

Curriculum Progression Map (2021-2022) KS1&KS2

	Year Group	Knowledge	Key Words	National Curriculum Links
Autumn 1	Reception	<ul style="list-style-type: none"> To move safely in an area. To control our body to be safe in a PE lesson. To execute a lunge movement. To roll and trap a ball with hands. To control and travel with a ball using feet. 	Safety, Scan, Listening, Control, Avoid, Balance, Statue, Still, Lunge, Knees, Feet, Roll, Trap, Send, Football, Dribble, Travel	
	Year 1	<ul style="list-style-type: none"> To be able to move safely in a space with control To understand how to tag safely in a tag game To move safely and to avoid being tagged in a tag game To be able to react quickly in a tag game To help others escape when caught in a tag game To demonstrate a combination of skills learned in this unit 	space, safety, scanning, tag, sprint, pounce, avoid, burst, dodge, reactions, start position, release, escape, energy, rules, sports, exercise	Master basic movements. Running, agility, participate in team games
	Year 2	<ul style="list-style-type: none"> To take part safely in a tag game To take part in a team tag game To use different movements to evade an opponent To be able to demonstrate increasing understanding of rules of different tag games. To recognise how to preserve energy in a tag game. To communicate with teammates to try to win a game 	safety, respect, listening, taking turns, team, tag, trick, side-step, evade, control, energy, consistent, positive, balance, concentrate, circuit, decisions, rules	Master basic movements including running. Develop agility and speed. Participate in team games. Develop simple tactics for attacking and defending
	Year 3	<ul style="list-style-type: none"> To execute a basic chest pass To execute a two-handed bounce pass To develop movement and recognise space To execute a basic overhead and shoulder pass 	target, eye contact, chest pass, bounce pass, power, distance, scanning, movement, timing, overhead pass, shoulder pass, possession, teammate, defender, court, distance, power	Use running, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop an understanding of how to improve in different sports.

		<ul style="list-style-type: none"> To explore basic understanding of possession Moving with the ball as a group 		
	Year 4	<ul style="list-style-type: none"> Develop the chest pass and bounce pass Develop the overhead and shoulder pass techniques Develop movement skills in order to evade a defender To develop understanding of keeping possession as a team Execute the basic shooting technique Apply skills learned in a modified version of High 5 netball 	chest pass, bounce pass, intercept, technique, overhead pass, shoulder pass, scan, evade, recognise, pressure, opponent, support, shooting, target, scoring, positions, rules, respect, referee	Use running, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop an understanding of how to improve in different sports.
	Year 5	<ul style="list-style-type: none"> Develop a variety of passing techniques and apply them in opposed games To develop intermediate passing techniques including one-handed techniques and applying disguise Explore and understand basic pivoting technique and footwork rule Introduce basic defensive techniques screening and intercepting Develop shooting whilst under pressure from an opponent Develop understanding of High 5 netball. Basic rules and positions. 	technique, variety, scenario, opposed, fakes, disguised pass, pivot, footwork, lead foot, marking, intercepting, anticipate, pressure, composure, rebound, obstruction, rules, positions	Use running, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop an understanding of how to improve in different sports. Apply basic principles for attacking and defending
	Year 6	<ul style="list-style-type: none"> Revisit and develop passing techniques and apply them in opposed situations Develop movement and support play in order to attack effectively To further develop pivoting techniques and apply them in opposed games To develop an understanding of attacking play and attacking principles To explore advanced shooting techniques such as step-back shot and side-step shot and apply them in opposed games To apply a range of techniques learned and apply them in constrained and full High 5 netball matches 	variation, opposed, possession, movement, support, create space, attacking principles, pivot, footwork, overload, underload, outnumbered, composure, rebound, sportsmanship, game understanding, respect, competition, Hi-five netball	Use running, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop an understanding of how to improve in different sports. Apply basic principles for attacking and defending

Autumn 2	Reception	<ul style="list-style-type: none"> To walk and run using a variety in the length of stride. To explore moving at different speeds. To explore moving in to spaces. To estimate the number of steps needed to reach a destination (hops, skips). To develop the ability to control a ball in a range of different ways. To send/release a ball or object towards a set direction or distance/target. To develop the ability to jump in different ways. To learn how to jump and land safely. To develop the lunge technique. To roll a ball in a set direction. To trap a ball when receiving. 	Speed, Run, Skip, Steps, Gallop, Distance, Ball, Move, Control, Jump, Leap, Exercise, Lunge, Direction, Balance, Twist, Turn, Waist, Send, Target, Hands	
	Year 1	<ul style="list-style-type: none"> To be able to send a ball towards a target To be able to release a ball towards a moving target To move with a ball using our feet To change direction with a ball using our feet To dribble with a ball using our hands To move with a ball and keep it away from another player using our hands 	aim, target, send, accurate, timing, dribble, control, turn, protect, escape, bounce, waist, control, change direction, speed	Master basic movements, throwing, co-ordination and balance.
	Year 2	<ul style="list-style-type: none"> To roll a ball along the floor and hit a target To throw a ball underarm and hit a moving target in a game To dribble with a football and avoid others To dribble with a football and get past a guard To dribble a basketball using both right and left hands To dribble a basketball and protect it from other players. 	target, aiming, accuracy, weight, underarm, power, control, follow through, dribbling, touches, control, sole, skill, trick, disguise, bounce, snap, wrist, guard, protect, block, shield	Master basic movements including throwing, develop balance and coordination. Engage in co-operative physical activities
	Year 3	<ul style="list-style-type: none"> To execute basic dribbling technique to travel with the ball Basic shielding technique To execute two basic types of turn with the ball 	scanning, dribbling, touches, shield, protect, hide, drag back turn, hook turn, defender, skill, trick, feint, accelerate, disguise, creative, unpredictable, respect, encourage, support	Use running, kicking, jumping in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop an

		<ul style="list-style-type: none"> To execute quick changes of direction whilst moving with the ball To evade a defender in a 1v1 situation To apply individual possession skills in opposed games 		understanding of how to improve in different sports. Learn how to evaluate and recognise success
	Year 4	<ul style="list-style-type: none"> To develop dribbling with the ball in a crowded area To develop shielding techniques whilst under pressure from an opponent To develop three different ways to turn with the ball and apply these whilst under pressure from an opponent To use changes of speed and direction whilst travelling with the ball To develop a variety of ways of beating an opponent in a 1v1 scenario To apply a range of individual possession skills in opposed game-based situations. 	Possession, control, traveling, block, shield, outside hook, inside hook, evade, trick, unbalance, unpredictable, exciting, creative, respect, teamwork, resilience	Use running, kicking, jumping in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success
	Year 5	<ul style="list-style-type: none"> Travelling with the ball whilst under pressure from an opponent To apply a variety of turning and shielding skills in opposed scenarios To apply a variety of dribbling skills in order to beat a defender in various 1v1 situations To pass the ball accurately over a short distance. Develop basic receiving skills whilst under pressure from an opponent. To develop an understanding of how, when and why to pass forward To explore principles of keeping possession as a team To develop an understanding of attacking principles and apply these in a small side game scenario 	dribbling, running with the ball, control, pressure, opponent, opposed, unbalanced, skills, deceive, body shape, weight of pass, accuracy, intercept, marking, tracking, movement, support play, create space, scanning	Use running, kicking, jumping in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success. Apply basic principles for attacking and defending
	Year 6	<ul style="list-style-type: none"> To revisit dribbling techniques and explore when to use smaller or bigger touches according to the space available To stay on the ball whilst under pressure from an opponent and recognise how and when to escape in to space 	recognise, exploit, decision making, game understanding, shield, protect, creativity, flair, unpredictability, combination play, connect, keep possession, techniques, communication, break lines, split pass,	Use running, kicking, jumping in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop an understanding of how to improve in

		<ul style="list-style-type: none"> To use a variety of individual possession skills and tricks in order to beat a defender in various opposed situations To connect and combine with team mates using short passing and receiving techniques To make effective forward passes in order to create opportunities to score To attack effectively as a team by keeping possession of the ball using a combination of both short and longer passes To apply attacking principles in a game scenario in order to create goal scoring opportunities 	interception, movement and support, disorganise, exploit space, tactics, strategy	different sports. Learn how to evaluate and recognise success. Apply basic principles for attacking and defending
Spring 1	Reception	<ul style="list-style-type: none"> To develop the lunge technique whilst traveling in different directions To use cross lateral techniques to refine movement (walk, run, throw) To bounce and catch my own ball To throw and catch various objects To develop a takeoff action for a variety of jumps To develop correct landing technique To understand what happens to our body when we exercise To develop travelling in a range of ways safely negotiating space To recognise how long it takes to travel different distances using different travelling movements To send a variety of different size balls in a set direction To control a ball that is sent to me 	Step, Knees, Still, Head, Toes, Heels, Ball, Bounce, Catch, Flat, Landing, Jumping, Walk, Hop, Travel, Roll, Control, Target	
	Year 1	<ul style="list-style-type: none"> To walk and run using an opposite arm to leg action To develop an awareness of space and to remember a movement pattern To develop anticipation and reactions with a moving ball using hands To kick a ball towards a target over various distances 	run, jog, skip, opposite, instructions, pattern, directions, aim, trap, accurate, kick, pass, distance, strike, stance, ready, bend, stretch, balance	Developing co-ordination and balance, participate in team games

		<ul style="list-style-type: none"> To explore striking a ball with a bat or a racket To bend and stretch in a variety of directions and at different levels 		
	Year 2	<ul style="list-style-type: none"> To run at a variety of speeds and in different directions to develop a fluent running technique To use a range of different jumping techniques To send and receive an object whilst on the move using hands To develop kicking a ball to a partner with accuracy and control whilst on the move To develop striking a moving ball with a bat or a racket To develop turning and spinning actions and use these in various competitive games 	fluent, rhythm, technique, knee action, take-off, landing, hips, ankles, tracking, receiving, netball, strike, power, inside, outside, stance, racket, timing	Master basic movements including running, jumping, striking, co-ordination and agility.
	Year 3	<ul style="list-style-type: none"> Explore basic dribbling skills in hockey Explore different ways to change direction whilst Use dribbling skills to get past or get away from a defender Develop dribbling to shoot at the goal Explore the basic ball striking technique 	grip, control, dribbling, contact, rotate, direction, twist, defender, disguise, accelerate, shoot, strike, power, accuracy, weight of pass, eye contact, assessment, competitive, opponent	Use running, dribbling and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success
	Year 4	<ul style="list-style-type: none"> Dribble with and keep possession of the ball in small spaces Develop ways to change direction and speed to evade a defender in a 1v1 situation Develop shooting with power from a medium range following a dribble Develop an understanding of basic defending techniques in hockey 	possession, rotate, scanning, evade, slalom, deceive, opponent, balance, power, distance, strike, push-pass, grip, receive, jab tackle, timing, safety, intercept, assessment, demonstrate, compete	Use running, dribbling and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success
	Year 5	<ul style="list-style-type: none"> Develop controlled dribbling technique with changes of direction and speed To travel with the ball in order to get past or evade defenders 	Travel, grip, directions, rotation, posture, outwit, defender, evade, passing, accuracy, disguise, receiving, support, movement, shooting, power, finishing, respect, teamwork, leadership, honesty	Use running, dribbling and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop an understanding of how to improve in

		<ul style="list-style-type: none"> To revisit the push pass technique to further develop passing over short and medium range To keep possession of the ball as a team using a variety of passes To develop shooting at goal from a variety of distances after receiving a pass To develop good sportsmanship and apply the skills we have learned this term in a variety of competitive team games 		different sports. Learn how to evaluate and recognise success. Apply basic principles for attacking and defending
	Year 6	<ul style="list-style-type: none"> To recap dribbling in hockey using the Indian Dribble technique To eliminate an opponent in a 1v1 situation using a trick/skill move using the 'forehand drag' Develop tackling an opponent safely in order to regain possession To develop medium and long-range passing and receiving skills and apply them in a game situation To develop and apply various shooting techniques whilst under pressure from an opponent To create and exploit space in order to support attacking play in small sided games 	Indian dribble, evasive, individual possession, rotate, eliminate, forehand drag, unbalance, jab tackle, intercept, spoil, marking, sweep pass, passing range, through pass, shoot, finesse, pressure, opposed, exploit space, awareness, creativity	Use running, dribbling and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success. Apply basic principles for attacking and defending
Spring 2	Reception	<ul style="list-style-type: none"> To move with speed and show agility To develop bouncing and catching my own ball To develop throwing and catching a variety of objects To explore leaping, hopping and sliding To develop speed, agility, and acceleration/deceleration To explore kicking a ball towards a target To explore striking a ball using various equipment 	Speed, Breathe, Ball, Bounce, Catch, Hop, Leap, Slide, Height, Take Off, Landing, Accelerate, Agility, Directions, Send, Receive, Sole, inside, Kick, target, Football, Bat, Stick, Racket, Strike, Hit, Equipment	
	Year 1	<ul style="list-style-type: none"> To throw and catch a ball with a partner using two hands 	partner, catch, throw, safety, object, hands, moving, partner, chest, distance,	Master basic movements; throwing and catching, participate in team games

		<ul style="list-style-type: none"> To throw and catch different objects using two hands To throw and catch a ball whilst I am moving To throw a small object using an overarm throw To throw a ball at a target from a close distance To throw and catch a ball in competitive team games 	overarm, target, send, release, team, competition, success	
	Year 2	<ul style="list-style-type: none"> To throw and catch a ball in a variety of different ways To throw and catch a variety of objects using both one and two hands To throw and catch a variety of objects whilst moving To throw different objects over a long distance using an overarm throw To throw different objects at a target over various distances To throw and catch a variety of different objects in competitive team games 	partner, chest-pass, eye contact, objects, variety, distances, accuracy, shoulders, hands, release, finger tips, rotate, scoring, opponent, game, teammate, competitive, demonstrate	Master basic movements including throwing and catching. Participate in team games. Engage in co-operative physical activities.
	Year 3	<ul style="list-style-type: none"> To develop basic tennis specific movements To explore basic control of the tennis racket To develop increasing control of the tennis racket whilst on the move To explore the basic forehand shot To control the direction and power of the forehand shot 	ready position, balance, movement, agility, V-grip, racket, control, develop, grip, racket head, forehand shot, side-on position, concentration, distance, control, accuracy, group, taking turns, competitive, respect	Use running, and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop flexibility, technique and control. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success
	Year 4	<ul style="list-style-type: none"> To further develop tennis specific movements used in the game To recap and develop increasing control of the tennis racket To develop the forehand drive shot To explore the two-handed backhand shot To explore the forehand volley shot Work in a small group effectively 	ready position, sport specific, balance, flight, anticipate, angles, forehand, timing, bounce, rotation, C-shape, backhand, volley, attacking, risk & reward, rules, respect, sportsmanship	Use running, and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop flexibility, technique and control. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success

	Year 5	<ul style="list-style-type: none"> • To develop reaction speed, footwork and movement required for tennis • To revisit the correct stance and grip for the basic forehand shot • To develop the forehand drive and develop decision making about how and when to use the shot • To develop the two-handed backhand drive and develop decision making around how and when to play the shot • To develop the forehand and backhand volley technique • To understand how to score points in tennis and to take part in some fun competitive activities 	tracking, trajectory, reactions, adjustment, grip, stance, two handed backhand, action, follow through, volley, technique, shape of shot, scoring, umpire, competitive, respect	Use running, and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop flexibility, technique and control. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success. Compare performances with previous ones and demonstrate improvement
	Year 6	<ul style="list-style-type: none"> • To perform a range of different shots and strategies to outwit an opponent • To develop advanced tennis specific movement, footwork and reaction speed • To explore different ways of playing the forehand shot to win a point • To develop different ways of playing the two-handed backhand drive including cross court and down the line • To understand the five different ways to win a point in tennis • To carry out the role of an umpire 	reaction speed, footwork, agility, coordination, recovery shot, cross court shot, top spin drive, consistency, cooperative, rally, rules, scoring system, doubles, singles, observation, fairness	Use running, and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop flexibility, technique and control. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success. Compare performances with previous ones and demonstrate improvement
Summer 1	Reception	<ul style="list-style-type: none"> • To jump from one foot to two feet, and one foot to one foot leading with either leg (Functional) • To anticipate the direction and action needed to receive an object. To trap a ball with hands and feet (manipulative) • To develop cross lateral techniques to refine movement (walk, run, throw) (Concepts) • To rise up from a squat position • To run or travel from a squat (Functional) • To release a ball or object towards a set direction or distance (manipulative) 	Take Off, Landing, Leap, Trap, Roll, Watch, Walk, Run, Throw, Squat, Balance, Stand, Underarm, Throw, Target, Speed Up, Slow Down, Stop	

		<ul style="list-style-type: none"> To develop speed and agility exploring acceleration and deceleration (Functional) 		
Year 1	<ul style="list-style-type: none"> To develop jumping for height and jumping for distance To move in time to a rhythm To develop catching a ball from different directions and heights To develop the lunge movement for stability and balance To side step and hop in different directions To bounce and catch with a partner using a variety of balls 	take-off, flight, landing, marching, beat, sequence, ready position, scan, space, lunge, balance, stable, side-step, hop, directions, bounce, grip, receive	Master basic movements; jumping, develop balance, movement patterns	
Year 2	<ul style="list-style-type: none"> To develop leaping over various distances and heights To develop agility, needed to avoid being tagged in a tag game To develop catching skills with changes of height, speed, direction and whilst on the move To explore the chest pass and use it in an opposed game To develop striking a moving ball in a game To develop dribbling a ball using our feet and use the skill in a game 	leap, lunge, opposite, landing, agility, disguise, evade, reaction, support, pass, receive, stance, grip, strike, football, dribble, touches	Apply basic movements in a range of activities. Develop simple tactics for attacking and defending.	
Year 3	<ul style="list-style-type: none"> Demonstrate basic running for speed Explore a variety of jumping styles To sprint over short distances To explore the two-handed push throw To throw and retrieve objects safely To explore a one-handed pull throw To explore running over a medium distance 	posture, sprint, reactions, accelerate, power, speed, push throw, agility, pull throw, distance, safety, pace, teamwork, long distance, events, performance, challenges	Use running, jumping and throwing in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop flexibility, strength, technique, control and balance. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success	
Year 4	<ul style="list-style-type: none"> To develop reaction speed required for sprinting To explore running with rhythm and coordination over obstacles To jump for distance from 2 feet landing on 2 feet 	Reaction speed, sprint start, arms and shoulders, coordination, rhythm, hips, knees, extend, ankles, weight, long jump, shot putt, push throw, techniques, competitor, respect	Use running, jumping and throwing in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop flexibility, strength, technique, control	

		<ul style="list-style-type: none"> To use a short run to jump from one foot to two feet To develop the one-handed push throw To develop awareness of pacing over a longer distance run To be a valuable team member in an athletics event 		and balance. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success
	Year 5	<ul style="list-style-type: none"> To develop an understanding of the effect of exercise on the body through athletics activities Develop quick reactions and rapid acceleration from a variety of static positions Jump for distance from one foot to two feet Develop the controlled pull throw action Execute a single arm push throw to reach a target To throw an object using the heave throw technique To pass a baton using a push pass in a relay race To execute a scissor jump technique 	rapid, acceleration, body lean, drive, reaction, pull throw, transfer, body weight, rotation, staggered, extension, trajectory, heave throw, sustain, pacing, baton, relay, scissor jump, decathlon, heptathlon, consistency, long jump, hang time	Use running, jumping and throwing in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop flexibility, strength, technique, control and balance. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success. Compare performances with previous ones and demonstrate improvement
	Year 6	<ul style="list-style-type: none"> To sprint over and between obstacles using consistent stride lengths To develop coordination and rhythm when sprinting over hurdles To demonstrate a dynamic sling throw To perform a triple jump combination with balance and control To develop the dynamic heave throw (hammer throw) technique Sustain running at a consistent pace over a medium distance Develop the one-handed pull throw technique in a competition To pass a relay baton at speed developing the push pass Apply running, jumping and throwing techniques in competition 	obstacles, hurdles, timing, consistency, stride length, triple jump, dynamic sling throw, combination, rotation, hammer throw, run up, compete, safety, javelin, flight, push pass, communication, measure, performance, resilience	Use running, jumping and throwing in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop flexibility, strength, technique, control and balance. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success. Compare performances with previous ones and demonstrate improvement

		<ul style="list-style-type: none"> Record and measure performance of self and others Describe the basic techniques which make for good performance 		
Summer 2	Reception	<ul style="list-style-type: none"> To rotate and twist the body to create shapes and movement (Functional) To develop kicking a ball in various directions using both feet (Manipulative) To develop leaping, hopping, sliding and combining these movements (Functional) To develop a swing of a racket or bat to strike a ball (manipulative) To move a variety of objects in multiple directions (up, down, forwards, backwards, right and left) (Concepts) To use a variety of techniques when moving both body and objects (Concepts) 	Twist, Rotate, Waist, Kick, Foot, Target, Hop, Leap, Slide, Racket, Strike, Drop, Directions, Bounce, Skip, Circuit, Stations, Take Turns	
	Year 1	<ul style="list-style-type: none"> To explore different ways of moving To jump over an object with two feet To jump for distance with two feet To throw an object at a target To explore different ways of jumping over obstacles To throw an object as far as possible To choose the best way to throw different objects To run over obstacles with control To throw a ball using a push throw 	athletics, movement, jump, knees, hips, ankles, obstacle, angles, height, distance, push-throw, sprint, relay, extend, elbows, stations, rules, safety, fair play	Apply running, jumping, throwing in a range of competitive activities
	Year 2	<ul style="list-style-type: none"> To develop running with a good posture To jump quickly from side to side showing coordination and balance To select the best way to jump over different distances To develop throwing for distance with a pull throw To throw a ball using a bounce-push throw 	posture, running, bounce, coordination, extend, distance, angles, pull-throw, bounce-push, combine, sequence, track, lean, javelin, accelerate, relay, take-off, flat footed, stations, rules, safety	Engage in competitive and co-operative physical activities in a range of increasingly challenging situations

		<ul style="list-style-type: none"> To combine hops and jumps together in a sequence To run on a curve with coordination and control To throw a foam javelin using a pull throw To accelerate quickly whilst taking part in a sprint relay race To demonstrate the ability to jump for distance from one foot to two feet 		
	Year 3	<ul style="list-style-type: none"> To catch a ball using the cup technique To bowl a ball underarm with accuracy To explore striking a moving ball in an intended direction To field a ball that is moving towards me and return the ball to a post fielder To retrieve a ball that has gone past me and return the ball to a post fielder To use striking and fielding skills in competitive games 	ready position, cup technique, anticipate, bowling, grip, release, transfer, striking, fielding, coordination, stance, intentional, fielding, short pick up, short barrier, retrieve, pick up, runs, competition	Use running, throwing, catching and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop flexibility, strength, technique, control and balance. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success
	Year 4	<ul style="list-style-type: none"> To develop throwing and catching skills required for striking and fielding games To develop an accurate bowling technique for rounders To develop the basic batting technique used in rounders To develop a range of stopping techniques used in rounders To retrieve and accurately throw a ball overarm to reach a designated target & to back up a post fielder To apply striking and fielding skills in a modified game of rounders 	hand to eye coordination, accuracy, anticipate, consistency, height, distance, grip, stance, timing, fielding, long barrier, two handed pick-ups, backing up, designated, competitive, scoring	Use running, throwing, catching and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop flexibility, strength, technique, control and balance. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success
	Year 5	<ul style="list-style-type: none"> To develop a variety of throwing and catching techniques required for fielding in rounders To develop batting techniques and basic tactics for batting in rounders 	positioning, efficiency, accuracy, intended direction, stance, footwork, backstop, responsibilities, decisions, deep fielder, long barrier, orthodox, unorthodox, tactics, awareness, game understanding, observation, communication	Use running, throwing, catching and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop flexibility, strength, technique, control

		<ul style="list-style-type: none"> • To understand the roles and responsibilities of the backstop and base fielders in rounders. • To understand the roles and responsibilities of the deep fielders in rounders. • To develop game understanding and apply fielding tactics to outsmart the opposing team • To develop an understanding of the role of the umpire in rounders 		<p>and balance. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success. Compare performances with previous ones and demonstrate improvement</p>
	<p>Year 6</p>	<ul style="list-style-type: none"> • To develop fast reactions required for catching balls thrown at different heights, speeds and angles • To strike a bowled ball with power in to space in the deep field • To develop game understanding of fielding and team play in a variety of fielding positions • To develop throwing from deep in the field with power and accuracy over a long distance • To further develop an understanding of the role of the umpire in rounders and to assess the performance of an umpire • To play cooperatively with teammates; applying a range of tactics and strategies when batting, bowling and fielding 	<p>reaction speed, hand to eye coordination, awareness, batting tactics, effectiveness, attack the ball, efficient, decision making, technique, pressure, observation, strategy, tactics, impartial, feedback</p>	<p>Use running, throwing, catching and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop flexibility, strength, technique, control and balance. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success. Compare performances with previous ones and demonstrate improvement</p>