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|  | **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** |

**Haydon Wick’s PE Progression Map**

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|  | **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.  **Skipping:**  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**

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|  | **Term 1** | **Term 2** | **Term 3** | **Term 4** | **Term 5** | **Term 6** |
| **Year 1** | **Fitness**  **Agility:** Change direction whilst running.  **Balance:**  Explore balancing in more challenging activities with some success.  **Co-ordination:**  Explore coordination through the use of equipment.  **Speed:**  Can demonstrate running at different speeds.    **Strength:**  Demonstrate increased control in body weight exercises.  **Stamina:**  Show an ability to work for longer periods of time.  **Gymnastics**  **Shapes:**  Explore basic and still shapes straight, tuck, straddle, pike.  **Balance:**  Perform balances making their body tense, stretched and curled.  **Rolls:**  Explore barrel, straight and forward roll progressions.  **Jumps:**  Explore shape jumps including jumping off low apparatus. | **Yoga**  **Balance:**  Perform balances and poses making their body tense, stretched and curled.  **Flexibility:**  Explore poses and movements that challenge their flexibility.  **Strength:**  Explore strength whilst transitioning from one pose to another.  **Mindfulness:**  Recognise their own feelings in response to a task or activity.  **Fundamentals**  **Running:**  Explore changing direction and dodging. Discover how the body moves at different speeds.  **Balance:**  Move with some control and balance. Explore stability and landing safely.  **Jumping:**  Demonstrate control in take off and landing when jumping.  **Hopping:**  Begin to explore hopping in different directions.  **Skipping:**  Show co-ordination when turning a role. Use rhythm to jump continuously in a French rope. | **Dance**  **Actions:**  Copy, remember and repeat actions to represent a theme. Explore creating their own actions in relation to a theme.  **Dynamics:**  Explore varying speeds to represent an idea.  **Space:**  Explore pathways within their performances.  **Relationships:**  Explore working with a partner using unison, matching and mirroring.  **Performance:** Develop the use of facial expressions in their performance.  **Ball Skills**  **Sending:**  Roll and throw with some accuracy towards a target.  **Catching:**  Begin to catch with two hands. Catch after a bounce.  **Tracking:**  Track a ball being sent directly.  **Dribbling:**  Begin to dribble with hands and feet. | **Invasion Games**  **Sending and receiving:**  Explore S&R with hands and feet to a partner.  **Dribbling:**  Explore dribbling with hands and feet.  **Attacking:**  Explore changing direction to move away from a partner.  **Defending:**  Explore tracking and move to stay with a partner.  **Space:**  Recognise good space when playing games.  **Target Games**  **Throwing overarm:**  Explore technique when throwing overarm towards a target.  **Throwing underarm:** explore technique when throwing underarm towards a target.  **Throwing:** Know which type of throw to use for distance and accuracy. Know that my body position will affect the accuracy of my throw.  **Tactics:** Know that tactics can help us when playing games.  **Rules:** Know that rules help us to play fairly. | **Athletics**  **Running:**  Explore running at different speeds. Explore running over obstacles.  **Jumping:**  Develop balance whilst jumping and landing.  Explore hopping, jumping and leaping for distance.  **Throwing:**  Explore throwing for distance and accuracy.  **Net and Wall Games**  **Hitting:**  Explore hitting a dropped ball with a racket.  **Feeding:**  Throw a ball over a net to land into the court area.  **Rallying:**  Explore underarm rallying with a partner.  **Footwork:**  Use the ready position to move towards a ball. | **Team Building**  **Problem solving:**  Suggest ideas in response to a task.  **Navigational Skills:**  Follow a simple diagram/map.  **Communication:**  Work cooperatively with a partner and a small group.  **Reflection:**  Verbalise when they were successful and areas that they could improve.  **Striking and Fielding Games**  **Striking:**  Explore striking a ball with their hand and equipment.  **Fielding:**  Develop tracking and retrieving a ball for their team.  **Throwing:**  Explore technique when throwing over and underarm.  **Catching:**  Develop coordination and technique when catching. |
| **Year 2** | Fitness  **Agility:**  Demonstrate improved technique when changing direction on the move.  **Balance:**  demonstrate increased balance whilst travelling along and over equipment.  **Co-ordination:**  Perform actions with increased control when coordinating their body with and without equipment.  Speed: Can demonstrate running at different speeds.  **Strength:**  Demonstrate increased control in body weight exercises. Stamina: Show an ability to work for longer periods of time.  **Gymnastics**  **Shapes:**  Explore using shapes in different gymnastic balances.  **Balances:**  Remember, repeat and link combinations of gymnastic balances.  **Rolls:**  Explore barrel, straight and forward roll and put into sequence work.  **Jumps:**  Explore shape jumps and take off combinations. | **Yoga**  **Balance:**  Remember, copy and repeat sequences of linked poses.  **Flexibility:**  Show increased awareness of extension in poses.  **Strength:**  Demonstrate increased control in performing poses.  **Mindfulness:**  Explore controlling their focus and sense of calm.  **Fundamentals**  **Running:**  Change direction quickly.  Understand and show how the body moves at different speeds.  **Balance:**  Demonstrate balance when performing other fundamental skills.  **Jumping:**  Demonstrate jumping for distance, heights and in different directions.  **Hopping:**  Demonstrate hopping for distance, height and in different directions.  **Skipping:**  Explore single and double bounce when jumping in a rope. | **Dance**  **Actions:**  Accurately remember, repeat and link actions to express an idea.  **Dynamics:**  Develop an understanding of dynamics.  **Space:**  Develop the use of pathways and travelling actions to include levels.  **Relationships:**  Explore working with a partner using unison, matching and mirroring.  **Performance:**  Develop the use of facial expressions in their performance.  **Ball Skills**  **Sending:**  Roll, throw and kick a ball to hit a target.  **Catching:**  Develop catching a range of objects with two hands. Catch with and without a bounce.  **Tracking:**  Consistently track and collect a ball being sent directly.  **Dribbling:**  Dribble a ball with hands and feet with some control. | **Invasion Games**  **Sending and receiving:**  Developing S&R with increased control.  **Dribbling:**  Explore dribbling with hands and feet with increasing control on the move.  **Attacking:**  Developing moving into space away from defenders.  **Defending:**  Explore staying close to other players to try and stop them getting the ball.  **Space:**  Explore moving with a ball towards the goal.  **Target Games**  **Throwing overarm:** Develop co-ordination and technique when throwing overarm towards a target.  **Throwing underarm:** Develop co-ordination technique when throwing underarm towards a target.  **Striking:** Develop striking a ball with equipment with some consistency.  **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.  **Striking:** Know to finish with my object/hand pointing at my target.  **Tactics:** Understand and apply simple tactics.  **Rules:** Know how to score points and follow simple rules. | **Athletics**  **Running:**  Develop the sprinting action. Explore rhythm when running over obstacles.  **Jumping:**  Develop jumping, hopping and skipping actions.  Explore safely jumping for distance and height.  **Throwing:**  Develop overarm throwing for distance.  **Net and Wall Games**  **Hitting:**  Develop hitting a dropped ball over a net.  **Feeding:**  Accurately underarm throw over a net to a partner.  **Rallying:**  Explore underarm rallying with a partner catching after one bounce.  **Footwork:**  Consistently use the ready position to move towards a ball. | **Team Building**  **Problem solving:**  Begin to plan, and with some success, apply strategies to overcome a challenge.  **Navigational Skills:**  Understand how to use, follow and create a simple diagram/map.  **Communication:**  Work cooperatively with a partner and a small group.  **Reflection:**  Verbalise when they were successful and areas that they could improve.  **Striking and Fielding Games**  **Striking:**  Develop striking a ball with their hand and equipment with some consistency.  **Fielding:**  Understand that there are different roles within a fielding team.  **Throwing:**  Develop coordination and technique when throwing over and underarm.  **Catching:**  Catch with two hands with some coordination and technique. |

**Key Stage 2**

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|  | **Term 1** | **Term 2** | **Term 3** | **Term 4** | **Term 5** | **Term 6** |
| **Year 3** | **Fitness**  **Agility:**  Show balance when changing direction.  **Balance:**  Explore more complex activities which challenge balance.  **Co-ordination:**  Can coordinate their bodies with increased consistency in a variety of activities.  **Speed:**  Explore sprinting technique.    **Strength:**  Explore building strength in different muscle groups.  **Stamina:**  Explore using their breath to increase their ability to work for longer periods of time.  **Gymnastics**  **Shapes:**  Explore matching and contrasting shapes.  **Balances:**  Explore point and patch balances and transition smoothly into and out of them.  **Rolls:**  Develop the straight, barrel and forward roll.  **Jumps:**  Develop stepping into shape jumps with control. | **Yoga**  **Balance:**  Demonstrate increased control when in poses and explore control in paired poses.  **Flexibility:**  Explore poses and movement in relation to their breath.  **Strength:**  Explore arm balances with some control.  **Mindfulness:**  Develop their ability to stay still and keep their focus.  **Ball Skills**  **Sending:**  Send a ball with accuracy and increasing consistency to a target.  **Catching:**  Catch a range of objects with increasing consistency.  **Tracking:**  Track a ball not sent directly.  **Dribbling:**  Dribble a ball with increasing control and co-ordination. | **Dance**  **Actions:**  Create actions in response to a stimulus individually and in groups.  **Dynamics:**  Use dynamics effectively to express an idea.  **Space:**  Use directions to transition between formations.  **Relationships:**  Develop an understanding of formations.  **Performance:**  . Perform short, self-choreographed phrases showing an awareness of time.  **Invasion Games**  **Sending & receiving:**  Explore S&R abiding by the rules of the game.  **Dribbling:**  Explore dribbling the ball abiding by the rules of the game under some pressure.  **Attacking:**  Developing movement skills to lose a defender. Explore shooting actions in a range of invasion games.  **Defending:**  Track opponents to limit their scoring opportunities.  **Space:**  Develop moving with a ball towards goal with some control.  Swimming | **Invasion Games**  **Sending & receiving:**  Explore S&R abiding by the rules of the game.  **Dribbling:**  Explore dribbling the ball abiding by the rules of the game under some pressure.  **Attacking:**  Developing movement skills to lose a defender. Explore shooting actions in a range of invasion games.  **Defending:**  Track opponents to limit their scoring opportunities.  **Space:**  Develop moving with a ball towards goal with some control.  **Target Games**  **Throwing:** Explore throwing at a moving target.  **Catching (dodgeball):** begin to catch whilst on the move.  **Striking:** Begin to strike a ball with accuracy and balance.  **Throwing:** Know to throw slightly ahead of a moving target.  **Catching (dodgeball):** Know that beginning in a ready position will help me to react to the ball.  **Striking:** Know that using a bigger swing will give me more power.  **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.  **Rules:** Know that rules of the game and begin to apply them. | **Athletics**  **Running:**  Develop the sprinting technique and apply it to relay events.  Develop fluency and rhythm when running over obstacles.  **Jumping:**  Develop technique in a range of approaches take off positions.  Develop jumping for height and safety on landing.  **Throwing:**  Explore the technique for a pull throw.  **Net and Wall Games**  **Shots:**  Explore returning a ball using focus shots such as the forehand and backhand.  **Serving:**  Explore serving from an underarm serve.  **Rallying:**  Explore rallying with a forehand.  **Footwork:**  Consistently use and return to the ready position in between shots.  Swimming | **OAA**  **Problem Solving:**  Can play and implement strategies to solve problems.  **Navigational Skills:**  Developing map reading skills.  **Communication:**  Can follow and give instructions and are accepting of other peoples’ ideas.  **Reflection:**  Can reflect on when and why they were successful at solving challenges.  **Striking and Fielding Games**  **Striking:**  Begin to strike a bowled ball using different equipment.  **Fielding:**  Explore bowling and fielding skills to include a two – handed pick up and long and short barriers.  **Throwing:**  Use overarm and underarm throwing in game situations.  **Catching:**  Catch with some consistency in game situations.  Swimming |
| **Year 4** | **Fitness**  **Agility:**  Show balance when changing direction at speed.  **Balance:**  Show control whilst completing activities which challenge balance.  **Co-ordination:**  Explore increased speed when coordinating their bodies.  **Speed:**  Demonstrate improved sprinting technique.  **Strength:**  Identify activities which help to strengthen different muscle groups.  **Stamina:**  Demonstrate using their breath to maintain their work rate.  **Gymnastics**  **Shapes:**  Develop the range of shapes they use in their sequences.    **Inverted movements:**  Develop strength in bridge and shoulder stand.  **Balances:**  Develop control and fluency in individual and partner balances.  **Rolls:**  Develop the straight, barrel, forward and straddle roll and perform with increased control.  **Jumps:**  Develop control in performing and landing rotation jumps. | **Yoga**  **Balance:**  Explore using their breath to maintain balance within a pose.  **Flexibility:**  Demonstrate increased extension in their poses.  **Strength:**  Demonstrate increased control and strength when in a pose.  **Mindfulness:**  Can engage with mindfulness activities with increased focus.  **Invasion Games**  **Sending & receiving:**  Develop passing to a teammate using a variety of techniques appropriate to the game.  **Dribbling:**  Develop control whilst dribbling under pressure.  **Attacking:**  Develop decision making around when to pass and when to short.  **Defending:**  Develop defending one on one and know when to win the ball.  **Space:**  Move into space to help their team keep possession and score goals. | **Dance**  **Actions:**  Respond imaginatively to a range of stimuli related to character and narrative.  **Dynamics:**  Change dynamics confidently within a performance to express changes in character.  **Space:**  Confidently use changes in level, direction and pathway.  **Relationships:**  Use actions and reaction to represent an idea.  **Performance:**  Perform complex dances that communicate narrative and character well, performing clearly and fluently.  **Invasion Games**  Same as Term 2. | **Invasion Games**  Same as Term 2 and 3.  **Net and Wall Games**  **Shots:**  Demonstrate increased technique when using shots both cooperatively and competitively.  **Serving:**  Develop technique in serving underarm with increased consistency.  **Rallying:**  Develop rallying using both forehand and backhand with increased technique.  **Footwork:**  Begin to use appropriate foot work patterns to move around the court. | **Athletics**  **Running:**  Develop an understanding of speed and pace in relation to distance.  Develop power and speed in the sprinting technique.  **Jumping:**  Develop technique when jumping for distance.  Explore fluency and technique in the vertical jump.  **Throwing:**  Explore power and technique when throwing for distance in a pull throw.  **Net and Wall Games**  Same as Term 4 | **OAA**  **Problem Solving:**  Plan independently and in small groups implementing a strategy with increased success.  **Navigational Skills:**  Identify key symbols on a map and use a key to help navigate around a grid.  **Communication:**  Confidently, communicate ideas and listen to others.  **Reflection:**  With increased accuracy, critically reflect on when and why they were successful at solving challenges.  **Striking and Fielding Games**  **Striking:**  Develop batting technique consistent with the rules of the game.  **Fielding:**  Develop bowling with some consistency, abiding by the rules of the game.  **Throwing:**  Use overarm and underarm throwing with increased consistency in game situations.  **Catching:**  Beginning to catch with one and two hands with some consistency in game situations. |
| **Year 5** | **Fitness**  **Agility:**  Demonstrate improved body posture and speed when changing direction.  **Balance:**  Change their body position to maintain a controlled centre of gravity.  **Co-ordination:**  Demonstrate increased speed when co-ordinating their bodies.  **Speed:**  Identify the best pace for a set distance or time.  **Strength:**  Demonstrate increased technique in body weight exercises.  **Stamina:**  Use their breath to increase their ability to move for sustained periods of time.  **Gymnastics**  **Shapes:**  Perform shapes consistently and fluently to a high standard, sometimes linked with other gymnastic actions.  **Inverted movements:**  Explore progression of a cartwheel and a headstand.  **Balance:**  Explore symmetrical and asymmetrical balances.  **Rolls:**  Develop control and fluency in the straight, barrel, forward, straddle and backward roll.  **Jumps:**  Select a range of jumps to include in a sequence work. | **Yoga**  **Balance:**  Use their breath to maintain balance within a pose.  **Flexibility:**  Develop flexibility by connecting their movement with their breath.  **Strength:**  Demonstrate increased control and strength when in and transitioning between poses.  **Mindfulness:**  Understand that there are methods they can use to control how they feel.  **Invasion Games**  **Sending & receiving:**  Develop control when S&R under pressure.    **Dribbling:**  Select and apply a variety of dribbling techniques to game situations.  **Attacking:**  Explore creating tactics with others and applying them to game situations.  **Defending:**  Develop tracking and marking with a variety of techniques and increased success.  **Space:**  Move to create space for themselves and others in their team. | **Dance**  **Actions:**  Choreograph planned dances by using, adapting and developing actions and steps from different dance styles.  **Dynamics:**  Confidently use dynamics to express different dance styles.  **Space:**  Use direction and patterning to express different dance styles.  **Relationships:**  Confidently use formations, canon and unison to express a dance idea.  **Performance:**  Perform dances expressively, using a range of performance skills, showing accuracy and fluency.  **Invasion Games**  Same as Term 2. | **Invasion Games**  Same as Term 2 and 3.  **Net and Wall Games**  **Shots:**  Develop the range of shots used in the games they play.  **Serving:**  Develop their range of serving techniques appropriate to the game they are playing.  **Rallying:**  Use a variety of shots to keep a continuous rally.  **Footwork:**  Demonstrate effective footwork patterns to move around the court. | **Athletics**  **Running:**  Apply fluency and coordination when running for speed in relay changeovers.  Effectively apply speeds appropriate for the event.    **Jumping:**  Develop power, control and consistently in jumping for distance.  Explore technique and rhythm in the triple jump.  **Throwing:**  Develop technique and power in javelin and shot put.  **Net and Wall Games**  Same as Term 4 | **OAA**  **Problem Solving:**  Explore tactical planning within a team to overcome increasingly challenging tasks.  **Navigational Skills:**  Develop navigational skills and map reading in increasingly challenging tasks including map orientation.  **Communication:**  Explore a variety of communication methods with increasing success.  **Reflection:**  Reflect on when they were successful at solving challenges and alter their methods in order to improve.  **Striking and Fielding Games**  **Striking:**  Explore defensive and driving hitting techniques and directional batting.  **Fielding:**  Develop over and underarm bowling technique. Select and apply long and short barriers appropriate to the situation.  **Throwing:**  Demonstrate clear technique when using a variety of throws under pressure.  **Catching:**  Explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations. |
| **Year 6** | **Fitness**  **Agility:**  Change direction with a fluent action and can transition smoothly between varying speeds.  **Balance:**  Show fluency and control when traveling, landing, stopping and changing direction.  **Co-ordination:**  Can coordinate a range of body parts with a fluent action at a speed appropriate to the challenge.  **Speed:**  Can adapt running technique to meet the needs of the distance.  **Strength:**  Can complete body weight exercises for increased repetitions, with control and fluency.  **Stamina:**  Use their breath to increase their ability to move for sustained periods of time.  **Gymnastics**  **Shapes:**  Combine and perform gymnastic shapes more fluently and effectively.  **Inverted movements:**  Develop control in progressions of a cartwheel and a headstand.  **Balance:**  Explore counter balances and counter tension balances.  **Rolls:**  Develop fluency and consistency in the straddle, forward and backward roll.  **Jumps:**  Combine and perform a range of gymnastic jumps more fluently and effectively. | **Yoga**  **Balance:**  Link combinations of poses for balance with increased control in transition.  **Flexibility:**  Confidently transition from one pose to another showing extension connected to their breath.  **Strength:**  Explore poses that challenge their strength and work to maintain increased control and strength when in and transitioning between poses.    **Mindfulness:**  Explore methods they can use to control how they feel with some success.  **Invasion Games**  **Sending & receiving:**  Develop making quick decisions about when, how and who to pass to.  **Dribbling:**  Dribble consistently using a range of techniques with increasing control under pressure.  **Attacking:**  Explore creating attacking tactics with others in response to the game.  **Defending:**  Explore creating and applying defending tactics with others in response to the game.  **Space:**  Move to the correct space when transitioning from attack to defence. | **Dance**  **Actions:**  Show controlled movements which express emotion and feeling.  **Dynamics:**  Explore, improvise and combine movement dynamics to express ideas, fluently, effectively on their own, with a partner or in a small group.  **Space and relationships:**  Use a variety of basic compositional principles when creating their own dances.  **Performance:**  Demonstrate a clear understanding of timing in relation to the music and other dancers throughout their performance.  **Invasion Games**  Same as Term 2. | **Invasion Games**  Same as Term 2 and 3.  **Net and Wall Games**  **Shots:**  Demonstrate increased success and technique in selecting and applying the appropriate shot for the situation.  **Serving:**  Serve accurately and consistently. Beginning to apply tactics to their serve.  **Rallying:**  Successfully apply a variety of shots to keep a continuous rally.  **Footwork:**  Demonstrate a variety of footwork patterns relevant to the game they are playing. Example: a split step and a chasse. | **Athletics**  **Running:**  Demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique.  Hurdle with greater control and coordination.  **Jumping:**  Develop take off position when jumping for height.  Develop power, control and technique in the triple jump.  **Throwing:**  Develop power, control and technique when throwing discus and javelin.  **Net and Wall Games**  Same as Term 4  Swimming | **OAA**  **Problem Solving:**  Pool ideas within a group, selecting and applying the best method to solve a problem.  **Navigational Skills:**  Orientate a map efficiently to navigate around a course.  **Communication:**  Inclusively communicate with others, share job roles and lead when necessary.  **Reflection:**  With increasing accuracy, they reflect on when and how they were successful at solving challenges and alter their methods in order to improve.  **Striking and Fielding Games**  **Striking:**  Strike a bowled ball with increasing accuracy and consistency.  **Fielding:**  Consistently select and apply the appropriate fielding action for the situation.  **Throwing:**  Consistently make good decisions on who and when to pass to in order to get batters out.  **Catching:**  Consistently demonstrate good technique in catching skills under pressure.  Swimming |

**Progression of Skills for swimming**

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