



# Physical Education Knowledge and Skills Progression

## Year 1

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Gymnastics</b> Children will know how:</p> <ul style="list-style-type: none"> <li>- to perform 'like' actions in a sequence.</li> <li>- to carry and set up apparatus safely.</li> <li>- to perform shapes on large and small body parts.</li> <li>- to take off and land and use shape in our jumps.</li> <li>- to travel on our feet, showing good body tension.</li> <li>- how we can create different levels in our performance.</li> </ul>	<p><b>Dance</b> Children will know how:</p> <ul style="list-style-type: none"> <li>- to show moods and feelings we would experience in the jungle.</li> <li>- to move as if we were living in the jungle.</li> <li>- to create and perform movements which show friendship.</li> <li>- to perform leading and following movements.</li> <li>- to perform a short dance with a clear start, middle and end.</li> <li>- to use repeated actions in our dance</li> </ul>	<p><b>Gymnastics</b> Children will know how:</p> <ul style="list-style-type: none"> <li>- to move on, off and over apparatus and use the 'Magic Chair' landing.</li> <li>- to rock on different parts of our body and rock using shape.</li> <li>- to perform specific point balances such as 'h' and 'y' balance.</li> <li>- to perform actions at the same time as others (unison)</li> <li>- to perform actions one person after the other (canon).</li> <li>- to turn and jump and quarter and half turn.</li> </ul>	<p><b>Send and return</b> Children will know how:</p> <ul style="list-style-type: none"> <li>- to send the ball over a net to our partner.</li> <li>- to track and stop a moving object using both hands.</li> <li>- why different muscles are important when playing games.</li> <li>- to send balls accurately from different positions, e.g. kneeling or sitting.</li> <li>- to spot space in the playing area and hit the ball there.</li> <li>- to play a game with a partner.</li> </ul>	<p><b>Hit, catch, run</b> Children will know how:</p> <ul style="list-style-type: none"> <li>- to select a space to throw or roll a ball into.</li> <li>- to track and collect a rolling ball.</li> <li>- to catch a ball to stop an opponent from scoring.</li> <li>- to use our hands to hit a ball.</li> <li>- to run between bases to score points.</li> <li>- to work as a team to score points</li> </ul>	<p><b>Hit, catch, run</b> Children will know how:</p> <ul style="list-style-type: none"> <li>- to catch a ball over a short distance.</li> <li>- to begin to hit a ball with power.</li> <li>- to position ourselves in the path of the ball.</li> <li>- to field a ball to a base.</li> <li>- to catch a high ball.</li> <li>- to stop other teams from scoring points.</li> </ul>
<p><b>Send &amp; Return</b> Children will know how:</p> <ul style="list-style-type: none"> <li>- to slide a beanbag to a target.</li> <li>- to hit a ball in different ways with our hands.</li> </ul>	<p><b>Attack, defend, shoot</b> Children will know how:</p> <ul style="list-style-type: none"> <li>- to hit a target.</li> <li>- to defend a target.</li> <li>- to roll and slide balls and beanbags.</li> <li>- to shoot in a game to get</li> </ul>	<p><b>OAA</b> Children will know how:</p> <ul style="list-style-type: none"> <li>- to follow simple instructions to complete a trail.</li> <li>- to find matching symbols.</li> </ul>	<p><b>Attack, defend, shoot</b> Children will know how:</p> <ul style="list-style-type: none"> <li>- to find our pulse on our wrists.</li> <li>- to move side to side to defend a goal.</li> <li>- to bounce a ball with</li> </ul>	<p><b>Run, jump, throw</b> Children will know how:</p> <ul style="list-style-type: none"> <li>- to start and stop moving at speed.</li> <li>- to use our arms when running at different speeds.</li> </ul>	<p><b>Run, jump, throw</b> Children will know how:</p> <ul style="list-style-type: none"> <li>- to use agile movements in different activities.</li> <li>- different ways to recognise the start and</li> </ul>

<ul style="list-style-type: none"> <li>- to move towards a ball to return it.</li> <li>- to work with a partner to stop and return a beanbag.</li> <li>- what a rally is and rallying with a partner.</li> <li>- to send a ball into space to make it harder for our opponent.</li> </ul>	<ul style="list-style-type: none"> <li>points.</li> <li>- to work with a partner to score points.</li> <li>- to use our attacking and defending skills in a game.</li> </ul>	<ul style="list-style-type: none"> <li>- to copy and create a hoop dance.</li> <li>- to work with a partner to complete a hoop challenge.</li> <li>- to recognise a drawn symbol as a real object, e.g. square = ball.</li> <li>- to use decision-making skills to hide equipment</li> </ul>	<ul style="list-style-type: none"> <li>control to ourselves.</li> <li>- to aim at different targets.</li> <li>- to adapt to a game with changing rules.</li> <li>- to play in the best defensive position in a game.</li> </ul>	<ul style="list-style-type: none"> <li>- to take off on two feet to jump at distance.</li> <li>- to use the correct technique to throw different objects for distance.</li> <li>- to show improvement in our throwing.</li> <li>- to take part in a competition using running, jumping and throwing skills.</li> </ul>	<ul style="list-style-type: none"> <li>end of an activity e.g. whistle.</li> <li>- to develop stamina when running.</li> <li>- to develop core strength to improve throwing.</li> <li>- to stride and jump for height.</li> <li>- to choose the best starting position for running quickly.</li> </ul>
---	--	--	---	--	--



# Physical Education Knowledge and Skills Progression

## Year 2

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Gymnastics</b> Children will know how:</p> <ul style="list-style-type: none"> <li>- to combine 4 elements into a floor sequence.</li> <li>- to create power in a variety of different jumps.</li> <li>- to take weight on our hands and move in different ways.</li> <li>- to use our flexibility in a bridge and japana gymnastic shape.</li> <li>- to perform the point balance arabesque.</li> <li>- to perform a teddy roll.</li> </ul>	<p><b>Dance</b> Children will know how:</p> <ul style="list-style-type: none"> <li>- to use penguin images to inspire our dance.</li> <li>- to show feelings of abandonment through dance.</li> <li>- to create movements that show friendship between two characters.</li> <li>- to create a solo dance with changes of direction and speed.</li> <li>- to match our movements to music.</li> <li>- to choose a formation for our dance and explain our choice.</li> </ul>	<p><b>Gymnastics</b> Children will know how:</p> <ul style="list-style-type: none"> <li>- to combine 4 elements into a floor sequence.</li> <li>- to create power in a variety of different jumps.</li> <li>- to take weight on our hands and move in different ways.</li> <li>- to use our flexibility in a bridge and japana gymnastic shape.</li> <li>- to perform the point balance arabesque.</li> <li>- to perform a teddy roll.</li> </ul>	<p><b>Send and return</b> Children will know how:</p> <ul style="list-style-type: none"> <li>- to feed a ball to our partner with consistency.</li> <li>- to send the ball to different parts of the court.</li> <li>- to throw and catch in a seated position.</li> <li>- to accurately serve the ball to different parts of the court.</li> <li>- to use overarm attacking shots in a game.</li> <li>- to manage what we should be doing within the competition.</li> </ul>	<p><b>Hit, catch, run</b> Children will know how:</p> <ul style="list-style-type: none"> <li>- to hit a ball and score points running to cones.</li> <li>- to defend a target by kicking.</li> <li>- to bowl underarm with control.</li> <li>- to hit a ball using different bats and techniques.</li> <li>- to throw accurately to a base.</li> <li>- to hit a ball into space, away from fielders.</li> </ul>	<p><b>Hit, catch, run</b> Children will know how:</p> <ul style="list-style-type: none"> <li>- to time our run around the bases to stay safe.</li> <li>- to kick a ball into space using different parts of the foot.</li> <li>- to respond to how a ball is being bowled when hitting.</li> <li>- about the role of the wicketkeeper.</li> <li>- about the role of the backstop and its likeness to the wicketkeeper.</li> <li>- to bowl underarm in a game with accuracy.</li> </ul>
<p><b>Send &amp; Return</b> Children will know how:</p> <ul style="list-style-type: none"> <li>- to stay on our toes to move quickly to the ball.</li> <li>- to identify which hand is dominant in a game.</li> </ul>	<p><b>Attack, defend, shoot</b> Children will know how:</p> <ul style="list-style-type: none"> <li>- to kick the ball over long and short distances</li> <li>- to stop a ball with control using the foot.</li> <li>- to work as a team to keep the ball.</li> <li>- to bounce a ball with my</li> </ul>	<p><b>OAA</b> Children will know how:</p> <ul style="list-style-type: none"> <li>- to work as a team to complete a task.</li> <li>- to use problem-solving skills to complete a simple treasure hunt.</li> <li>- to copy and then</li> </ul>	<p><b>Attack, defend, shoot</b> Children will know how:</p> <ul style="list-style-type: none"> <li>- to throw different types of equipment.</li> <li>- to move to space after passing the ball.</li> <li>- to pass and move forward to a target with a partner.</li> </ul>	<p><b>Run, jump, throw</b> Children will know how:</p> <ul style="list-style-type: none"> <li>- to move quickly whilst being aware of others around.</li> <li>- to create power with our legs to turn at speed.</li> <li>- to move through an</li> </ul>	<p><b>Run, jump, throw</b> Children will know how:</p> <ul style="list-style-type: none"> <li>- to work individually to run over a longer distance.</li> <li>- to improve strength to increase our jumping distance.</li> <li>- to create power when</li> </ul>

<ul style="list-style-type: none"> <li>- the basic rules of serving to our partner.</li> <li>- to develop agility and use it in a game.</li> <li>- to use the correct grip to hit a self-fed ball.</li> <li>- to use the ready position in a rally.</li> </ul>	<p>partner.</p> <ul style="list-style-type: none"> <li>- to bounce the ball while we are moving (dribbling).</li> <li>- to pass the ball forward in a game.</li> </ul>	<p>create a simple movement pattern.</p> <ul style="list-style-type: none"> <li>- to give clues to guide a blindfolded person safely.</li> <li>- to improve performance through repetition.</li> <li>- to use a key on a map to re-create a map with accuracy.</li> </ul>	<ul style="list-style-type: none"> <li>- to position ourselves as a goalkeeper.</li> <li>- to intercept a ball from a person on the other team.</li> <li>- to use the skills we have developed in a competition.</li> </ul>	<p>obstacle course with speed and control.</p> <ul style="list-style-type: none"> <li>- to choose the best throw for different situations.</li> <li>- to use quick feet whilst sprinting.</li> <li>- to perform static and dynamic balances.</li> </ul>	<p>throwing for distance.</p> <ul style="list-style-type: none"> <li>- to use breathing techniques to be able to run more.</li> <li>- to cooperate with our partners to complete a task well.</li> <li>- to listen to others and work as a team to achieve the highest score possible.</li> </ul>
--	--	---	---	---	---



# Physical Education Knowledge and Skills Progression

## Year 3

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Rounders</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to get into the best body position to field a ball.</li> <li>- to bowl with some consistency in a game.</li> <li>- to hit a moving ball with one hand.</li> <li>- to stop a moving ball with the long barrier technique.</li> <li>- to throw longer distances using the overarm technique.</li> <li>- to select and apply new skills in a competition.</li> </ul>	<p><b>Gymnastics</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to show full extension during a balance.</li> <li>- to move in and out of contrasting shapes with fluency.</li> <li>- to perform a sequence using different types of rolls.</li> <li>- to perform powerful jumps from low apparatus.</li> <li>- to perform in unison with a partner.</li> <li>- to create a group performance using contrasting actions.</li> </ul>	<p><b>Dance</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to perform a jazz square and use it in our dance.</li> <li>- to perform a dance showing two contrasting characters.</li> <li>- to develop movements using improvisation.</li> <li>- to use props in our dance sequence.</li> <li>- to use facial expressions to bring life and emotion to our dance.</li> <li>- to take on the role of director to help others improve their dance.</li> </ul>	<p><b>OAA</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to use clear communication, strength and flexibility to complete a task.</li> <li>- to work with others to complete map-reading tasks.</li> <li>- to draw and create a clear route on a map for others to follow.</li> <li>- to work with others and identify what went well and what we could do to improve.</li> <li>- to use the outside of the foot to control the ball and dribble.</li> <li>- to safely take part in trust-based activities.</li> </ul>	<p><b>Cricket</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to hit a stationary ball into space using the straight drive.</li> <li>- to bowl underarm to a batter with some consistency.</li> <li>- to use the correct footwork to strike a bowled ball.</li> <li>- to stop a moving ball using the long barrier technique.</li> <li>- to throw longer distances overarm.</li> <li>- to perform as a wicketkeeper.</li> </ul>	<p><b>Athletics</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- jumping and hopping sequences.</li> <li>- to run at different speeds.</li> <li>- to approach and jump hurdles.</li> <li>- to throw a javelin using the pull-throw technique.</li> <li>- a variety of skipping techniques.</li> <li>- to keep score accurately over a range of events.</li> </ul>
<p><b>Netball</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to perform quick, accurate chest passes.</li> <li>- to use dodging to get free from our opponent.</li> <li>- to catch a netball.</li> <li>- to use a bounce pass to</li> </ul>	<p><b>Hockey</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to keep close control of the ball using the flat side of the stick.</li> <li>- to control the ball and pass it into space.</li> <li>- to use a defensive body position.</li> </ul>	<p><b>Football</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to use the inside of the foot to pass the ball.</li> <li>- to trap a ball that is moving along the ground with control.</li> <li>- to pass the ball</li> </ul>	<p><b>Tag Rugby</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to use speed to run past defenders.</li> <li>- how to use a short pass in a game.</li> <li>- to use agility to evade being tagged</li> <li>- to understand and</li> </ul>	<p><b>Handball</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to use the ready position to catch effectively.</li> <li>- to perform accurate passes in different situations.</li> <li>- to move the ball using</li> </ul>	<p><b>Basketball</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to keep possession of the ball when dribbling</li> <li>- to work as a pair to move forward and attack.</li> <li>- to use a defensive body position.</li> </ul>

<p>feed a goal shooter.</p> <ul style="list-style-type: none"> <li>- to throw for distance using a shoulder pass.</li> <li>- to collect a loose ball.</li> </ul>	<ul style="list-style-type: none"> <li>- to consistently stop a moving ball ready to pass, move or shoot.</li> <li>- to improve our agility and apply it in a game situation.</li> <li>- to avoid our feet contacting the ball and apply basic rules to the game.</li> </ul>	<p>accurately into space over short distances.</p> <ul style="list-style-type: none"> <li>- to identify and move into space to receive the ball.</li> <li>- to use the outside of the foot to control the ball and dribble.</li> <li>- to cushion the ball when receiving.</li> </ul>	<p>apply the tag protocol in game situations.</p> <ul style="list-style-type: none"> <li>- to close down an attacker's space as a defender.</li> <li>- to perform a backward pass to continue an attack.</li> </ul>	<p>the three step rule.</p> <ul style="list-style-type: none"> <li>- to prevent the ball from being passed by blocking and intercepting.</li> <li>- to use quick effective passes to attack as a team.</li> <li>- to develop accurate passing and move into space in a game.</li> </ul>	<ul style="list-style-type: none"> <li>- to perform a two-handed shot to score baskets.</li> <li>- to use a jump ball to restart a game.</li> <li>- when to move to space to receive the ball.</li> </ul>
--	--	---	---	---	---



## PE Knowledge and Skills Progression Year 4

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Tennis</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to return to the middle of the court after playing a shot.</li> <li>- to accurately use the forehand in game situations to score points.</li> <li>- to play a backhand shot with some control.</li> <li>- to combine ready position and court movement to consistently return the serve.</li> <li>- to work with a partner to score points in a game.</li> <li>- to use forehand and backhand shots to score points in a competitive situation.</li> </ul>	<p><b>Gymnastics</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to perform a 6-element sequence that uses changes in speed and direction.</li> <li>- to use the STEP principle to create and perform a partner sequence.</li> <li>- to take weight on our hands, showing control.</li> <li>- to develop a sequence using compositional ideas e.g. pathways.</li> <li>- to co-operate as a group to refine a short sequence.</li> <li>- to compare and judge sequences.</li> </ul>	<p><b>Football</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to run onto the ball to receive it.</li> <li>- to explore front and goal-side marking techniques.</li> <li>- to perform a standing tackle to dispossess an attacker.</li> <li>- to dribble, showing good control to progress forward.</li> <li>- to pass and receive the ball over longer distances.</li> <li>- to perform passing and moving with a teammate.</li> </ul>	<p><b>Hockey</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to perform a push pass with accuracy.</li> <li>- to perform a straight dribble to maintain possession.</li> <li>- to use reverse-stick to control a ball on the far side of our body.</li> <li>- to use a slap pass to send the ball over longer distances.</li> <li>- to turn to keep the ball under control and move into space.</li> <li>- to develop new skills in competitive situations and look to improve.</li> </ul>	<p><b>Rounders</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to hit the ball in different directions.</li> <li>- to run between the posts and avoid getting stumped out.</li> <li>- to intercept the ball using one hand.</li> <li>- to underarm bowl abiding by the rules of bowling.</li> <li>- to play the role of backstop in a small game.</li> <li>- the rounders scoring system and using it in a game.</li> </ul>	<p><b>Athletics</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to challenge ourselves in running, jumping and throwing tasks</li> <li>- to accelerate over short distances.</li> <li>- to run and jump using one-footed take-off.</li> <li>- to use a sling action to throw a discus.</li> <li>- to run on a curve and exchange a baton in our team</li> <li>- to apply the skills we have developed in a competitive way.</li> </ul>
<p><b>Handball</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to protect the ball from our opponent after catching it,</li> <li>- basic overarm shooting</li> </ul>	<p><b>Tag Rugby</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to use accurate passes to create an attack as a team.</li> <li>- to pick the ball up from the floor &amp; run with it to</li> </ul>	<p><b>Dance</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to use freeze frame in our dances.</li> <li>- to perform a slide and roll confidently.</li> <li>- to use a variety of</li> </ul>	<p><b>Netball</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to protect the ball once we have caught it.</li> <li>- to use basic shooting</li> </ul>	<p><b>Volleyball</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- the principle of 'three contacts' in pairs volleyball.</li> <li>- to move about the court and anticipate where</li> </ul>	<p><b>Cricket</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to hit the ball in different directions.</li> <li>- to anticipate when to run to score</li> </ul>

<p>technique.</p> <ul style="list-style-type: none"> <li>- to build an attack in a team using a 3-man weave.</li> <li>- to perform turns on the move to get back and defend.</li> <li>- to perform a 7-metre throw with power and accuracy.</li> <li>- to use a throw-off to restart a game.</li> </ul>	<p>start an attack.</p> <ul style="list-style-type: none"> <li>- to keep possession of the ball and build an attack.</li> <li>- to evade being tagged.</li> <li>- to use changes of speed to create gaps to run into.</li> <li>- to create attacking opportunities in competitive games.</li> </ul>	<p>formations when performing.</p> <ul style="list-style-type: none"> <li>- to extend our 'mission dance' phrases using canon.</li> <li>- to sequence our dance actions to show good flow.</li> <li>- To create a 5 action dance routine showing good 'stage' entry.</li> </ul>	<p>techniques in a game.</p> <ul style="list-style-type: none"> <li>- one-to-one marking.</li> <li>- to pivot once we have caught the ball.</li> <li>- to use quick feet.</li> <li>- to use preliminary moves.</li> </ul>	<p>the ball will be played.</p> <ul style="list-style-type: none"> <li>- to give our partner more time to react by throwing the ball higher.</li> <li>- to move to the net to receive the ball from our partner.</li> <li>- to move close to the net, ready to receive the ball.</li> <li>- to serve underarm with correct volleyball technique.</li> </ul>	<p>singles.</p> <ul style="list-style-type: none"> <li>- to intercept a moving ball with one hand.</li> <li>- to bowl overarm.</li> <li>- the pull shot and attempting it in a game.</li> <li>- to field a bouncing ball effectively.</li> </ul>
---	---	---	---	---	--





# Physical Education Knowledge and Skills Progression

## Year 5

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Basketball</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to use blocking to stop an opponent from shooting.</li> <li>- the front pivot and trying to use it in a game.</li> <li>- to use a forward pass and wing play to build an attack as a team.</li> <li>- to perform a one-handed push pass under pressure.</li> <li>- to create space using the box-out technique to recover rebounds.</li> <li>- to catch the ball under pressure into the triple-threat position.</li> </ul>	<p><b>Football</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to turn with the ball.</li> <li>- to travel quickly and effectively when running with the ball.</li> <li>- to combine running with the ball and sending it into space.</li> <li>- to maintain position when attacking to create space.</li> <li>- to perform a stepover to beat a defender.</li> <li>- to control a bouncing ball, keeping it close to the body.</li> </ul>	<p><b>OAA</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to explore different ways of communicating with a blindfolded partner.</li> <li>- to follow a designated route at maximum speed and complete a task safely.</li> <li>- to use memory methods to recall different objects whilst navigating.</li> <li>- to use clear communication to recreate a shape as a team.</li> <li>- to use imagination and creative thinking to create the tallest marshmallow tower.</li> <li>- to send and interpret messages using Morse code.</li> </ul>	<p><b>Dance</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- what a non-locomotor movement is and using it in our dance.</li> <li>- to perform both non-locomotor and locomotor movements together.</li> <li>- to create new and exciting group patterns.</li> <li>- a simple Line Dance routine.</li> <li>- to create our own 3-step line dance with a partner.</li> <li>- to work collaboratively within our group to improve our performance.</li> </ul>	<p><b>Cricket</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to work with a partner to score runs.</li> <li>- to throw accurately over short distances to get batters out.</li> <li>- to follow the path of the ball to catch as a wicketkeeper.</li> <li>- to overarm bowl with accuracy whilst using a run-up.</li> <li>- to play a forward defensive shot.</li> <li>- to set a field in a game to limit the runs scored by a batter.</li> </ul>	<p><b>Athletics</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to run for speed &amp; distance on our own and as part of a team.</li> <li>- pacing our run over longer distances.</li> <li>- different jumping styles and exploring which ones we can jump further with</li> <li>- to use the push-throw technique.</li> <li>- to exchange a baton within a restricted area.</li> <li>- to design a running, jumping or throwing activity for others using the STEP principle.</li> </ul>
<p><b>Rounders</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to judge how far you can run based on the distance of a hit.</li> <li>- to throw over short distances with power and accuracy to get batters out.</li> </ul>	<p><b>Gymnastics</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- the key steps to perform a round-off.</li> <li>- to create and perform a partner sequence using symmetry.</li> <li>- to create and perform a partner sequence using asymmetry.</li> </ul>	<p><b>Handball</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- the jump shot.</li> <li>- to goal keep by closing the angles attackers can shoot from.</li> <li>- the double fault rule and how it applies to dribbling.</li> <li>- to perform a pivot to</li> </ul>	<p><b>Hockey</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to perform a block tackle to dispossess an attacker.</li> <li>- to use fast, accurate passes into the D to create scoring opportunities.</li> <li>- to mark an attacker</li> </ul>	<p><b>Badminton</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to make it difficult for our opponent to score points.</li> <li>- to apply basic court positions in singles play.</li> <li>- to accurately hit</li> </ul>	<p><b>Netball</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to choose the appropriate pass for different scenarios.</li> <li>- to find space to receive in a game.</li> <li>- to use different dodging techniques to outwit a defender and</li> </ul>

<ul style="list-style-type: none"> <li>- to follow the path of the ball to make sure it is fielded consistently.</li> <li>- the backwards hit rule and using it tactically as the backstop.</li> <li>- to hit the ball into gaps to maximise the chance of scoring.</li> <li>- to set a field in a game to limit the scoring of a batter.</li> </ul>	<ul style="list-style-type: none"> <li>- to perform a counter-balance with a partner.</li> <li>- to perform smooth transitions between counterbalances using different levels.</li> <li>- to evaluate each other's work and suggest improvements.</li> </ul>	<p>create space to pass or shoot.</p> <ul style="list-style-type: none"> <li>- the role of set plays to create opportunities to score.</li> <li>- to select and apply new skills in a competition situation.</li> </ul>	<p>closely to stop them from receiving the ball.</p> <ul style="list-style-type: none"> <li>- to perform a sweep hit to send the ball 'first time'.</li> <li>- to move the ball quickly from left to right to outwit a defender.</li> <li>- to use a variety of techniques to keep possession in a game.</li> </ul>	<p>both long and short sleeves.</p> <ul style="list-style-type: none"> <li>- close control, including net shots.</li> <li>- to use footwork to recover after lunging and moving after shots.</li> <li>- to apply a range of movements and shots in competition.</li> </ul>	<p>get free.</p> <ul style="list-style-type: none"> <li>- to practice and perform pivoting and quick turns.</li> <li>- to get into closer shooting positions.</li> <li>- to react and move quickly in isolation and in games.</li> </ul>
--	--	---	---	--	--



# Physical Education Knowledge and Skills Progression

## Year 6

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Rounders</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- attacking tactical bowling to make it more difficult for the batter to hit.</li> <li>- to track and catch a high ball.</li> <li>- the difference between attacking and defensive batting.</li> <li>- to work in a pair in the field to restrict scoring.</li> <li>- to apply tactics when running around bases to avoid overtakes.</li> <li>- to apply attacking and defensive tactics in a competitive situation.</li> </ul>	<p><b>Gymnastics</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to use controlled flight onto high apparatus.</li> <li>- what a base and a flyer are in partner balances and learning to perform both roles.</li> <li>- to perform more advanced partner balances and evaluate others' work</li> <li>- to incorporate equipment such as hoops and balls into a sequence.</li> <li>- to incorporate musicality and timing into a group sequence.</li> <li>- to combine our skills in partner balances and rhythmic gymnastics in a team performance.</li> </ul>	<p><b>OAA</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to work with a partner to successfully orient and follow a map.</li> <li>- to identify objects for a scavenger hunt from a written description.</li> <li>- to safely perform a pyramid balance in a small group.</li> <li>- to work efficiently as part of a team to complete a range of tasks.</li> <li>- to create a fun and challenging game for others to complete.</li> <li>- to listen to others to refine and adapt ideas to complete a complex task.</li> </ul>	<p><b>Handball</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to play in a game abiding by the double dribble rule.</li> <li>- the concept of screening and attempting it in a game.</li> <li>- patience around the D to find the best position to shoot.</li> <li>- to show control of the ball when dribbling under pressure.</li> <li>- to counterattack into space with speed.</li> <li>- to develop decision-making skills in game situations.</li> </ul>	<p><b>Cricket</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to create pressure on a batter by using a ring field.</li> <li>- to track and catch a high ball consistently.</li> <li>- to perform a short-pitched bowl to get a batter to hit the ball in the air.</li> <li>- to work in a pair to restrict runs scored when fielding.</li> <li>- to play an on-drive.</li> <li>- to set an attacking field.</li> </ul>	<p><b>Athletics</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- sprint start technique to increase our running speed.</li> <li>- the three phrases of triple jump.</li> <li>- the heave throw technique and what it is used for.</li> <li>- to assess our own ability to play our role in parlauff.</li> <li>- the scissor jump technique and when it would be used in athletics.</li> <li>- to record and relay results over a range of track and field events.</li> </ul>
<p><b>Netball</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- ways to improve coordination.</li> <li>- to mark the pass or the shot.</li> <li>- organisation in and around the semi-circle.</li> </ul>	<p><b>Hockey</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to shoot under pressure from close range.</li> <li>- to perform long corner routines as part of a team.</li> <li>- to use goal-side</li> </ul>	<p><b>Dance</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- the technique of the stag leap and rebound jump.</li> <li>- to explore relationships through dance and perform partner lifts.</li> <li>- to compose a dance phrase based on the</li> </ul>	<p><b>Tennis</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to communicate clearly with a partner to score points in doubles play.</li> <li>- to attempt a two-handed backhand shot with control.</li> </ul>	<p><b>Football</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- to set up a shooting opportunity for a teammate.</li> <li>- to restrict an opponent's space by defending with my partner.</li> </ul>	<p><b>Basketball</b></p> <p>Children will know how:</p> <ul style="list-style-type: none"> <li>- how to counterattack using the fast break.</li> <li>- the retreat dribble to maintain possession.</li> <li>- to perform a free throw with consistency.</li> </ul>

<ul style="list-style-type: none"> <li>- to compete to win the rebounding ball.</li> <li>- to stay active to intercept a pass.</li> <li>- to stay onside in games depending on the position being played.</li> </ul>	<p>marking to prevent an attacker from getting closer to the goal.</p> <ul style="list-style-type: none"> <li>- to use a banana run to force an oncoming attacker out wide.</li> <li>- to use a hit-out to successfully restart a game</li> <li>- indian dribble and to play competitively using new skills.</li> </ul>	<p>Hakka.</p> <ul style="list-style-type: none"> <li>- to choose and use suitable dynamics for the Hakka.</li> <li>- to link freeze frames to street dance style to create a short movement phrase.</li> <li>- to perform a Top Rock and Slide Step and perform confidently with a partner.</li> </ul>	<ul style="list-style-type: none"> <li>- to perform a lob shot to hit the ball over our opponent's head.</li> <li>- to apply the correct rules and scoring system in games.</li> <li>- to play in different doubles formations and work with our partner to improve.</li> <li>- to discuss and apply a range of tactics in doubles play to achieve success.</li> </ul>	<ul style="list-style-type: none"> <li>- to perform a penalty kick with power and accuracy.</li> <li>- to attack and shoot as a pair.</li> <li>- to perform the role of cover defender to stop the opposition's attack.</li> <li>- to use close control to keep possession of the ball under pressure.</li> </ul>	<ul style="list-style-type: none"> <li>- to use speed and agility to perform a v-cut to get free from a defender.</li> <li>- to drive to the basket using strength and coordination.</li> <li>- the three-point shot and how different points are awarded.</li> </ul>
--	---	--	--	---	---