



Invasion Games	Dance	Striking and Fielding
Gymnastics	Fitness	Swimming
Athletics	Fundamentals	Yoga
Ball Skills	Net and Wall	OAA

PE Progression Document

A Curriculum of Excellence from the Heart of Leeds

At **Shakespeare** we value and recognise the importance of Physical Education. We are *healthy and active*. We want all children to **develop sporting excellence** through experiencing a wide variety of sports and physical skills which will enhance life-long fitness and promote **positive life choices**. It is our goal to provide children with a curriculum where they can develop a sense of pride and excitement at their personal achievements but are also given opportunities to compete, **becoming collaborative, resilient learners** who demonstrate sportsman-like behaviours such as **respect**, fairness and **tolerance**. Our strong **partnerships** across Leeds mean children are able to showcase their **individual talents** outside of school and form stronger relationships through teamwork.

Skill Based Learning

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	<u>2-3s Unit 1: Introduction to PE</u> - Finding a safe space - Develop moving safely and avoiding obstacles or others - Develop travelling in different ways e.g walking, running, crawling, hopping, jumping - Develop running and stopping with control - Develop jumping and hopping <u>3-4s Unit 1: Introduction to PE</u> - Finding a safe space - Develop moving safely and avoiding obstacles or others - Develop travelling in different ways e.g walking, running, crawling, hopping, jumping - Develop running and stopping with control - Develop jumping and hopping	<u>2-3s Unit 1: Introduction to PE</u> - Finding a safe space - Develop moving safely and avoiding obstacles or others - Develop travelling in different ways e.g walking, running, crawling, hopping, jumping - Develop running and stopping with control - Develop jumping and hopping <u>3-4s Unit 2: Introduction to PE</u> - Follow instructions and stop safely. - Change direction to avoid others. - Look for space away from others. - Stop safely in balanced position and develop control when using equipment. - Keep ball close to you. - Play safely as a group. - Follow a path, looking in the direction you are travelling in. - Work cooperatively with a partner, making sure they look at you before sending the ball.	<u>2-3s Unit 1: Fundamentals</u> - Balance: Squeeze muscles to balance. - Developing running and stopping. - Developing jumping and hopping. - Develop changing direction. <u>3-4s Unit 1: Fundamentals</u> - Balance: Squeeze muscles to balance. - Developing running and stopping. - Developing jumping and hopping. - Develop changing direction.	<u>2-3s Unit 1: Fundamentals</u> - Balance: Squeeze muscles to balance. - Developing running and stopping. - Developing jumping and hopping. - Develop changing direction. <u>3-4s Unit 2: Fundamentals</u> - Balance: Squeeze muscles and wide arms to balance. - Develop running and stopping. - Develop changing direction by bending knees and turn your body to face new direction. - Develop jumping. - Develop hopping. - Explore different ways of travelling (jumping, crawl, march, slide).	<u>2-3s Unit 1: Ball Skills</u> - Rolling a ball to a target and to peer - Stopping a ball - Develop accuracy when throwing a ball to a target - Develop bouncing - Develop dribbling ball with feet - Develop kicking a ball using the inside of foot <u>3-4s Unit 1: Ball Skills</u> - Rolling a ball to a target and to peer - Stopping a ball - Develop accuracy when throwing a ball to a target - Develop bouncing - Develop dribbling ball with feet - Develop kicking a ball using the inside of foot	<u>2-3s Unit 1: Ball Skills</u> - Rolling a ball to a target and to peer - Stopping a ball - Develop accuracy when throwing a ball to a target - Develop bouncing - Develop dribbling ball with feet - Develop kicking a ball using the inside of foot <u>3-4s Unit 1: Ball Skills</u> - Rolling a ball to a target and to peer - Stopping a ball - Develop accuracy when throwing a ball to a target - Develop bouncing - Develop dribbling ball with feet - Develop kicking a ball using the inside of foot
Reception	Unit 2: <u>Introduction to PE</u> - Follow instructions and stop safely. - Change direction to avoid others. - Look for space away from others. - Stop safely in balanced position and develop control when using equipment. - Keep ball close to you. - Play safely as a group. - Follow a path, looking in the direction you are travelling in. - Work cooperatively with a	Unit 2: <u>Fundamentals</u> - Balance: Squeeze muscles and wide arms to balance. - Develop running and stopping. - Develop changing direction by bending knees and turn your body to face new direction. - Develop jumping. - Develop hopping. - Explore different ways of travelling (jumping, crawl, march, slide).	Unit 1: <u>Gymnastics</u> - Sequences: shapes, balances, travelling actions and on apparatus. - Balance: squeeze muscles to stay still. - Use apparatus safely. - Rolls: Barrel, straight and forward roll progressions. - Travelling: around, over and through apparatus.	Unit 1: <u>Dance</u>	Unit 2: <u>Ball Skills</u> - Develop rolling and tracking a ball. - Develop accurately when throwing a target. - Sending: throwing a ball to a partner keeping eyes on target. - Catching: Use two hands to catch ball. - Dribbling: Push ball with hands and keep ball close to feet. - Kicking: Use inside of foot to kick ball.	Unit 2: <u>Games</u> - Aiming: when throwing, point to where you want the ball to go. - Playing safely: Find space when moving. - Develop coordination. - Explore striking a ball by using the middle of the racket. - Work cooperatively as part of a team.

	partner, making sure they look at you before sending the ball.					
Year 1	<u>Unit 1: Sending and Receiving</u> - Begin to send and receive a ball with their feet - Catch a ball with some success - Roll and throw a ball towards a target or partner - Track a ball that is coming towards them - Work co-operatively with a partner <u>Unit 2: Fundamentals</u> - Attempt to run at different speeds showing an awareness of technique. - Begin to link running and jumping movements with some control. - Jump, leap, hop, and choosing which allows them to jump the furthest. - Throw towards a target. - Show some control and balance when travelling at different speeds.	<u>Unit 1: Dance</u> - Copy, remember and repeat actions. - Choose actions for an idea. - Use changes of direction, speed and levels with guidance. - Show some sense of dynamic and expressive qualities. - Begin to use counts. <u>Unit 2: Ball Skills</u> - Sending: roll and throw with some accuracy towards a target - Catching: begin to catch with two hands. Catch after a bounce. - Tracking: track a ball being sent directly. - Dribbling: explore dribbling with hands and feet.	<u>Unit 1: Gymnastics</u> - Shapes: explore basic shapes: straight, tuck, straddle and pike. - Balances: perform balances making their body tense, stretched and curled. - Rolls: explore barrel, straight and forward roll progressions. - Jumps: explore shape and jumps, including jumping off low apparatus. <u>Unit 2: Fitness</u> - Agility: change direction whilst running. - Balance: explore balancing in more challenging activities with some success. - Co-ordination: explore co-ordination when using equipment. - Speed: demonstrate running at different speeds. - Strength: explore exercises using my own body weight. - Stamina: explore moving for longer periods of time and identify how it makes me feel.	<u>Unit 1: Yoga</u> - Balance: perform balances and poses making their body tense, stretched and curled. - Flexibility: explore poses and movements that challenge their flexibility. - Strength: explore strength whilst transitioning from one pose to another. - Mindfulness: recognise my own feelings in response to a task or activity. <u>Unit 2: Invasion</u> - Sending and Receiving: explore with hands and feet to a partner. - Dribbling: explore dribbling with hands and feet. - Space: recognise good space when playing games. - Attacking: explore changing direction to move away from a partner. - Defending: explore tracking and moving to stay with a partner.	<u>Unit 1: Athletics</u> - Running: explore running at different speeds. - Jumping: develop balance whilst jumping and landing. Explore hopping, jumping and leaping for distance. - Throwing: explore throwing for distance and accuracy. <u>Unit 2: Net and Wall</u> - Hitting: explore hitting a dropped ball with a racket. - Feeding: throw a ball over a net to land into the court area. - Rallying: explore sending a ball with hands and racket. - Footwork: use the ready position to move towards a ball.	<u>Unit 1: Striking and Fielding</u> - Striking: explore striking a ball with their hand and equipment. - Fielding: develop tracking and retrieving a ball. - Throwing: explore technique when throwing over and underarm. - Catching: develop co-ordination and technique when catching. <u>Unit 2: Team Building</u> - Problem solving: suggest ideas in response to a task. - Navigational skills: follow a path and lead others. - Communication: communicate simple instructions and listen to others.
Year 2	<u>Unit 1: Gymnastics</u> - Shapes: explore using shapes in different gymnastic balances. - Balances: remember, repeat and link combinations of gymnastic balances. - Rolls: explore barrel, straight, and forward roll and put it into sequence work. - Jumps: explore shape, jumps and take off combinations. <u>Unit 2: Invasion</u> - Sending and Receiving: developing sending and receiving with increasing control. - Dribbling: explore dribbling with hands and feet with increasing control on the move. - Space: explore moving into space away from others. - Attacking: developing moving into space away from defenders. - Defending: explore staying close to other players to try and stop them getting the ball.	<u>Unit 1: Sending and Receiving</u> - Begin to trap and cushion a ball that is coming towards them - Accurately throw and kick a ball to a partner - Catch a ball passed to them, with and without a bounce - Track a ball and stop it with their hands and feet - Work safely to send a ball towards a partner using a piece of equipment - Work co-operatively with a partner and small group <u>Unit 2: Fundamentals</u> - Show balance and co-ordination when running at different speeds. - Link running and jumping movements with some control and balance. - Show hopping and jumping movements with some balance and control. - Change technique to throw for distance. - Show control and balance when travelling at different speeds.	<u>Unit 1: Dance</u> - Copy, remember and repeat a series of actions. - Select from a wider range of actions in relation to a stimulus. - Use pathways, levels, shapes, directions, speeds and timing with guidance. - Use mirroring and unison when completing actions with a partner. - Show a character through actions, dynamics and expression. - Use counts with help to stay in time with the music. <u>Unit 2: Ball Skills</u> - Sending: roll, throw and kick a ball to hit a target. - Catching: develop catching a range of objects with two hands. Catch with and without a bounce. - Tracking: consistently track and collect a ball being sent directly. - Dribbling: explore dribbling with hands and feet with increasing control on the move.	<u>Unit 1: Fitness</u> - Agility: demonstrate improved technique when changing direction on the move. - Balance: demonstrate increased balance whilst travelling along and over equipment. - Co-ordination: perform actions with increased control when co-ordinating my body with and without equipment. - Speed: demonstrate running at different speeds. - Strength: demonstrate increased control in body weight exercises. - Stamina: show an ability to work for longer periods of time. <u>Unit 2: Net and Wall</u> - Hitting: develop hitting a dropped ball over a net. - Feeding: accurately underarm throw over a net to a partner. - Rallying: explore underarm rallying with a partner, catching after one bounce. - Footwork: consistently use the ready position to move towards a ball.	<u>Unit 1: Striking and Fielding</u> - Striking: develop striking a ball with their hand and equipment with some consistency. - Fielding: develop tracking a ball and decision making with the ball. - Throwing: develop co-ordination and technique when throwing over and underarm. - Catching: catch with two hands with some co-ordination and technique. <u>Unit 2: Team Building</u> - Problem solving: begin to plan and apply strategies to overcome a challenge. - Navigational skills: follow and create a simple diagram/map. - Communication: work co-operatively with a partner and a small group.	<u>Unit 1: Athletics</u> - Running: develop the sprinting action. - Jumping: develop jumping, hopping and skipping actions. Explore safely jumping for distance and height. - Throwing: develop overarm throwing for distance. <u>Unit 2: Yoga</u> - Balance: remember, copy and repeat sequences of linked poses. - Flexibility: show increased awareness of extension in poses. - Strength: demonstrate increased control in performing poses. - Mindfulness: explore controlling my focus and sense of calm.

		- Demonstrates balance and co-ordination when changing direction. - Perform actions with increased control when co-ordinating their body with and without equipment.				
Year 3	<u>Unit 1: Fundamentals Y3/4</u> - Show balance, co-ordination and technique when running at different speeds, stopping with control. - Link running, hopping and jumping actions using different take offs and landing. - Jump for distance and height with an awareness of technique. - Throw a variety of objects, changing action for accuracy and distance. - Demonstrate balance when performing other fundamental skills. - Show balance when changing direction in combination with other skills. - Can co-ordinate their bodies with increased consistency in a variety of activities. <u>Unit 2: Tag Rugby</u> - Sending and receiving: explore sending and receiving by abiding by the rules of the game. - Space: develop using space as a team. - Attacking: develop movement skills to lose a defender. - Defending: develop tracking opponents to limit their scoring opportunities.	<u>Unit 1: Gymnastics</u> - Shapes: explore matching and contrasting shapes. - Balances: explore point and patch balances and transition smoothly into and out of them. - Rolls: develop the straight, barrel and forward roll. - Jumps: develop stepping into shape jumps with control. <u>Unit 2: OAA</u> - Problem solving: discuss how to follow trails and solve problems. Work with others to select appropriate equipment for the task. - Navigational skills: identify where I am on a simple map. Use and begin to create simple maps and diagrams and follow a trail. - Communication: follow and give instructions and accept other peoples' ideas.	<u>Unit 1: Netball</u> - Sending and receiving: explore sending and receiving by abiding by the rules of the game. - Space: develop using space as a team. - Attacking: develop movement skills to lose a defender. Explore shooting actions in a range of invasion games. - Defending: develop tracking opponents to limit their scoring opportunities. <u>Unit 2: Dance</u> - Copy, remember and perform a dance phrase. - Create short dance phrases that communicate an idea. - Use canon, unison and formation to represent an idea. - Match dynamic and expressive qualities to a range of ideas. - Use counts to keep in time with a partner and group.	<u>Unit 1: Fitness</u> - Agility: show balance when changing direction. - Balance: explore more complex activities which challenge balance. - Co-ordination: co-ordinate my body with increased consistency in a variety of activities. - Speed: explore sprinting technique. - Strength: explore building strength in different muscle groups. - Stamina: explore using my breath to increase my ability to work for longer periods of time. <u>Unit 2: Ball Skills</u> - Sending: send a ball with accuracy and increasing consistency to a target. - Catching: catch a range of objects with increasing consistency. - Tracking: track a ball not sent directly. - Dribbling: dribble a ball with hands and feet with control.	<u>Unit 1: Rounders</u> - Striking: begin to strike a bowled ball after a bounce with different equipment. - Fielding: explore bowling to a target and fielding skills to include a two-handed pick up. - Throwing: use overarm and underarm in throwing game situations. - Catching: catch with some consistency in game situations. <u>Unit 2: Sports Hall Athletics</u> - Chest Push: using the correct stance. - Jumping: bending knees and using arms for distance. - Speed Bounce: developing control over a mat. - Skipping: with control and their head up. - Vertical jump: standing side on, jumping up to the target and bending their knees. - Running: individually, using a fast technique and developing relay change over techniques.	<u>Unit 1: Cricket</u> - Striking: begin to strike a bowled ball after a bounce with different equipment. - Fielding: explore bowling to a target and fielding skills to include a two-handed pick up. - Throwing: use overarm and underarm in throwing game situations. - Catching: catch with some consistency in game situations. <u>Unit 2: Athletics</u> - Running: develop the sprinting technique and apply it to relay events. - Jumping: develop technique when jumping for distance in a range of approaches and take off positions. - Throwing: explore the technique for a pull throw.
Year 4	<u>Unit 1: Dance</u> - Copy, remember and adapt set choreography. - Choreograph, considering structure, individually, with a partner and in a group. - Use action and reaction to represent an idea. - Change dynamics to express changes in character or narrative. - Use counts when choreographing short phrases. <u>Unit 2: OAA</u> - Problem solving: plan independently and in small groups, implementing a strategy with increased success. - Navigational skills: identify key symbols on a map and follow a route. - Communication: confidently communicate ideas and listen to others. Swimming	<u>Unit 1: Fitness</u> - Agility: show balance when changing direction at speed. - Balance: show control whilst completing activities which challenge balance. - Co-ordination: explore increased speed when co-ordinating my body. - Speed: demonstrate improved sprinting technique. - Strength: develop building strength in different muscle groups. - Stamina: demonstrate using my breath to maintain my work rate. <u>Unit 2: Tag Rugby</u> - Sending and receiving: develop passing techniques appropriate to the game with increasing success. Catch a ball using one and two hands with increasing success. - Space: develop moving into a space to help my team. - Attacking: change direction to lose an opponent with some success. - Defending: develop defending one on one and begin to intercept. Swimming	<u>Unit 1: Basketball</u> - Sending and receiving: develop passing techniques appropriate to the game with increasing success. Catch a ball using one and two hands with increasing success. - Dribbling: explore dribbling the ball abiding by the rules of the game whilst under some pressure. - Space: develop moving into a space to help my team. - Attacking: change direction to lose an opponent with some success. - Defending: develop defending one on one and begin to intercept. <u>Unit 2: Sports Hall Athletics</u> - Chest Push: using the correct height and distance. - Jumping: bending their knees, using arms for distance and measuring with accuracy. - Speed Bounce: increase speed and coordination over the speed bounce mat. - Skipping: with rhythm and focus. - Vertical Jump: lower into the squat position with feet hip width apart. - Running: run and jump over hurdles with some speed and control. Swimming	<u>Unit 1: Netball</u> - Sending and receiving: develop passing techniques appropriate to the game with increasing success. Catch a ball using one and two hands with increasing success. - Space: develop moving into a space to help my team. - Attacking: change direction to lose an opponent with some success. - Defending: develop defending one on one and begin to intercept. <u>Unit 2: Gymnastics</u> - Shapes: develop the range of shapes I use in my sequence. - Inverted movements: develop strength in bridge and shoulder stand. - Balances: develop control and fluency in individual and partner balances. - Rolls: develop the straight, barrel, forward and straddle roll and perform them with increased control. - Jumps: develop control in performing and landing rotation jumps. Swimming Malham Cove	<u>Unit 1: Cricket</u> - Striking: develop batting technique with a range of equipment. - Fielding: develop bowling with some consistency, abiding by the rules of the game. - Throwing: use overarm and underarm throwing with increased consistency in game situations. - Catching: begin to catch with one and two hands with some consistency in game situations. <u>Unit 2: Athletics</u> - Running: develop an understanding of speed and pace in relation to distance. Develop power and speed in the sprinting technique. - Jumping: develop technique when jumping for distance. - Throwing: explore power and technique when throwing for distance in a pull and heave throw. Swimming	<u>Unit 1: Rounders</u> - Striking: develop batting technique with a range of equipment. - Fielding: develop bowling with some consistency, abiding by the rules of the game. - Throwing: use overarm and underarm throwing with increased consistency in game situations. - Catching: begin to catch with one and two hands with some consistency in game situations. <u>Unit 2: Tennis</u> - Shots: explore returning shots such as the forehand and backhand. - Rallying: explore rallying using a forehand. - Footwork: consistently use and return to the ready position in between shots. Swimming

Year 5	<u>Unit 1: Fitness</u> - Agility: demonstrate improved body posture and speed when changing direction. - Balance: change my body position to maintain a controlled centre of gravity. - Co-ordination: demonstrate increased speed when co-ordinating my body. - Speed: apply the best pace for a set distance or time. - Strength: demonstrate increased technique in body weight exercises. - Stamina: use a steady pace to be able to move for sustained periods of time. <u>Unit 2: Tag Rugby</u> - Sending and receiving: develop control when sending and receiving under pressure. - Space: explore moving to create space for themselves and others in their team. - Attacking: use a variety of techniques to lose an opponent e.g. change of direction or speed. - Defending: develop tracking and marking with increased success. Explore intercepting a ball using one or two hands. Swimming	<u>Unit 1: Gymnastics</u> - Shapes: perform shapes consistently and fluently linked with other gymnastic actions. - Inverted movements: explore progressions of a cartwheel. - Balances: explore symmetrical and asymmetrical balances. - Rolls: develop control in the straight, barrel, forward, straddle and backward roll. - Jumps: select a range of jumps to include in sequence work. <u>Unit 2: OAA</u> - Problem solving: explore tactical planning within a team to overcome increasingly challenging tasks. - Navigational skills: develop navigational skills and map reading in increasingly challenging tasks. - Communication: explore a variety of communication methods with increasing success. Swimming	<u>Unit 1: Netball</u> - Sending and receiving: develop control when sending and receiving under pressure. - Space: explore moving to create space for themselves and others in their team. - Attacking: use a variety of techniques to lose an opponent e.g. change of direction or speed. - Defending: develop tracking and marking with increased success. Explore intercepting a ball using one or two hands. <u>Unit 2: Dance</u> - Accurately copy and repeat set choreography in different styles of dance showing a good sense of timing. - Choreograph phrases individually and with others considering actions, dynamics, space and relationships in response to a stimulus. - Confidently perform choosing appropriate dynamics to represent an idea. - Use counts accurately when choreographing to perform in time with others and the music. Swimming	<u>Unit 1: Basketball</u> - Sending and receiving: develop control when sending and receiving under pressure. - Dribbling: link dribbling the ball with other actions and change direction whilst dribbling with some control. - Space: explore moving to create space for themselves and others in their team. - Attacking: use a variety of techniques to lose an opponent e.g. change of direction or speed. - Defending: develop tracking and marking with increased success. Explore intercepting a ball using one or two hands. <u>Unit 2: Sports Hall Athletics</u> - Chest Push: bending knees with a good height and distance. - Jumping: perform a variety of standing jumps (long jump and triple jump) and measure for distance. - Speed Bounce: develop a good rhythm and control over the speed bounce mat. - Skipping: with rhythm, aiming to get 25 skips or more. - Vertical jump: use an arm swing movement to increase height. - Running: pass a relay baton with control and timing in a pair change over. Swimming	<u>Unit 1: Rounders</u> - Striking: explore defensive and driving hitting techniques and directional batting. - Fielding: develop over and underarm bowling technique. Develop long and short barrier and two-handed pick up. - Throwing: demonstrate good technique when using a variety of throws under pressure. - Catching: explore catching skills (close/deep) and apply these with some consistency in game situations. <u>Unit 2: Tennis</u> - Shots: demonstrate technique when using shots playing co-operatively and beginning to execute this competitively. - Serving: develop the range of serving techniques appropriate to the game. - Rallying: develop rallying using both forehand and backhand with increased technique. - Footwork: begin to use appropriate footwork patterns to move around the court. Swimming	<u>Unit 1: Cricket</u> - Striking: explore defensive and driving hitting techniques and directional batting. - Fielding: develop over and underarm bowling technique. Develop long and short barrier and two-handed pick up. - Throwing: demonstrate good technique when using a variety of throws under pressure. - Catching: explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations. <u>Unit 2: Athletics</u> - Running: apply fluency and co-ordination when running for speed in relay changeovers. Effectively apply speeds appropriate for the event. - Jumping: explore technique and rhythm in the triple jump. - Throwing: develop technique and power in javelin and shot put. Swimming
Year 6	<u>Unit 1: Sports Hall Athletics</u> - Chest Push: demonstrate accuracy and power, bending knees through to feet and extend arms to increase distance. - Jumping: perform a triple jump for distance, varying techniques to improve performance. - Speed Bounce: with speed, fluency and rhythm. - Skipping: with speed (30 skips or more) - Vertical Jump: push into the ground, lift with an explosive movement and focus on landing softly – keep core engaged. - Running: pass a relay baton in competitive situations (timed). <u>Unit 2: OAA</u> - Problem solving: pool ideas within a group, selecting and applying the best method to solve a problem. - Navigational skills: orientate a map efficiently to navigate around a course with multiple points. - Communication: inclusively communicate with others, share job roles and lead when necessary.	<u>Unit 1: Fitness</u> - Agility: change direction with a fluent action and transaction smoothly between varying speeds. - Balance: show fluency and control when travelling, landing, stopping and changing direction. - Co-ordination: co-ordinate a range of body parts with a fluent action at a speed appropriate to the challenge. - Speed: adapt running technique to meet the needs of the distance. - Strength: complete body weight exercises for increased repetitions with control and fluency. - Stamina: use my breath to increase my ability to move for sustained periods of time. <u>Unit 2: Tag Rugby</u> - Sending and receiving: send and receive consistently using a range of techniques with increasing control under pressure. - Space: move to the correct space when transitioning from attack to defence or defence to attack and create and use space for self and others. - Attacking: confidently change	<u>Unit 1: Basketball</u> - Sending and receiving: send and receive consistently using a range of techniques with increasing control under pressure. - Dribbling: dribble consistently using a range of techniques with increasing control under pressure. - Space: move to the correct space when transitioning from attack to defence or defence to attack and create and use space for self and others. - Attacking: confidently change direction to lose an opponent. - Defending: use a variety of defending skills (tracking interception, jockeying) in game situations. <u>Unit 2: Gymnastics</u> - Shapes: combine and perform gymnastic shapes more fluently and effectively. - Inverted movements: develop control in progressions of a cartwheel and a headstand. - Balances: explore counter balance and counter tension. - Rolls: develop fluency and consistency in the straddle, forward and backward roll. - Jumps: combine and perform a range of gymnastic jumps more fluently and effectively.	<u>Unit 1: Netball</u> - Sending and receiving: send and receive consistently using a range of techniques with increasing control under pressure. - Space: move to the correct space when transitioning from attack to defence or defence to attack and create and use space for self and others. - Attacking: confidently change direction to lose an opponent. - Defending: use a variety of defending skills (tracking interception, jockeying) in game situations. <u>Unit 2: Dance</u> - Perform dances confidently and fluently with accuracy and good timing. - Work creatively and imaginatively individually, with a partner and in a group to choreograph longer phrases and structure dance considering actions, space, relationship and dynamics in relation to a theme. - Improvise and combine dynamics demonstrating an awareness of the impact on performance. - Use counts when choreographing and performing to improve the quality of work.	<u>Unit 1: Cricket</u> - Striking: strike a bowled ball with increasing accuracy and consistency. - Fielding: use a wider range of fielding skills with increasing control under pressure. - Throwing: consistently demonstrate good technique in throwing skills under pressure. - Catching: consistently demonstrate good technique in catching skills under pressure. <u>Unit 2: Athletics</u> - Running: demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique. - Jumping: develop power, control and technique in the triple jump. - Throwing: develop power, control and technique when throwing discus and shot put.	<u>Unit 1: Rounders</u> - Striking: strike a bowled ball with increasing accuracy and consistency. - Fielding: use a wider range of fielding skills with increasing control under pressure. - Throwing: consistently demonstrate good technique in throwing skills under pressure. - Catching: consistently demonstrate good technique in catching skills under pressure. <u>Unit 2: Tennis</u> - Shots: demonstrate increased success and technique in a variety of shots. - Serving: serve accurately and consistently. - Rallying: successfully apply a variety of shots to keep a continuous rally. - Footwork: demonstrate a variety of footwork patterns relevant to the game I am playing. West Leeds Activity Centre

		direction to lose an opponent. • Defending: use a variety of defending skills (tracking interception, jockeying) in game situations. Whitby + Go Ape Outdoors		Bikeability		
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	EYFS	Social, Thinking and Emotional Skills			Year 4	Year 5 and 6
Social	• Take turns • Learn to share equipment with others • Share their ideas with others	• Talk to a partner about their ideas and take turns to listen to each other • Work with a partner and small group to play games and solve challenges	• Work with others to achieve a shared goal • Work with others to self-manage games	• Share ideas with others and work together to decide on the best approach to a task • Lead others and show consideration of including all within a group • Communicate with others clearly and effectively		
Emotional	• Try again if they do not succeed • Practise skills independently • Confident to try new tasks and challenges	• Show determination to continue working over a long period of time • Determined to complete the challenges and tasks set • Explore skills independently before asking for help • Confident to share ideas, contribute to a class discussion and perform in front of others	• Persevere when finding a challenge difficult • Understand what their best looks like and they work hard to achieve it • Begin to use rules showing awareness of fairness and honesty • Show an awareness of how other people feel	• Understand what maximum effort looks and feels like and show determination to achieve it • Use different strategies to persevere to achieve personal best • Compete within the rules showing fair play and honesty when playing independently • Confident to attempt tasks and challenges outside of their comfort zones		
Thinking	• Begin to identify personal success • Choose own movements and actions in response to simple tasks e.g. choosing to travel by skipping • Begin to provide simple feedback saying what they liked or thought was good about someone else's performance	• Make decisions when presented with a simple challenge. E.g. move to an open space towards a goal • Begin to select and apply skills to use in a variety of differing situations. E.g. choose to use a balance on their bottom on a wider piece of apparatus • Provide feedback beginning to use key words from the lesson	• Pupils make quicker decisions when selecting and applying skills to a situation. E.g. who to pass to and where to move • Select and apply from a wider range of skills and actions in response to a task • Provide feedback using key terminology	• Reflect and evaluate their performances both as a group and as an individual and suggest areas for improvement • Recognise and explain their thought process when playing games or completing tasks. E.g. I moved here because my teammate was over there • Identify their own and others' strengths and areas for development providing sensitive feedback and can suggest ways to improve • Select and apply appropriate skills for the situation when under pressure		