

# Progression of skills in PE

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>• To be able to try various shapes</li> <li>• To be able to hold shapes for 3 seconds</li> <li>• Starting to link shapes together</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>• Understanding a handful of ways to use different travel actions (walk, jog, hop, jump)</li> <li>• Can start to roll and jump in different ways</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>• Use and identify different travel actions</li> <li>• Rolling in different ways (rock n roll, log, egg, forward)</li> <li>• Jumping in different ways</li> <li>• Start to link up movements to perform a routine</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>• Start to understand points of contact and why they may be of importance</li> <li>• Safely use small apparatus with assistance if needed (benches, tables, bar box)</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>• Understanding points of contact and how it can affect movement and balance</li> <li>• Combining at least 4 travel and shape actions individually and in groups</li> <li>• Start to incorporate rotation into travel actions</li> <li>• Safely use small apparatus with confidence (benches, tables, bar box, balance beam)</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>• Start to show some confidence and consistency within their routines</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>• Combine 4-6 actions using travel actions and balances</li> <li>• Create a floor sequence as a group</li> <li>• Safe use of larger apparatus (wall bars, A frames, higher tables)</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>• Start to use the apparatus to give a range of different levels during their routine</li> <li>• Try understand the principles of balance and what key parts are involved.</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>• Understand and explain the principles of balance (con-tact points, surface area &amp; centre of gravity).</li> <li>• Combine 4-6 actions with control, quality, clarity and changes in speed, level and direction.</li> <li>• Start to develop advanced rotation, rolling and jumping actions. Cartwheel, full turn, backward roll.</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>• Take responsibility of individual performance</li> <li>• Perform a wide range of gymnastic actions consistently</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>• Combine 6-8 actions with fluency, clear shapes and variety</li> <li>• Individual and partner performances</li> <li>• Start to develop skills to complete a headstand and hand-stand</li> <li>• Start to develop a range of leap actions (split, stag and scissor)</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>• Consistently perform more advanced gymnastic actions.</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>• Perform 8 actions using floor and apparatus with smooth transitions, consistency and control.</li> <li>• Individual, partner and group performances.</li> <li>• Continue to improve skills to complete a headstand and handstand.</li> <li>• Continue to improve leap actions</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>• Perform leap actions confidently and consistently</li> <li>• Continue to develop and evaluate their performance</li> </ul>

<p>Skills at expected</p> <ul style="list-style-type: none"> <li>• Copy steps and actions with some control and co-ordination.</li> <li>• Link individual and whole body movements together.</li> <li>• Watch others work and choose actions.</li> <li>• Recognise how to move safely in the space.</li> <li>• Clap in time to a piece of music.</li> <li>• Listen to a piece of music and identify who/what they could pretend to be.</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>• Move in time to a piece of music.</li> <li>• Listen to a piece of music and create own movements which reflect the sounds they hear.</li> <li>• Use facial expressions effectively (mime) when moving to music.</li> <li>• Identify a kick, jump, turn within a movement phrase.</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>• Copy and explore basic body patterns and movements.</li> <li>• Remember simple dance steps and perform them in a con-trolled manner.</li> <li>• Choose actions and link them with sounds and music.</li> <li>• Safely perform teacher-led warm ups and describe and discuss others work.</li> <li>• Move in time to a piece of music.</li> <li>• Listen to a piece of music and create own movements. which reflect the sounds they hear.</li> <li>• Use facial expressions effectively (mime) when moving to music.</li> <li>• Identify a kick, jump, turn within a movement phrase.</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>• Walk in time to a piece of music.</li> <li>• Know the difference between flexed and pointed feet.</li> <li>• Perform a movement phrase which includes different types of movement (travelling movement, kick, jump, turn).</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>• Perform with control and co-ordination</li> <li>• Respond imaginatively to a variety of stimuli</li> <li>• Vary the dynamics, levels, speed and direction of my phrase/motif</li> <li>• Discuss my own and others work with simple vocabulary</li> <li>• Understand the need for warm up and cool down</li> <li>• Walk in time to a piece of music</li> <li>• Know the difference between flexed and pointed feet</li> <li>• Perform a movement phrase which includes different types of movement (travelling movement, kick, jump, turn)</li> <li>• Perform arm movements to co-ordinate with other actions</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>• Walk, march, skip, gallop in time to a piece of music</li> <li>• Perform movements showing pointed feet and elevation where appropriate</li> <li>• Create own movement phrases which includes different types of movement (travel-ling movement, kick, jump, turn)</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>• Improvise freely on my own and with a partner</li> <li>• Translate ideas from a variety of stimuli into movement</li> <li>• Compare, develop and adapt movement motifs together to create longer dances.</li> <li>• Use dance vocabulary to compare and improve my work</li> <li>• Understand how to work safely.</li> <li>• Give reasons why PE is good for my health</li> <li>• Walk, march, skip, gallop in time to a piece of music</li> <li>• Perform movements showing pointed feet and elevation where appropriate</li> <li>• Create own movement phrases which includes different types of movement (travelling movement, kick, jump, turn)</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>• Perform a small variety of kick movements showing co-ordination and control in time to a piece of music</li> <li>• Perform basic jumping movements showing stretched feet and elevation to a variety of directions.</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>• Improvise freely on my own and with a partner</li> <li>• Translate ideas from a variety of stimuli into movement</li> <li>• Compare, develop and adapt movement motifs together to create longer dances.</li> <li>• Use dance vocabulary to compare and improve my work</li> <li>• Understand how to work safely.</li> <li>• Give reasons why PE is good for my health</li> <li>• Perform a small variety of kick movements showing co-ordination and control in time to a piece of music</li> <li>• Perform basic jumping movements showing stretched feet and elevation to a variety of directions.</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>• Perform a wider variety of kick movements with in-creasing height.</li> <li>• Perform an increasing range of jumping movements showing control.</li> <li>• Perform basic turning movements from two feet showing awareness of eye-line.</li> <li>• Perform taught motifs which include a range of arm lines.</li> </ul>	<p>• Skills at expected</p> <ul style="list-style-type: none"> <li>• Demonstrate precision, control and fluency in response to stimuli</li> <li>• Vary dynamics and develop actions with a partner or as part of a group.</li> <li>• Link phrases and motifs to create a wide performance continually demonstrating rhythm and spatial awareness.</li> <li>• Modify my performance and that of others.</li> <li>• Organise myself to warm up safely.</li> <li>• Perform a wider variety of kick movements with in-creasing height.</li> <li>• Perform an increasing range of jumping movements showing control.</li> <li>• Perform basic turning movements from two feet showing awareness of eye-line.</li> <li>• Perform taught motifs which include a range of arm lines.</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>• Create own movement phrases which include a wide variety of kicks performed with control, good height and which reflect the mood of the stimuli.</li> <li>• Create own movement phrases which include a variety of jumps from one and two feet, and which show control, extension and elevation.</li> <li>• Create own movement phrases which include a variety of arm lines which show extension, control and which complement the other movements with which they are performed.</li> <li>• Perform movements in cannon and unison</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>• Demonstrate precision, control and fluency in response to stimuli</li> <li>• Vary dynamics and develop actions with a partner or as part of a group.</li> <li>• Link phrases and motifs to create a wide performance continually demonstrating rhythm and spatial awareness.</li> <li>• Modify my performance and that of others.</li> <li>• Organise myself to warm up safely.</li> <li>• Create own movement phrases which include a wide variety of kicks performed with control, good height and which reflect the mood of the stimuli.</li> <li>• Create own movement phrases which include a variety of jumps from one and two feet, and which show control, extension and elevation.</li> <li>• Create own movement phrases which include a variety of arm lines which show extension, control and which complement the other movements with which they are per-formed.</li> <li>• Perform movements in cannon and unison.</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>• Lead others to warm up safely.</li> <li>• Perform and create motifs in a variety of dance styles with accuracy and consistency.</li> <li>• Select and use a wide range of compositional skills to demonstrate ideas and translate into performance.</li> <li>• Identify how others can improve their individual performance of a particular dance skill (kick, jump, turn). Work with them on a 1:1 level to improve a skill with a performance piece.</li> </ul>
--	--	---	---	--	--	--

Skills at expected

- Understanding how to run a slalom.
- Understand what a shuttle run is and complete with help.
- Throw a beanbag underarm with one or two hands towards a target.
- Throw a tennis ball underarm with one hand towards a target.
- Rebound jumps with attempted good rhythm.
- Understand the action need to perform a standing long jump.
- Throw, clap, catch with some success.

Skills towards greater depth

- Start to use a push action when changing direction on slalom
- Complete the shuttle run with minimal help
- Build on accuracy and consistency throwing
- Show good rhythm whilst rebound jumping and good control per-forming a standing long jump

Skills at expected

- Run a slalom starting to use both feet to push in the direction needed when changing angles.
- Complete a shuttle run without continued help throughout.
- Throw a beanbag underarm with one hand towards a target with some consistency.
- Throw a tennis ball underarm with one hand towards a target with some consistency.
- Rebound jumps with good rhythm.
- Complete a standing long jump with control.
- Throw, clap, catch with success.

Skills towards greater depth

- Complete the slalom using explosive push off at the direction change
- Successfully complete the shuttle run unaided
- Consistently throw underarm accurately
- Show some understanding during the rebound jumps it is better to be quick
- Understand how to improve their distance in the standing long jump

Skills at expected

- Run a slalom using explosive movements to get through quickly.
- Complete shuttle run without any help.
- Throw a beanbag underarm with one hand consistently.
- Throw a tennis ball underarm with one hand towards a target consistently.
- Rebound jumps with light springy rhythm.
- Complete a standing long jump with the understanding on how to get further.
- Throw, clap, catch successfully and consistently.

Skills towards greater depth

- Identify which route is quickest for them in the shuttle and complete it.
- Show understanding during the rebound jumps it is best to stay light on your toes
- Identify how they can help each other to improve their technique in standing long jump
- Transfer these skills in other aspects of PE

Ball Skills	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>• Throw a tennis ball with two hands underarm to a partner and catch with two hands</li> <li>• Throw a tennis ball underarm with one hand and catch with two</li> <li>• Rolling a ball to a target</li> <li>• Dribbling a ball with one foot at a comfortable speed</li> <li>• Throw a larger ball with two hands</li> <li>• Catch a larger ball with two hands</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>• Show consistency with catching</li> <li>• Dribble with both feet</li> <li>• Comfortably throw different larger balls</li> <li>• Throwing over arm – action only (beanbag)</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>• Throwing one handed and catching two handed consistently.</li> <li>• Throwing to a partner underarm and catching two handed.</li> <li>• Throwing over arm – action only (beanbag or tennis ball)</li> <li>• Rolling a ball to different sized targets at different distances.</li> <li>• Dribble a ball with both feet at a steady speed.</li> <li>• Throw a larger ball in different ways and catch with two hands.</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>• Throwing one handed and catching one handed</li> <li>• Consistently rolling on target.</li> <li>• Dribble with both feet with good control.</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>• Throwing one handed and catching one handed</li> <li>• Consistently throw and catch underarm accurately to a partner at least 3m away.</li> <li>• Overarm throw towards a target(partner) 4-5m away.</li> <li>• Rolling consistently through different width cones at different distances.</li> <li>• Dribble a ball with both feet at different speeds with good control.</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>• Throw from left hand to right hand and right hand to left hand.</li> <li>• Catch an overarm throw</li> </ul>				
-------------	---	--	--	--	--	--	--

Football	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>• Dribbling with one foot</li> <li>• Dribbling at a walking pace</li> <li>• Passing (seeing movement, doesn't have to be accurate)</li> <li>• Start to understand the no hands rule</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>• Dribbling with both feet</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>• Dribbling with both feet</li> <li>• Dribbling at a reasonably comfortable pace</li> <li>• Passing (good strength starting to be accurate)</li> <li>• Understand the no hands rule</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>• Dribbling with one foot whilst jogging</li> <li>• Attempts to tackle</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>• Dribbling with both feet</li> <li>• Dribbling at a reasonable pace with control</li> <li>• Passing (consistently and accurately)</li> <li>• Start to understand who can use handle the ball and when/what position on the pitch or off it.</li> <li>• Throwing in and when we do it (overhead throw)</li> <li>• Tackling</li> <li>• Start to learn basic goalkeeper stance (on your toes, hands up and strong wrists)</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>• Dribbling with both feet whilst jogging</li> <li>• Passing whilst moving</li> <li>• Basic attacking skills (the idea is to keep possession and score)</li> <li>• Confident to tackle</li> <li>• Basic defending skills (marking other players)</li> <li>• Understand rules of starts/restarts.</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>• Dribbling with both feet whilst jogging</li> <li>• Passing whilst moving</li> <li>• Basic attacking skills (the idea is to keep possession and score)</li> <li>• Confident to tackle</li> <li>• Basic defending skills (marking other players)</li> <li>• understanding of corners, throw ins, restarts, goal kicks.</li> <li>• Overhead throws</li> <li>• Introducing shooting while moving</li> <li>• Understanding rules as a goalkeeper</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>• Accurate passing while stationary</li> <li>• Game awareness</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>• Building skill within dribbling</li> <li>• Accurate passing while stationary</li> <li>• Continued confidence in the tackle</li> <li>• Increased knowledge of attacking skills</li> <li>• Increased knowledge of defending skills</li> <li>• Understanding of free kicks and penalties</li> <li>• Continued work on shooting while moving</li> <li>• Shooting from free kicks and penalties</li> <li>• Building confidence as a goalkeeper</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>• Strong consistent tackle</li> <li>• Tactical attacking</li> <li>• Tactical defending</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>• Showing skills whilst dribbling consistently</li> <li>• Accurate passing while stationary and developing the pass whilst moving</li> <li>• Building of tactical attacking</li> <li>• Building of tactical defending</li> <li>• Strong tackle</li> <li>• Confidence to put pressure on attackers as a goalie</li> <li>• Increased distance and angles of shooting from free kicks</li> <li>• Shooting while beating a defender with goalkeeper pressure</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>• Using skills to beat opponents whilst dribbling</li> <li>• Shooting with accuracy</li> <li>• Understanding different types of football games 5aside, 7aside, 9aside.</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>• Using skills while dribbling with consistency</li> <li>• Accurate passing while stationary and moving</li> <li>• Using tactics to your advantage in both defense and at-tack</li> <li>• Tackle with a high % of success</li> <li>• Consistent confidence to shoot when needed</li> <li>• Building awareness of game play and positioning as a goalkeeper</li> </ul>
----------	--	--	--	---	--	---	--

Rugby	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>•Holding the ball in the correct way.</li> <li>•Moving with the ball in their hands.</li> <li>•Attempting a passing motion.</li> <li>•Showing an understanding of holding their hands up as a target for the passer.</li> <li>•Attempting to catch the ball.</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>•Passing and Catching in any form.</li> </ul>	<p>-Skills at expected</p> <ul style="list-style-type: none"> <li>•Running with the correct way.</li> <li>•Passing whilst standing still.</li> <li>•Catching whilst standing still.</li> <li>•Passing and catching along a line whilst walking.</li> <li>•Start to understand the rule of passing backwards.</li> <li>•Understand how to tackle in tag rugby</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>•Passing whilst walking</li> <li>•Catching whilst walking</li> <li>•Tackling by pulling off tags</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>•Running with the ball confidently against others to beat the tackler.</li> <li>•Passing and catching whilst moving</li> <li>•Understand in a game you can only tackle the ball carrier.</li> <li>•Understand attacking and defensive line structure.</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>•Understand how to start a rugby game and set up from free passes or restarts.</li> <li>•Attempt running through play from various points to see how they get on.</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>•Understand how to start a rugby game and set up from free passes or restarts.</li> <li>•Attempt running through play from various points to see how they get on then increase to playing a game</li> <li>•Good passing and catching whilst moving.</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>•The understanding of resetting the line if there is a change of possession</li> <li>•Understanding more rules of the game. Introduce offside as soon as possible.</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>•The understanding of resetting the line if there is a change of possession</li> <li>•Understanding more rules of the game. Introduce offside as soon as possible.</li> <li>•Consistent passing and catching whilst moving.</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>•Consistent and confident in running with the ball under pressure</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>•Consistent and confident in running with the ball under pressure.</li> <li>•Ability to avoid the tackle using side steps and change of speed.</li> <li>•Organise yourself into attacking lines and defensive lines without help.</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>•Run good support lines</li> <li>•Understanding the rules to start to ref</li> <li>•Tactical game play</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>• Running support lines to help break up the defence.</li> <li>• Play good flowing rugby with organised lines.</li> <li>• Play without too much explanation.</li> <li>• Good tactical game play.</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>• Children to understand the game to ref on their own.</li> </ul>
Hockey				<p>Skills at expected</p> <ul style="list-style-type: none"> <li>•Holding the stick correctly</li> <li>•Dribbling with good control</li> <li>•Passing from a static position</li> <li>•Basic attacking skills (the idea is to keep possession and score)</li> <li>•Building confidence to tackle</li> <li>•Basic defending skills (marking other players)</li> <li>•Understanding of rules</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>•Dribbling with confidence and consistency</li> <li>•strong tackles</li> <li>•Good connection when hitting the ball</li> <li>•Stationary shooting</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>•Holding the stick correctly</li> <li>•Dribbling with confidence and consistency</li> <li>•Accurate stationary passing</li> <li>•Passing from a moving position</li> <li>•Basic attacking skills (the idea is to keep possession and score)</li> <li>•Confident to tackle</li> <li>•Basic defending skills (marking other players)</li> <li>•Understanding of rules</li> <li>•Building better connection with hitting the ball</li> <li>•Stationary shooting</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>•Dribbling naturally and flowing</li> <li>•Receiving a pass while moving</li> <li>•Shooting while moving</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>•Dribbling naturally and flowing</li> <li>•Accurate stationary passing</li> <li>•Passing while moving</li> <li>•Receiving a pass whilst moving</li> <li>•Building of tactical attacking play</li> <li>•Building of tactical defending play</li> <li>•Strong tackle</li> <li>•Good connection while hitting the ball</li> <li>•Building on shooting while moving</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>•Dribbling and using skills to beat opponents</li> <li>•Increased movement when passing and receiving the ball</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>•Dribbling and using skills to beat opponents</li> <li>• Accurate passing stationary and moving</li> <li>• Receiving a pass whilst moving</li> <li>•Tactical attacking play</li> <li>•Tactical Defending play</li> <li>•Tackle with a high % of success</li> <li>•Consistency when shooting</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>• Understanding of KS3 rules – short corners, long corners</li> </ul>

Netball				<p>Skills at expected</p> <ul style="list-style-type: none"> <li>•Passing in three different ways.</li> <li>•Understanding they can only pivot when in possession of the ball and not walk (be lenient).</li> <li>•Understand basic attacking and defending within Netball.</li> <li>•Basic understanding of rules. No contact, 1m away, hands up once.</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>•Good flow of game play.</li> <li>•Strong accurate passing.</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>•Passing accurately whilst stationary.</li> <li>•Playing with good flow and understanding how to use the pivot to their advantage.</li> <li>•Understand the positions and where they can and cannot go within the court.</li> <li>•Know the rules of a game of high fives</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>•Passing to someone who is moving.</li> <li>•Start to identify and create space.</li> <li>•Games using the court and the set positions to increase knowledge of positions.</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>•Game play with positions</li> <li>•Increased flow with stronger tactical play.</li> <li>•Understanding all positions and the rules of the high fives game.</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>•Increased speed of play</li> <li>•Consistent accurate passing</li> <li>•Introduce umpiring to the children</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>• Full game play and understanding</li> <li>• Competitive attacking and defending throughout</li> <li>• Good tactical play</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>• Umpire games themselves</li> <li>• Introduce the positions involved in secondary school/adult Netball</li> <li>• Support one another and help improve each others skill level.</li> </ul>
Rounders				<p>Skills at expected</p> <ul style="list-style-type: none"> <li>•Catch overarm throws</li> <li>•Understand the pitch and positions</li> <li>•Start to understand how to bowl</li> <li>•Start to understand how bat</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>•Start to understand the rules</li> <li>•Show consistency with catching</li> <li>•Show some connection with batting</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>•Understand the rules of how to score and get people out</li> <li>•Consistently catch all types of throws or hits</li> <li>•Connect with the ball when batting</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>•Show more accuracy when throwing</li> <li>•Show confidence when making decisions when fielding</li> <li>•Higher percentage of connection when batting</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>•Accurately throw a ball under and overarm</li> <li>•Confidently make decisions when fielding</li> <li>•Connect with the ball when batting the majority of the time</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>•Show consistency when batting</li> <li>•Start to use tactics to improve fielding play and batting</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>• Use tactics to improve fielding – change fielding set up, try to get more than one person out where possible</li> <li>• Use tactics to improve batting – move off the bases quickly, hit the ball towards space</li> <li>• Consistently hit the ball and accurately throwing</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>• Show the ability to play various positions fielding</li> <li>• Can umpire the game themselves</li> </ul>
Cricket				<p>Skills at expected</p> <ul style="list-style-type: none"> <li>•Underarm bowl</li> <li>•Understand what a wicket keeper does</li> <li>•Understand how to hold the bat and stand</li> <li>•Understand how to do long barrier</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>•Start to overarm bowl</li> <li>•Start to understand how to bat defensively and to attack for runs</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>•Start to understand how to bowl overarm</li> <li>•Understand how to bat defensively</li> <li>•Understand how to bat to attack for runs</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>•Some more success when hitting the ball</li> <li>•Start to understand the rules of kwik cricket</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>•Successfully hit the ball when bating more</li> <li>•Start to learn the rules of kwik cricket</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>•Continue to learn the rules of kwik cricket</li> <li>•Communicate effectively</li> <li>•Consistently connect with the ball when batting and catch all different types of ball</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>• Show a good understanding of a range of rules</li> <li>• Communicate effectively to gain advantage</li> <li>• Hit the ball consistently when batting</li> <li>• Catch and stop all different types of ball (roll, bounce and air)</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>• Umpire the kwik cricket game</li> <li>• Learn the position names for full 11 aside cricket</li> </ul>

Athletics	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>•Start to understand the difference between sprinting and jogging</li> <li>•Perform a standing long jump</li> <li>•Throwing underarm (beanbag)</li> <li>•Start to understand lane etiquette</li> <li>•Start to build to run middle distances</li> <li>•Start to understand how to perform a relay using a baton</li> </ul> <p>•Understand what a beanbag shuttle run is and complete with help.</p> <ul style="list-style-type: none"> <li>•Attempt to perform multiple jumps while in a sack</li> <li>•Balance an egg on a spoon with reasonable control</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>•Understand the difference in speeds they can move</li> <li>•Show control when performing a standing long jump</li> <li>•Show good technique throwing overarm</li> <li>•Understand how to perform a relay race</li> <li>•Show ability to run for set periods of time</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>•Understand the difference between sprinting, jogging and walk-ing.</li> <li>Perform a sprint staying in the allocated lane.</li> <li>•Perform a standing long jump with control</li> <li>•Understand the process of throwing a javelin</li> <li>•Continue to build on middle distance</li> <li>•Understand how to perform a relay</li> </ul> <p>•Complete a shuttle run with minimal help</p> <ul style="list-style-type: none"> <li>•Perform multiple jumps to get a good rhythm in a sack</li> <li>•Keep the spoon level to keep the egg on the spoon to increase speed in the race</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>•Understand the power needed in a sprint start</li> <li>•Use good jumping technique to improve distance</li> <li>•Improve technique and distance in javelin</li> <li>•Comfortably run for 60 seconds without stopping</li> <li>•Consistently perform a relay without help</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>•Understand the power needed in a sprint start.</li> <li>•Perform a standing long jump with good technique to improve distance</li> <li>•Perform an overarm throw with a javelin</li> <li>•Continue to build middle distance running</li> <li>•Perform a relay and start to understand technique to help the transition</li> </ul> <p>•Perform a shuttle run without help</p> <ul style="list-style-type: none"> <li>•Perform the sack race with good rhythm</li> <li>•Confidently compete in an egg and spoon race, holding the spoon level to not ensure the egg does not fall off.</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>•Understanding the importance of arm movement during a sprint</li> <li>•Continued improvement on technique to improve distance in jumping and javelin</li> <li>•Comfortably run for 2 minutes</li> <li>•Show good technique that improves relay transition</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>•Understanding power needed in a sprint start</li> <li>•Use the skills learnt from sprinting and use them in the relay</li> <li>•Continue to improve distance stamina</li> <li>•Good standing long jump technique</li> <li>•Continue to improve Javelin distance</li> <li>•Start to understand how to throw a shot put using a beanbag</li> <li>•Perform a shuttle run how they feel is the quickest order</li> <li>•Start to travel forward while skipping</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>•Continue with sprint technique with a focus on ex-tending the stride.</li> <li>•Start to move into longer distance running and discuss different technique to sprinting</li> <li>•Continued improvement in distance of throws and jumps</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>•Understand how to extend your sprint stride</li> <li>•Continue to improve relay transition whilst using sprint technique</li> <li>•Continue to improve distance stamina</li> <li>•Consistent controlled standing long jump with improvements</li> <li>•Show good push technique with the shot put</li> <li>•Improve shuttle run, running efficiency</li> <li>•Continue to improve skipping technique</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>•Understand the importance of not slowing down at the finish line</li> <li>•Continued to improve long distance running</li> <li>•Continued improvements in jumping and throwing techniques</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>•Perform a good sprint start and extended stride consistently and understand the importance of not slowing down at the finish line.</li> <li>•Start to show the ability to run over a longer distance for a longer period of time</li> <li>•Continue to jump over a good distance</li> <li>•Understand how to hold a discus and how to throw it</li> <li>•Transfer throwing skills to learn how to throw a vortex</li> <li>•Continue to show good shot put technique to see distance improvements</li> <li>•Continue to improve shuttle run efficiency</li> <li>•Show good flow whilst skipping to confidently race</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>•Consistently show full understanding of a full sprint technique</li> <li>•Continue to improve distance over time</li> <li>•Hold a discus correctly</li> <li>•Continue to improve distance in all throwing</li> </ul>	<p>Skills at expected</p> <ul style="list-style-type: none"> <li>• Show consistent sprint technique to improve speed</li> <li>• Continue to improve distance over a timed period</li> <li>• Continue to push to jump further</li> <li>•Hold a discus correctly and show correct throwing technique</li> <li>•Show improvements in distance of vortex throw and shot put</li> <li>•Show good efficiency when performing a shuttle run</li> <li>•Perform a skipping race confidently</li> </ul> <p>Skills towards greater depth</p> <ul style="list-style-type: none"> <li>•Self-analysis on running over longer distances, identify possible improvements</li> <li>•Show good consistent skills across all events</li> </ul>
-----------	--	--	--	--	--	--	---

