# Year 3

Progression of skills

### **Basketball**

Introduce dribbling; keeping control Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling Introduce shooting

#### Dodgeball

Developing changing direction Introduce throwing with accuracy Introduce catching Develop moving, changing direction at speed Combine throwing and dodging

#### Football

Introduce/develop dribbling keeping control Introduce passing and receiving Combine dribbling and passing

to create space Develop passing, receiving and dribbling

#### Handball

Introduce passing, receiving and creating space Develop passing and moving Combine passing and moving Introduce shooting Develop passing and

shooting

### Hockey

Introduce dribbling; keeping control Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling Introduce shooting

Hockey

Refine dribbling and passing

Develop shooting; combine

passing and dribbling to create

shooting opportunities

Develop passing and dribbling

creating space for attacking

opportunities

Introduce defending;

blocking and tackling

# Year 4

Progression of skills

### **Basketball**

Refine dribbling Refine passing and receiving Refine passing and dribbling creating space Refine passing and dribbling creating shooting opportunities

#### Dodgeball

Introduce jumping and ducking

Develop throwing with accuracy and power over an increased distance

Develop catching Consolidate dodging, jumping and ducking into games Combine dodging, catching and throwing

Dodgeball

Introduce blocking

Consolidate catching

Understand where we throw

and why we need to throw with

accuracy and power

Explore basic attacking and

defending tactics

### Football

Refine dribblina Turning

Refine passing and receiving Develop passing and dribbling creating space Introduce shooting

### Handball

Refine passing and receiving Develop passing and creating space

Develop passing, moving and shooting

Combine passing and shooting Introduce defending

# Year 5

Progression of skills

# Basketball

Introduce marking

Recap and refine dribbling and passing to create attacking opportunities

Develop marking

Refine shooting

Refine attacking skills, passing, dribbling and shooting introduce officiating

Football Refine dribbling and passing to maintain possession Introduce and develop defending

Develop shooting

Refine attacking skills, passing, dribbling and shooting, introduce officiating

#### Handball

Consolidate passing and receiving Explore the function of other passes

Develop defending

Develop passing and creating space, introduce officiating Refine shooting

Hockey Develop defending; block and tacking

Recap and refine dribbling and passing to create attacking opportunities

Refine attacking skills. passing dribbling and shooting

Refine defending skills developing transition from defence to attack

# Year 6

Progression of skills

#### **Basketball**

Consolidate keeping possession, develop officiating Consolidate defending

Create, understand and apply attacking tactics in game situations

Create, understand and apply defending tactics in game situations

### Dodgeball

Consolidate/understanding attacking and defending tactics

Transition between attack and defence

> Applying the rules: Officiating games

Managing tactics and officiate games

#### Football

Consolidate keeping possession, develop officiating Consolidate defending Organise formations and mange

Organise formations decide tactics, manage reams and officiate games

#### Handball

Consolidate keeping possession, develop officiating Consolidate defending understand and apply defending tactics in game situations

Consolidate defensive tactics; understand and apply defensive tactics in game scenarios

#### Hockey

Consolidate keeping possession, develop officiating Consolidate defending

Create, understand and apply attacking/defending tactics in game situations







# Year 3

Progression of skills

#### Netball

Introduce passing, receiving and creating space Develop/combine passing and moving

Combine/develop passing and shooting

#### Tag Rugby

Introduce moving with the ball, passing and receiving Introduce tagging Create space when attacking Develop passing and moving

Combine passing/moving to create attacking opportunities

#### Cricket

Understand the concept of batting and fielding Introduce throwing overarm Introduce throwing underarm Introduce catching Striking with intent

#### Rounders

Introduce to rounders Introduce overarm throwing Apply overarm and underarm throwing Introduce stopping the ball Application of stopping the ball in a game

### Tennis

Introduction tennis. outwitting an opponent Creating space to win a point Consolidate how to win a game introduce rackets Introduce the forehand

# Year 4

Progression of skills

# Netball

Refine passing and receiving Develop passing and dribbling creating space

Develop passing, moving and shooting

Refine passing and shooting Develop footwork

Tag Rugby Develop passing, moving and creating space Apply learning to 3v3 mini games

> Develop defending in game situations

Combine passing and moving to create an attack and score

Tag Rugby

to create attacking opportunities

Explore different passes that

can be used to outwit defenders

Refine defending as a team

Create and apply defending

tactics. Develop officiating

### Cricket

Develop an understanding of batting and fielding Introduce bowling underarm Develop stopping and returning the ball Develop retrieving and returning the ball Striking the ball at different angels and speeds

### Rounders

Develop fielding bowling with a backstop Introduce batting; how Develop batting; where and why Introduce and apply basic fielding tactics

#### Tennis

Developing the forehand Creating space to win a point using a racket Introduce the backhand Applying the forehand and backhand in game situations Applying the forehand and backhand creating space to win a point



Progression of skills

### Netball Refine passing and moving

Refine passing and receiving

Apply passing, footwork and shooting into mini games, introduce officiating Introduce defending

Explore the function of other passing styles

#### Cricket

Refine batting, understand and develop batting and bowling tactics Refine fielding stooping,

catching and throwing

Combine bowling and fielding creating and applying tactics

> Introduce umpiring and scoring

## Rounders

Develop fielding tactics maximising players

Understand what happens if the batter misses the ball Refine fielding tactics, what players where?

> Applying tactics in mini games

#### Tennis

Introduce/develop the volley

Controlling the game from the serve

Doubles, understanding and applying tactics to win a pint

# Netball

Consolidate keeping possession, develop officiating Consolidate defending

Create, understand and apply attacking/defending tactics in game situations

# Tag Rugby

Consolidate passing and moving

Consolidate defending

Create, understand and apply attacking/defending tactics in game situations

Consolidate attacking and defending in min games

#### Cricket

Consolidate batting/ fielding/bowling Create, understand and apply

attacking/defensive tactics in game

## Rounders

Introduction to full rounders

Consolidate fielding tactics

Refine our understanding of what happens if the batter misses or hits the ball backwards

Batting considerations

#### Tennis

Game application

Game application, mixed ability doubles, round robin games









# Year 3

Progression of skills

#### Communication & Tactics\*

Creating and applying Simple tactics

Developing leadership Developing communication as a

team / collaborate effectively

Create defending and attacking tactics as a team

#### Symmetry & Asymmetry

Introduction to symmetry Introduction to asymmetry Application of learning onto apparatus

Sequence formation Sequence completion

### **Athletics**

Explore running for speed

Explore acceleration

Introduce /develop relay: Running for speed in a team Throwing: Accuracy vs distance Standing long jump

#### Wild Animals

Responding to stimuli Developing character dance into a motif

Developing sequences with a partner in character that show relationships

Extending sequences with a partner in character

#### Weather

Responding to stimuli, extreme weather

Developing thematic dance into a motif

Extending dance to create sequences with a partner

Developing sequences with a partner

# Year 4

Progression of skills

# Problem Solving\*

Benches and mats challenge Round the clock card challenge

The pen challenge

The river rope challenge Caving challenges

# **Bridges**

Introduction to bridges

Application of bridge learning onto apparatus Develop sequences

with bridges Sequence formation Sequence completion

Counter Balance

& Counter Tension

Introduction to

counter balance

Application of counter balance

learning onto apparatus

Sequence formation

# **Athletics**

Develop running at speed

Exploring our stride pattern Exploring running at pace Understand and apply tactics when running for distance

Javelin

Standing triple jump

# Cats

Responding to stimuli working together Extending sequences with a partner in character

Exploring two contrasting Relationships and interlinking dance moves

#### Space

Extending sequences with a partner in character

Developing sequences with a partner in character that show relationships and interlinking dance moves

Sequences, relationships, choreography and performance

# Year 5

Progression of skills

## Orienteering\*

Face orienteering Cone orienteering

Point and return

Point to point

Timed course

Orienteering competition Counter Tension Sequence completion

## **Athletics**

Finishing a race Evaluating our performance Sprinting: My personal best Relay changeovers

Shot Put Introducing the hurdles

#### Greeks

Exploring the Greeks using compositional principles

Extending sequences with a partner using compositional principles

Creating movement using improvisation where movement is reactive

#### The Circus

Developing character movements linked to 19th Century prejudices

Creating movements to represent different characters and performers in a 19th Century circus

> Extending our Performance incorporating props and apparatus linked to the variety of performers

# Year 6

Progression of skills

### **OAA Units**

All the units above units are suitable for KS2.

Teachers should selected the appropriate learning from units that suit/consolidate their pupils' learning.

## Matching & Mirroring

Introduction to matching/mirroring Application of matching/mirroring learning onto apparatus Sequence development

### **Athletics**

Running for speed competition Running for distance competition Throwing competition Jumping competition

### Carnival

Performing with technical control and rhythm in a group Creating rhythmic patterns using the body

Experiencing dance from a different culture

Chorographical elements including still imagery

## Titanic

Creating rhythmic patterns using our body

Extending our choreography through controlled movements, character emotion and expression

Explore the relationships between characters applying character emotion and expression

Performance and reflection









