

Skills Progression – Athletics

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Learning Themes	-Running -Throwing -Jumping -Mini Olympics	-Moving at different speeds -Hurdling over obstacles -Jumping -Throwing -Throwing with accuracy -Being a team player	-Moving quickly -Hurdling over obstacles at speed -Jumping with two feet -Throwing for distance -Throwing different objects with accuracy -Sportsmanship	-Running for speed -Hurdling with rhythm and speed -Travelling for distance -Push and pull throws -Jumping for distance -Working together in relay events	-Sprinting -Hurdling over obstacles with rhythm and speed -Running for distance -Throwing accurately with push and pull throws -Jumping further -Working quickly together in relay events	-Using F.A.S.T. -Hurdling with height and speed -Maintaining speed over a long distance -Pull throws for accuracy and distance -Push throws for accuracy and distance -Long jump and triple jump	-Using F.A.S.T. to help improve sprinting performance -Hurdling for performance -Improving performance in long distance running -Push and pull throws for accuracy and distance -Performing long jump and triple jump with run-ups -The 'Mini Olympics'
Knowledge and Understanding of skills	-Understand how to move quickly -Know how to change speed quickly -Understand how to throw an object towards a target -Know how to throw an object and stay balanced -Know how to jump -Understand how to throw, jump, run and be part of a team	-Understand how to move at speed -Understand how to travel safely over obstacles -Understand how to jump with two feet -Understand how to throw different objects -Understand how to throw different objects at targets -Understand how to be a team player	-Understand how to run at speed -Understand how to hurdle safely over obstacles -Understand how to jump with two feet safely -Understand how to throw different objects for distance -Understand how to throw different objects accurately -Understand the term sportsmanship	-Understand how to run at speed in a straight line -Understand how to hurdle at speed over obstacles -Understand how to travel over a long distance -Understand the difference between a push and pull throw -Understand how to jump with two feet for distance -Understand how to work in a team in a relay event	-Understand the importance of good reactions and sprinting in a straight line -Understand how to hurdle at speed consistently over obstacles -Understand how to run over a long distance -Understand how to throw with a push technique and pull technique -Understand how to increase jumping distance -Understand how to work in a team in different relay events	-Understand the term F.A.S.T and know what each letter stands for -Understand how to hurdle over tall obstacles at speed -Understand how to maintain a consistent speed over a long distance -Understand how to perform a pull throw for distance -Understand how to perform a push throw for distance -Understand the difference between long jump and triple jump	-Understand the term F.A.S.T. and know what each letter stands for as well as the importance of good reactions when sprinting -Understand the importance of rhythm to hurdle over tall obstacles at speed -Understand how to pace myself and maintain a consistent speed over a long distance -Understand the difference between a push throw and a pull throw -Understand how to perform long jumps and triple jumps -Understand how to perform in different types of athletics events (jumping throwing and running)

Applying and Analysing Skills

-Apply arm and leg speed when running -Apply running skills to increase speed -Apply throwing skills -Apply balance when throwing at targets -Apply bent knees and arm swings when jumping -Apply athletics skills when part of a team in a 'Mini Olympics'	-Apply speed when running -Apply running skills to hurdle safely over obstacles -Apply balance to be able to jump with two feet -Apply throwing skills to be able to throw different objects -Apply throwing skills to be able to throw different objects at targets -Apply support for others in my team	-Apply reactions and speed when running -Apply running and hurdling skills to hurdle safely over obstacles -Apply balance to be able to jump for distance with two feet -Apply throwing skills to be able to throw different objects for distance -Apply throwing skills to be able to throw different objects accurately -Apply sportsmanship when taking part in different athletics activities	-Apply control to my movements to be able to run at speed in a straight line -Apply running and hurdling skills to hurdle over obstacles quickly -Apply high effort levels to keep moving when travelling over a long distance -Apply throwing technique to perform push and pull throws -Apply power to two footed jumps to increase jumping distance -Apply handover skills when taking part in relay events	-Apply good reactions, control and balance to movements to be able to sprint in a straight line -Apply running and hurdling skills to hurdle over obstacles quickly and consistently -Apply high effort levels to keep running when travelling over a long distance -Apply accuracy to push and pull throws -Apply power and balance to jumps to increase jumping distance -Apply teamwork and handover skills when taking part in relay events	-Apply F.A.S.T to sprinting technique -Apply running and hurdling skills to hurdle over tall obstacles clearly and quickly -Apply a consistent speed when running over a long distance -Apply effective pull throw technique to attempt to throw objects with power and accuracy -Apply effective push throw technique to attempt to throw objects with power and accuracy -Apply jumping technique to standing long jumps and triple jumps	-Apply F.A.S.T and good reactions to sprinting techniques -Apply running and hurdling skills to hurdle over tall obstacles clearly and quickly with consistency -Apply a consistent pace and speed when running over a long distance -Apply effective push throw and pull throw technique to attempt to throw objects with power and accuracy -Apply jumping technique and run-ups to long jumps and triple jumps -Apply athletics skills practiced this half term and use them to perform in different athletics events (jumping, throwing and running)
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Synthesizing and Evaluating Skills

-Think about how to move your arms and legs quickly -Think about how to increase speed and work well in a team -Think about how to throw objects at targets -Think about how to stay balanced to improve throwing skills -Think about bending knees and swinging arms to help improve jumping distance -Think about how to develop throwing, jumping and running skills to help your team in a 'Mini Olympics'	-Think about reacting quickly and using running techniques to move quickly -Think about how to hurdle over obstacles safely at speed -Think about how to use my arms and legs to jump for distance -Think about how to use throwing skills to throw different objects over a distance -Think about how to use throwing skills to throw different objects with accuracy at targets -Think about why the Olympic values are important	-Think about reacting quickly and using running techniques to move and run with speed -Think about how to hurdle over obstacles at speed with control -Think about using balance and power to jump for distance with two feet -Think about how to increase throwing distance by using power and accuracy -Think about how to vary power and technique when throwing different objects to improve throwing accuracy -Think about why the Olympic values and sportsmanship are important	-Evaluate running technique and control to run at speed in a straight line -Evaluate speed, control and rhythm when hurdling over obstacles -Evaluate rhythm, breathing and pace when travelling over a long distance -Evaluate throwing technique to increase the distance of objects thrown with push and pull throws -Evaluate jumping technique and power when jumping for distance with two feet -Evaluate effort levels and handover skills in relay events	-Evaluate running technique, reaction time, balance and control to sprint in a straight line at top speed -Evaluate control, speed and rhythm to hurdle over obstacles consistently at speed -Evaluate rhythm, breathing, posture and pace when running over a long distance -Evaluate throwing technique to improve accuracy of push and pull throws -Evaluate jumping technique, balance, head position and power when jumping for distance -Evaluate effort levels, teamwork, speed and handover skills in relay events	-Evaluate reaction time and the use of F.A.S.T to improve sprinting performance -Evaluate height, control, speed and rhythm to hurdle over obstacles effectively at speed -Evaluate rhythm, breathing, posture, pace and starts when running over a long distance -Evaluate stance, follow through, head position and throwing technique to improve accuracy and distance of pull throws -Evaluate stance, follow through, head position and throwing technique to improve accuracy and distance of push throws -Evaluate power, control and jumping technique of long jumps and triple jumps	-Evaluate reaction time, speed, control and the use of F.A.S.T. to increase sprinting performance -Evaluate height, control, speed, consistency and rhythm to hurdle over obstacles effectively to improve performance -Evaluate rhythm, breathing, posture, pace and my start and finish when running over a long distance -Evaluate stance, follow through, head position and throwing technique to improve accuracy and distance of push throws and pull throws -Evaluate jumping technique, control, power, balance and run-ups of long jumps and triple jumps -Evaluate performance in athletic events and provide feedback to help overs develop their athletic performance in jumping, throwing and running events
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Skills Progression – Cricket

	Year 3	Year 4	Year 5	Year 6
Learning Themes	-Catching -Catching and throwing -Bowling underarm -Bowling underarm with consistency -Holding a cricket bat correctly -Batting and hitting a ball consistently	-Catching and throwing skills -Performing a long barrier -Bowling underarm with accuracy -Hitting moving balls with a bat -The rules of cricket games -Batting, bowling and fielding in games	-Fielding -Bowling overarm -Bowling overarm with consistency -Hitting balls with a bat in different areas -Scoring runs -Developing batting, bowling and fielding skills in games	-Developing fielding skills -Bowling overarm with accuracy -Bowling overarm with a run-up -Front foot and back foot cricket shots -Hitting shots to avoid fielders -Implementing tactics during cricket games
Knowledge and Understanding of skills	-Know how to catch a small ball -Know how to catch and throw a small ball -Know how to bowl a ball underarm -Know how to bowl a ball underarm and hit targets -Know how to hold a cricket bat -Know how to hit a ball consistently with a cricket bat	-Understand how to catch a small ball consistently and throw with accuracy -Understand how to perform a long barrier -Know how to bowl a ball underarm with accuracy -Know how to hit moving balls when batting -Know and understand basic cricket rules -Know how to bat, bowl and field in a 'mini' cricket game	-Know and understand the different skills needed to field in cricket -Know how to bowl a ball overarm -Understand how to bowl a ball overarm with accuracy and control -Know how to hit the ball in different areas when batting -Know how to score 'runs' and the 'calls' needed to do so -Know how to use cricket skills in cricket games	-Know and understand the importance of a variety of different fielding skills needed to field effectively in cricket -Know how to bowl a ball overarm consistently with accuracy -Know how to bowl overarm with a run-up -Know the difference between front foot and back foot shots when batting -Know how to play cricket shots when batting to avoid fielders -Know how to implement tactics when playing in cricket games
Applying and Analysing Skills	-Perform catching skills to be able to catch a small ball -Apply fielding skills to be able to catch and throw a small ball -Perform underarm bowls towards targets -Bowl underarm at targets with accuracy -Hold a cricket bat with the correct grip to be able to hit a ball -Hit a ball consistently with a cricket bat	-Catch small balls consistently and throw small balls with accuracy -Be able to perform a long barrier to stop a moving ball -Perform underarm bowls with speed and accuracy -Maintain batting technique whilst moving to hit a ball -Apply cricket rules to 'mini' cricket matches -Bat, bowl and field in a cricket game	-Use different fielding skills in games -Bowl overarm with control -Bowl overarm with accuracy, speed and control -Hit the ball into a number of different areas and spaces when batting -Play cricket shots and run between the wickets when batting to score 'runs' using the correct 'calls' -Apply correct technique when batting, bowling and fielding in cricket games	-Perform fielding skills with accuracy control in games -Bowl overarm with accuracy and control -Bowl overarm accurately with a run-up -Be able to hit cricket shots whilst standing on the 'front foot' and 'back foot' when batting -Hit the ball into space and away from fielders when batting -Implement different tactics whilst playing in cricket games

Synthesizing and Evaluating Skills	-Evaluate catching technique to catch balls at varying heights -Evaluate catching and throwing skills to increase the speeds of both -Evaluate underarm bowling technique to hit targets consistently -Evaluate underarm bowling technique to hit targets more consistently with accuracy -Evaluate your grip on the cricket bat and the effect this has on batting -Evaluate batting stance and grip when hitting a ball	-Evaluate catching and throwing technique to improve the consistency of your catches and throws -Evaluate long barrier performance and its use -Evaluate underarm bowling technique to increase speed and accuracy -Evaluate body and bat position to increase consistency of hitting moving balls -Evaluate yours and others ability to play to the rules in a 'mini' cricket match -Evaluate your batting, bowling and fielding performance and highlight areas for development	-Evaluate your use and choice of different fielding skills -Evaluate the accuracy of your deliveries when bowling overarm -Evaluate overarm bowling technique to improve control, accuracy and speed -Evaluate grip, follow through and body position when batting to hit the ball in different areas when batting -Evaluate yours and your partners ability to run between the wickets effectively when batting -Evaluate your cricketing techniques (batting, bowling and fielding) and the impact these have on your match performance	-Evaluate the accuracy, control and speed of your fielding skills in games -Evaluate the accuracy, consistency and control of your deliveries when bowling overarm -Evaluate run-up style and technique to improve bowling performance -Evaluate the effectiveness of batting on the 'front foot' and 'back foot' and the impact this has on performance -Evaluate the effectiveness of your tactics when batting, bowling and fielding
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Skills Progression – Dance

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Learning Themes	-The Circus Dance' -The Big Top -Tight Rope Walkers -Hoop Dancers -Jugglers -Acrobats -The Big Show	'The Island' -Rhythm & Gestures -Timing & Shapes -Freezes & Patterns -Pirates -Let's Dance -Let's Perform	'Dance Styles' -Freestyle -Tap -Musical Theatre -Lyrical -Bollywood -Street Dance	'Cheer Dance' -Arm Motions -Jumps, Cheers & Chants -Formations -Basic Stunt Skills -Advanced Stunts -Tumble & Final Performance	'Around the World in Dance' -Capoeira -Chinese New Year Dance -African Dance -Irish Dance -American Line Dance -Zumba Latin Dance	'Rock n Roll' -Hand Jives to the beat -Hand Jive choreography -Positive feedback -Sequence success -Teamwork & Performance -Let's Perform a Rock & Roll Dance	'Street Dance' -Intro, Set Moves and Gestures -Five Jumps and Travelling -Turns & Held Positions -Group work and choreography -Let's Dance -Let's Perform
Knowledge and understanding of skills	-Understand what the circus is and the different performers you see there -Understand what a Tight Rope walker does and practice basic skills -Understand what a Hoop dancer is, and practice hop skills -Understand the art of Juggling and experiment with balls -Understand what acrobats do and practice some balances -understand how to put together a class dance that represents the Circus and its Acts	-Understand how to keep an 8 count Rhythm and what Gestures are. -Understand Cannons and how to make shapes with bodies -Understand how and when to perform freezes and how to make patterns for travel - Understands how to imitate a pirate character -Understands how to follow dance instruction -Understands how to perform as a class	- Understand Freestyle dancing and what competition involves -Understand how to perform simple Tap steps and put them together -Understand how to use bodies to represent a character and join in a class dance -Understand how to express emotion and tell a story through Dance -Understand the Bollywood style and how to perform simple moves -Understand the Street Dance style and perform with a partner	-Understand and know how to perform cheer arm motions -Know how to perform Cheer jumps and understand the difference between Cheers & Chants -Understand what formations are in Cheer and know how to form them -Understand and know how to perform basic stunt skills. -Understand and know how to perform advanced stunts -Understand what Tumbling skills are and how to join in with a performance of all skills learnt in previous lessons	-Understand the nature of Capoeira and how to perform basic moves -Understand and know how to be a part of a Chinese New Year festival -Understand what a 'Flash mob' is and perform in one -Understand and know how to perform Basic Irish Dance steps and perform in a 'Cannon' - Understand and know how to perform American Line Dance moves and 'Gestures' with a partner. -Understand and know how to follow and help create a Zumba Cass Dance	-Understand and know how to perform Hand jives to the beat -Understand and know how to create own Hand Jive choreography -Understand and know how to provide positive feedback to others -Understand and know how to create a successful sequence -Understand and know how to work as a team - Understand and know how to perform a Rock n Roll dance	-Understand what Street dance is, its heritage and skills to perform. Know some set moves and understand what Gestures are. -Understand the five jumps and travelling methods in Street dance -Understand and know how to perform Turns and Held positions -Understand how to work in a group and create choreography using the skills from previous lessons learnt. - Understand and know how to follow a class Street Dance -Know how to perform the Street Dance in the Street Dance style.

Applying and Analysing Skills

Analyse and apply different skills required for the performers necessary to perform their acts. -Analyse body shape and balance requirements for a tight rope walker -Analyse creativity for movements with the Hoops - Analyse concentration and co-ordination required for Juggling -Analyse diverse ways to create interesting balances -Analyse starting and ending positions with various content for class dance	-Analyse different Rhythms using counting and clapping to music and apply gestures to feeling. -Analyse cannons and how to perform them. Apply and show different body shapes that represent sea creatures. -Analyse Freezes and practice with various positions. Apply different patterns of movement around the space being used -Apply skills learnt previously to learn class dance -Analyse performance qualities and apply to class performance	-Analyse the different Dance steps and travelling, applying them together in a sequence -Apply the different tap steps in an 8-count routine -Apply and show different movements to represent the different animals -Apply and show different emotions through facial expression and body gestures -Apply the Bollywood dance moves and work with others to create a Bollywood dance -Analyse the Street Dance moves and apply to a motif created with a partner	-Analyse the universal arm motions, including High V, Low V, Broken T, Diagonals, Punch, Daggers High & Low, Bow & Arrow, L motion -Analyse Jumps and how to perform them applying correct arm positioning and timing. - Analyse cheers and chants with how they are performed and repeated -Analyse formations for different no.'s of groups and apply by executing an arrowhead, a circle, plus different lines. -Analyse the different stunting positions, flyers, Bases and spots and their job roles -Apply knowledge of basic skills for stunts to perform an advanced stunt adding entry and exit skills -Analyse the basic tumbling skills such as forwards and backwards roll, handstands, cartwheels, round offs, and bridges	-Analyse the basic positions of movement, blocking and attacking and how to control the space to win. -analyse the 3 different themes seen at the Chinese New Year festival -Apply understanding of flash mob and create a class flash mob with a theme -apply the use of no arms during Irish Dancing and analyse the different steps with this and perform in a cannon -Apply different gestures and put together with basic American Line Dance moves such as box step, grapevine, heel digs and toe taps -analyse different exercise movements for different body parts that will complement the Zumba style	-Apply hand jives to various fast and slow rhythms to the beat. - Analyse how to link hand jives creating own, paired or group choreography -analyse the different elements to look out for to give positive feedback -Apply good rhythm, to the beat and apply positive feedback to create a successful sequence -analyse the importance of listening and acceptance for good teamwork - apply the basics of hand jive and foot movements to create a dance within the Rock & Roll theme.	-apply the skills required for Street dance when performing the set moves and gestures -analyse the five different jumps and how to correctly execute them and land them safely -analyse how to turn correctly and apply to various turns and apply stillness to held positions, understanding when they are used. -analyse and apply good teamwork skills to create choreography with others -Apply all skills when learning and following the class street dance -Apply
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Synthesizing and Evaluating Skills

-Think about how all the different performers move and use their equipment -Think about stretching out arms, looking forward and keeping body tight for balance. -Think about using the Hoop on the floor and circling around body parts - Think about keeping eyes on the ball and big hands for catching as well as interesting steps to take whilst holding the ball -think about working as team to create different balances as well as correct body shape to hold balances -Think about which performer you were good at and choose for class dance	-Think about using 4,6 and 8 counts to keep Rhythm and use music with a continuous beat. - Think about gestures as Universal sign language to describe feelings without speech -Think about performing the same movement at separate times to create Cannon and relate to the waves on the beach. Think about how the creatures' move when applying to your body shape and travel -Think about using various levels in freezes for beginning and end of Dance. Make zigzag, circle and wavy patterns across the floor -Think about how pirates move, on the swaying nature of a ship and the different jobs they must perform.	-Think about the execution and delivery of the moves to impress the judges during competition -Think about travel, turns and movement you could use to join your Tap steps and which ones lead flow into each other -Think about the body movements that will represent the animals, high, low, on all fours etc. and focus on being a part of a group dance. -Think about the words in the song and how accurately you can represent them on your face and body, sad face, drooped shoulders, slow movements. Happy face, smiling, body upright, skipping or jumping -Think about the execution and rhythm used in Bollywood dancing and apply to group work -Think about using loose movements, low to the ground, funky dance moves to keep within the style	-Evaluate variety, body posture and correct arm & hand positioning for each motion. -Evaluate the timing and body positions to go through to execute a good, strong, high jump with 1.2 jump count. - Evaluate chants as short and repetitive, with cheers being longer and repeated once. -Evaluate the smoothness and fluency of moving between formations and the visual importance of correct spacing and positioning -Evaluate body positions and responsibilities of all stunt positions and importance of safety -Evaluate control and technique to perform safe and aesthetic (nice looking) advanced Stunts	-Evaluate the need for control and good space awareness to execute and win a Capoeira battle -Evaluate the fluidity and slowness of a lantern, the cheeky comedic presence of the lion and the beauty and smooth flow of the dragons at a Chinese New Year festival -Evaluate the good timing and acting skills required to execute a fun flash mob using the African Dance -evaluate the complexity of Irish dance steps and how to keep arms in, as well as the timing of a good cannon. -Evaluate good partner work and team work to make American line dance a success -Evaluate strengthening exercises for legs, arms & core to the beat and Rhythm of Latin American music keeping within the 'Zumba Dance' theme	-Evaluate timing and fluidity with different tempos such as fast, medium, and slow -Think about movements that link well through good fluidity -evaluate the musicality, creativity and teamwork shown when giving positive feedback for sequences -think about all the elements required for a good sequence as well as timing and creativity -Think about listening to each other's ideas and ensuring everyone can perform each of the movements for good teamwork -Think about the different hand jives and foot movements learnt to create a rock and roll dance combining them with creativity, good timing, and Rhythm. -a	-Evaluate the need for being loose, staying low to the ground and keeping your centre of gravity when learning set moves. Think about how Gestures are signing language- 'hand up is a stop sign' 'Thumbs Up means your good' -think about using legs and arms to execute jump and land safely and evaluate which feet to take off and land for each jump. -Think about centre of gravity and head positioning for correct turns. Evaluate held positions for the start and end of a dance as well as highlighting important moments in a dance. -Think about listening to everyone's ideas, being inclusive and using the set moves and skills for choreography content -Think about bringing own style to the class dance whilst following it and keeping within the style -evaluate what is required for a
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Skills Progression – Dodgeball

	Year 3	Year 4	Year 5	Year 6
Learning Themes	-Throwing a dodgeball with the correct technique -Dodging -Catching and scooping -Blocking and shielding -Dodgeball rules -Understanding dodgeball tactics	-Developing dodgeball throwing technique -Dodging in games -Developing catching and scooping skills -Developing blocking and shielding skills -Officiating dodgeball games -Implementing dodgeball tactics	-Using different types of dodgeball throws -Developing dodging technique -Developing catching technique -Improving catching in dodgeball games -Developing dodgeball gameplay skills -Working as part of a team in dodgeball	-Developing technique of 3 different dodgeball throws -Developing dodging skills in games -Developing catching skills in games -Improving team performance in dodgeball games -Developing positioning in dodgeball games -Developing teamwork skills in dodgeball
Knowledge and Understanding of skills	-Understand the difference between a 'grip' throw and a 'cup' throw -Understand how to dodge a ball -Understand how to catch and scoop a ball -Understand how to block and shield the ball -Understand the basic rules of dodgeball games -Understand different dodgeball tactics	-Understand how to perform a 'grip' throw and a 'cup' throw -Understand the different ways that you can dodge a ball -Understand how to catch and scoop a ball in dodgeball games -Understand how to block and shield the ball in dodgeball games -Understand how to play by the rules in dodgeball games -Understand how to use tactics in dodgeball games	-Understand how to throw using the 'grip', 'cup' and 'sidewinder' techniques -Understand how to dodge balls being thrown at you -Understand how to catch balls thrown from different places in dodgeball games -Understand how catches and drops can affect your team in dodgeball games -Understand how to implement tactics in dodgeball games -Understand how to show teamwork and sportsmanship skills in dodgeball	-Understand how to throw consistently with the 'grip', 'cup' and 'sidewinder' techniques -Understand the different techniques you can use to dodge a ball being thrown at you -Understand the challenges of catching in dodgeball matches and the benefits catches have for teammates -Understand tactics that can be used to eliminate opposing players in dodgeball games -Understand different dodgeball positions -Understand how to show teamwork, sportsmanship and leadership skills in dodgeball

Applying and Analysing Skills	-Perform throws with the 'grip' and 'cup' technique -Use dodging techniques to avoid being hit by a ball -Use catching and scooping skills to catch and scoop dodgeballs -Perform blocks and shields -Perform in dodgeball games sticking to the rules -Apply dodgeball tactics to games	-Use the 'grip' and 'cup' throws in dodgeball games -Use a variety of different dodging techniques to avoid being hit by a ball -Use catching and scooping skills to catch and scoop dodgeballs in games -Use blocks and shields in dodgeball games -Apply all the dodgeball rules to games -Apply different dodgeball tactics to games	-Use the 'grip', 'cup' and 'sidewinder' throws in dodgeball games -Use the suitable dodging techniques to avoid being hit by balls in dodgeball games -Apply catching skills in games to try and help teammates -Use catching skills and decision making to know when to attempt to catch dodgeballs in games -Use tactics in dodgeball games -Apply teamwork and sportsmanship to dodgeball games	-Perform 'grip', 'cup' and 'sidewinder' throws with accuracy in dodgeball games -Perform suitable dodging techniques at speed to avoid being hit by balls in dodgeball games -Apply catching skills to games and recognise when to catch and when to dodge throws -Apply different tactics to dodgeballs games to try and improve your teams performance -Apply positioning to dodgeball games to aid performance -Apply teamwork, sportsmanship and leadership to dodgeball games
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Synthesizing and Evaluating Skills

- Evaluate your ability to use the 'grip' and 'cup' throws
- Evaluate your dodging skills to try and improve your dodging ability
- Evaluate catching and scooping skills in dodgeball games
- Evaluate your blocking and shielding skills
- Evaluate your own ability to stick to the rules in dodgeball games and why this is important
- Evaluate the use of tactics in dodgeball games

- Evaluate how successful the 'grip' and 'cup' throws are in gameplay
- Evaluate your dodging technique to improve your ability to dodge balls in games
- Evaluate catching and scooping skills in dodgeball games and how this can give your team an advantage in match play
- Evaluate blocking and shielding skills in dodgeball games and how they can be used
- Evaluate your own and your teams ability to stick to the rules in dodgeball games and why this is important
- Evaluate the success of the different tactics used in dodgeball games

- Evaluate the effectiveness of the 3 types of throw (grip, cup and sidewinder) in dodgeball games
- Evaluate your use of different types of dodges when playing in dodgeball games
- Evaluate your catching technique in dodgeball games and how this differs to unopposed games
- Evaluate your decision making and catching skills
- Evaluate the success of the tactics used in dodgeball games
- Evaluate your own and your teams teamwork and sportsmanship skills in dodgeball games

- Evaluate throwing technique to improve accuracy and power of 'grip', 'cup' and 'sidewinder' throws in dodgeball games
- Evaluate your choice of dodge, awareness and speed when playing in dodgeball games
- Evaluate your catching technique and decision making in dodgeball games and how this differs to unopposed games
- Evaluate the different tactics used in dodgeball games
- Evaluate the use of positions and positioning on your teams performance in dodgeball games
- Evaluate your own and your teams teamwork, leadership and sportsmanship skills in dodgeball games and why this is important

Skills Progression – Fundamental Movement Skills (FMS)

	Year 1	Year 2
Learning Themes	-Moving safely -Developing balance -Jumping -Dribbling a ball with your feet -Moving and controlling a ball in different directions -Passing a ball with your feet -Striking a ball with your foot -Rolling a ball with your hands -Catching a ball -Throwing a ball underarm -Moving with a ball in your hands -Moving and passing a ball with your hands -How to score a 'try' with a rugby ball -Dodging a defender -Dodging a ball -Working with a partner -Honesty -Being a team player -Catching a small object -Throwing a small object underarm -Underarm bowling -Hitting a ball with a bat -Cricket skills -Developing cricket skills -Balancing an object on a racquet -Using tennis racquets to catch different objects -Hitting a ball with a racquet -Controlling a ball with a racquet -Hitting targets with a racquet -Developing tennis skills	-Moving safely at different speeds -Developing balancing skills -Jumping in different ways -Dribbling a ball with your feet with control -Using different parts of the foot to dribble and control a ball -Passing a ball with control -Striking a ball with your foot towards a goal -Rolling a ball with your hands at a target -Catching a ball from a variety of distances -Throwing a ball at a target -Moving at speed with a ball in your hands -Moving and passing a ball with your hands sideways -How to score a 'try' after moving with a rugby ball -Dodging defenders -Dodging multiple balls -Working in different groups and teams -Playing fairly -Winning and losing -Catching a small object on the move -Throwing a small object overarm -Bowling underarm with accuracy -Hitting a ball consistently with a bat -Improving cricket skills -Improving cricket skills further -Tennis time -Hitting practice with a tennis racquet -Hitting targets with a tennis racquet -Getting into tennis positions -Hitting targets with a tennis racquet whilst moving -Tennis games

- Understand how to move in different ways
- Understand what a balance is
- Know how to jump
- Know how to travel with a ball at your feet (dribble)
- Understand how to change direction whilst dribbling a ball
- Know how to pass a ball with my foot
- Understand what 'striking' a ball means
- Understand how to roll a ball with your hands
- Know how to catch a ball
- Understand how to throw a ball underarm
- Understand how to move whilst holding a ball with two hands
- Know how to move with a ball
- Understand what a 'try' is
- Understand how to move past a defender
- Understand how to dodge a ball
- Understand how to work with a partner
- Understand what being honest means
- Understand what being a good team player means
- Know how to catch a small object
- Know how to throw a small object underarm
- Understand how to bowl a ball underarm
- Know how to hit a ball with a bat
- Understand what batting, bowling and fielding is
- Know how batting, bowling and fielding is different
- Understand what balancing an object on a racquet means
- Know how to catch an object with a racquet
- Understand how to hit a ball with a racquet
- Understand how to control a tennis ball with your racquet
- Know how to try and hit targets when using a racquet
- Know how to use different tennis skills

- Understand how to move at different speeds and in different directions
- Understand what balance is
- Understand how to jump in different ways
- Know how to dribble a ball at your feet with control
- Know how to use different parts of your foot to control a ball
- Understand how to pass a ball with my foot towards a target
- Understand how to strike a ball at a target
- Understand how to roll a ball with your hands at a target
- Know how to catch a ball when it is thrown from different distances
- Know how to throw a ball at a target
- Understand how to move at different speeds whilst holding a ball with two hands
- Know how to move with a ball in my hands and attempt to pass it to a teammate
- Understand how to score a 'try'
- Know how to move past defenders
- Know how to dodge multiple balls in different types of games
- Understand how to be a good team player
- Know how to play fairly
- Understand the difference between winning and losing
- Understand how to catch a small object whilst moving
- Know how to throw a small object overarm
- Know how to bowl underarm at a target
- Understand how to hit a ball with a bat consistently
- Understand the skills needed to bat, bowl and field
- Know how to bat, bowl and field
- Know how to hit a ball in tennis activities
- Understand how to consistently hit a ball with a tennis racquet
- Understand how to consistently hit targets with a ball when using a tennis racquet
- Know what good body position looks like to be able to hit a tennis ball
- Understand how to hit a ball with your tennis racquet whilst moving
- Understand how to use different tennis skills

Applying and Analysing Skills

- Apply movement skills to dodge others
- Perform balances
- Jump with control
- Dribble a ball at your feet with control
- Apply balance when controlling and moving a ball with my feet
- Attempt to pass a ball with your foot with control
- Apply kicking technique to kick a ball with power
- Use rolling skills to try and hit a target when rolling a ball
- Apply catching skills to catch a ball
- Apply throwing technique to try and throw a ball at a target
- Move at different speeds and in different directions whilst holding a ball with two hands
- Pass a ball with your hands when moving
- Apply passing and movement skills to score a 'try'
- Apply movement skills to move past a defender
- Use movement skills to avoid being hit with a ball
- Use teamwork skills to take part in different activities with a partner
- Apply honesty to a variety of different activities
- Apply team player skills to help teammates in different activities
- Apply catching skills to be able to catch different small objects
- Apply throwing technique to throw a small object towards a target
- Apply throwing skills to be able to bowl a ball at a target
- Use batting skills to try and hit a ball with a bat consistently
- Apply cricket skills to different activities
- Use batting, bowling and fielding skills in cricket activities
- Apply balancing skills to keep an object on a racquet
- Use balance and racquet control to try and catch an object with a racquet
- Apply hitting skills to hit a ball with a racquet
- Use racquet skills to control a ball with a racquet
- Use hitting skills to try and hit targets with a racquet
- Apply different tennis skills to a variety of different tennis activities

- Apply agility and balance to move at different speeds and in different directions
- Apply balancing skills to keep yourself and objects balanced
- Apply control to different types of jumps
- Use your feet to dribble a ball with control when moving in different directions
- Use control when dribbling a ball and when receiving a pass
- Apply control and accuracy when passing a ball with your foot
- Apply accuracy when striking a ball towards a target
- Use rolling skills to hit targets when rolling a ball consistently
- Apply catching and movement skills to try and catch balls thrown from varying distances
- Apply accuracy and throwing skills to throw balls at targets
- Move at different speeds, in different directions and at varying levels whilst holding a ball with two hands
- Apply passing skills to attempt to pass a ball sideways to a teammate
- Apply passing and movement skills to score a 'try' whilst moving
- Use movement skills to move past defenders
- Apply movement skills to avoid being hit by balls thrown at you
- Use good teamwork skills when working in different groups and teams
- Apply fairness to different games and activities
- Apply effort to different games and activities whether you are winning or losing
- Apply catching skills to be able to move and catch different small objects
- Use throwing technique to throw a small object overarm towards a target
- Use throwing skills to be able to bowl underarm accurately at targets
- Use batting skills to try and hit a ball with a bat consistently
- Apply cricket skills to different types of activities
- Use batting, bowling and fielding skills in different cricket style games
- Use hitting skills to hit a ball with a tennis racquet
- Apply hitting skills to consistently hit a ball with a tennis racquet
- Use hitting skills with a tennis racquet to consistently hit targets with a ball
- Use movement and ready positions to be able to hit a ball from a variety of different positions
- Apply hitting skills to consistently hit a ball with your tennis racquet whilst moving
- Apply hitting and movement skills to tennis games

Synthesizing and Evaluating Skills

- Think about different ways to dodge others
- Think about different ways to balance
- Think of different ways to jump with control
- Think about the best way to move whilst keeping a ball under control with my feet
- Think about how to control a ball when dribbling at different speeds and in different directions
- Think about how to use different power levels and parts of your foot to pass a ball to a target
- Think about the best ways to kick a ball at a target with power
- Think about how to use accuracy and power to be able to hit targets when rolling a ball
- Think about hand position and the movements needed to catch a ball
- Think about the skills needed to throw a ball underarm at a target consistently
- Think about how to move at different speeds and directions whilst holding a ball with two hands
- Think about the best ways to pass a ball when moving
- Think about how to be fluid when scoring a 'try'
- Think about how to travel in different directions and at different speeds to move past and away from defenders
- Think about the best ways to react and move to dodge a ball
- Think about how you can help, support and be a good partner when performing in different activities with a partner
- Think about your own and others honesty and encourage others to play fairly
- Think about the best ways to be a good team player and support others
- Think about the best ways to catch objects that are thrown at different heights and speeds
- Think about how to change power and direction when throwing a small object underarm at a target
- Think about the best ways to bowl a ball to hit cricket stumps
- Think about how to use power and accuracy when hitting a ball with a bat
- Think about how to bat, bowl and field to perform in different activities
- Think about how to improve performance when batting, bowling and fielding in cricket activities
- Think about how to use control to keep an object balanced on a racquet
- Think of the different skills required to move and catch objects with a racquet
- Think about how you can hit a ball at different speeds and in different directions with a racquet
- Think about how you can control a ball with a racquet consistently

- Think about how to use agility and balance to move at different speeds and in different directions in different activities
- Think about how balancing skills can be used to balance in different ways and keep different objects balanced
- Think about how to jump with height, distance and control for a number of different types of jumps
- Think about the best way to control a ball with your feet when changing speed and direction
- Think about how to control a ball with different parts of your foot, depending on the situation you are in
- Think about varying power levels, accuracy and control when passing a ball at stationary and moving targets
- Think about the best way to strike a ball to score a goal past a goalkeeper
- Think about using accuracy and power to hit different sized targets when rolling a ball with your hands
- Think about hand and feet position, reaction time and the movements needed to catch a ball when it is thrown from a variety of distances
- Think about how to add power and accuracy to your throws to hit targets more consistently
- Think about how to evade defenders whilst holding a ball with two hands
- Think about the best way to pass a ball sideways to a teammate when moving with a ball
- Think about how to move in fluid motion to score a 'try' at speed
- Think about travelling in different directions and at different speeds to move past and away from multiple defenders
- Think about the best way to react, move and dodge different balls being thrown in your direction
- Think about different ways to be a good team player and support teammates in different groups and teams
- Think about how playing fairly can affect others and how games are played
- Think about how to win and lose gracefully and help others to do so
- Think about the best ways to move and catch objects when they are thrown at you from different heights and at different speeds
- Think about how to change power and direction when throwing a small object overarm to hit targets
- Think about how to bowl a ball with accuracy to be able to hit cricket stumps
- Think about the best ways to hit a ball with a bat, using power and accuracy
- Think about how to improve batting, bowling and fielding performance in a variety of different cricket activities
- Think about how to improve batting, bowling and fielding techniques to help improve performance in different cricket activities

	-Think about how to use accuracy to hit different targets with a racquet -Think about how to use control and accuracy when performing tennis skills	-Think about how to hold a tennis racquet to help you have more control when hitting a tennis ball -Think about how to hit a ball with a racquet consistently, with varying speed and direction of your shots -Think about how to change the speed and direction of your shots to consistently hit targets with a ball from your tennis racquet -Think about why it is important to move into different positions and areas to be able to hit moving tennis balls -Think about how to hit targets consistently, when hitting a ball with your racquet whilst moving -Think about how to improve your use of control, hitting and movement skills to develop performance in tennis style games
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Skills Progression – Football

	Year 3	Year 4	Year 5	Year 6
Learning Themes	-Controlling a ball using your feet -Passing a ball with consistency -Shooting with accuracy -Defending 1 on 1 -Keeping the ball in a team -Competing in a team	-Controlling a ball consistently using your feet -Passing the ball with accuracy consistently -Shooting the ball with accuracy -Defending 1 on 1 against another player -Maintaining possession -Competing well in a team	-Developing dribbling technique -Developing passing technique -Developing shooting technique -Defending 1 on 1 against an opponent -Defending and attacking in different match scenarios -Compete fairly in football matches	-Improving dribbling technique -Maintaining possession of the ball in a team -Developing shooting in games -Defending as a team -Developing defending and attacking skills in different match scenarios -Compete fairly in a football tournament
Knowledge and Understanding of skills	-Understand how to control a ball using different parts of your feet -Understand how to pass a ball with consistency and accuracy -Understand how to shoot the ball with accuracy -Understand the key principles of defending against another player -Understand what keeping the ball in a team looks like -Understand how to compete fairly in a small-sided football team	-Understand how to control a ball using specific parts of your feet -Understand how to pass the ball consistently with accuracy -Understand how to shoot with accuracy consistently -Understand and explain the key principles of defending against another player -Understand how to maintain possession of the ball in a team -Understand what you need to do to compete fairly in a small-sided football team	-Understand how to dribble with control in an isolated practice -Understand how to pass the ball with control to teammates -Understand how to shoot the ball in different ways to help you score -Understand how to defend 1 on 1 against another player -Understand the difference between defending and attacking tactics -Understand the different ways that you can compete fairly in football matches	-Understand what you need to do to dribble with control -Understand how to keep the ball successfully in a football game -Understand the different ways to be able to shoot and score in games -Understand how to defend as a team -Understand how to implement different defending and attacking tactics -Understand how you can play fairly and encourage others to compete fairly in football matches
Applying and Analysing Skills	-Apply different controlling techniques in football style games -Apply passing technique to a game related practice -Apply shooting technique to a skill related practice -Apply some of the key defending principles into a game related practice -Apply your understanding of keeping the ball to a game -Apply your understanding of competing fairly to a competitive tournament	-Use a variety of controlling techniques in a skill related practice -Apply accuracy and passing technique to a game related practice -Apply consistent shooting technique to a skill related practice -Apply most of the key defending principles into a game related practice -Apply your understanding of keeping possession in a game related practice -Apply your ability to compete fairly in a competitive football tournament	-Apply dribbling skills to a modified game -Apply passing skills to a competitive game -Apply shooting skills in different shooting practices -Apply defending skills to defend 1 v 1 against an opponent -Apply a defending and attacking tactic to a game -Apply your understanding of fair play to your team in competitive football matches	-Apply a variety of dribbling skills to a modified game -Apply passing skills to keep possession of the ball in a competitive game -Apply shooting skills in competitive games -Apply defending tactics and principles to be able to defend as a team in a football game -Apply various defending and attacking tactics to football games -Apply your understanding of fair play to your team and the opposing team in competitive football matches

Synthesizing and Evaluating Skills

-Evaluate your ability to control the ball -Evaluate your success in passing the ball consistently in competitive activities -Evaluate shooting technique to improve shooting accuracy -Evaluate how you defend in a 1 on 1 competitive scenario -Evaluate how keeping the ball and possession in your team can give you an advantage in a football game -Evaluate how fair and respectful yourself and your team have been in a football tournament and how this can affect performance	-Evaluate your control when dribbling and passing the ball -Evaluate your accuracy and consistency of passing the ball in a competitive activity -Evaluate consistency of shooting technique and why some shooting techniques may be more effective than others -Evaluate your use of the key defending principles when defending in a 1 on 1 competitive scenario -Evaluate how maintaining possession in your team can give you an advantage in a football game -Evaluate teamwork, fairness and respect of yourself and your team in a football tournament and how this can affect performance	-Evaluate dribbling skills in a modified game -Evaluate passing in games and justify why passing is important in football -Evaluate your shooting technique to help you score goals -Evaluate your performance when defending 1 on 1 against an opponent -Evaluate the success of your tactics in a football match -Evaluate how fair and respectful you and your team were in competitive football matches and whether this had a positive or negative impact on your teams performance	-Evaluate dribbling skills and why they are important in football games -Evaluate your teams ability to keep possession of the ball and justify why possession is important in football -Evaluate your shooting success in games -Evaluate your teams ability to defend together and prevent goals being scored against your team -Evaluate the successes of the different tactics used in a football match -Evaluate how fair and respectful you, your team and the opposing team were in competitive football matches and whether this had a positive or negative impact on the teams' performance
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Skills Progression – Gymnastics

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Learning Themes	-Travelling at the zoo -Performing shapes at the beach -Rolling at the restaurant -Space jumps -Safari sequences -Olympic equipment	-Creating gymnastic shapes -Travelling -Rocking and rolling -Jumping and landing safely -Forming sequences -Using equipment and apparatus safely	-Creating and changing gymnastics shapes -Travelling and turning -Rolling -Jumping in different ways -Using equipment for sequences -Practicing gymnastics skills	-Travelling and creating gymnastics shapes -Patch and point balances -Exploring different gymnastics rolls -Jumping and vaulting -Creating sequences -Using different equipment and apparatus	-Mirror and matching balances -Advanced gymnastics rolls -Advanced jumping -Vaulting -Travel and sequences -Performing group routines	-Partner balances -Variety of travel -Jumping with shapes and rotations -Rolling in routines -Cartwheels -Rhythmic apparatus	-Group balances -Travelling with good posture and tension -Jumping and vaulting in routines -Rolling and jumping in time -Group routines -Creating sequences over equipment
Knowledge and Understanding of skills	-Understand and know how to move like animals -Understand and know how to make shapes with your bodies -Understand and know how to roll in different ways -Understand and know how to perform different types of jumps -Understand and know how to perform a sequence -Know and understand how to perform safely on gymnastics equipment	-Understand how to make gymnastic shapes -Understand how to travel with control -Know and understand the different between a tuck, a rock and a roll -Understand how to perform a gymnastics jump and land safely -Understand what a gymnastics sequence is -Know and understand how to be safe on gymnastics equipment and apparatus	-Understand how to create gymnastics shapes with your body -Understand and know how to travel at different levels -Understand how to show shapes before and after performing gymnastic rolls -Understand how to jump in different ways -Understand how to perform a gymnastic sequence when using equipment -Understand how to perform gymnastic skills that we have practice in PE	-Understand how to use your body to travel and create gymnastic shapes -Understand the different between a point balance and a patch balance -Understand how to perform a gymnastic roll safely -Understand how to jump and vault over/on equipment -Understand how to create a gymnastic sequence with at least 3 different moves -Understand how to be safe when experimenting and exploring on gymnastics equipment and apparatus	-Understand the difference between a mirror balance and a matching balance -Understand how to safely perform different gymnastic rolls -Understand safe jumping and landing technique for different types of jumps -Understand the difference between jumping and vaulting -Understand how to travel in different ways within a gymnastics sequence -Understand what different components are needed to create a gymnastics routine as a group	-Understand how to perform partner balances safely -Understand how to travel in a variety of ways, at different levels and at various speeds -Understand how to land safely when performing jumps with shapes and/or rotations -Understand how to perform different types of gymnastic rolls -Understand the different movements required to perform a cartwheel -Understand what rhythmic apparatus are	-Understand how to perform a group balance safely -Understand the importance of having good posture and body tension when travelling in gymnastics -Understand how to jump and vault in gymnastics routines -Understand why timing is important in a gymnastics routine -Understand what gymnastic skills are needed to perform in a group routine -Understand how to perform different gymnastics movements on equipment

Applying and Analysing Skills

- Apply movement to different directions
- Apply 3 seconds holds to shapes
- Apply arm and leg movements (straight or tucked) to help you roll
- Apply bent knees when taking off and landing when performing a jump
- Apply 3 different types of gymnastics movements to a sequence
- Apply safety measures when performing and waiting for turns on equipment

- Apply balance for at least 3 seconds when performing gymnastic shapes
- Analyse and apply control to different types of travel
- Apply tucking, rocking and rolling to different gymnastics activities
- Apply jumping safety to different types of gymnastic jumps
- Apply different gymnastics moves to gymnastic sequences
- Apply gymnastics skills to use gymnastics equipment and apparatus safely

- Apply adjustments to shapes and balances to change the way they look
- Apply different travels to a gymnastics sequence
- Apply and show different shapes before and after different types of gymnastic rolls
- Apply different methods of take-off and landing to jumps
- Apply control to a gymnastics sequence when using equipment
- I can apply different variations of gymnastics skills

- Analyse control to perform different gymnastics travels and shapes
- Analyse the difference between a variety of point and patch balances
- Apply safe technique to a variety of different gymnastic rolls
- Analyse control of jumps and vaults over/on equipment
- Apply different gymnastic moves to a sequence and analyse the variety of moves used
- Analyse technique of gymnastic moves to remain safe when experimenting and exploring on gymnastics equipment and apparatus

- Apply balancing technique to support the control of mirror balances and matching balances
- Apply gymnastic technique when performing a variety of different gymnastic rolls
- Apply jumping technique to five different types of jump
- Apply safe vaulting technique when attempting to perform gymnastic vaults
- Apply gymnastics technique to travel in gymnastics sequences on floor mats and gymnastics equipment
- Apply a variety of different gymnastic moves to a group gymnastics routine

- Apply 'counter tension' and 'counter balance' to partner balances
- Apply control, strong posture and hold shapes whilst travelling
- Apply jumping shapes and rotations to jumps and vaults off equipment
- Apply different gymnastic rolls to a gymnastics routine
- Apply different movements together to attempt to perform a cartwheel
- Apply different rhythmic apparatus to develop gymnastic routines

- Analyse and apply strong holds, tension and teamwork to support group balances
- Apply control, good posture and body tension to travels in gymnastics
- Apply safe jumping and vaulting technique when jumping on and off gymnastics equipment
- Apply strategies to perform gymnastic movements at the same time as a partner
- Apply a variety of different types of gymnastics movements to a group routine
- Apply a variety of different gymnastic movements on equipment within a gymnastics routine

Synthesizing and Evaluating Skills

- Think about how best to move when trying to move like an animal
- Think about head position to stay still and balance when performing shapes
- Think about how to roll with control
- Think about how to land safely when performing different jumps
- Think about how to improve performance of created sequences
- Think about how you can always perform safely in gymnastics and when using equipment

- Think about the aesthetics (look) and balance needed to improve gymnastic shapes
- Think about how to develop control and balance for different types of travels
- Think about control and smoothness of tucks, rocks and rolls
- Think about jumping safety and technique of different gymnastic jumps
- Think about the variety of gymnastic moves used in sequences
- Think about technique and balance to perform gymnastics skills safely on equipment and apparatus

- Think about the aesthetics (look) and balance of created gymnastic shapes
- Think about travel, turns and movement to improve the aesthetics (look) of a gymnastics sequence
- Think about the control of movements from roll to shape and help others with ideas to improve this
- Think about jumping technique and safety of a variety of different jumps
- Think about variety and effectiveness of gymnastic moves used in a sequence when using equipment
- Think about control and variation of gymnastic skills

- Evaluate variety, control and posture of different gymnastic travels and shapes
- Evaluate control to ensure performance of effective point balances and patch balances
- Evaluate control, smoothness and safety of several gymnastic rolls
- Evaluate the control of different types of jumps and vaults over/on equipment
- Evaluate variety, fluency and the aesthetics (look) of a gymnastics sequence
- Evaluate control and technique to perform safe and aesthetic (nice looking) gymnastic moves on equipment and apparatus

- Evaluate mirror balances and matching balances, reflecting on positioning, control, teamwork and variety of balance
- Evaluate control, smoothness and safety of advanced gymnastic rolls
- Evaluate style, control, elevation and creativity of 5 different types of jumps
- Evaluate the control, speed and style of gymnastic vaults
- Evaluate variation of levels, control and fluidity of travel within gymnastic sequences on floor mats and gymnastics equipment
- Evaluate teamwork, control, creativity and timing of gymnastic moves within a group gymnastics routine

- Evaluate technique to be able to perform partner balances with 'counter tension' and 'counter balance'
- Evaluate use of travel to improve gymnastics sequences
- Evaluate jumping actions and rotations and vaulting technique when performing jumps and vaults off equipment
- Evaluate safety, direction, variety and difficulty of gymnastic rolls performed in a gymnastics routine
- Evaluate the use of different movements to perform a cartwheel effectively
- Evaluate differences in gymnastic actions to use rhythmic apparatus effectively within gymnastics routines

- Evaluate tension, creativity, timing, teamwork and performance of group balances
- Evaluate travels and linking movements to perform a gymnastics routine that includes travel into and out of group balances
- Evaluate jumping and vaulting technique in gymnastics routines, focusing on balance and variety of jump
- Evaluate timing and aesthetics (the look) of a paired gymnastics routine
- Evaluate timing, variety, control and fluidity of group routines
- Evaluate gymnastics routines performed using a piece of equipment, focusing on variety of movement, control, timing and teamwork

Skills Progression – Handball

	Year 3	Year 4	Year 5	Year 6
Learning Themes	-Introduction to throwing and catching in handball -Developing passing -Shooting the ball -Developing passing and shooting -Movement with and without the ball -Applying skills and learning gameplay rules	-Developing throwing and catching skills in handball -Passing with variety -Shooting with accuracy and power -Passing and shooting in different ways -Dribbling and movement -Performing well with handball rules	-Developing passing and moving -Developing shooting -Progressing the ball through dribbling -Blocking and tackling legally -Applying multiple skills to handball games -Applying handball tactics	-Passing and moving in teams -Developing types of shot and shooting accuracy -Progressing the ball through dribbling and passing -Improving blocking and tackling timing -Using different handball skills to influence games -Using a variety of handball tactics
Knowledge and Understanding of skills	-Understand how to perform an overhead throw and bounce throw -Understand how to perform passes with accuracy in handball -Understand handball shooting technique -Understand how to pass and shoot successfully in handball -Understand how to move with and without the ball -Understand some of the rules of handball	-Understand how to perform a variety of catches and overhead throws and bounce throws in handball -Understand how to perform passes with accuracy, control and varying power levels -Understand how to shoot the ball with accuracy in handball -Understand how to pass and shoot in different ways with success in handball -Understand how to dribble effectively -Understand most of the rules of handball	-Understand the techniques used to pass and move in handball -Understand how to shoot the ball with accuracy and power in handball -Understand how to use dribbling to progress the ball in a handball context -Understand how to block and tackle legally in handball -Understand what skills are needed to compete successfully in handball games -Understand some handball tactics used in games	-Understand how to perform several passing and movement techniques in handball -Understand how to shoot in different ways with accuracy, control and power in handball -Understand when to dribble and when to pass in handball games -Understand when to perform blocks and tackles in handball -Understand the importance of the different skills needed to perform well in handball games -Understand how to implement different tactics in handball games
Applying and Analysing skills	-Perform competent overhead throws and bounce throws -Demonstrate consistent and accurate passes in handball activities -Demonstrate competent shots on goal used in handball -Perform competent passes and shots in handball games -Apply effective movement with and without the ball in handball games -Demonstrate how to follow specific rules in a handball game	-Perform competent overhead throws, bounce throws and catches in handball -Demonstrate passes that are consistently controlled, use varying levels of power and are accurate -Demonstrate accurate and powerful shots on goal used in handball -Demonstrate a variety of competent passes and shots within a handball game -Perform effective movements with and without the ball in handball games -Perform successfully in handball games whilst playing to the rules	-Demonstrate how to pass and move effectively in handball games -Perform competent shots in handball with accuracy and power -Demonstrate a competent dribble in order to progress the ball in handball -Demonstrate a competent block and tackle in a handball game -Demonstrate a variety of skills to help you compete well in handball games -Demonstrate some handball tactics in games	-Perform a variety of different passes and movements effectively in handball games -Perform a variety of different types of shots consistently with accuracy and power -Apply passing and dribbling skills to outwit opponents in handball -Perform effective blocks and tackles in handball games with effective timing -Perform a variety of handball skills to influence handball games effectively -Use several different handball tactics in games

Synthesizing and Evaluating skills	-Evaluate overhead and bounce throw techniques -Evaluate passing technique and suggest strengths and areas for improvement -Evaluate how to give improve shooting technique in handball -Evaluate passing and shooting success in handball games -Evaluate effective movement with and without the ball in handball games -Evaluate your own ability to follow the rules well in handball games	-Evaluate catching, overhead throw and bounce throw techniques -Evaluate passing technique in gameplay and recognise the importance of using different types of passes in different situations -Evaluate goalkeeper position and my own distance from the goal to perform shots with accuracy and power -Evaluate the success of mine and others passing and shot selections within handball games and the impact this has on gameplay -Evaluate the success of movement with and without the ball to help teammates in handball games -Evaluate my own and others ability to follow and perform well to the rules of handball games	-Evaluate your teams passing and moving in handball games -Evaluate accuracy and power of shots in handball games -Evaluate why dribbling is a good way to move/progress the ball in handball games -Evaluate how successful your blocks and tackles were in a handball game -Evaluate the use of specific skills in different scenarios in handball games -Evaluate the success of your tactics in handball games	-Evaluate your teams passing and movement and suggest improvements to aid performance in handball games -Evaluate shot selection and effectiveness of shots in handball games -Evaluate the use of dribbling and passing to outwit opponents in handball -Evaluate the success of blocks, tackles and defensive timing in handball games -Evaluate the use of skills in different scenarios for myself and others in handball games -Evaluate the impact of different tactics used in handball games to try and improve team performance
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Skills Progression – Hockey

	Year 3	Year 4	Year 5	Year 6
Learning Themes	-Holding the hockey stick -Dribbling with a hockey stick -Passing with a hockey stick -Tackling with a hockey stick -Shooting with a hockey stick -The rules of hockey	-Stance and grip -Dribbling and changing direction -Passing with accuracy -Tackling an opponent -Shooting with accuracy -Using skills in hockey games	-Dribbling with speed and control -Push passes and hit passes -Block tackles and jab tackles -Push shots and hit shots -Using different skills in competitive hockey games -Hockey tactics	-Dribbling past opponents -Performing push passes and hit passes in games -Performing block tackles and jab tackles in games -Performing push shots and hit shots in games -Performing a variety of hockey skills in games -Implementing tactics effectively
Knowledge and Understanding of skills	-Know how to hold a hockey stick -Know how to dribble a ball with a hockey stick -Know how to pass a ball with a hockey stick -Know how to tackle an opponent when using a hockey stick -Know how to shoot when using a hockey stick -Know and understand the rules of hockey games	-Know the correct stance and grip when holding a hockey stick -Know how to dribble a ball and change direction with a hockey stick -Know how to pass a ball with accuracy with a hockey stick -Know how to tackle an opponent and keep control of the ball with a hockey stick -Know how to shoot with accuracy with a hockey stick -Know how to use different hockey skills in hockey games	-Know how to dribble a ball with a hockey stick with speed and control -Know the difference between a push pass and a hit pass -Know the difference between a block tackle and a jab tackle -Know how to shoot with a push shot and hit shot -Know how to use hockey skills in competitive games -Know and understand different tactics in hockey games	-Know how to dribble past opponents -Know how to use push passes and hit passes in hockey games -Know how to use block tackles and jab tackles in hockey games -Know how to shoot with a push shot and hit shot in hockey games -Know how to dribble, shoot, tackle and pass effectively in hockey games -Know and understand how to implement effective tactics in hockey games
Applying and Analysing Skills	-Hold a hockey stick with the correct technique -Dribble a ball with a hockey stick -Pass a ball with a hockey stick -Tackle an opponent with a hockey stick -Use a hockey stick to shoot the ball -Play to the rules in hockey games	-Move and perform hockey skills with the correct stance and grip with a hockey stick -Use a hockey stick to dribble a ball with control -Pass a ball accurately with a hockey stick -Tackle an opponent with a hockey stick and control the ball after the tackle -Use a hockey stick to shoot a ball with accuracy -Use a variety of hockey skills in hockey games	-Dribble a ball with a hockey stick with speed and control -Be able to perform push passes and hit passes -Be able to perform block tackles and jab tackles -Be able to perform push shots and hit shots -Use different types of passes, shots and tackles in hockey games -Use a variety of different tactics in hockey games	-Dribble past opponents in competitive hockey games -Perform push passes and hit passes in competitive hockey games -Perform block tackles and jab tackles in competitive hockey games -Perform push shots and hit shots in competitive hockey games -Perform a variety of hockey skills in competitive games to outwit opponents -Use effective tactics in competitive hockey games

Synthesizing and Evaluating Skills

- Evaluate your grip to improve your hockey skills
- Evaluate dribbling technique to increase control of the ball
- Evaluate accuracy of passing skills
- Evaluate tackling technique to tackle effectively
- Evaluate accuracy of hockey shots
- Evaluate yours and your peers ability to play to the rules

- Evaluate your grip and stance to improve your hockey skills
- Evaluate dribbling technique to increase control and speed of dribbling
- Evaluate technique to improve accuracy of passes
- Evaluate your opponents positioning to be able to tackle effectively
- Evaluate your shooting technique to improve accuracy of hockey shots
- Evaluate your different hockey skills in hockey games

- Evaluate yours and your peers ability to dribble with speed and control
- Evaluate the effectiveness of push passes and hit passes
- Evaluate the effectiveness of the block tackle and the jab tackle
- Evaluate the effectiveness of the push shot and hit shot
- Evaluate performance of different skills used in competitive games
- Evaluate different tactics used in hockey games

- Evaluate dribbling skills in competitive hockey matches
- Evaluate passing skills in competitive hockey matches
- Evaluate tackling skills in competitive hockey matches
- Evaluate shooting skills in competitive hockey matches
- Evaluate hockey skills used to outwit opponents in competitive hockey matches
- Evaluate tactics used in hockey matches and the effect they have on team performance

Skills Progression – Tag Rugby

	Year 3	Year 4	Year 5	Year 6
Learning Themes	-Understanding how to tag -Moving with the ball -Passing the ball backwards and sideways. -Passing the ball backwards and sideways whilst moving. -Scoring a try -To play tag rugby games	-Developing tagging skills -Moving with the ball with the correct handling position -Passing the ball backwards and sideways with accuracy. -Passing the ball backwards and sideways whilst moving. -Scoring a try at speed -To work as part of a team in a tag rugby game	-Tagging on the move -Moving with the ball in multiple directions. -Passing the ball backwards and sideways on the move -Passing the ball backwards and sideways whilst moving at speed. -Timing passes and runs -To develop attacking and defending tactics	-Tagging on the move at speed -Moving with the ball in multiple directions and at different speeds -Passing the ball backwards and sideways on the move with accuracy -Passing the ball backwards and sideways whilst moving at speed with accuracy -Timing passes and runs to support teammates -To develop attacking and defending tactics to win games
Knowledge and Understanding of skills	-Understand how to tag another player -Understand how to move with control when holding a ball -Understand how to pass a ball backwards or sideways -Understand how to pass a ball backwards or sideways when moving -Understand how to score a try -Understand how to play small-sided tag rugby games	-Understand how to tag another player when moving -Understand how to move with control when holding a ball with the correct handling position -Understand how to pass a ball backwards or sideways with control -Understand how to pass the ball backwards or sideways with control whilst moving -Understand how to score a try at speed -Understand how to play small-sided tag rugby games and be gracious in victory and defeat	-Understand how to tag another player when moving at speed -Understand how to avoid a defender when moving whilst holding a ball -Understand how to pass the ball backwards or sideways with control and accuracy -Understand how to pass a ball backwards or sideways to a teammate whilst moving -Understand the importance of timing to complete passes to teammates -Understand tag rugby attacking and defending tactics	-Understand how to tag another player using either hand when moving at speed -Understand how to avoid multiple defenders when running with a ball -Understand how to pass a ball backwards or sideways with accuracy and control from both sides of the body -Understand how to pass a ball backwards or sideways to a teammate whilst moving, from both sides of the body -Understand how to choose the right time to pass to teammates -Understand how to implement attacking and defending tactics in tag rugby games

Applying and Analysing skills	-Apply tagging skills to tag other players when moving with some balance and control -Apply movement with control and balance with a ball in my hands, using the correct handling position -Apply control when passing a ball backwards or sideways -Apply control when passing a ball backwards or sideways when moving -Apply the correct technique when scoring a try at speed -Apply rugby skills I have learnt to play in small-sided tag rugby games	-Apply tagging skills to tag other players when moving with balance and control -Apply movement with control and balance and change direction whilst holding a ball with the correct handling position -Apply control, accuracy and balance when passing a ball backwards or sideways -Apply control and accuracy when passing a ball backwards or sideways when moving -Apply the correct technique to avoid defenders when scoring tries -Apply rugby skills I have learnt and fair play to small-sided rugby games	-Apply tagging skills to tag an opponent with either hand with control -Apply speed and changes of directions to avoid defenders when moving with a ball -Apply passing technique, control and accuracy when passing a ball backwards or sideways -Apply accuracy and passing technique to consistently pass a ball backwards or sideways to a teammate whilst moving -Apply accuracy and control to my passes, timing them so that it is easy for teammates to receive passes -Apply attacking and defending tactics to tag rugby games	-Apply tagging skills to tag an opponent with either hand at speed, with control and balance -Apply speed, balance, and changes of direction to avoid multiple defenders when running with a ball -Apply passing technique, control and accuracy when passing a ball backwards or sideways from both sides of your body -Apply accuracy and passing technique to consistently pass a ball backwards or sideways to a teammate (whilst moving) from either side of your body -Apply accuracy and control to passes, timing them so that it is easy for teammates to receive passes and support teammates to receive passes when you haven't got the ball -Apply attacking and defending tactics to tag rugby games to positively influence tag rugby games
Synthesizing and Evaluating skills	-Evaluate the best ways to tag other players when moving -Evaluate control and movement with a ball and the changing of direction using the correct handling technique -Evaluate passing technique to increase control and accuracy when passing a ball backwards or sideways -Evaluate passing skills, control and accuracy when passing a ball backwards or sideways when moving -Evaluate try scoring technique and recognise the best way to avoid a defender to score a try -Evaluate your knowledge of the rules of tag rugby and your ability to play fairly and be a team player	-Evaluate how to tag players using either hand when moving -Evaluate how to improve when moving with a ball, control and speed when changing direction and the use of the correct handling technique -Evaluate passing technique to increase control and accuracy when passing a ball backwards or sideways from both sides of your body -Evaluate passing skills and accuracy when passing a ball from both sides of the body at speed -Evaluate try scoring technique and recognise the best way to avoid a defender, to score a try at speed -Evaluate your knowledge of the rules of tag rugby and your ability to play fairly, be a team player and be gracious in victory and defeat	-Evaluate tagging technique and skills, recognising when to use either hand, when moving in games -Evaluate space to choose pathways to move into to avoid defenders with speed and changes of direction when running with a ball -Evaluate passing skills to ensure passes are backwards or sideways and completed with control, accuracy and timing from both sides of the body -Evaluate timing of pass to ensure that you can pass a ball to a teammate with control and accuracy when moving, on both sides of the body -Evaluate the timing of passes and timing of runs/movement to support teammates -Evaluate attacking and defending tactics to help improve performance	-Evaluate tagging technique and skills, recognising when to use either hand to tag another player when moving at speed in games -Evaluate space to choose pathways to move into to avoid multiple defenders with speed, balance and changes of direction when running with a ball -Evaluate passing skills to ensure passes are completed over varying distances with control, accuracy and timing from both sides of the body -Evaluate timing of pass at speed to ensure that I can pass a ball to a teammate with control and accuracy when moving, on both sides of the body -Evaluate my communication, the timing of passes and timing of runs/movement to support teammates -Evaluate attacking and defending tactics and attempt leadership roles to help team performance

Skills Progression – Yoga & Mindfulness

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Learning Themes	- Mindful Sitting - Mindful Breaths - Explore Yoga Poses - Perform Yoga Poses - Linking Yoga Poses - Movement Patterns	- What is Yoga & mindfulness - Understanding Sun Salutes - Practising Sun salutes - Mindful breathing - Holding Poses - Holding poses and following a sequence	- My understanding of Yoga and Mindfulness - Performing Sun salutes - Spring Yoga Moves - Mindful Breathing through Yoga Poses - Follow sequences fluently - Performing with a partner	-Yoga & mindfulness Sitting and Breathing -Bubble breathing -Experimental breathing -Guided Meditation, -Yoga story - Magic carpet ride with a friend	-Benefits of Yoga & Mindfulness -Bubble Breathing through poses and representation -Experimental Yoga breathing -Guided Meditation -Story telling through Yoga -Creating story through Yoga		
Knowledge and Understanding of skills	-Understands and knows how to sit mindfully -Understands and knows how to take Mindful Breaths - Understands what a Yoga Pose is -Understands how to perform a Yoga Pose correctly - Understand how to move from one Yoga pose to another -Understand and know how to put Yoga poses together in a movement pattern.	-Understands and knows what Yoga & Mindfulness is - Understands what Sun Salutes are and their practice -Understands practising sun salutes as a class -Understands Mindful breaths -Understands the importance of holding poses -Understands holding poses for 3 seconds and following a sequence	-Knows and has a good understanding of what Yoga & Mindfulness is - Knows and understands how to perform a sun salute with and for others -Understand and know how to use Yoga poses to represent Spring time. -Understands and knows how to breathe mindfully whilst performing Yoga poses -Understands a Yoga sequence and how to move fluently through it - Understands and knows how to put together and perform a Yoga sequence with a partner	-Understand and know how to sit and breathe mindfully -Know and understand what Bubble breathing is -Knowing and understand Experimental breathing -Understanding what a Guided Meditation is and how to use it to relax -Understanding what a Yoga story is -Understanding and knowing how to invent own Magic Carpet ride, creating poses with a partner	-Knows and understands the benefits of practising Yoga & mindfulness - Understands using Bubble breaths during Yoga poses and how to use them to represent feelings. -Understands and knows how to be experimental with breathe and how it makes you feel -Understand and know how to immerse self in a Guided meditation -Understands and knows how to bring a story to life through Yoga poses -Understands and knows how to use Yoga poses to create and tell a story with a partner		

Applying and Analysing Skills	-Apply correct posture and body shape for sitting mindfully -Analyse Mindful breaths and apply how they are made -Analyse what makes a good Yoga pose and why -Apply good posture , strength and body control to perform poses correctly -Apply fluency when moving between poses and analyse different ways to do this - Apply and analyse ways in which to connect Yoga poses, creating a movement pattern.	-Apply knowledge so far of what Yoga & Mindfulness is -Analyse Sun Salutes and what the meaning is behind them - Apply Sun salute practice with rest of the class as a group performance -Apply Mindful breaths whilst performing Yoga poses -Analyse the importance of holding Yoga poses which makes it an exercise -Apply holding Yoga poses for 3 seconds and follow the sequence with the class	-Analyse understanding of what Yoga and Mindfulness -Apply knowledge of sun salute for performance in class with a grateful mindset -Apply knowledge of Springtime to find poses which represent things found during springtime obviously. -Apply knowledge of mindful breathing through each pose -Analyse the sequence and focus on the fluidity of each of the poses and how they connect -Apply knowledge of Yoga sequence and experiment with performance as a pair	-Apply correct body shapes for sitting and breathing mindfully. - Apply deep breathing in through the nose and out through the mouth. -Analyse Bubble breathing with various techniques for different effects. -Analyse different types of breathing with props to awaken different feelings within -Analyse and apply understanding of a guided meditation, its relaxation and mindfulness benefits -Analyse what a Yoga Story is and how the poses can guide and tell any story -Apply knowledge of Yoga poses creating your own magic carpet ride, working well with a partner and showing good teamwork	-Analyse the benefits of yoga for a healthy mind and a healthy body. -Apply Bubble breathing and analyse the way it makes you feel after each one -Apply different props like feathers and paper to be experimental with breathing -Apply different breathing techniques and ways of sitting, lying whilst demonstrating good listening to the guided meditation -Apply different Yoga poses that can represent the characters, the setting, the various parts of the story. -Apply good team work with partners and use imaginations to create your own story.		
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Synthesizing and Evaluating Skills	-Think about crossing legs and sitting up tall for good posture and alignment for correct Mindful sitting -Think about taking a deep breath in through the nose,filling the lungs before gently releasing the breath through the mouth slowly and controlled -Think about posture and body tension and length of holding the Yoga pose - Think about applying skills for good Yoga pose and practise with good mindful breathing -Think about what poses would link together to promote fluency -Think about using mini turns, jumps, slides to connect poses and create movement patterns	-Think about Yoga as an exercise for the body and Mindfulness as an exercise for the mind -Think about being grateful to the Sun and its purposes. -Think about performing the Sun salute with good rhythm and timing with the rest of the class -Think about deep breathing in through the nose and out through the mouth to deepen and stabilise the Yoga poses -Think about how holding the poses will keep them controlled and strong -Think about squeezing all the muscles in the body to hold the poses, keeping up with rhythm and timing of the others in your class	-Think about strengthening and flexing the muscles of mind and body . -Think about how to show your gratitude in the sun salutes by loud repetition and good focus throughout. - Think about context of Spring as the beginning of new life and transference to the poses -Think about deep breathing control throughout the poses to deepen and stabilise the poses -Think about gentle soft slow movements to support fluidity and focus of poses -Think about working as a team, listening to each other's ideas,matching rhythm and shape as well as breathing.	-Evaluate good posture, straight spine, shoulders down, legs crossed and deep controlled breathing -Evaluate the different bubble breaths using imagination and knowledge of different bubble types,we have bubble solution and blowing through our fingers - Evaluate being experimental with a variety of breaths with props and the different feelings it evokes. -Evaluate the words in a Guided Meditation and how it relates to improving relaxation and current mindset -Evaluate the meaning of the story and how the poses relate to the parts of the story by what they look like and represent -Evaluate, teamwork, creativity and timing with a partner	-Evaluate and practise the benefits of Yoga as an exercise, with deeper stronger stretches and focus through mindfulness. -Evaluate a variety of Bubble breaths , improving execution and overall feeling. -Evaluate feelings after using the different props and have an outcome for each. -Evaluate clearing the mind of any thoughts to heed the words from the Guided Meditation -Evaluate the use of different poses to show the characters attributes and scene setting. -Evaluate a variety of movement,control,fluidity, timing and teamwork.		
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