



# Whole-School Physical Education Progression Map

## Physical Education Curriculum Map

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<p>Revise and refine the fundamental movement skills they have already acquired:</p> <ul style="list-style-type: none"> <li>- rolling - walking - running - skipping</li> <li>- crawling - jumping - hopping - climbing</li> </ul> <p>Progress towards a more fluent style of moving, with developing control and grace.</p>	<p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education</p>	<p>Combine different movements with ease and fluency.</p> <p>Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</p>	<p>Develop overall body-strength, balance, co-ordination and agility.</p>	<p>Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</p> <p>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p>	<p>Children at the expected level of development will:</p> <ul style="list-style-type: none"> <li>- Negotiate space and obstacles safely, with consideration for themselves and others;</li> <li>- Demonstrate strength, balance and coordination when playing;</li> <li>- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul>
Year 1						
Year 2						
Year 3						
Year 4						
Year 5						
Year 6						

## Dance: Progression of Skills

Reception	Year 1	Year 2
<p>Moving in time to happy and sad music</p> <p>Experiment with different ways of moving</p> <p>Experiment with actions at different levels</p> <p>Moving around as different characters or animals to the music</p>	<p>Listen to the music and begin to move in time to it</p> <p>Perform basic dance movements</p> <p>Perform dance movements showing some levels</p> <p>Perform basic dance travelling movements e.g. stepping, skipping, jumping</p> <p>Perform simple dance moves with some control</p>	<p>Move in time to the music showing some expression</p> <p>Perform dance movements with control</p> <p>Perform dance movements showing a variety of levels</p> <p>Perform dance movements showing travelling indifferent directions e.g. sliding, turning, gesturing</p> <p>Remember simple dance steps perform with control in time to the music</p>

Year 3	Year 4	Year 5	Year 6
<p>Collaborate to make a dance warm up</p> <p>Use a stimulus to create a dance</p> <p>Dance in unison with a partner</p> <p>Perform canon with a group</p> <p>Use some different levels and pathways</p>	<p>Cooperate to make a dance warm up and take on a leadership role</p> <p>Respond imaginatively to a stimulus</p> <p>Dance in unison with a partner/group</p> <p>Performing a range of movement patterns</p> <p>Perform canon showing a range of movement patterns</p> <p>Perform a variety of levels and pathways in a dance</p>	<p>Co-operate and collaborate to create a warm up displaying a variety of movement patterns</p> <p>I can translate ideas from a stimulus showing control and fluency</p> <p>Dance in unison in a group keeping in time with each other</p> <p>Dance in canon showing good timing</p> <p>Perform using a variety of levels and using the space</p>	<p>Co-operate, communicate and collaborate with group to make up a warm up with good rhythm and timing</p> <p>I can translate ideas from a stimulus into movement showing expression, precision, control and fluency</p> <p>Dance in unison in a group showing good timing, energy and strength</p> <p>Dance in canon in a group showing good timing, energy and strength</p> <p>Use levels, travelling and space with timing and musicality</p>

## Multi-Skills: Progression of Skills

Reception	Year 1	Year 2
<p style="color: red;">Experiment with different ways of balancing</p> <p style="color: blue;">Experiment with different ways of moving (agility)</p> <p style="color: green;">Experiment with different ways of throwing a moving ball with different body parts (co-ordination)</p> <p>Working with friends in a team – taking turns</p>	<p style="color: red;">Balance on lines with control and use equipment to balance on various parts of body</p> <p style="color: blue;">Changing direction quickly with some control (agility)</p> <p style="color: green;">Co-ordinating body whilst beginning to move with equipment</p> <p>Co-operate, compete and challenge themselves as a team in various games</p>	<p style="color: red;">Balance on low apparatus with good control</p> <p style="color: blue;">Changing direction quickly with good balance and control (agility)</p> <p style="color: green;">Co-ordinating body whilst beginning to move at different speeds with various equipment</p> <p>Compete challenges in a team in various running/obstacle games and working together to improve team performance</p>

Year 3	Year 4	Year 5	Year 6
<p style="color: red;">Balancing on various body parts while moving</p> <p style="color: blue;">Agility focus - changing direction at speed</p> <p style="color: green;">Co-ordinate body to perform a combination of movements</p> <p>Complete a variety of fitness test successfully and get a personal best</p>	<p style="color: red;">Balancing confidently using various equipment and body parts</p> <p style="color: blue;">Agility focus - changing direction at speed with good technique</p> <p style="color: green;">Co-ordinate body efficiently to perform combination of movements or actions</p> <p>Complete a variety of fitness tests confidently and achieve a number of personal bests</p>	<p style="color: red;">In combination with different skills can balance equipment while moving and co-ordinating another body action</p> <p style="color: blue;">Agility focus – change direction quickly and efficiently with equipment</p> <p style="color: green;">Co-ordinate using both sides of the body</p> <p>Test and measure balance agility and co-ordination confidently and accurately. Can compare their performances with previous ones and a strive to achieve a personal best</p>	<p style="color: red;">Balance equipment on various body parts whilst moving or co-ordinating another body actions accurately</p> <p style="color: blue;">Agility focus – can change direction at speed with balance and control whilst using various equipment</p> <p style="color: green;">Co-ordinate using both sides of the body with fluency to perform combination of movements or actions</p> <p>Complete each test with fluency and accurately measure and record. Evaluate previous performance levels and demonstrate improvements to achieve their personal best</p>

## Athletics: Progression of Skills

Reception-(through intro first PE unit)	Year 1- (through ball skills unit)	Year 2-- (through ball skills unit)
<p style="color: red; text-align: center;">Marching/running for co-ordination</p> <p style="color: blue;">Experiment with different ways of throwing under/overarm</p> <p style="color: green; text-align: center;">Experiment with different ways of jumping- measuring with various objects</p> <p style="text-align: center;">Working with friends in a team – taking turns</p>	<p style="color: red; text-align: center;">Running pumping arms at various speeds</p> <p style="color: blue; text-align: center;">Throw a variety of objects with some accuracy</p> <p style="color: green; text-align: center;">Jumping bending knees and pushing off – being competitive to improve distance as a pair</p> <p style="text-align: center;">Co-operate and compete in a team in various running games</p>	<p style="color: red; text-align: center;">Using arms and keeping head still when exploring running patterns</p> <p style="color: blue; text-align: center;">Throw in correct stance 'Usain Bolt position'</p> <p style="color: green; text-align: center;">Use arms to improve jumping technique – beating their own score</p> <p style="text-align: center;">Compete in a team in various running/obstacle games and working together to improve team performance</p>

Year 3	Year 4	Year 5	Year 6
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<p>Begin to perform 'FAST' technique</p> <p>Throw a javelin/vortex using correct stance rotating hips forward</p> <p>Perform a hop, step and jump (standing triple jump) in isolation and in combination</p> <p>In warm ups develop running for distance</p> <p>Develop relay change over techniques</p> <p>Run and take off over obstacles at some speed</p>	<p>Perform 'FAST' technique confidently when sprinting</p> <p>Throw a javelin/vortex with height and distance</p> <p>Perform a hop, step and jump (standing triple jump)</p> <p>In warm ups develop running for distance increasing each lesson</p> <p>Pass a relay baton with control with a partner in adapted games</p> <p>Run and jump over hurdles with some speed and control</p>	<p>React quickly and accelerate over short distances</p> <p>Throw a javelin/vortex/ tennis ball using correct stance rotating hips forward with good height and distance</p> <p>Perform a variety of jumps (Long jump and triple jump) and measure for distance</p> <p>Develop pace when running longer distance</p> <p>Pass a relay baton with control and timing in a pairs change over</p>	<p>Accelerate quickly with speed and control in movement – timed/competitive races</p> <p>Throw a javelin/vortex /shot put safely with accuracy and power.</p> <p>Perform a jump for distance varying techniques to improve performance</p> <p>In a competitive game and begin to hit/place a ball into a space</p> <p>Develop long distance running- learning to pace and show good technique</p> <p>Pass a relay baton in competitive situations (timed)</p>
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## Tennis (Net/Wall Games): Progression of Skills

Reception-(through intro first PE unit)	Year 1	Year 2
<p>Throw and catch to self with a soft ball and attempt to bounce catch to self</p> <p>Balance an object e.g. beanbag on racket</p> <p>Hand eye co-ordination passing ball to a partner</p> <p>Move on the floor ball with hand in a variety of ways</p> <p>Push the ball with throw down strips to develop hand eye co-ordination</p>	<p>Throwing and catching a small ball with control and bounce catch to self and partner</p> <p>Balance a ball on racket</p> <p>Racket familiarisation- moving ball with racket in forehand position</p> <p>Racket Familiarisation – moving a ball in backhand position</p> <p>Tap up tennis to self, keeping control</p>	<p>Throw and catch from one hand to the other and bounce catch into a target with a partner</p> <p>Balance a ball on racket with control</p> <p>Racket familiarisation- moving ball with racket in forehand and backhand position whilst moving</p> <p>Racket Familiarisation – moving a ball in backhand position whilst moving</p> <p>Tap up tennis with a partner to keep control of the ball</p>

Year 3	Year 4	Year 5	Year 6
<p>Move to catch a ball</p> <p>Control a ball on racket when moving</p> <p>Hit ball across the floor with forehand position</p> <p>Hit the ball across the floor using back hand position</p> <p>Hit a ball into a target (with one bounce)</p>	<p>Move with balance and control to catch a ball</p> <p>Hit/bounce ball on racket when moving</p> <p>Hit ball in forehand position with drop feed</p> <p>Hit a ball in backhand position With a drop feed</p> <p>Hit a ball into a target from a variety of distances with no bounce</p>	<p>Move to hit a ball with some control</p> <p>Hit/ bounce a ball with control when moving</p> <p>Moving into position to hit a ball with forehand in skills practice and game</p> <p>Moving into position to hit a ball with backhand in skill practice and game</p> <p>Serve diagonally with underarm/overarm throwing into target/game. Begin to use with racket to serve into a target.</p>	<p>Move in a variety of directions when hitting a ball</p> <p>Hit/bounce ball to a partner with control</p> <p>Move to hit a ball in game in forehand position</p> <p>Move into position to hit a ball with backhand. Begin to choose which shot it best in a game.</p> <p>Serve diagonally under/overarm in a game of mini tennis</p>

## Gymnastics: Progression of Skills

Reception	Year 1	Year 2
<p>Can experiment with different space shapes</p> <p>Experiment with different jumps</p> <p>Experiment with different ways of rolling in small shape (moon roll). Experiment with a rocket roll</p> <p>Moving along the floor in different ways like aliens sliding, rolling, stretching etc</p> <p>Show a start shape, rocket roll and finishing shape (beginning of a sequence)</p>	<p>Can perform shapes</p> <p>Perform basic space jump (rocket jump)</p> <p>Perform a moon rock and a moon roll. Perform a rocket roll with pointed toes</p> <p>Perform a bunny hop- hands first then feet</p> <p>Perform a basic sequence (roll and a jump)</p>	<p>Can perform shapes with a strong body and control</p> <p>Perform jumps (rocket, star, moon jump) with control and a strong body</p> <p>Perform a moon rock, moon roll and forward roll</p> <p>Perform a rocket roll and extend to a dish/saucer roll</p> <p>Perform a bunny hop – hands flat with straight arms</p> <p>Perform a sequence – (roll, jump and balance)</p>

Year 3	Year 4	Year 5	Year 6
<p>Can perform a variety of shapes with good control</p> <p>Perform a rocket jump with a half turn</p> <p>Teddy bear roll Perform matching and mirroring balances</p> <p>Perform a bunny hop across a mat run and onto/across low benches and apparatus</p> <p>Hopscotch on throw down feet</p> <p>Perform a short sequence on mats</p>	<p>Can perform a variety of shapes with good control when performing various skills</p> <p>Perform a rocket jump with a ¾ and full turn with pointed toes</p> <p>Teddy bear roll with a partner/group in sequence with pointed toes</p> <p>Perform matching and mirroring balance routines on apparatus</p> <p>Perform a bunny hop onto variety of apparatus with control</p> <p>Hopscotch across the floor to develop hurdle step</p> <p>Perform a short sequence on mats showing levels, control and pointed toes</p>	<p>Can perform complex shapes with control and some flexibility</p> <p>Perform more complex jumps, tuck, pike and begin leaps</p> <p>Side star roll and T-roll</p> <p>Perform point and patch balances</p> <p>Perform a 'squat on and squat off' on various apparatus</p> <p>To perform a hurdle step on the floor/springboard</p> <p>Link and sequence actions. Co-operate, communicate and collaborate with others.</p>	<p>Can perform complex shapes when performing Sequences and skills with flexibility</p> <p>Perform more complex jumps, tuck, pike and leaps scissor kick and cat leap</p> <p>Side star roll, T-roll (with pointed toes), backwards roll. Perform more complex point and patches balances in a sequence on apparatus</p> <p>Perform a 'squat on and squat off' apparatus with a run up (with or without a spring board)</p> <p>Perform a hurdle step on the floor/springboard and onto low apparatus</p> <p>Compete in teams to win points with sequences and a vault competitions</p>

## Balls Skills: Progression of Skills

Reception-(through intro first PE unit)	Year 1	Year 2
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<p>Throw to self, catching a soft ball/balloon</p> <p>Experiment with rolling the ball, throw and catch to self and to a partner (hand eye co-ordination)</p> <p>Moving around at speed and changing direction</p> <p>Fun games encouraging throwing and catching different types of balls</p> <p>Passing with a partner and counting to 5 and 10</p> <p>Explore stopping a ball with different parts of the body</p> <p>Experiment kicking the ball with feet to a partner</p> <p>Move a bean bag on the floor using inside of foot</p> <p>Fox and rabbits game. Object of the game is to move away from the rabbit onto a spot (finding a space)</p> <p>Passing with a partner and counting to 5 and 10</p> <p>Follow a partner to steal their bib</p> <p>Move with different objects in their hand</p> <p>Passing an object to another child</p> <p>Moving around in a space in different ways</p> <p>Scoring points with beanbag treasure in a simple hoop invasion game.</p>	<p>Catch a soft ball safely</p> <p>Pass the soft ball from chest – ‘W’ shape when passing and receiving.</p> <p>Small sided games (super hero ball) 3v3 introducing passing and receiving a ball</p> <p>Play an adapted superhero game and introduces rules</p> <p>Scoring in a variety of ways</p> <p>Stopping a ball with the inside of feet</p> <p>Pass the ball beginning to use inside of feet “toe, toe, toe, no, no, no!”</p> <p>Dribble the ball with the inside of feet</p> <p>Follow my leader – trying to stay near their partner</p> <p>Scoring point in a variety of ways in adapted games</p> <p>Play a simple game of tag</p> <p>Move with control with the ball in their hands at chest height</p> <p>Hand over the Rugby ball sideways</p> <p>Attempt to get past a defender</p> <p>Scoring a try in a modified drill using correct technique- stay on feet using 2 hands</p>	<p>Catch a ball in an adapted game</p> <p>Bounce pass from a short distance to a partner.</p> <p>Small sided games (super hero ball) Small sided games 3v3 encouraging chest passes in game</p> <p>Play an adapted super hero netball game. One team is to attack and attempt to score, the opposing team is to stop (defending) them from scoring.</p> <p>Scoring in a variety of ways and begin to use in a game situation</p> <p>Stopping a ball with the sole and inside of feet</p> <p>Pass the ball to a partner P,P,P, Plant, Pass Point to help with accuracy</p> <p>Dribble the ball with the inside of feet keeping the ball close to their body</p> <p>Tag game– trying to catch their partner</p> <p>Scoring in a variety of ways and begin to use scoring techniques game situations</p> <p>Play a tag game whilst moving at speed</p> <p>Move with the ball holding it with hands - in ‘W’ shape at chest height</p> <p>Pass the ball sideways- with smile technique</p> <p>Dodge around a defender in small area</p> <p>Scoring a try in a 2v2 game in the end zone</p>
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## Quicksticks Hockey: Progression of Skills

Year 3	Year 4	Year 5	Year 6
<p>Dribble the ball holding the stick in correct position</p> <p>Perform a pass at a short distance and receive the ball with some control</p> <p>Pass the ball over a longer distance</p> <p>Begin to tackle a player safely</p> <p>Can occasionally score whilst the ball is stationary</p> <p>Embracing rules and playing fairly</p>	<p>Dribble the ball with control</p> <p>Perform a short pass and begin to move into a space and receive the ball with some control</p> <p>Pass the ball over a longer distance with accuracy and power</p> <p>Tackle a player using correct grip</p> <p>Can occasionally score whilst the ball is moving</p> <p>Inspire others with fair play and being gracious in victory and defeat</p>	<p>Dribbling the ball in different directions keeping head up</p> <p>Perform a pass with control, accuracy and with movement into a space</p> <p>Pass the ball over a variety of distances with some accuracy and power in a game situation</p> <p>I can begin to defend against an opponent in a game situation</p> <p>Can hit a moving ball with some accuracy and control into a goal</p> <p>Begin to communicate with team to develop tactics for attacking and defending</p>	<p>Dribble the ball at various speeds- both in isolation and a game situation</p> <p>Pass and move into a space with accuracy, control and speed (in isolation/game situation)</p> <p>I can start to pass the ball over a variety of distances in attacking or defensive situations</p> <p>Begin to defend as an individual and communicate to defend as a team (marking and tackling)</p> <p>I can hit a moving ball into a goal from different angles and sometimes with different levels of power.</p> <p>Communicate with team evaluate and recognise success to help improve individual and team performance</p>

# Kwik Cricket (Striking and Fielding): Progression of Skills

Reception-(through intro first PE unit)	Year 1- (through kwik cricket unit)	Year 2-- ( through kwik cricket unit))
<p>Rolling and stopping a ball sitting down and standing up</p> <p>Move with different objects in their hands</p> <p>Passing an object to another child</p> <p>Pushing a ball away from body with hands</p> <p>Push ball with throw down strips to develop hand eye co-ordination</p>	<p>Rolling and stopping a ball with one/two hands</p> <p>Throw and catch a ball with some control</p> <p>Bowl underarm towards a target</p> <p>Hit a ball off a tee using various bats</p> <p>Play a modified game hitting off a tee</p>	<p>Roll and stop a ball with control/accuracy</p> <p>Throw underarm with some accuracy and catch a ball</p> <p>Bowl underarm towards a target with control and accuracy</p> <p>Begin to hold the bat in correct position and hit a ball off a tee</p> <p>Play a modified game encouraging teamwork when fielding</p>

Year 3	Year 4	Year 5	Year 6
<p>Roll the ball with one hand and stop the ball attempting Long Barrier method</p> <p>Throw and catch underarm with both hands (in isolation)</p> <p>Bowl at a wicket underarm and attempt overarm</p> <p>Control with a bat (holding it correctly) hitting a ball off a tee and whilst moving</p> <p>Play a modified game using fielding and batting skills</p>	<p>Roll the ball with one hand and stop the ball from different directions using Long Barrier method</p> <p>Throw and catch under pressure in modified games</p> <p>Bowl at a wicket underarm/overarm with accuracy and control</p> <p>Hit a drop fed ball and/or moving ball with a bat</p> <p>Play a game communicating as a team</p>	<p>Begin to use fielding techniques with throwing and stopping and scooping up the ball</p> <p>Throwing over/underarm and catching over various distances</p> <p>Bowl attempting to hit the wicket using under/overarm</p> <p>Hit a moving ball with control and some distance</p> <p>Communicate and collaborate as team to beat an opponent</p>	<p>Positioning in a modified game to field a ball (both throwing and stopping it)</p> <p>Making correct decisions with the type of throw to use in modified game. Move body into a position to catch the ball</p> <p>Bowl (over/underarm) at a wicket in a game against a batter with some speed and control to hit the wicket</p> <p>In a competitive game begin to tactically hit/place a ball into a space</p> <p>Use a variety of tactics to attack and defend in a game of quick cricket</p>

## Football (Invasion Games): Progression of Skills

Reception (through multi skills unit)	Year 1- (through ball skills unit)	Year 2 (through ball skills unit)
<p>Explore stopping a ball with different parts of the body</p> <p>Experiment kicking the ball with feet to a partner</p> <p>Move a bean bag on the floor using inside of foot</p> <p>Fox and rabbits game. Object of the game is to move away from the rabbit onto a spot (finding a space)</p> <p>Passing with a partner and counting to 5 and 10</p>	<p>Stopping a ball with the inside of feet</p> <p>Pass the ball beginning to use inside of feet "toe, toe, toe, no, no, no!"</p> <p>Dribble the ball with the inside of feet</p> <p>Follow my leader – trying to stay near their partner</p> <p>Scoring point in a variety of ways in adapted games</p>	<p>Stopping a ball with the sole and inside of feet</p> <p>Pass the ball to a partner P,P,P, Plant, Pass Point to help with accuracy</p> <p>Dribble the ball with the inside of feet keeping the ball close to their body</p> <p>Tag game – trying to catch their partner</p> <p>Scoring in a variety of ways and begin to use scoring techniques game situations</p>

Year 3	Year 4	Year 5	Yr 6
<p>Control a ball using inside, outside and sole of feet</p> <p>Pass the ball with inside of feet with accuracy</p> <p>Dribble the ball beginning to turn with some control (inside and outside hook)</p> <p>Begin to defend making a standing tackle in a 1v1</p> <p>Kick a ball stationary past a goal keeper</p> <p>Embracing rules and playing fairly</p>	<p>Move body to correct position to stop and control a ball</p> <p>Pass the ball with inside of feet whilst on the move</p> <p>Dribble the ball using inside, outside hook and drag back beginning to accelerate</p> <p>Begin to defend making a standing tackle or intercept a pass</p> <p>Kick a ball whilst moving past a goalkeeper with some accuracy</p> <p>Inspire others with fair play and being gracious in victory and defeat</p>	<p>Control the ball using either foot when moving</p> <p>Pass the ball with inside, front or laces on the foot</p> <p>Dribble the ball using various turns beginning to accelerate past an opponent</p> <p>Show good body position to defend and press in a 2v2 game</p> <p>Scoring using top of foot (laces) - aiming for corners of the goal</p> <p>Begin to communicate with team to develop tactics for attacking and defending</p>	<p>Move into space to receive the ball and control with either foot in a game</p> <p>Select the correct pass for various distances in a game situation</p> <p>Dribble the ball in a game situation around a defender</p> <p>Communicate with team when defending in a game - making interceptions, cover space</p> <p>To work as a team to score, shooting from various angles</p> <p>Communicate with team evaluate and recognise success to help improve individual and team performance</p>

## Rugby (Invasion Games): Progression of Skills

Reception-(through intro first PE unit)	Year 1- (through ball skills unit)	Year 2-- (through ball skills unit)
<p>Follow a partner to steal their bib</p> <p>Move with different objects in their hands</p> <p>Passing an object to another child</p> <p>Moving around in a space in different ways</p> <p>Scoring points with beanbag treasure in a simple hoop invasion game.</p>	<p>Play a simple game of tag</p> <p>Move with control with the ball in their hands at chest height</p> <p>Hand over the Rugby ball sideways</p> <p>Attempt to get past a defender</p> <p>Scoring a try in a modified drill using correct technique- stay on feet using 2 hands</p>	<p>Play a tag game whilst moving at speed</p> <p>Move with the ball holding it with hands - in 'W' shape at chest height</p> <p>Pass the ball sideways- with smile technique</p> <p>Dodge around a defender in small area</p> <p>Scoring a try in a 2v2 game in the end zone</p>

Year 3	Year 4	Year 5	Yr 6
<p>Tag a player in isolation using the tag belts</p> <p>Move with a ball in their hands using correct position 'dirty fingers clean palms'</p> <p>Pass the ball backwards and sideways in isolation</p> <p>Move into a space to avoid a defender through dodging techniques</p> <p>Beat a defender to score a try</p>	<p>Tag a player whilst moving using tag belts</p> <p>Move with control in a variety of directions holding the ball in the correct position.</p> <p>Pass the ball backwards/ sideways with control whilst moving</p> <p>Use speed and space to avoid a passive defender</p> <p>Beat a defender at speed to score a try</p>	<p>Tag more than one player using either hand whilst moving with tag belts</p> <p>Choose different pathways to move with a ball in hands against a defender</p> <p>Pass and receive the ball in a game situation</p> <p>Use speed and space to avoid an active defender</p> <p>In a game situation beat defenders to score a try</p>	<p>Tag a player using either hand when moving at full speed in a game situation</p> <p>Dodge around a defender at speed with a ball in hands avoiding being tagged</p> <p>Pass and receive the ball when in a pressurized modified game situation</p> <p>Play modified competitive games avoiding defenders</p> <p>Work as a team in a game situation to score a try</p>

## Netball (Invasion Games): Progression of Skills

Reception-(through intro first PE unit)	Year 1- (through ball skills unit)	Year 2 (through ball skills unit)
<p>Throw to self, catching a soft ball/balloon Experiment with rolling the ball, throw and catch to self and to a partner (hand eye co-ordination)</p> <p>Moving around at speed and changing direction</p> <p>Fun games encouraging throwing and catching different types of balls</p> <p>Passing with a partner and counting to 5 and 10</p>	<p>Catch a soft ball safely</p> <p>Pass the soft ball from chest – 'W' shape when passing and receiving.</p> <p>Small sided games (super hero ball) 3v3 introducing passing and receiving a ball</p> <p>Play an adapted superhero game and introduces rules</p> <p>Scoring in a variety of ways</p>	<p>Catch a ball in an adapted game</p> <p>Bounce pass from a short distance to a partner.</p> <p>Small sided games (super hero ball) Small sided games 3v3 encouraging chest passes in game</p> <p>Play an adapted super hero netball game. One team is to attack and attempt to score, the opposing team is to stop (defending) them from scoring.</p> <p>Scoring in a variety of ways and begin to use in a game situation</p>

Year 3	Year 4	Year 5	Yr 6
<p>Pass and receive a netball safely (chest and bounce pass)</p> <p>Perform a stride stop in netball</p> <p>Perform a jump stop in netball</p> <p>Perform a dodge in netball together into a space</p> <p>Marking a player keeping on the balls of your feet Shooting the ball high and bending knees</p> <p>Introduce high fives game or an adapted game</p>	<p>Pass and receive stepping into the pass (chest, bounce and shoulder pass)</p> <p>Perform a stride stop with a pivot</p> <p>Perform a jump top with a pivot</p> <p>Perform two different dodges (Drive and the dodge)</p> <p>Marking a player standing side on sticking to player</p> <p>Shooting- bend knees and place hand under the ball to shoot</p> <p>Begin to understand the positions in a high five game</p>	<p>Pass and move (chest, shoulder and bounce)</p> <p>Receive the ball on the move and perform the correct footwork (stride stop,) Receive the ball on the move and perform the correct footwork (jump stop)</p> <p>Perform three different dodges (Drive dodge and double dodge) and receive a ball</p> <p>To defend a player and attempt to intercept a pass</p> <p>Flick my wrist to shoot into a goal</p> <p>Know where the positions are on a netball court</p>	<p>Perform a variety of passes within a game with precision and control</p> <p>Perform correct footwork in a game (stride stop with a pivot)</p> <p>Perform correct footwork in a game (jump stop with a pivot)</p> <p>Perform a variety of dodges to move into a space and receive a ball in a practice and in a game situation</p> <p>To defend a player during a game to intercept the ball</p> <p>Shoot into a goal and attempt to get the rebound if missed.</p> <p>Rotate into different positions on the court.</p>