</p> <p>Agility: Show balance when changing direction.</p> <p>Balance: Explore more complex activities which challenge balance.</p> <p>Co-ordination: Can coordinate their bodies with increased consistency in a variety of activities.</p> <p>Speed: Explore sprinting technique.</p> <p>Strength: Explore building strength in different muscle groups.</p> <p>Stamina: Explore using their breath to increase their ability to work for longer periods of time.</p> <p>Gymnastics</p> <p>Shapes: Explore matching and contrasting shapes.</p>	<p>Yoga</p> <p>Balance: Demonstrate increased control when in poses and explore control in paired poses.</p> <p>Flexibility: Explore poses and movement in relation to their breath.</p> <p>Strength: Explore arm balances with some control.</p> <p>Mindfulness: Develop their ability to stay still and keep their focus.</p> <p>Ball Skills</p> <p>Sending: Send a ball with accuracy and increasing consistency to a target.</p> <p>Catching: Catch a range of objects with increasing consistency.</p> <p>Tracking: Track a ball not sent directly.</p>	<p>Dance</p> <p>Actions: Create actions in response to a stimulus individually and in groups.</p> <p>Dynamics: Use dynamics effectively to express an idea.</p> <p>Space: Use directions to transition between formations.</p> <p>Relationships: Develop an understanding of formations.</p> <p>Performance: . Perform short, self-choreographed phrases showing an awareness of time.</p> <p>Invasion Games</p> <p>Sending & receiving: Explore S&R abiding by the rules of the game.</p> <p>Dribbling: Explore dribbling the ball abiding by the rules of the game under some pressure.</p>	<p>Invasion Games</p> <p>Sending & receiving: Explore S&R abiding by the rules of the game.</p> <p>Dribbling: Explore dribbling the ball abiding by the rules of the game under some pressure.</p> <p>Attacking: Developing movement skills to lose a defender. Explore shooting actions in a range of invasion games.</p> <p>Defending: Track opponents to limit their scoring opportunities.</p> <p>Space: Develop moving with a ball towards goal with some control.</p> <p>Target Games</p> <p>Throwing: Explore throwing at a moving target.</p> <p>Catching (dodgeball): begin to catch whilst on the move.</p>	<p>Athletics</p> <p>Running: Develop the sprinting technique and apply it to relay events. Develop fluency and rhythm when running over obstacles.</p> <p>Jumping: Develop technique in a range of approaches take off positions. Develop jumping for height and safety on landing.</p> <p>Throwing: Explore the technique for a pull throw.</p> <p>Net and Wall Games</p> <p>Shots: Explore returning a ball using focus shots such as the forehand and backhand.</p> <p>Serving: Explore serving from an underarm serve.</p> <p>Rallying: Explore rallying with a forehand.</p>	<p>OAA</p> <p>Problem Solving: Can play and implement strategies to solve problems.</p> <p>Navigational Skills: Developing map reading skills.</p> <p>Communication: Can follow and give instructions and are accepting of other peoples' ideas.</p> <p>Reflection: Can reflect on when and why they were successful at solving challenges.</p> <p>Striking and Fielding Games</p> <p>Striking: Begin to strike a bowled ball using different equipment.</p> <p>Fielding: Explore bowling and fielding skills to include a two – handed pick up and long and short barriers.</p> <p>Throwing: Use overarm and underarm throwing in game situations.</p>

	<p>Balances: Explore point and patch balances and transition smoothly into and out of them.</p> <p>Rolls: Develop the straight, barrel and forward roll.</p> <p>Jumps: Develop stepping into shape jumps with control.</p>	<p>Dribbling: Dribble a ball with increasing control and co-ordination.</p>	<p>Attacking: Developing movement skills to lose a defender. Explore shooting actions in a range of invasion games.</p> <p>Defending: Track opponents to limit their scoring opportunities.</p> <p>Space: Develop moving with a ball towards goal with some control. Swimming</p>	<p>Striking: Begin to strike a ball with accuracy and balance.</p> <p>Throwing: Know to throw slightly ahead of a moving target.</p> <p>Catching (dodgeball): Know that beginning in a ready position will help me to react to the ball.</p> <p>Striking: Know that using a bigger swing will give me more power.</p> <p>Tactics: Know that using simple tactics will help my team to achieve an outcome e.g spread out so thar we are harder to aim for.</p> <p>Rules: Know that rules of the game and begin to apply them.</p>	<p>Footwork: Consistently use and return to the ready position in between shots. Swimming</p>	<p>Catching: Catch with some consistency in game situations. Swimming</p>
Year 4	<p>Fitness</p> <p>Agility: Show balance when changing direction at speed.</p> <p>Balance: Show control whilst completing activities which challenge balance.</p> <p>Co-ordination: Explore increased speed when coordinating their bodies.</p> <p>Speed: Demonstrate improved sprinting technique.</p> <p>Strength: Identify activities which help to strengthen different muscle groups.</p>	<p>Yoga</p> <p>Balance: Explore using their breath to maintain balance within a pose.</p> <p>Flexibility: Demonstrate increased extension in their poses.</p> <p>Strength: Demonstrate increased control and strength when in a pose.</p> <p>Mindfulness: Can engage with mindfulness activities with increased focus.</p> <p>Invasion Games</p> <p>Sending & receiving: Develop passing to a teammate using a variety of</p>	<p>Dance</p> <p>Actions: Respond imaginatively to a range of stimuli related to character and narrative.</p> <p>Dynamics: Change dynamics confidently within a performance to express changes in character.</p> <p>Space: Confidently use changes in level, direction and pathway.</p> <p>Relationships: Use actions and reaction to represent an idea.</p> <p>Performance: Perform complex dances that communicate narrative and</p>	<p>Invasion Games Same as Term 2 and 3.</p> <p>Net and Wall Games</p> <p>Shots: Demonstrate increased technique when using shots both cooperatively and competitively.</p> <p>Serving: Develop technique in serving underarm with increased consistency.</p> <p>Rallying: Develop rallying using both forehand and backhand with increased technique.</p> <p>Footwork: Begin to use appropriate foot work patterns to move around the court.</p>	<p>Athletics</p> <p>Running: Develop an understanding of speed and pace in relation to distance. Develop power and speed in the sprinting technique.</p> <p>Jumping: Develop technique when jumping for distance. Explore fluency and technique in the vertical jump.</p> <p>Throwing: Explore power and technique when throwing for distance in a pull throw.</p> <p>Net and Wall Games Same as Term 4</p>	<p>OAA</p> <p>Problem Solving: Plan independently and in small groups implementing a strategy with increased success.</p> <p>Navigational Skills: Identify key symbols on a map and use a key to help navigate around a grid.</p> <p>Communication: Confidently, communicate ideas and listen to others.</p> <p>Reflection: With increased accuracy, critically reflect on when and why they were successful at solving challenges.</p>

	<p>Stamina: Demonstrate using their breath to maintain their work rate.</p> <p>Gymnastics</p> <p>Shapes: Develop the range of shapes they use in their sequences.</p> <p>Inverted movements: Develop strength in bridge and shoulder stand.</p> <p>Balances: Develop control and fluency in individual and partner balances.</p> <p>Rolls: Develop the straight, barrel, forward and straddle roll and perform with increased control.</p> <p>Jumps: Develop control in performing and landing rotation jumps.</p>	<p>techniques appropriate to the game.</p> <p>Dribbling: Develop control whilst dribbling under pressure.</p> <p>Attacking: Develop decision making around when to pass and when to short.</p> <p>Defending: Develop defending one on one and know when to win the ball.</p> <p>Space: Move into space to help their team keep possession and score goals.</p>	<p>character well, performing clearly and fluently.</p> <p>Invasion Games Same as Term 2.</p>			<p>Striking and Fielding Games</p> <p>Striking: Develop batting technique consistent with the rules of the game.</p> <p>Fielding: Develop bowling with some consistency, abiding by the rules of the game.</p> <p>Throwing: Use overarm and underarm throwing with increased consistency in game situations.</p> <p>Catching: Beginning to catch with one and two hands with some consistency in game situations.</p>
Year 5	<p>Fitness</p> <p>Agility: Demonstrate improved body posture and speed when changing direction.</p> <p>Balance: Change their body position to maintain a controlled centre of gravity.</p> <p>Co-ordination: Demonstrate increased speed when co-ordinating their bodies.</p> <p>Speed: Identify the best pace for a set distance or time.</p> <p>Strength:</p>	<p>Yoga</p> <p>Balance: Use their breath to maintain balance within a pose.</p> <p>Flexibility: Develop flexibility by connecting their movement with their breath.</p> <p>Strength: Demonstrate increased control and strength when in and transitioning between poses.</p> <p>Mindfulness: Understand that there are methods they can use to control how they feel.</p> <p>Invasion Games</p>	<p>Dance</p> <p>Actions: Choreograph planned dances by using, adapting and developing actions and steps from different dance styles.</p> <p>Dynamics: Confidently use dynamics to express different dance styles.</p> <p>Space: Use direction and patterning to express different dance styles.</p> <p>Relationships: Confidently use formations, canon and unison to express a dance idea.</p>	<p>Invasion Games Same as Term 2 and 3.</p> <p>Net and Wall Games</p> <p>Shots: Develop the range of shots used in the games they play.</p> <p>Serving: Develop their range of serving techniques appropriate to the game they are playing.</p> <p>Rallying: Use a variety of shots to keep a continuous rally.</p> <p>Footwork: Demonstrate effective footwork patterns to move around the court.</p>	<p>Athletics</p> <p>Running: Apply fluency and coordination when running for speed in relay changeovers. Effectively apply speeds appropriate for the event.</p> <p>Jumping: Develop power, control and consistently in jumping for distance. Explore technique and rhythm in the triple jump.</p> <p>Throwing: Develop technique and power in javelin and shot put.</p> <p>Net and Wall Games Same as Term 4</p>	<p>OAA</p> <p>Problem Solving: Explore tactical planning within a team to overcome increasingly challenging tasks.</p> <p>Navigational Skills: Develop navigational skills and map reading in increasingly challenging tasks including map orientation.</p> <p>Communication: Explore a variety of communication methods with increasing success.</p> <p>Reflection: Reflect on when they were successful at solving</p>

	<p>Demonstrate increased technique in body weight exercises.</p> <p>Stamina: Use their breath to increase their ability to move for sustained periods of time.</p> <p>Gymnastics Shapes: Perform shapes consistently and fluently to a high standard, sometimes linked with other gymnastic actions.</p> <p>Inverted movements: Explore progression of a cartwheel and a headstand.</p> <p>Balance: Explore symmetrical and asymmetrical balances.</p> <p>Rolls: Develop control and fluency in the straight, barrel, forward, straddle and backward roll.</p> <p>Jumps: Select a range of jumps to include in a sequence work.</p>	<p>Sending & receiving: Develop control when S&R under pressure.</p> <p>Dribbling: Select and apply a variety of dribbling techniques to game situations.</p> <p>Attacking: Explore creating tactics with others and applying them to game situations.</p> <p>Defending: Develop tracking and marking with a variety of techniques and increased success.</p> <p>Space: Move to create space for themselves and others in their team.</p>	<p>Performance: Perform dances expressively, using a range of performance skills, showing accuracy and fluency.</p> <p>Invasion Games Same as Term 2.</p>			<p>challenges and alter their methods in order to improve.</p> <p>Striking and Fielding Games</p> <p>Striking: Explore defensive and driving hitting techniques and directional batting.</p> <p>Fielding: Develop over and underarm bowling technique. Select and apply long and short barriers appropriate to the situation.</p> <p>Throwing: Demonstrate clear technique when using a variety of throws under pressure.</p> <p>Catching: Explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations.</p>
Year 6	<p>Fitness</p> <p>Agility: Change direction with a fluent action and can transition smoothly between varying speeds.</p> <p>Balance: Show fluency and control when traveling, landing, stopping and changing direction.</p> <p>Co-ordination: Can coordinate a range of body parts with a fluent action</p>	<p>Yoga</p> <p>Balance: Link combinations of poses for balance with increased control in transition.</p> <p>Flexibility: Confidently transition from one pose to another showing extension connected to their breath.</p> <p>Strength: Explore poses that challenge their strength and work to maintain increased control</p>	<p>Dance</p> <p>Actions: Show controlled movements which express emotion and feeling.</p> <p>Dynamics: Explore, improvise and combine movement dynamics to express ideas, fluently, effectively on their own, with a partner or in a small group.</p> <p>Space and relationships: Use a variety of basic compositional principles when creating their own dances.</p>	<p>Invasion Games Same as Term 2 and 3.</p> <p>Net and Wall Games</p> <p>Shots: Demonstrate increased success and technique in selecting and applying the appropriate shot for the situation.</p> <p>Serving: Serve accurately and consistently. Beginning to apply tactics to their serve.</p> <p>Rallying:</p>	<p>Athletics</p> <p>Running: Demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique. Hurdle with greater control and coordination.</p> <p>Jumping: Develop take off position when jumping for height. Develop power, control and technique in the triple jump.</p> <p>Throwing:</p>	<p>OAA</p> <p>Problem Solving: Pool ideas within a group, selecting and applying the best method to solve a problem.</p> <p>Navigational Skills: Orientate a map efficiently to navigate around a course.</p> <p>Communication: Inclusively communicate with others, share job roles and lead when necessary.</p> <p>Reflection:</p>

	<p>at a speed appropriate to the challenge.</p> <p>Speed: Can adapt running technique to meet the needs of the distance.</p> <p>Strength: Can complete body weight exercises for increased repetitions, with control and fluency.</p> <p>Stamina: Use their breath to increase their ability to move for sustained periods of time.</p> <p>Gymnastics</p> <p>Shapes: Combine and perform gymnastic shapes more fluently and effectively.</p> <p>Inverted movements: Develop control in progressions of a cartwheel and a headstand.</p> <p>Balance: Explore counter balances and counter tension balances.</p> <p>Rolls: Develop fluency and consistency in the straddle, forward and backward roll.</p> <p>Jumps: Combine and perform a range of gymnastic jumps more fluently and effectively.</p>	<p>and strength when in and transitioning between poses.</p> <p>Mindfulness: Explore methods they can use to control how they feel with some success.</p> <p>Invasion Games</p> <p>Sending & receiving: Develop making quick decisions about when, how and who to pass to.</p> <p>Dribbling: Dribble consistently using a range of techniques with increasing control under pressure.</p> <p>Attacking: Explore creating attacking tactics with others in response to the game.</p> <p>Defending: Explore creating and applying defending tactics with others in response to the game.</p> <p>Space: Move to the correct space when transitioning from attack to defence.</p>	<p>Performance: Demonstrate a clear understanding of timing in relation to the music and other dancers throughout their performance.</p> <p>Invasion Games Same as Term 2.</p>	<p>Successfully apply a variety of shots to keep a continuous rally.</p> <p>Footwork: Demonstrate a variety of footwork patterns relevant to the game they are playing. Example: a split step and a chasse.</p>	<p>Develop power, control and technique when throwing discus and javelin.</p> <p>Net and Wall Games Same as Term 4</p> <p>Swimming</p>	<p>With increasing accuracy, they reflect on when and how they were successful at solving challenges and alter their methods in order to improve.</p> <p>Striking and Fielding Games</p> <p>Striking: Strike a bowled ball with increasing accuracy and consistency.</p> <p>Fielding: Consistently select and apply the appropriate fielding action for the situation.</p> <p>Throwing: Consistently make good decisions on who and when to pass to in order to get batters out.</p> <p>Catching: Consistently demonstrate good technique in catching skills under pressure.</p> <p>Swimming</p>
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Progression of Skills for swimming

Year 1	<p>Strokes: Can swim over a 10m distance with a buoyancy aid.</p> <p>Breathing: Can submerge confidently in the water.</p> <p>Water Safety: Become aware of water safety and explore floating on their front and back.</p>
Year 2	<p>Strokes: Begin to use arms and legs together, more effectively across the water.</p> <p>Breathing: Begin to explore breathing in sync with their kicking action.</p> <p>Water Safety: Demonstrate an awareness of water safety and float on their front and on their back.</p>
Year 3	<p>Strokes: Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl.</p> <p>Breathing: Begin to explore front crawl breathing technique.</p> <p>Water Safety: Explore techniques for personal survival techniques to include survival strokes such as sculling and treading water.</p>
Year 4	<p>Strokes: Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl.</p> <p>Breathing: Demonstrate improved breathing technique in front crawl.</p> <p>Water Safety: Are comfortable with some personal survival techniques to include survival strokes such as sculling and treading water.</p>
Year 5	<p>Strokes: Demonstrate increased technique in a range of strokes, swimming over a distance of 25m.</p> <p>Breathing: Explore underwater breaststroke breathing technique over a distance of 25m.</p> <p>Water Safety: Demonstrate a good understanding of water safety. Explore safety techniques to include the H.E.L.P and huddle positions.</p>
Year 6	<p>Strokes: Identify their personal best in a range of strokes. Successfully select and apply the fastest stroke over a distance of 25m.</p> <p>Breathing: Demonstrate a smooth and consistent breathing technique in a range of strokes over a distance of 25m.</p> <p>Water Safety: Can select and apply the appropriate survival technique for the situation.</p>