

PE Progression of Skills, Knowledge and Understanding at St Philip's CE Primary Academy

National Curriculum	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
EYFS	Key Stage 1		Key Stage 2			
Gross and fine motor experiences develop incrementally throughout early childhood. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being.	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities Participate in team games, developing simple tactics for attacking and defending Perform dances using simple movement patterns.		Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] Perform dances using a range of movement patterns Take part in outdoor and adventurous activity challenges both individually and within a team Compare their performances with previous ones and demonstrate improvement to achieve their personal best.			

EYFS	Movement Development	Ball Skills	Me and Myself	Fun and Games	Throwing and Catching	Dance
Physical Development	Key Objectives Travel with confidence and skill in a range of movements when using equipment. Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles. Moves freely and with confidence in a range of ways, such as running, jumping, hopping, skipping and crawling. Shows some understanding of the need for safety when tackling new challenges and manages some risks Shows some understanding towards the effects of activity on their body. Aware of the boundaries set, and behavioural expectations in the setting, and can respond to simple instructions	Key Objectives Shows increasing control over an object/ball, when pushing, patting, throwing, catching or kicking it. Can catch a large ball. Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or direction to avoid obstacles. Handles equipment with increasing control and understands that it has to be used safely. Begin to accept the needs of others and can take turns and share resources, sometimes with support from others	Key Objectives Moves freely and with confidence in a range of ways, such as walking running, jumping, hopping, skipping, crawling and climbing. Starts to observe some of the effects of activity on their bodies. Experiment with different ways of jumping. Keeps play going by responding to what others are saying or doing. Shows understanding of prepositions such as 'under', 'on top', 'behind' by carrying out an action.	Key Objectives Runs Confidently and negotiates spaces successfully, adjusting speed or direction to avoid obstacles. Shows some understanding of the need for safety when tackling new challenges and considers and manages some risks when using equipment. Moves freely and with pleasure and confidence in a range of ways. Responds to simple instructions. Begin to accept the needs of others and can take turns and share resources, sometimes with support from others	Key Objectives Shows increased control when catching an object. Shows Increasing control over an object when throwing, pushing, patting or kicking it. Able to respond to simple instructions, showing some understanding of safety when using equipment. Moves freely with confidence in a range of ways, such as walking running, jumping, hopping, skipping. Can play in a group and can take turns and share resources, sometimes with support from others.	Key Objectives Explore and copy basic body actions and rhythms. Negotiate space confidently, using appropriate strategies. Use their bodies to respond to stories, topics and music Move in different ways.
Outcomes/Early Learning Goals						
<ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others; Demonstrate strength, balance and coordination when playing; Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 						
Key Vocabulary	Key Vocabulary	Key Vocabulary	Key Vocabulary	Key Vocabulary	Key Vocabulary	Key Vocabulary
Walk Run Hop Skip Jump Crawl Climb Slow Fast High Low Space	Ball Bounce Low High Space Move Safely Pass Push Throw Catch Kick	Body Feet Elbows Toes Back Bottom Arms/Hands Knees Eyes/Ears Heart Hot Prepositions	Space Move Run Safely Rules Fun Games Listen Look Head Up Teamwork	Throw Catch Aim Roll Kick Watch Bounce Hands Ready Teamwork Underarm	Music Beat Count Move Dance Clap Together Fast Slow Quiet Loud	

Key Stage 1 and 2						
Athletics	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities		Use running, jumping, throwing and catching in isolation and in combination. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.		Use running, jumping, throwing and catching in isolation and in combination. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Key Objectives	Key Objectives	Key Objectives	Key Objectives	Key Objectives	Key Objectives
	Explore and practice a variety of movements including running, jumping and throwing techniques.	Explore and practice a variety of athletic movements and apply athletic skills and techniques to a variety of activities.	Apply and develop a broad range of athletic skills in different ways. Show control, coordination and consistency when	Devise suitable warm-up activities for the upcoming activities. Perform a throwing technique with control,	Create short warm up routines that follow basic principle e.g. raise body temperature, mobilise joints and muscles.	Understand and apply appropriate pace judgement for the running distance to be covered. Understand and apply the appropriate throwing

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<p>Show understanding and a basic level of control, coordination and consistency when running.</p> <p>Experiment with different jumping techniques, showing control, coordination and consistency throughout.</p> <p>Practice the underarm throw technique, aiming towards a target showing increased control.</p> <p>Develop the overarm throw technique, throwing accurately towards a target.</p> <p>Show good teamwork and sportsmanship when taking part in competitive throwing.</p> <p>Evaluate successful and unsuccessful techniques.</p>	<p>Develop coordination and balance whilst exploring different running, jumping, and throwing techniques.</p> <p>Understand the variety of correct running techniques, showing control, coordination, and consistency.</p> <p>Develop the distance running technique, understanding the difference between sprinting, and running over longer distances.</p> <p>Develop a range of jumping techniques.</p> <p>Develop the underarm and pull throw technique.</p> <p>Begin to evaluate and improve own performance.</p>	<p>running, throwing, and jumping.</p> <p>Choose the appropriate running speed to meet the demand of the task.</p> <p>Understand the pace judgement when running over an increased distance.</p> <p>Recognise what they do well and what they find difficult, identifying what they need to practice to improve their performance.</p> <p>Enjoy competing with others.</p> <p>Describe how their bodies feel when exercising and understand the link between heart rate and breathing during exercise.</p>	<p>coordination, and consistency.</p> <p>Understand the pace judgement when running over an increased distance, choosing the appropriate speed to meet the demand of the task.</p> <p>Combine basic jump actions to form a jump combination, using a controlled jumping technique.</p> <p>Learn how to evaluate and recognise their own success.</p> <p>Perform competitively with others.</p> <p>Describe how their bodies feel when exercising and understand the link between heart rate and breathing during exercise.</p>	<p>Run, jump, catch, and throw in isolation and combination. Combine and perform skills with control.</p> <p>Demonstrate a range of throwing actions e.g. push, pull, sling, using different equipment.</p> <p>Choose the appropriate speed to run at for the distance to be covered.</p> <p>Communicate, collaborate, and compete with others. Working effectively as part of a team.</p> <p>Understand how physical activity can contribute to a healthy lifestyle and the importance of being physically fit.</p> <p>Explain how their body reacts and feels when taking part in different activities and undertaking different roles and understanding how this effects the muscles.</p>	<p>and jumping technique to achieve maximum distance and height.</p> <p>Select and apply skills that meet the needs of the situation, combining and performing each skill with control at speed.</p> <p>Successfully Run, jump, catch, and throw in isolation and in combination.</p> <p>Share, discuss and apply athletic techniques with others, working effectively as part of a team.</p> <p>Compare their performance with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Be able to describe the importance of being physically fit and explain how their body reacts and feels when taking part in different activities and undertaking different roles.</p>
<p>Outcomes</p> <ul style="list-style-type: none"> • Move into space. • To control your body and equipment when throwing, running and jumping. • To land safely when jumping. • To run and jump on the balls of your feet. • To show a correct pull throw technique. • To compete against yourself and others. 		<p>Outcomes</p> <ul style="list-style-type: none"> • To throw an object by overarm, underarm, pulling, pushing and slinging. • To combine different types of jumping. • To run for distance. • To run in races of varied distances. • To take part in athletic events. • To perform competitively with others 		<p>Outcomes</p> <ul style="list-style-type: none"> • To use the correct combination of jumps to complete the triple jump. • To compete in long distance running. • To compete in short distance races. • To use a run up when throwing, • To practise to improve throwing distance. • To use a run up when jumping. 	
<p>Key Vocabulary</p> <p>Running Jumping Throwing Personal Best Speed Competition Races Distance Measuring</p>		<p>Key Vocabulary</p> <p>Athletics Jumping Throwing Running Co-ordination Movement Measurements Timing Technique</p>		<p>Key Vocabulary</p> <p>Athletics Jumping Throwing Running Co-ordination Measurements Timing Movement Technique</p>	

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Key Stage 1		Key Stage 2			
Football	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities		Play competitive games, modified where appropriate, and apply basic principles for attacking and defending.			Play competitive games, modified where appropriate, and apply basic principles for attacking and defending.
	Participate in team games, develop simple tactics for attacking and defending.		Compare their performances with previous ones and demonstrate improvement to achieve their personal best.			Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Key Objectives	Key Objectives	Key Objectives	Key Objectives	Key Objectives	Key Objectives
	Explore different ways to use and move with a ball. Show control of a ball with basic actions.	Participate in team games – showing good awareness of others.	Move with a ball keeping it under control.	Move the ball keeping it under control whilst changing direction.	Participate in competitive games, modified where appropriate. Choose different formations to suit the needs of the game.	Apply the attacking and defending principles in game situations.
	Send/ pass a ball and successfully catch/stop a ball.	Pass a ball with control.	Perform basic skills needed for games with control and accuracy.	Pass, shoot and receive a ball with increasing accuracy, control and success.	Perform skills (e.g. passing) with accuracy, confidence	Use different skills to keep possession of a ball as part of a team.
	Move fluently, changing direction and speed. Develop	Show control when moving, changing speed and direction, both with and without a ball.	Pass/send a ball with increasing accuracy and at different speeds.	Challenge a player in possession of the ball.		Develop control whilst performing skills at speed. Change speed and direction to get away from a defender.

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<p>fundamental movement skills, becoming increasingly confident and competent.</p> <p>Use skills in different ways when playing games.</p> <p>Recognise space in games and use it to your advantage.</p> <p>Describe what you have done, or seen others doing.</p> <p>Describe what it feels like to breath quickly during exercise.</p>	<p>Develop fundamental movement skills, becoming increasingly confident and competent.</p> <p>Perform a variety of skills keeping the ball under control.</p> <p>Recognise what is successful. Use actions and ideas you have seen to improve your own skills.</p> <p>Understand and describe changes to your heart rate when playing a game.</p>	<p>Shoot/ score with some success.</p> <p>Apply basic principles for attacking and defending – finding space (attacking), challenge a player in possession (defending).</p> <p>Employ simple tactics in game situations.</p> <p>Recognise good performance and be able to identify what you need to practice to improve your own performance.</p> <p>Describe how your body feels when exercising.</p>	<p>Apply basic attacking and defending principles such as finding and using space in game situations.</p> <p>Employ and explain simple tactics in game situations.</p> <p>Learn to recognise your own success.</p> <p>Describe how your body feels when exercising and understand the link between heart rate and breathing when exercising.</p>	<p>and control whilst developing technique.</p> <p>Keep possession of the ball when faced with opponents.</p> <p>Apply basic principle for attacking – Use a variety of tactics to keep possession of the ball.</p> <p>Apply basic principles for defending - Defend by marking, covering, and tracking opponents as appropriate.</p> <p>Learn how to evaluate and recognise success.</p> <p>Understand how physical activity can contribute to a healthy lifestyle.</p>	<p>Adapt games and activities making sure everyone has a role to play.</p> <p>Understand the positions in a team and the role they play; and choose different formations to suit the needs of the game.</p> <p>Identify and evaluate parts of your game where you're performing well, and parts that can be improved.</p> <p>Recognise exercise and activities that help strength, speed and stamina.</p>
<p>Outcomes</p> <ul style="list-style-type: none"> To move into space. To move with a ball. To roll, kick and carry a ball. To stop a ball using your foot. To move towards a goal to defend it. To compete against others trying to score. 		<p>Outcomes</p> <ul style="list-style-type: none"> To stop the ball with my feet. To pass the ball with the inside of my feet. To dribble the ball using my feet. To make a standing tackle. To shot a stationary football. To participate in a group football game. 		<p>Outcomes</p> <ul style="list-style-type: none"> To pass the ball to team mates in game situations. To dribble the ball whilst under pressure. To defend in a team. To compete in games. To decide on ways to attack when playing games. To decide on ways to defend in games. 	
<p>Key Vocabulary</p> <p>Football Goals Scoring Teamwork Shooting Passing Dribbling Control</p>		<p>Key Vocabulary</p> <p>Football Passing Attacking Defending Throwing Control Saving Tackle Scoring Aim Dribbling Turning Direction</p>		<p>Key Vocabulary</p> <p>Football Passing Attacking Defending Throwing Control Saving Tackle Scoring Aim Dribbling Turning Direction</p>	

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Key Stage 1		Key Stage 2			
Hockey	<p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>Participate in team games, develop simple tactics for attacking and defending.</p>		<p>Play competitive games, modified where appropriate, and apply basic principles for attacking and defending.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>		<p>Play competitive games, modified where appropriate, and apply basic principles for attacking and defending.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	
	Key Objectives	Key Objectives	Key Objectives	Key Objectives	Key Objectives	Key Objectives
	<p>Explore different ways to use and move with a ball. Show control of a ball with basic actions.</p> <p>Send/ pass a ball and successfully catch/stop a ball.</p> <p>Develop fundamental movement skills, becoming increasingly confident and competent, moving fluently, changing direction and speed.</p>	<p>Understand and follow the rules of the game.</p> <p>Pass a ball with control and increasing accuracy and consistency.</p> <p>Develop fundamental movement skills, becoming increasingly confident and competent, moving fluently, changing direction and speed – with and without a ball.</p> <p>Perform a range of skills with control of the ball.</p>	<p>Move with a ball keeping it under control.</p> <p>Develop control and technique.</p> <p>Pass/send a ball with increasing accuracy and at different speeds. Shoot/ score with some success.</p> <p>Apply basic principles for attacking and defending – finding space (attacking), challenge a player in possession (defending).</p>	<p>Move the ball keeping it under control whilst changing direction.</p> <p>Perform basic skills needed for the games with control and accuracy. Pass, shoot and receive a ball with increasing accuracy, control, and success.</p> <p>Apply basic attacking and defending principles, collaborating with others, and using tactics to keep possession.</p>	<p>Perform skills, such as passing and shooting with accuracy, control and confidence.</p> <p>Change speed and direction to get away from a defender.</p> <p>Find ways to get the ball towards your opponent's goal, knowing when to pass, when to dribble or travel with the ball.</p> <p>Use a variety of tactics, like use of space and positions to keep the ball.</p>	<p>Develop control whilst performing skills at speed.</p> <p>Apply the attacking and defending principles in game situations.</p> <p>Use different skills to keep possession of a ball as part of a team. Change speed and direction to get away from a defender.</p> <p>Choose different formations to suit the needs of the game and choose skills that meet the need of the situation. Adapt games and activities making sure everyone has a role to play.</p>

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<p>Use skills in different ways when playing games.</p> <p>Recognise space in games and use it to your advantage.</p> <p>Describe what you have done, or seen others doing.</p> <p>Understand why being active and playing games is good for you.</p>	<p>Choose and use simple tactics to suit different situations in small sided games. React to situations in ways that make it difficult for opponents.</p> <p>Watch and describe a performance. Recognise what is successful.</p> <p>Understand and describe changes to your heart rate when playing a game.</p>	<p>Employ simple tactics in game situations.</p> <p>Learn how to recognise your own success.</p> <p>Describe how your body feels when exercising.</p>	<p>Explain simple tactics in game situations.</p> <p>Recognise what you do well and what you find difficult.</p> <p>Understand the link between heart rate and breathing when exercising.</p> <p>Devise suitable warm up activities for the upcoming activity.</p>	<p>Watch and evaluate the success of a game, whilst recognising parts of a performance that could be improved and identifying practices that will help.</p> <p>Suggest ideas for warming up and explain your choices.</p> <p style="color: red;">Explain how your body reacts and feels when you play different games and understand how the muscles work by getting shorter, relax by getting longer.</p>	<p>Identify and evaluate parts of your own game and others, providing feedback.</p> <p>Understand how physical activity can contribute to a healthy lifestyle. Understand how muscles work.</p> <p>Create short warm up routines that follow basic principles e.g. raises body temperature, mobilise joints/muscles.</p>
<p>Outcomes</p> <ul style="list-style-type: none"> To negotiate space. To use equipment safely and correctly. To use a hockey stick with two hands. To move a ball using a hockey stick. To stop a ball using a hockey stick. To compete in games with others trying to win. 		<p>Outcomes</p> <ul style="list-style-type: none"> To hold a hockey stick correctly and safely. To use a push pass. To get in a low position when dribbling and/or passing. To dribble a ball whilst changing direction. <li style="color: red;">To use a slap pass. To play hockey games against others. 		<p>Outcomes</p> <ul style="list-style-type: none"> To play games understanding different positions and roles. To use different passes whilst on the move. To shoot with confidence and control. To dribble a ball at speed whilst changing direction. To decide the best way to defend in a game situation. <li style="color: red;">To decide the best way to attack in a game situation. 	
<p>Key Vocabulary</p> <p>Hockey Scoring Teamwork Shooting Passing Dribbling Push Pass Roll Hockey Stick Goal</p>		<p>Key Vocabulary</p> <p>Hockey Passing Dribbling Shoot Stick Control Teamwork Speed Direction Decision Making Aim Turn Stop Possession Slap Pass Push Pass Attack Defence</p>		<p>Key Vocabulary</p> <p>Hockey Passing Dribbling Shoot Stick Control Teamwork Speed Direction Decision Making Aim Turn Stop Possession Slap Pass Push Pass Attack Defence</p>	

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Dodgeball	Key Stage 1		Key Stage 2			
	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities		Play competitive games, modified where appropriate, and apply basic principles for attacking and defending.		Play competitive games, modified where appropriate, and apply basic principles for attacking and defending.	
	Participate in team games, develop simple tactics for attacking and defending.		Compare their performances with previous ones and demonstrate improvement to achieve their personal best.		Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Key Objectives	Key Objectives	Key Objectives	Key Objectives	Key Objectives	Key Objectives
	Show control of a ball with basic actions. Develop and practise ball handling skills.	Develop movement skills relevant to games i.e., dodging.	Improve consistency when catching a ball at different heights.	Get in good positions to throw and receive the ball.	Understand the importance of quick reactions in dodgeball.	Successfully catch a ball at different heights.
	Move the ball in different ways, practising throwing using overarm and underarm techniques.	Develop catching and striking skills.	Show control when moving at speed.	Describe how your body feels when you are warming up and playing games.	Apply appropriate skills and tactics in game situations.	Demonstrate a variety of different throwing techniques with good accuracy, pace and consistency.
	Roll a ball with some accuracy.	Pass/Send a ball, with increasing control, at different speeds – fast/slow.	Understand how finding space can help in game situations.	Practice and improve the underarm throw and side shot throw .	Move quickly (dodge) with good control. Improve control when moving at speed.	Take part in competitive games, playing fairly and working cooperatively as part of a team.
	Recognise what is successful.	Begin to understand the importance of preparing safely for exercise – warming up.	Move the ball in different ways, with increasing accuracy and control. Use a range of skills and tactics to win games.	Participate in games using skills learnt in previous lessons, including striking, dodging and ball handling skills.	Increase accuracy and consistency of throws, including a side shot throw, towards a moving target.	Explain how physical activity can help contribute to a healthy lifestyle.
	Develop fundamental movement skills, becoming	Describe what you have done or seen others doing.	Begin to understand why you get hotter when you exercise and play games.	Send a ball with accuracy, control, and consistency, whilst moving at different speeds.	Participate in games fairly, following the rules. Show good teamwork.	Evaluate a performance, providing constructive feedback.
		Engage in competitive physical games, employing simple tactics.		Evaluate your own performance and describe		Use different ways to dodge the ball (jump, duck, gallop, jockey).

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<p>increasingly confident.</p> <p>Understand and describe changes to their heart rate when playing a game.</p> <p>Talk about and develop movement skills needed in games.</p>	<p>Develop problem solving and decision-making strategies.</p>	<p>Identify what you do best and what you find difficult.</p> <p>Explain what success you have seen in games, and how individuals and teams achieved it.</p>	<p>skills you need to improve your play.</p> <p>Find and use space in game situations.</p>	<p>Develop an understanding of how to improve when playing games.</p> <p>Understand how the muscles work.</p>	<p>Use appropriate tactics in games and discuss and apply strategies needed to succeed.</p>
<p>Outcomes</p> <ul style="list-style-type: none"> To move in different ways, changing speed and direction. To practise throwing using underarm technique. To practise throwing using overarm technique. To send a ball at different speeds. To catch a ball. To participate in basic dodgeball games. 		<p>Outcomes</p> <ul style="list-style-type: none"> To throw a ball both underarm and overarm. To use a side shot throw. To move in different ways – at speed. To use body positioning and control to help when catching. To discuss and apply tactics needed in dodgeball games. To participate in dodgeball games. 		<p>Outcomes</p> <ul style="list-style-type: none"> To throw a ball at a moving target. To use the most appropriate throwing technique for the situation. To play catching games. To dodge a ball by jumping and ducking. To dodge a ball by jockeying and galloping. To use peer evaluation to discuss strategies and tactics and apply these to your own game. 	
<p>Key Vocabulary</p> <p>Dodgeball Throw Catch Bounce Teamwork React Pass Dodge Roll Target Speeds Control Aim Duck</p>		<p>Key Vocabulary</p> <p>Speed Bounce Balls Throw Catch Dodge Duck Positioning Underarm Overarm Side shot Target Strike Roll</p>		<p>Key Vocabulary</p> <p>Speed Balls Throw Catch Dodge Duck Underarm Overarm Side shot Target Strike Roll Positioning</p>	

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Key Stage 1		Key Stage 2			
Swimming and Water Safety			<p>Pupils should be taught to: Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. Perform safe self-rescue in different water-based situations.</p>			
	Year 1	Year 2	Year 3	Year 4	UKS2 Taught in Year 5	
	Key Objectives	Key Objectives	Key Objectives	Key Objectives	Key Objectives	
					<p>Swim unaided up to 25 metres.</p> <p>Use one basic stroke, breathing correctly.</p> <p>Control leg movements.</p> <p>Swim between 25 and 50 metres unaided.</p> <p>Use more than one stroke and coordinate breathing as appropriate for the stroke being used.</p> <p>Coordinate leg and arm movements.</p> <p>Swim at the surface and below the water.</p> <p>Swim over 100 metres unaided.</p> <p>Use breast stroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming.</p> <p>Swim fluently with controlled strokes.</p> <p>Turn efficiently at the end of a length.</p> <p>Self-Rescue skills: SWIM-FLOAT-SWIM</p> <p>To hold their breath underwater.</p> <p>Swim with their head down.</p> <p>Roll onto their back to float, rest, and breathe.</p> <p>Roll back over to resume swimming until they reach the side of the pool, crawl out or be rescued by an adult.</p>	

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	Outcomes	Outcomes	Outcomes Children are confident swimmers, performing different strokes and swimming unaided 25 metres. They can perform safe self-rescue in different water-based situations.
	Key Vocabulary	Key Vocabulary	Key Vocabulary Swim Length Brest stroke Front crawl Back crawl Safety

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Key Stage 1		Key Stage 2			
Gymnastics	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. To perform dances/sequences using simple movement patterns.		Develop flexibility, strength, technique, control and balance. Perform dances/sequences using a range of movement patterns.		Develop flexibility, strength, technique, control and balance. Perform dances/sequences using a range of movement patterns.	
	Key Objectives	Key Objectives	Key Objectives	Key Objectives	Key Objectives	Key Objectives
	<p>Perform basic gymnastic actions, including travelling, rolling, jumping, and staying still.</p> <p>Develop fundamental movement skills, becoming increasingly confident and competent, moving safely using changes of speed, level, and direction.</p> <p>Combine different ways of travelling exploring a range of movements and shapes.</p> <p>Create linked movement phrases with beginning, middle and ends.</p> <p>Perform movement phrases using a range of different body actions and body parts.</p> <p>Describe what you have done or seen others do.</p> <p>Develop agility, balance, and coordination.</p>	<p>Perform a range of actions with control and confidence.</p> <p>Explore, remember, and repeat a range of gymnastic actions with control, precision, and coordination.</p> <p>Form simple sequences of different actions, using the floor and a variety of apparatus.</p> <p>Develop fundamental movement skills, combining travelling, balancing and stiffness using both floor and apparatus; and moving smoothly from one position of stiffness to another.</p> <p>Watch and describe a performance accurately.</p> <p>Develop agility, balance, and coordination.</p> <p>Understand and describe changes to your heartrate when playing a game.</p>	<p>Perform a range of actions, agilities and skills with consistency, fluency, and clarity of movement.</p> <p>Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension, and continuity when working with a partner and in a group.</p> <p>Create gymnastic sequences that meet a theme or set of conditions, showing a clear, beginning, middle and end.</p> <p>Create, perform, and repeat sequences that include changes of dynamic e.g. changes of level, speed, or direction.</p> <p>Develop flexibility, strength, control, technique, and balance.</p> <p>Learn how to evaluate and recognise your own success and areas for improvement, as well as the effectiveness and quality of a performance.</p> <p>Describe how your body feels when exercising.</p>	<p>Find different ways of using a shape, balance, or travel, and link them to make actions and sequences of movement.</p> <p>Show control, accuracy and fluency of movement when performing actions on your own and with a partner.</p> <p>Devise and perform a gymnastic sequence, showing a clear beginning, middle and end.</p> <p>Create, perform, and repeat a combination of actions that include changes of dynamic e.g. changes of level, speed and direction, and clarity of shape.</p> <p>Collaborate with others.</p> <p>Recognise and explain a good performance.</p>	<p>Explore, improvise, and combine movement ideas fluently and effectively.</p> <p>Perform movements accurately with a sense of rhythm.</p> <p>Make up longer sequences and perform them with fluency and clarity of movement, choosing skills that meet the needs of the situation.</p> <p>Develop your own gymnastic sequences by understanding, choosing, and applying a range of compositional principles.</p> <p>Develop flexibility, strength, control, technique, and balance.</p> <p>Identify which aspects of a performance were performed consistently, accurately, fluently, and clearly; being able to provide constructive feedback.</p>	<p>Combine and perform gymnastic actions, shapes and balances more fluently and effectively.</p> <p>Explore, improvise and combine movement ideas fluently and effectively, using skills in different ways, performing confidently, with clarity and a sense of rhythm.</p> <p>Use combinations of dynamics using space effectively.</p> <p>Develop your own gymnastic sequences by understanding, choosing and applying a range of compositional principles; varying direction, level and pathways to improve the look of a sequence.</p> <p>Work effectively as part of a team, recognising success and give constructive feedback.</p> <p>Create short warm up routines that follow basic principles.</p>
	Outcomes		Outcomes		Outcomes	
	<ul style="list-style-type: none"> To be able to perform 5 key shapes. To move with control. To balance using different parts of the body. To link movements. To use different pieces of equipment and apparatus. To participate in a performance. 		<ul style="list-style-type: none"> To perform 9 key shapes. To travel using different body parts. To travel at different levels at different speeds. To create sequences of movements, shapes, balances and rolls. To work with others mirroring and cannoning. To perform in front of others. 		<ul style="list-style-type: none"> To show flexibility and technique when performing gymnastic elements. To travel fluently on the floor and on/off apparatus. To travel with confidence using different pathways. To create longer sequences. To show rhythm and creativity when working with others. To perform in front of an audience. 	

PE Progression of Skills, Knowledge and Understanding at St Philip's CE Primary Academy

	Key Vocabulary		Key Vocabulary		Key Vocabulary	
	Teamwork Movement Balance Roll Tense Performance 5 Key Shapes (Straight, Tuck, Star, Arch, Dish) Smart Neat Express		Gymnastics 9 Key Shapes (Straight, Tuck, Star, Arch, Dish, Front/Back Support, Straddle, Pike) Balances Rolls Jumps Co-ordination Routine Traveling Apparatus Sequence Teamwork		Gymnastics Key Shapes (Straight, Tuck, Star, Arch, Dish, Front/Back Support, Straddle, Pike) Balance Rolls Jumps Coordination Routine Travelling Apparatus Sequence Partners Teamwork	
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Key Stage 1		Key Stage 2			
Tennis	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.		Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.		Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Key Objectives	Key Objectives	Key Objectives	Key Objectives	Key Objectives	Key Objectives
	Engage in cooperative physical activities. Explore different ways to use and move with the ball – showing control with simple actions and basic control when striking a ball. Catch/stop and send/pass a ball – developing technique of throwing and receiving. Understand the concept of moving to get in line with a ball to receive it. Move fluently, changing direction and speed. Use correct skills and basic tactics in games to meet the challenges of the game, or in response to your opponent's actions. Describe what you have seen others doing. Understand why being active is good for you.	Engage in cooperative and competitive physical activities (both against self and against others). Use and move with a tennis racket with control. Perform a range action including catching/ gathering skills and sending/passing with control and throw/ hit a ball in different ways e.g. high, low, fast, slow. Choose and use skills and simple tactics to suit different situations – showing good awareness of others. Understand and follow the rules of the game. Watch and describe a performance accurately. Use actions and ideas you have seen to improve your own skills. Begin to understand the importance of preparing safely and carefully for exercise – warming up.	Perform basic skills needed for the games with control and accuracy, including throwing and stopping the ball. Perform a basic forehand action. Throw/ Send a ball using a variety of techniques. Take up space/ positions that make it difficult for opponents. Compete with others – Keeping and following the rules of the game. Keep a rally going. Identify what you do well and what you find difficult. Understand the link between heart rate and breathing when exercising.	Perform basic skills needed for the games with control and accuracy, including hitting a ball towards a target. Perform a basic forehand action with control and accuracy. Send/ hit a ball into space, at different speeds and heights to make it difficult for your opponent. Begin to apply basic movements in a range of activities and in combination. Apply basic principles for attacking including finding and using space in game situations. Keep a rally going using a range of shots. Recognise and explain good performances and learn how to recognise and evaluate your own success. Describe how your body feels when exercising and understand the link between heart rate and breathing when exercising.	Hit the ball with purpose. Play shots on the forehand and backhand side of your body. Direct the ball towards the opponent's court or target area. Participate in competitive games, modified where appropriate. Use good footwork that allows the ball to be hit with good technique. Adopt a good ready position and show good position on court. Identify spaces and understand the tactic of hitting into gaps. Watch and evaluate the success of games, being able to explain why a performance is good, and what part of a performance could be improved and why.	Hit the ball with purpose, varying speed, height and direction. Direct the ball towards the opponent's court or target area. Perform skills such as forehand and backhand shots with control and confidence. Apply the principles of attacking. Participate in competitive games, modified where appropriate. Adopt a good ready position and show good position on court. Explain how your body reacts and feels when taking part in different activities and undertaking different roles. Evaluate your own success and areas of improvement, as well as others. Create short warm up routines that follow basic principles e.g. raise body temperature, mobilise joints and muscles.
	Outcomes	Outcomes	Outcomes	Outcomes	Outcomes	Outcomes
	<ul style="list-style-type: none"> To throw a ball to a target. To hit a ball to a target. To hold a racket with correct grip. To receive a ball and return it. To move confidently in different ways. To play games. 	<ul style="list-style-type: none"> Can watch, track and catch a tennis ball successfully. To perform a basic forehand action with increasing accuracy. To perform a basic backhand shot with increasing control. To keep a rally going using a range of shots. To hit a ball into space to try beat an opponent. To compete with others. 	<ul style="list-style-type: none"> Can watch, track and catch a tennis ball successfully. To perform a basic forehand action with increasing accuracy. To perform a basic backhand shot with increasing control. To keep a rally going using a range of shots. To hit a ball into space to try beat an opponent. To compete with others. 	<ul style="list-style-type: none"> To know and describe the correct grip and stance whilst holding a tennis racket. To adopt a good ready position. To play shots on both the forehand and backhand side of the body. To use a variety of shots and serves, hitting with increasing consistency. To employ tactics in games. To participate in games following the rules and scoring correctly. 	<ul style="list-style-type: none"> To know and describe the correct grip and stance whilst holding a tennis racket. To adopt a good ready position. To play shots on both the forehand and backhand side of the body. To use a variety of shots and serves, hitting with increasing consistency. To employ tactics in games. To participate in games following the rules and scoring correctly. 	<ul style="list-style-type: none"> To know and describe the correct grip and stance whilst holding a tennis racket. To adopt a good ready position. To play shots on both the forehand and backhand side of the body. To use a variety of shots and serves, hitting with increasing consistency. To employ tactics in games. To participate in games following the rules and scoring correctly.

PE Progression of Skills, Knowledge and Understanding at St Philip's CE Primary Academy

	Key Vocabulary	Key Vocabulary
	Racket Low High Balance Ball Control Score Movement Aiming Rolling Send Throw Catch Underarm Ready Position Receive Cooperate	Swing Aim/Accuracy Movement Direction Rally Catch Court Power Space Forehand Backhand Bounce Serve Racket Receive

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Key Stage 1		Key Stage 2			
Handball	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Participate in team games, develop simple tactics for attacking and defending.		Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.		Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Key Objectives	Key Objectives	Key Objectives	Key Objectives	Key Objectives	Key Objectives
	Move fluently, changing direction and speed easily and avoiding collisions. Show control of the ball with basic actions – including sending a ball/equipment to a target. Can shoot successfully at a goal or target. Recognise space in games, using it to your advantage, and playing in a safe way. Have simple plans that you know you can make work, e.g. where to stand to make it difficult for an opponent. Identify what skills you need to practice. Can describe what you have done or seen others do.	Perform a range of actions with control of the ball, including throwing, catching, gathering, keeping possession, and throwing in different ways (fast, slow, high, low). Know how to defend between ball and target. Decide when and where to run, showing good awareness of others. Choose and use simple tactics to suit different situations and apply these in small sided games. Begin to understand some rules of the game. Recognise what is successful and copy actions and ideas to improve your skills. Begin to understand the importance of preparing safely and carefully for exercise – warming up.	Use a range of skills to keep possession of the ball. Keep the ball under control, passing and receiving with increasing accuracy. Choose space/ positions where you can receive a pass or to support a teammate. Take up space/positions to make it difficult for your opponents. Recognise players who play well in games and give reasons why. Identify what you do best and what you find difficult. Recognise and describe what happens to your breathing and heart rate when playing games and begin to understand why you get hotter when playing games.	Get into good positions to pass and receive the ball. Pass the ball using different techniques. Develop set moves that can be used in attacking play. Showing growing control and consistency during games. Keep and follow the rules of the game. Choose and adapt techniques and tactics to keep possession of the ball and give you a chance to shoot or score. Identify what skills they need to practice. Develop the understanding of the importance of speed and stamina when playing invasion games.	Perform skills, such as passing and shooting with accuracy, control, and confidence. Change speed and direction to get away from a defender. Find ways to get the ball towards your opponent's goal, knowing when to pass, when to dribble or travel with the ball. Use a variety of tactics, like use of space and positions to keep the ball. Watch and evaluate the success of a game, whilst recognising parts of a performance that could be improved and identifying practices that will help. Suggest ideas for warming up and explain your choices. Explain how your body reacts and feels when you play different games and understand how the muscles work – work by getting shorter, relax by getting longer.	Develop control whilst performing skills at speed. Understand there are different ways to defend, choose and apply a range of tactics and strategies when defending including how to mark a player and space. Understand there are different ways to attack as a team, choose and apply a range of tactics and strategies when attacking. Combine and perform skills with control, adapting them to meet the needs of the situation. Know how handball helps your fitness and health. Give feedback to individual, team and your own performance, describing the best points, suggesting how to improve and commenting on techniques and tactics. Know what makes a good warm down e.g. it calms the body, prevents stiffness, settles the mind.
	Outcomes	Outcomes	Outcomes	Outcomes	Outcomes	Outcomes
	<ul style="list-style-type: none"> • To move into space with a ball. • To bounce, roll and carry a ball. • To throw and catch a ball with others. • To shoot accurately at a target. • To move towards a goal to defend it. • To compete against others trying to score. 	<ul style="list-style-type: none"> • To pass/send a ball with increasing accuracy. • To move with the ball keeping it under control. • To pass the ball over different distances. • To dribble when under pressure. • To defend by marking. • To play handball games against others. 	<ul style="list-style-type: none"> • To pass/send a ball whilst on the move. • To shoot whilst under pressure • To pass the ball over different distances while moving. • To decide on ways to attack during games. • To decide on ways to defend during games. • To play handball games against others. 			

PE Progression of Skills, Knowledge and Understanding at St Philip's CE Primary Academy

	Key Vocabulary Handball Goals Scoring Teamwork Catch Shooting Passing Dribbling Bounce	Key Vocabulary Ball Control Throw Catch Dribbling Receive Space Hands Accuracy/Aim Power Intercept Support	Key Vocabulary Ball Control Throw Catch Dribble Receive Space Hands Accuracy Aim Power Intercept Support
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	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Key Stage 1		Key Stage 2			
Dance	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. To perform dances using simple movement patterns.		Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement patterns.		Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement patterns.	
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Key Objectives	Key Objectives	Key Objectives	Key Objectives	Key Objectives	Key Objectives
	Respond imaginatively to a range of stimuli. Move confidently and safely in your own and general space, using changes of speed, level and direction. Perform movement phrases using a range of different body actions and body parts – with control and accuracy. Create linked movements, combining different ways of travelling, with beginnings, middles and ends. Describe what it feels like to breathe quickly during exercise. Describe what they have done or seen others doing. Understand why being active and playing games is good for you.	Perform a range of actions and simple movement patterns with control and coordination. Compose short dances that express and communicate mood, ideas, and feelings, varying simple compositional ideas. Explore, remember, and repeat short dance phrases, showing greater control and spatial awareness. Describe and phrases and expressive qualities. Work individually and with others. Begin to understand the importance of warming up. Watch and describe a performance accurately and recognise what is successful.	Explore and create narratives in response to a stimulus. Show control, accuracy and fluency of movement when performing actions with a partner. Develop dance phrases using canon, unison, repetition, action/reaction, and question/answer. Communicate what you want through your dances and perform with control. Combine actions and maintain the quality of performance when performing at the same time as a partner. Describe and evaluate the effectiveness and quality of a dance. Collaborate with others.	Explore and create characters and narratives in response to a range of stimuli. Perform dances using a range of movement patterns – accurately, fluently, consistently and with control. Use different compositional ideas to create motifs incorporating unison, canon, action, and reaction. Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension, and continuity when working with a partner and in a group. Be able to describe your own dance, taking characters into account as well as identifying what they need to practice to improve their dance. Work well as part of a team. Understand the link between heart rate and breathing when exercising.	Continue to develop a broader range of skills and movement patterns, exploring and practicing movement ideas inspired by a stimulus. Use basic compositional principles when creating dances – combining movements fluently and effectively. Perform a range of movements accurately with a sense of rhythm. Create and structure dance motifs, phrases, and sections of dances, developing expressive qualities. Identify which aspects were performed consistently, accurately, fluently, and clearly and be able to provide feedback. Work effectively as part of a team. Explain how their bodies reacts and feels when taking part in different activities and undertaking different roles.	Move in a way that reflects the music. Perform dances in both canon and unison, with clarity and confidence. Explore and practise movement ideas inspired by a stimulus. Explore, improvise and combine movement ideas fluently and effectively. Perform movements to an audience with rhythm and confidence. Share ideas in small groups, working together to create a routine incorporating different elements. Use imagination to perform dances to music and develop expressive qualities.
	Outcomes		Outcomes		Outcomes	
	<ul style="list-style-type: none"> To move in different ways. To move with control. To work individually and with others. To move to music showing expressive qualities of dance. To be creative and compose short dances. To participate in a performance. 		<ul style="list-style-type: none"> Perform dances using a range of movement patterns. Link movement patterns together. Work on your own, with a partner and in a group. Create, practise and perform more complex dances. Perform as various characters when moving to music. Communicate feelings through dance. 		<ul style="list-style-type: none"> To be inspired by music and different stimuli. To show ideas through dance. To create sections of dance on your own and in a group. To apply the principle of dance to a routine. To combine movements – keeping to the beat. To perform to an audience. 	

PE Progression of Skills, Knowledge and Understanding at St Philip's CE Primary Academy

	Key Vocabulary Dance Cannon Teamwork Smart Neat Performance Movement Express Phrase	Key Vocabulary Dance Routine Music Coordination Tutting 8/4 Beat Cannon Unison Count Performance Movements	Key Vocabulary Dance Routine Music Movements Coordination Tutting 8 Beat Canon Unison Count Fluency Choreography Performance
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	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Key Stage 1		Key Stage 2			
Basketball	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Participate in team games, develop simple tactics for attacking and defending.		Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.		Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Key Objectives	Key Objectives	Key Objectives	Key Objectives	Key Objectives	Key Objectives
	Explore different ways to use, move and send the ball. Develop skills such as sending an object to a target, catching, receiving, rolling, pushing, throwing and basic ball control. Demonstrate a basic underarm throwing action with control and accuracy. Understand the concept of moving to get in line with the ball to receive it. Describe why being active and playing games is good for you.	Throw and catch the ball with increasing control, and throw the ball in different ways e.g. fast, slow, high, low (mastering basic throwing technique). Perform a range of actions with the ball keeping it under control. React to situations to make it difficult for opponents – using simple tactics. Show good awareness of others when playing games. Begin to understand the importance of preparing safely and carefully for exercise – warming up/down. Understand and describe changes to your heart rate when playing a game.	Move with a ball keeping it under close control. Keep possession of a ball as part of a team. Pass/send a ball with increasing accuracy and receive a ball successfully. Take up spaces/positions that make it difficult for opponents. Employ simple tactics in game situations. Recognise and explain good performances. Understand the link between heart rate and breathing when exercising.	Move the ball keeping it under control whilst changing direction. Pass, shoot and receive a ball with increasing accuracy, control and success. Pass in different ways e.g. high, low, fast, slow. Find and use space in game situations and work well as part of a team. Apply basic attacking and defending principles. Use a range of tactics to keep possession of the ball; and explain simple tactics in game situations. Identify what you need to practice to improve your performance. Describe how your body feels when exercising and understand the link between heart rate and breathing when exercising.	Perform skills (e.g. passing) with accuracy, confidence and control, and increasing speed. Work effectively as part of a team and keep possession of the ball when faced with opponents. Apply basic principle for attacking – Using skills to keep possession of the ball. Begin to apply defending principles in games; Communicating well as a team to regain possession of the ball. Explain how your body reacts and feels when taking part in different activities and undertaking different roles. Learn how to evaluate and recognise success, explain why a performance is good. Understand how physical activity can contribute to a healthy lifestyle.	Apply basic principles for attacking and defending, choosing different formations to suit the need of the game. Use different skills to keep possession of the ball. Develop control whilst performing skills at speed. Show good awareness of others in game situations and work effectively as a team, adapting games if needed so everyone has a role to play. Use defending principles in game situations, including marking, tracking and covering, to gain possession. Create short warm up routines that follow the basic principles e.g. raising body temperature, mobilising joints and muscles. Learn how to evaluate your own success, as well as recognise part of a performance that could be improved and why. Understand how to improve in different physical activities and sport.
	Outcomes		Outcomes		Outcomes	
	<ul style="list-style-type: none"> • To move into space. • To move with a ball. • To bounce, roll and carry a ball. • To throw and catch a ball with others. • To move towards a goal to defend it. • To compete against others trying to score. 		<ul style="list-style-type: none"> • To pass/send a ball with increasing accuracy. • To move with the ball keeping it under control. • To pass the ball in different ways. • To find and use space well to keep possession. • To apply basic attacking and defending principles. • Play in small sided games, employing simple tactics. 		<ul style="list-style-type: none"> • To pass the ball in a variety of different ways with confidence and control. • To move with the ball at speed. • To mark, track and cover when defending. • To keep possession of the ball when faced with opponents. • To work together as a team, showing good awareness of others. • Apply basic principles for attacking and defending in game situations. 	

PE Progression of Skills, Knowledge and Understanding at St Philip's CE Primary Academy

	Key Vocabulary Basketball Hoops Bounce Catch Shooting Scoring Teamwork Passing Dribbling	Key Vocabulary Basketball Dribbling Passing Shoot Net Chest Pass Space Possession Score	Key Vocabulary Basketball Dribbling Passing Shoot Net Chest Pass Space Possession Score Defend Attack
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	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Key Stage 1		Key Stage 2			
Tag Rugby	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Participate in team games, develop simple tactics for attacking and defending.		Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.		Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Key Objectives	Key Objectives	Key Objectives	Key Objectives	Key Objectives	Key Objectives
	Throw and catch a rugby ball to themselves and others. Improve movement skills whilst moving with the ball in two hands. Learn how to tag. Decide when to pass and when to run. Play simple tag rugby games understanding the rules of the game. Understand who the attackers and who the defenders are.	Develop control and accuracy when throwing and catching a rugby ball. Successfully beat a defender. Begin tagging players in game situations. Begin to understand and develop correct technique of passing the ball. Develop understanding of tag rugby and participate in small games. Use simple tactics in game situations.	Know how to tag another player. Develop attacking and defending skills within tag rugby. Improve decision making skills and choose the right skills that meet the needs of the situation. Play simple tag rugby games with an understanding of the basic rules. To be able to pass the ball backwards to a teammate. To follow the rules of the game.	Move in different directions learning to move away from your opponent and keep control of the ball when running. Learn how to pass in rugby, catching successfully and improving skills whilst on the move. Move forward to attack as part of a team – running in a line. To work as part of a team when defending, keeping in a line, and spreading out. Successfully score a try. To begin to understand the rules of tag rugby. Develop physical characteristics needed for the game, e.g. speed, fitness, agility.	Increase accuracy and control when passing and catching whilst moving at speed. Understand the defensive duties in tag rugby and the process of tagging. Begin to understand the importance of lines in tag rugby – both for attack and defence. Use simple tactics in games to achieve success as a team. Participate in competitive games, following the rules and playing fair. Continue to improve different ways to pass – fast, slow, high, low.	Incorporate the rules of the game into small sided games like passing backwards. To pass and catch the ball whilst running at different speeds. Keep control of the ball when running and passing, ensuring passing is accurate. Understand the importance of keeping in a line in both attacking and defending plays. Successfully remove tags in accordance with the rules. To understand the rules of the game and participate. Carefully consider the best way to score a try and win the game, remembering to find and use space when running.
	Outcomes		Outcomes		Outcomes	
	<ul style="list-style-type: none"> • To hold and move with a rugby ball. • To pass the ball pointing the nose of the ball. • To pass accurately to a partner. • To run with the ball. • To play tag games. • To try score by getting past opponents. 		<ul style="list-style-type: none"> • To travel with the ball. • To keep in a horizontal line with others when running. • To catch a ball whilst on the move. • To defend by removing a player's tag. • To work together with others. • To play games against others that require tactics to be used to try score. 		<ul style="list-style-type: none"> • To travel at speed with the ball. • To dodge and fake passes when running with the ball. • To catch the ball whilst under pressure. • To watch and evaluate the game. • To decide on ways to attack when playing games. • To decide on the best ways to defend in games. 	
	Key Vocabulary		Key Vocabulary		Key Vocabulary	
	Tag rugby Belts Target Catch Pass Space Attack Defend Try		Rugby Tag Pass Share Defend Mark Attack Dummy Side Step Teamwork		Rugby Tag Pass Share Defend Mark Attack Dummy Side Step Communicate	

PE Progression of Skills, Knowledge and Understanding at St Philip's CE Primary Academy

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Golf	Key Stage 1		Key Stage 2			
	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.		Compare their performances with previous ones and demonstrate improvement to achieve their personal best.			Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Key Objectives	Key Objectives	Key Objectives	Key Objectives	Key Objectives	Key Objectives
	<p>Explore different ways of moving, with and without a ball, developing movement and coordination.</p> <p>Show increasing control when pushing, patting, throwing, and catching a ball.</p> <p>Send objects towards a target with increasing accuracy.</p> <p>Begin to apply the basic putting technique into games.</p> <p>Follow instructions to complete a task.</p> <p>Compete against others in modified golf games.</p>	<p>Explore different ways of moving, changing speed and direction fluently.</p> <p>Explore different ways of moving a golf ball, and/other size ball.</p> <p>Push/ roll and putt a ball towards a target with control.</p> <p>Perform basic skills needed for games with control and accuracy.</p> <p>Develop technique when using the golf putter, becoming increasingly accurate.</p> <p>Use skills learnt to participate and compete in rolling and putting games.</p>	<p>Begin to develop the chipping technique, consistently lifting the ball from the floor.</p> <p>Apply putting skills into game situations.</p> <p>Show control and control to make accurate shots.</p> <p>Explore and understand how correct putting techniques can create a successful shot.</p> <p>Demonstrate good teamwork skills.</p>	<p>Explore the skills required to play golf successfully.</p> <p>Continue to develop and apply the chipping technique to competitive games.</p> <p>Develop and demonstrate the ability to 'putt' accurately and effectively.</p> <p>Understand the importance of accuracy when chipping.</p> <p>Demonstrate good teamwork skills.</p>	<p>Develop the technique to chip at different heights.</p> <p>Apply both the putting and chipping techniques to competitive games.</p> <p>Show control and control to make accurate shots.</p> <p>Begin to develop the driving technique.</p> <p>Increase accuracy and distance when practicing the driving technique and participate in driving games.</p>	<p>Develop an accurate putting technique, chipping for height technique and driving for distance technique.</p> <p>Determine how much speed and power is required when working to a target.</p> <p>Become familiar with golf phrases and the concept of golf.</p> <p>Compete with others in modified golf games.</p> <p>Compare and evaluate other performances.</p>
Outcomes		Outcomes			Outcomes	
<ul style="list-style-type: none"> To move without a ball. To move with a ball. To control a ball. To hold/grip a golf club. To control a ball with racket/golf club. To move a ball towards a target. 		<ul style="list-style-type: none"> To successfully hit the target using a putt shot. To play putting games. To develop the chip shot. To play games with others. To compete in target games against others. To apply correct techniques when competing. 			<ul style="list-style-type: none"> To successfully hit the target when putting and chipping. To develop the drive technique. To develop the techniques of the different shots on more difficult courses. To compete against others applying skills learnt. To discuss, watch and evaluate the game. To apply the correct techniques when competing. 	
Key Vocabulary		Key Vocabulary			Key Vocabulary	
Bunker, Water Rough, Putter Fairway Head Up Grip Explore Repeat Tick-Tock Improve Technique		Golf Chipping Putting Target Coordination Technique Accuracy/Aim Speed Power Tick-Tock			Golf Chipping Putting Driving Target Coordination Technique Accuracy Speed Power	

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Cricket	Key Stage 1		Key Stage 2			
	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.		Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.			Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
	Participate in team games, develop simple tactics for attacking and defending.		Compare their performances with previous ones and demonstrate improvement to achieve their personal best.			Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Key Objectives	Key Objectives	Key Objectives	Key Objectives	Key Objectives	Key Objectives
<p>Understand and follow simple rules for games and compete in physical activities both against self and against others.</p>	<p>Show good awareness of others when playing games.</p> <p>Develop fundamental movement skills,</p>	<p>Apply and develop a broader range of skills, whilst ensuring basic skills are performed with control and accuracy.</p> <p>Throw a ball increasing distances, catch a ball</p>	<p>Show control, coordination and consistency when throwing and catching a ball.</p>	<p>Develop control and technique whilst performing skills at speed and showing good awareness of others in game situations.</p>	<p>Perform skills, including retrieve, intercept and stop a ball, with accuracy, confidence and control.</p> <p>Bowl using an overarm technique, beginning to</p>	

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<p>Move fluently, changing direction and speed.</p> <p>Show basic control of the ball, including when striking a ball.</p> <p>Successfully receive (catch/stop) a ball, understanding the concept of moving to get in line with the ball to receive it.</p> <p>Apply skills and tactics in simple games, including recognizing space and using it to your advantage.</p> <p>Understand why being active and playing games is good for you.</p>	<p>becoming increasingly confident and competent.</p> <p>Perform a range of actions with control including catching, gathering, and hitting a ball with increasing accuracy.</p> <p>Throw/hit a ball in different ways e.g. high, low, fast, slow.</p> <p>React to situations in ways that make it difficult for opponents, applying simple tactics like hitting the ball into space to help score more points.</p> <p>Begin to understand the importance of preparing safely for exercise – warming up.</p> <p>Recognise what is successful.</p>	<p>with increasing consistency and hit a ball with correct technique.</p> <p>Intercept and stop the ball consistently.</p> <p>Work well as part of a team, employing simple tactics, particularly when fielding to make it harder for the batter.</p> <p>Identify what you need to practice improving your performance.</p> <p>Understand the link between heart rate and breathing when exercising.</p> <p>Devise suitable warm up activities for upcoming activities.</p>	<p>Hit a ball with increasing control from a tee and progress to without a tee.</p> <p>Take up spaces/positions that make it difficult for the opposition.</p> <p>Explain the tactics you have used in games.</p> <p>Communicate, collaborate, and compete with others, following the rules of the game.</p> <p>Recognise what you do well and what you find difficult and explain good performances.</p> <p>Choose fielding skills which make it difficult for your opponent.</p>	<p>Hit the ball with purpose, varying speed height and direction, as well as thinking of tactics needed to score more runs.</p> <p>Choose skills and tactics to meet the needs of the situation. (i.e. to outwit opponents when fielding).</p> <p>Work as part of a team, adapting games and activities making sure everyone has a role to play.</p> <p>Watch and evaluate the success of games and good performance.</p> <p>Understand how physical activity can contribute to a healthy lifestyle and explain how your body reacts and feels when taking part in physical activity.</p> <p>Create short warm up routines that follow basic principles e.g. raising body temperature, mobilise joints and muscles.</p>	<p>vary speed and length of delivery.</p> <p>Use skills and tactics to outwit opponents when fielding, bowling and batting.</p> <p>Work as part of a team that covers the areas to make it hard for the batter to score runs.</p> <p>Use tactics that involve bowlers and fielders working together.</p> <p>Learn how to evaluate and recognise your own success and areas for improvement.</p> <p>Develop an understanding of how to improve in different physical activities and sports.</p>
<p>Outcomes</p> <ul style="list-style-type: none"> To move a ball. To throw a ball at a target. To catch a ball. To hit a ball. To work with others To compete against others. 		<p>Outcomes</p> <ul style="list-style-type: none"> To throw a ball with increasing accuracy. Catch a ball with increasing control. Successfully hit a ball from a tee. Hit a ball towards a target. Choose fielding skills to make it difficult for an opponent. Participate in modified competitive games, showing good teamwork. 		<p>Outcomes</p> <ul style="list-style-type: none"> To throw and bowl in different ways. To play shots that allow the ball to be hit to different areas of the field. To retrieve, catch, intercept and stop a ball when fielding. To use skills and tactics to outwit an opponent when fielding. To use skills and tactics to outwit an opponent when batting. To participate in competitive games. 	
<p>Key Vocabulary</p> <p>Batting Bowling Fielding Throwing Catching Striking/hitting Long Barrier Teamwork Wickets Wicket Keeper Underarm</p>		<p>Key Vocabulary</p> <p>Cricket Fielding Batting Bowling Wickets Runs Striking/Hitting Teamwork Overarm Underarm Throwing Catching Wicket Keeper Long Barrier Aiming/Accuracy</p>		<p>Key Vocabulary</p> <p>Cricket Fielding Batting Bowling Wickets Runs Striking Teamwork Overarm Underarm Throwing Catching Wicket Keeper Long Barrier Aiming/Accuracy</p>	

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Key Stage 1		Key Stage 2			
Netball	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Participate in team games, develop simple tactics for attacking and defending.		Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best		Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Key Objectives	Key Objectives	Key Objectives	Key Objectives	Key Objectives	Key Objectives
	Explore different ways to use, move and send the ball. Develop skills such as sending an object to a target, catching, and gathering,	Throw and catch the ball with control, and throw the ball in different ways e.g. fast, slow, high, low. Perform a range of actions with the ball keeping it under control.	Pass and receive the ball with control. Select passes that keep possession. Take up space/positions that make it difficult for opponents.	Get into good positions to pass, receive, and shoot the ball. Pass the ball using different techniques. Shoot and score with increasing accuracy.	Know the difference between attacking and defending skills. Increase accuracy and confidence of passing and shooting skills. Use a variety of skills to keep the ball, thinking	Apply basic principles for attacking and defending, choosing different formations to suit the need of the game. Work effectively as a team.

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<p>rolling and basic ball control.</p> <p>Move to defend a goal.</p> <p>Understand how to play in a safe way.</p> <p>Describe why running and playing games is good for you.</p> <p>Watch, copy and describe others play.</p>	<p>React to situations to make it difficult for opponents – using simple tactics.</p> <p>Show good awareness of others when playing games.</p> <p>Begin to understand the importance of preparing safely and carefully for exercise – warming up/down.</p> <p>Copy actions and ideas and use the information to improve their skills.</p>	<p>Move to support teammates once you have passed the ball and explain how to keep possession.</p> <p>Describe what happens to your heart rate and breathing when playing games and begin to understand why you get hotter.</p> <p>Identify what you do best and what you find most difficult and recognise this in others performance.</p>	<p>Use a range of tactics, including finding and using space, to keep possession of the ball to shoot/score.</p> <p>Develop the understanding of the importance of speed when playing invasion games.</p> <p>Understand the link between heart rate and breathing during different activities.</p> <p>Identify and describe the skills needed to improve your game.</p>	<p>about moving towards goal, different positions and the use of space.</p> <p>Know how to mark and defend your goal.</p> <p>Begin to understand how muscles work and explain how the body reacts to physical activity.</p> <p>Identify strengths and weaknesses of your own and other performances and explain your reasoning.</p>	<p>Use a variety of tactics to keep possession of the ball, applying the principles of attacking.</p> <p>Use the defending principles in game situations, including marking, tracking and covering, to gain possession.</p> <p>Create short warm up routines that follow the basic principles e.g. raising body temperature, mobilise joints and muscles.</p> <p>Recognise and evaluate performances providing constructive feedback. Understand how to improve in different physical activities and sport.</p>
<p>Outcomes</p> <ul style="list-style-type: none"> To move with a ball. To roll a ball. To bounce a ball. To throw/catch a ball. To play in games with others To compete against others. 		<p>Outcomes</p> <ul style="list-style-type: none"> To pass/send a ball with increasing accuracy. To move with the ball keeping it under control. To pass the ball in different ways. To find and use space well to keep possession. To apply basic attacking and defending principles. Play in small sided games, employing simple tactics. 		<p>Outcomes</p> <ul style="list-style-type: none"> To pass the ball in a variety of different ways with confidence and control. To move with the ball at speed. To mark, track and cover when defending. To keep possession of the ball when faced with opponents. To work together as a team, showing good awareness of others. Apply basic principles for attacking and defending in game situations. 	
<p>Key Vocabulary</p> <p>Ball Control Balance Throw Catch Aim Pass Roll Teamwork Space</p>		<p>Key Vocabulary</p> <p>Ball Control Speed Direction Chest Pass Bounce Pass Technique Aim/Accuracy Teamwork Shoot Score Power Rules</p>		<p>Key Vocabulary</p> <p>Ball Control Speed Direction Passing Chest Pass Bounce Pass Technique Aim/Accuracy Teamwork Shoot Score Power Rules Pivot</p>	

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Orienteering (OAA)	Key Stage 1		Key Stage 2			
	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Participate in team games.		Take part in outdoor and adventurous activity challenges both individually and within a team.		Take part in outdoor and adventurous activity challenges both individually and within a team.	
	Key Objectives	Key Objectives	Key Objectives	Key Objectives	Key Objectives	Key Objectives
	Move in different directions and a variety of different ways. Work independently, as well as cooperatively in small groups. Participate in games following rules and playing fairly. Begin to plan how to solve problems. Introduction to a compass and directions (N, E, S, W.)	Introduction to map reading. Be able to use some basic features on a map to select and plan a route. Work well in big groups, sharing, taking turns, and cooperating with others. Begin to understand the competitive side of orienteering and take part in a picture orienteering event. Begin to problem solve with others. Understand what a compass is used for and	Participate in team games, working cooperatively, solving problems with others. Communicate effectively with other people and discuss plans to achieve success. Recognise that activities need thinking through and planning. Move confidently in different ways, developing agility, balance, and co-ordination. Participate in competitive orienteering events,	Develop a basic understanding of map reading/making and apply these skills and techniques in games. Work cooperatively and successfully as part of a team, improving communication skills. Recognise where you are on a map. Demonstrate all the physical skills needed for orienteering: agility, balance, and co-ordination. Have knowledge of safety rules and	To orientate themselves and map correctly keeping track of their position with increasing accuracy. Work within a team trusting and valuing each other. Develop communication skills and use these skills to achieve success. Make a map with symbols and legend and begin to understand scale. Use relevant techniques to navigate to and from control points.	Use a map to confidently orientate yourself around – Use previous knowledge to navigate and design a route to the controls. Take part in orienteering events, such as picture orienteering and control orienteering, with success. Plan strategies to complete tasks. Choose sensible skills and approaches for the challenges. Build confidence during team activities.

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<p>Understand how communication can help to solve problems with others.</p> <p>Participate in competition with others, completing a simple orienteering event.</p>	<p>be able to use the direction points.</p> <p>Has knowledge of safety rules and procedures for taking part in orienteering events.</p> <p>Meets challenges effectively working as part of a team.</p>	<p>following instructions of the game.</p> <p>To make a map with symbols and be able to recognise where you are on a map, using basic techniques.</p> <p>Evaluate your performance and recognise what went well and what could be improved.</p>	<p>procedures for taking part in orienteering event.</p> <p>Work as a team to plan and decide what approach to use to meet the challenge set.</p> <p>Explain how you could improve your performance.</p>	<p>Compete in orienteering events, problem solving with team members.</p> <p>Identify what they have done well and adapt plans for future challenges.</p>	<p>Develop map reading and map building skills – Understanding elements and scaling confidently.</p> <p>Identify what they have done well and adapt plans for future challenges.</p> <p>Develop physical fitness and be able to describe its importance in orienteering.</p>
<p>Outcomes</p> <ul style="list-style-type: none"> To move in different ways. To work with others. To use a basic map. To plan a route on a map. To solve problems on your own and with others. To participate in an orienteering event. 		<p>Outcomes</p> <ul style="list-style-type: none"> To work cooperatively as part of a team. To communicate effectively with others. Participate in team games solving problems with others. To understand the different points on a map. To make a map. To take part in an orienteering event. 		<p>Outcomes</p> <ul style="list-style-type: none"> To build confidence during team activities. To work within your team, communicating, trusting and valuing each other. To plan strategies to complete tasks. To develop map reading skills and confidence. To develop map building skills. To complete an orienteering event. 	
<p>Key Vocabulary</p> <p>Teamwork Together Compass Map Route Directions Safety Orienteering Problem Solving Challenge</p>		<p>Key Vocabulary</p> <p>Teamwork Map Skills Indoor Mapping Picture Orienteering Control Plotting Communication Problem Solving</p>		<p>Key Vocabulary</p> <p>Teamwork Map Skills Indoor Mapping Picture Orienteering Control Plotting Communication Problem Solving</p>	

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Badminton	Key Stage 1		Key Stage 2			
	<p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Participate in team games, develop simple tactics for attacking and defending.</p>		<p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>			<p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>
	Key Objectives	Key Objectives	Key Objectives	Key Objectives	Key Objectives	Key Objectives
	<p>Move fluently, changing direction and speed.</p> <p>Watch, track and catch a shuttle successfully, as well as throw it with control to a partner.</p> <p>Can control and balance the shuttle with some control, with and without a racket.</p> <p>Can hit the shuttle varying height, speed and direction into space.</p> <p>Use different skills and movements, including aiming into space to try win games.</p> <p>Can watch and copy what they see and describe why they have copied that technique.</p>	<p>Move fluently, changing direction and speed.</p> <p>Watch, track and catch a shuttle successfully, and throw a shuttle relating to an overhead clear.</p> <p>Improve control of the shuttle, with and without the racket, developing different movements and skills to play varied types of shot, including a forehand serve.</p> <p>Can hit the shuttle, when in the air, varying height, speed and direction into space and to a partner.</p> <p>Understand what a rally is and how to continue one in pairs.</p> <p>Identify good technique and justify why it is good.</p> <p>Describe how to hold and grip the racket on forehand shots.</p>	<p>Continue to develop control of the shuttle with and without the racket.</p> <p>Show a good stance and structure when throwing and hitting the shuttle.</p> <p>Improve control of the shuttle, with and without the racket, developing different movements and skills to play varied types of shot including a forehand and a lift.</p> <p>Participate in rallies with others.</p> <p>Can hit the shuttle, when in the air, varying height, speed and direction into space and to a partner.</p> <p>Can perform a forehand serve to a partner, and familiarize themselves with the backhand serve, being able to describe correct grip and technique.</p>	<p>Continue to improve control of the shuttle, with and without the racket, developing different movements and skills to play varied types of shot including a forehand and a lift.</p> <p>Can hit the shuttle, when in the air, varying height, speed and direction into space to beat an opponent.</p> <p>Use different skills to try and win games.</p> <p>Understand the different types of rallies, participating in both.</p> <p>Work together to keep a rally going, returning the shuttle to a partner.</p> <p>With increasing accuracy, perform a forehand and backhand serve, hitting the shuttle with confidence and control.</p>	<p>Able to hit a shuttle with good stance and grip on both forehand and backhand side, varying shot selection; height, speed and depth.</p> <p>Improve consistency of shots, noticing longer rallies.</p> <p>Use different racket skills and types of movement during a competitive or cooperative rally.</p> <p>To participate in rallies with and without a racket.</p> <p>Demonstrate skills learnt during the unit when competing against others, including serving, returning a serve, and shot accuracy when moving at a quick pace.</p> <p>Understand tactics in badminton, such as aiming into space to beat an opponent. Use these tactics to try win games.</p>	<p>Experiment with the racket using different skills. Play shots at different heights, direction, speed and improve hitting the shuttle whilst moving.</p> <p>Improve consistency of shots, directing them to help win rallies.</p> <p>Show good technique and accuracy of the forehand, backhand and overhead clear.</p> <p>Be continuous within a rally and regularly play consistent shots.</p> <p>Demonstrate different skills and tactics learnt to try win games.</p> <p>Use tactical serves to deceive an opponent.</p> <p>Demonstrate fast paced movements, including the chasse step and lunge whilst increasing shuttle accuracy.</p>

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			Demonstrate the chasse step and lunge in practice and games.	Can move around the court with purpose, demonstrating a fast-paced chasse movement in isolation and in games.	Can demonstrate fast paced movements, fluently changing direction and speed.	
	Outcomes <ul style="list-style-type: none"> To move in different directions. To control an object. To use a racket. To hit a shuttle. To work with others. To play games. 		Outcomes <ul style="list-style-type: none"> Can watch, track and catch a shuttle successfully. To perform a basic forehand action with increasing accuracy. To perform a basic backhand shot with increasing control. To keep a rally going using a range of shots. To hit a shuttle into space to try beat an opponent. To compete with others. 		Outcomes <ul style="list-style-type: none"> To know and describe the correct grip and stance when holding a racket. To adopt a good ready position. To play shots on the forehand and backhand side of the body. To use a variety of different shots and serves, hitting with increasing consistency. To employ tactics in games. To participate in games following the rules and scoring correctly. 	
	Key Vocabulary Badminton Shuttle Racket Aim Control Serve Teamwork Move Direction Receive Grip Be Ready Swing Strike/Hit		Key Vocabulary Badminton Serve Net Court Racket Rally Shuttle Coordination Movement Grip		Key Vocabulary Badminton Serve Net Court Racket Rally Shuttle Coordination Movement Grip Score	