








Progression of skills overview: LSK2 and UKS2

	Health and Wellbeing/Health related Exercise 	Athletics 	Invasion 	Dance 	Gymnastics 	Golden Threads
Year 3	<u>Health and Wellbeing</u> <ul style="list-style-type: none"> Exploring relaxation techniques Applying relaxation techniques and using them effectively Performing balanced meditative poses Using props to help us balance in our meditative poses 	<u>Athletics</u> <ul style="list-style-type: none"> Explore running for speed Explore acceleration Introduce /develop relay: Running for speed in a team Throwing: Accuracy vs distance Standing Long Jump 	<u>Football</u> <ul style="list-style-type: none"> Introduce/develop dribbling keeping control Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling 	<u>Wild Animals/Weather</u> <ul style="list-style-type: none"> Responding to stimuli Developing character dance into a motif Develop sequences with a partner in character that show relationships Extending sequences with a partner in character 	<u>Symmetry and Asymmetry</u> <ul style="list-style-type: none"> Introduction to symmetry Introduction to asymmetry Application of learning onto apparatus Sequence formation Sequence completion 	PE includes and promotes the development of the physical, cognitive, social and emotional elements of learning while meeting the aims of the national curriculum
Year 4	<u>Health and Wellbeing</u> <ul style="list-style-type: none"> Creating movements to help express ourselves and our emotions. Using mime to manage positive and negative emotions Using meditative poses to help control and manage our emotions 	<u>Athletics</u> <ul style="list-style-type: none"> Develop running at speed Exploring our stride pattern Exploring running at pace Understand and apply tactics when running for distance Javelin Standing Triple Jump 	<u>Netball</u> <ul style="list-style-type: none"> Refine passing and receiving Develop passing and dribbling creating space Develop passing, moving and shooting Refine passing and shooting Develop footwork 	<u>Cats/Greeks</u> <ul style="list-style-type: none"> Responding to stimuli working together Extending sequences with a partner in character Exploring two contrasting Relationships and interlinking dance moves 	<u>Bridges</u> <ul style="list-style-type: none"> Introduction to bridges Application of bridge learning onto apparatus Develop sequences with bridges Sequence formation Sequence completion 	
Year 5	<u>Health Related Exercise</u> <ul style="list-style-type: none"> Explore and understand cardio fitness Explore and understand flexibility fitness Explore and understand strength fitness 	<u>Athletics</u> <ul style="list-style-type: none"> Finishing a race Evaluating our performance Sprinting: My personal best Relay changeovers Shot Put Introducing the Hurdles 	<u>Hockey</u> <ul style="list-style-type: none"> Develop defending; blocking and tacking Refine dribbling/passing to create attacking opportunities Refine attacking skills, passing dribbling and shooting Refine defending skills developing transition from defence to attack 	<u>The Circus/Space</u> <ul style="list-style-type: none"> Develop character movements linked to prejudices Create movements that represent different characters and performers in a circus Extending our performance incorporating props and apparatus linked to the variety of performers 	<u>Counterbalance and Counter Tension</u> <ul style="list-style-type: none"> Introduction to Counterbalance Application of Counterbalance learning onto apparatus Sequence formation Counter Tension Sequence completion 	
Year 6	<u>Health Related Exercise</u> <ul style="list-style-type: none"> Develop a secure understanding of cardio fitness Develop a secure understanding of flexibility fitness 	<u>Athletics</u> <ul style="list-style-type: none"> Running for speed competition Running for distance competition Throwing competition Jumping competition 	<u>Tag Rugby</u> <ul style="list-style-type: none"> Consolidate passing and moving Consolidate defending Create, understand and apply attacking/defending tactics in game situations Consolidate attacking and defending in mini games 	<u>Titanic/Carnival</u> <ul style="list-style-type: none"> Creating rhythmic patterns using our body Extend choreography through controlled movements, character emotion and expression Explore the relationships between characters applying 	<u>Matching and Mirroring</u> <ul style="list-style-type: none"> Introduction to matching /mirroring Application of matching mirroring learning onto apparatus Sequence development 	

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	• Develop a secure understanding of strength fitness			character emotion and expression	
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	Net and Wall 	Rounder and Cricket 	Golden Thread
Year 3	<u>Tennis</u> <ul style="list-style-type: none"> • Introduction tennis, outwitting an opponent • Creating space to win a point • Consolidate how to win a game introduce rackets • Introduce the forehand 	<u>Cricket</u> <ul style="list-style-type: none"> • Understand the concept of batting and fielding • Introduce throwing overarm • Introduce throwing underarm • Introduce catching • Striking with intent 	PE includes and promotes the development of the physical, cognitive, social and emotional elements of learning while meeting the aims of the national curriculum.
Year 4	<u>Tennis</u> <ul style="list-style-type: none"> • Developing the forehand • Creating space to win a point using a racket • Introduce the backhand • Applying the forehand and backhand in game situations • Applying the forehand and backhand creating space to win a point 	<u>Cricket</u> <ul style="list-style-type: none"> • Develop an understanding of batting and fielding • Introduce bowling underarm • Develop stopping and returning the ball • Develop retrieving and returning the ball • Striking the ball at different angles and speeds 	
Year 5	<u>Tennis</u> <ul style="list-style-type: none"> • Introduce/develop the volley • Controlling the game from the serve • Doubles, understanding and applying tactics to win a point 	<u>Cricket</u> <ul style="list-style-type: none"> • Refine batting, batting and bowling tactics • Refine fielding stopping, catching and throwing • Combine bowling and fielding creating and applying tactics • Introduce umpiring and scoring 	
Year 6	<u>Tennis</u> <ul style="list-style-type: none"> • Game application • Game application, mixed ability doubles, round robin games 	<u>Cricket</u> <ul style="list-style-type: none"> • Consolidate batting, fielding and bowling • Create, understand and apply attacking and defensive tactics in game 	