

# Curriculum Progression Map -



	NURSERY	RECEPTION	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
<p>Games (Unit specifically taught in EYFS. Skills in Key stage 1 and 2 learnt in ball skills, sending and receiving, invasion and sending and receiving units)</p>	<ul style="list-style-type: none"> <li>-Throw and roll a variety of beanbags and larger balls into a space.</li> <li>-Move a ball with feet.</li> <li>-Run and stop when instructed.</li> <li>-Move around showing some awareness of others.</li> </ul>	<ul style="list-style-type: none"> <li>-Drop and catch with two hands.</li> <li>-Kick larger balls into a space.</li> <li>-Stop a beanbag or larger ball sent to them using their hands.</li> <li>-Attempt to stop a large ball sent to them using their feet.</li> <li>-Hit a ball with their hands.</li> <li>-Make simple decisions in response to a situation.</li> </ul>	<ul style="list-style-type: none"> <li>-Drop and catch a ball after one bounce.</li> <li>-Move a ball using different parts of the foot.</li> <li>-Throw and roll towards a target.</li> <li>-Kick towards a stationary target.</li> <li>-Catch a beanbag and a medium sized ball.</li> <li>-Attempt to track balls and other equipment.</li> <li>-Strike a stationary ball using a racket.</li> <li>-Recognise space in relation to others.</li> <li>-Begin to use basic tactics with adult support.</li> </ul>	<ul style="list-style-type: none"> <li>-Dribble a ball with two hands on the move.</li> <li>-Dribble a ball with some success and stop when required.</li> <li>-Throw and roll towards a target using different techniques.</li> <li>-Show balance when kicking towards a target.</li> <li>-Catch an object passed to them, with and without a bounce.</li> <li>-Move to track a ball and stop it using their feet with some success.</li> <li>-Strike a ball using a racket.</li> <li>-Run, stop and change direction with balance and control.</li> <li>-Move to space and score goals or stop others from scoring.</li> <li>-Use simple tactics.</li> </ul>	<ul style="list-style-type: none"> <li>-Dribble the ball with one hand with some control in game situations.</li> <li>-Dribble a ball with feet using some control in game situations.</li> <li>-Use a variety of throwing techniques in game situations.</li> <li>-Kick towards a partner in game situations.</li> <li>-Catch a ball passed to them using one and two hands with some success.</li> <li>-Receive a ball sent to them using different parts of their body.</li> <li>-Strike a ball with varying techniques.</li> <li>-Change direction with increasing speed in game situations.</li> <li>-Use simple tactics individually and within a team.</li> </ul>	<ul style="list-style-type: none"> <li>-Link dribbling the ball with other actions with increasing control.</li> <li>-Change direction when dribbling with their feet with some control in game situations.</li> <li>-Use a variety of throwing techniques with increasing success in game situations.</li> <li>-Kick with increasing success in game situations.</li> <li>-Catch a ball passed to them using one and two hands with increasing success.</li> <li>-Receive a ball using different parts of the foot under pressure.</li> <li>-Strike a ball using a wider range of skills. Apply these with some success under pressure.</li> <li>-Strike a ball using varying techniques with increasing accuracy.</li> <li>-Create and use space with some success in game situations.</li> <li>-Use simple tactics to help their team score or gain possession.</li> </ul>	<ul style="list-style-type: none"> <li>-Use dribbling to change the direction of play with some control under pressure.</li> <li>-Dribble with feet with some control under increasing pressure.</li> <li>-Use a variety of throwing techniques with some control under increasing pressure.</li> <li>-Use a variety of kicking techniques with some control under increasing pressure.</li> <li>-catch and intercept a ball using one and two hands with some success in game situations.</li> <li>-Receive a ball using different parts of the foot under pressure with increasing control.</li> <li>-Strike a ball using a wider range of skills. Apply these with some success under pressure.</li> <li>-Use a variety of techniques to change direction to lose an opponent.</li> <li>-Create and use space for self and others with some success.</li> <li>-Understand the need for tactics and can identify when to use them in different situations.</li> </ul>	<ul style="list-style-type: none"> <li>-Use dribbling to change the direction of play with control under pressure.</li> <li>-Use a variety of techniques to maintain possession under pressure.</li> <li>-Use a variety of throwing techniques including fake passes to outwit opponents.</li> <li>-Select and apply the appropriate kicking technique with control.</li> <li>-Catch and intercept a ball using one and two hands with increasing success in game situations.</li> <li>-Receive a ball with consideration to the next move.</li> <li>-Strike a ball using a wider range of skills to outwit an opponent. Apply these with increasing control under pressure.</li> <li>-Confidently change direction to successfully outwit an opponent.</li> <li>-Effectively create and use space for self and others to outwit an opponent.</li> <li>-Work collaboratively to create tactics within their team and evaluate the effectiveness of these.</li> </ul>

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	NURSERY	RECEPTION	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Gymnastics	<ul style="list-style-type: none"> <li>-Explore making shapes with my body.</li> <li>-Explore moving my body along the floor.</li> <li>-Begin to jump around the space.</li> <li>-Explore how I can change my body to create shapes and move in different ways.</li> </ul>	<ul style="list-style-type: none"> <li>-Show contrast with my body including wide/narrow, straight/curved.</li> <li>-Understand that I can make different shapes with my body.</li> <li>-Explore shapes in stillness using different parts of my body.</li> <li>-Know that I should be still when holding a balance.</li> <li>-Explore rocking and rolling.</li> <li>-Know that I can change my body shape to help me to roll.</li> <li>-Explore jumping safely.</li> <li>-Know that bending my knees will help me to land safely.</li> </ul>	<ul style="list-style-type: none"> <li>-Explore basic shapes straight, tuck, straddle, pike.</li> <li>-Understand that I can improve my shapes by extending parts of my body.</li> <li>-Perform balances making my body tense, stretched and curled.</li> <li>-Know that balances should be held for 5 seconds.</li> <li>-Explore barrel, straight and forward roll progressions.</li> <li>-Know that I can use different shapes to roll.</li> <li>-Explore shape jumps including jumping off low apparatus.</li> <li>-Know that landing on the balls of my feet helps me to land with control.</li> </ul>	<ul style="list-style-type: none"> <li>-Explore using shapes in different gymnastic balances.</li> <li>-Know that some shapes link well together.</li> <li>-Remember, repeat and link combinations of gymnastic balances.</li> <li>-Understand that squeezing my muscles helps me to balance.</li> <li>-Explore barrel, straight and forward roll and put into sequence work.</li> <li>-Understand that there are different teaching points for different rolls.</li> <li>-Explore shape jumps and take off combinations.</li> <li>-Understand that looking forward will help me to land with control.</li> </ul>	<ul style="list-style-type: none"> <li>-Explore matching and contrasting shapes.</li> <li>-Understand how to use body tension to make my shapes look better.</li> <li>-Explore point and patch balances and transition smoothly into and out of them.</li> <li>-Understand that I can make my balances look interesting by using different levels.</li> <li>-Develop the straight, barrel, and forward roll.</li> <li>-Understand the safety considerations when performing more difficult rolls.</li> <li>-Develop stepping into shape jumps with control.</li> <li>-Understand that I can change the take off and shape of my jumps to make them look interesting.</li> </ul>	<ul style="list-style-type: none"> <li>-Develop the range of shapes I use in my sequences.</li> <li>-Understand how shapes can be used to improve my sequence.</li> <li>-Develop strength in bridge and shoulder stand.</li> <li>-Know that inverted movements are actions in which my hips go above my head.</li> <li>-Develop control and fluency in individual and partner balances.</li> <li>-Know how to keep myself and others safe when performing partner balances.</li> <li>-Develop the straight, barrel, forward and straddle roll and perform them with increased control.</li> <li>-Understand that I can keep the shape of my roll using body tension.</li> <li>-Develop control in performing and landing rotation jumps</li> <li>-Know that I can control my landing by landing toes first, looking forwards and bending my knees.</li> </ul>	<ul style="list-style-type: none"> <li>-Perform shapes consistently and fluently linked with other gymnastic actions.</li> <li>-Understand that shapes underpin all other skills.</li> <li>-Explore progressions of a cartwheel.</li> <li>-Understand that sometimes I need to move slowly to gain control and other times I need to move quickly to build momentum.</li> <li>-Explore symmetrical and asymmetrical balances.</li> <li>-Understand how to use contrasting balances to make my sequences look interesting.</li> <li>-Develop control in the straight, barrel, forward, straddle and backward roll.</li> <li>-Understand that I need to work within my own capabilities and this may be different to others.</li> <li>-Select a range of jumps to include in sequence work.</li> <li>-Understand that I can use jumps to link actions and changing the shape of these will make my sequence look interesting.</li> </ul>	<ul style="list-style-type: none"> <li>-Combine and perform gymnastic shapes more fluently and effectively.</li> <li>-Know which shapes to use for each skill.</li> <li>-Develop control in progressions of a cartwheel and a headstand.</li> <li>-Understand that spreading my weight across a base of support will help me to balance.</li> <li>-Explore counter balance and counter tension.</li> <li>-Know where and when to apply force to maintain control and balance.</li> <li>-Develop fluency and consistency in the straddle, forward and backward roll.</li> <li>-Understand that I can use momentum to help me to roll and know where that momentum from.</li> <li>-Combine and perform a range of gymnastic jumps more fluently and effectively.</li> <li>-Understand that taking off from two feet will give me more height and therefore more time in the air.</li> </ul>

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	NURSERY	RECEPTION	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Dance	<ul style="list-style-type: none"> <li>-Explore how my body moves.</li> <li>- Copy basic actions of an adult.</li> <li>-Begin to use space around me.</li> <li>-Move my body in different ways.</li> </ul>	<ul style="list-style-type: none"> <li>-Begin to move my body reacting to the music.</li> <li>-Copy actions of an adult and begin to remember them.</li> <li>- Begin to explore pathways and the space around me in relation to others.</li> <li>-Perform on my own.</li> </ul>	<ul style="list-style-type: none"> <li>-Copy, remember and repeat actions to represent a theme and understand that actions can be sequenced to create a dance.</li> <li>-Create my own actions in relation to a theme and understand that I can create fast and slow actions to show an idea.</li> <li>-Explore varying speeds to represent an idea.</li> <li>-Explore pathways within my performance and understand that there are different directions and pathways within space.</li> <li>-Begin to explore actions and pathways with a partner and understand that when dancing with a partner it is important to be aware of each other and keep in time.</li> <li>-Perform on my own and with others to an audience.</li> <li>- Know that standing still at the start and at the end of the dance lets the audience know when I have started and when I have finished.</li> </ul>	<ul style="list-style-type: none"> <li>-Accurately remember, repeat and link actions to express an idea.</li> <li>-Know that sequencing actions in a particular order will help me to tell the story of my dance.</li> <li>-Develop an understanding of dynamics.</li> <li>-Understand that I can change the way I perform actions to show an idea.</li> <li>-Develop the use of pathways and travelling actions to include levels.</li> <li>-Know that I can use different directions, pathways and levels in my dance.</li> <li>-Explore working with a partner using unison, matching and mirroring.</li> <li>-Know that using counts of 8 will help me to stay in time with my partner and the music.</li> <li>-Develop the use of facial expressions in my performance.</li> <li>-Know that using facial expressions helps to show the mood of my dance.</li> </ul>	<ul style="list-style-type: none"> <li>-Create actions in response to a stimulus individually and in groups.</li> <li>-Understand that sharing ideas with others enables my group to work collaboratively and try ideas before deciding on the best actions for our dance.</li> <li>-Use dynamics effectively to express an idea.</li> <li>-Understand that all actions can be performed differently to help to show effect.</li> <li>-Use direction to transition between formations.</li> <li>-Understand that I can use space to help my dance to flow.</li> <li>-Develop an understanding of formations.</li> <li>-Understand that 'formation' means the same in dance as in other activities such as football, rugby and gymnastics.</li> <li>-Perform short, self-choreographed phrases showing an awareness of timing.</li> <li>-Understand that I can use timing techniques such as canon and unison to create effect.</li> <li>Strategy: know that if I show sensitivity to the music, my performance will look more complete.</li> </ul>	<ul style="list-style-type: none"> <li>-Respond imaginatively to a range of stimuli related to character and narrative.</li> <li>-Understand that some actions are better suited to a certain character, mood or idea than others.</li> <li>-Change dynamics confidently within a performance to express changes in character.</li> <li>-Understand that some dynamics are better suited to a certain character, mood or idea than others.</li> <li>-Confidently use changes in level, direction and pathway.</li> <li>-Understand that space can be used to express a certain character, mood or idea.</li> <li>-Use action and reaction to represent an idea.</li> <li>-Understand that some relationships are better suited to a certain character, mood or idea than others.</li> <li>-Perform complex dances that communicate narrative and character well, performing clearly and fluently.</li> <li>-Know that being aware of other performers in my group will help us to move in time.</li> </ul>	<ul style="list-style-type: none"> <li>-Choreograph dances by using, adapting and developing actions and steps from different dance styles.</li> <li>-Understand that different dance styles utilise selected actions to develop sequences in a specific style.</li> <li>-Confidently use dynamics to express different dance styles.</li> <li>-Understand that different dance styles utilise selected dynamics to express mood.</li> <li>-Confidently use direction and patterning to express different dance styles.</li> <li>-Understand that space relates to where my body moves both on the floor and in the air.</li> <li>-Confidently use formations, canon and unison to express a dance idea.</li> <li>-Understand that different dance styles utilise selected relationships to express mood.</li> <li>-Perform dances expressively, using a range of performance skills, showing accuracy and fluency.</li> <li>-Understand what makes a performance effective and know how to apply these principles to my own and others' work.</li> </ul>	<ul style="list-style-type: none"> <li>-Show controlled movements which express emotion and feeling.</li> <li>-Understand that actions can be improved with consideration to extension, shape and recognition of intent.</li> <li>-Explore, improvise and combine dynamics to express ideas fluently and effectively on my own, with a partner or in a small group.</li> <li>-Understand that selecting a variety of dynamics in my performance can help to take the audience on a journey through my dance idea.</li> <li>-Use a variety of compositional principles when creating my own dances.</li> <li>-Know that combining space and relationships with a prop can help me to express my dance idea.</li> <li>-Demonstrate a clear understanding of timing in relation to the music and other dancers throughout my performance.</li> <li>-Understand how a leader can ensure our dance group performs together.</li> </ul>

# Curriculum Progression Map -



	NURSERY	RECEPTION	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
<p>Invasion</p> <p>Year 4- Basketball and Football</p> <p>Year 5- Netball and Tag Rugby</p> <p>Year 6- Hockey.</p>	Skills taught in Games Unit.	Skills taught in Games Unit.	<p>Some skills covered in Games unit.</p> <ul style="list-style-type: none"> <li>-Recognise good space when playing games.</li> <li>-Understand that being in a good space helps us to pass the ball.</li> <li>-Attacking: explore changing direction to move away from a partner.</li> <li>-Know that being able to move away from a partner helps my team to pass me the ball.</li> <li>-Defending: explore tracking and moving to stay with a partner.</li> <li>-Know that staying with a partner makes it more difficult for them to receive the ball.</li> <li>-Tactics: know that tactics can help us when playing games.</li> <li>-Rules: know that rules help us to play fairly.</li> </ul>	<p>Some skills covered in Games unit.</p> <ul style="list-style-type: none"> <li>-Explore moving into space away from others.</li> <li>-Know that moving into space away from defenders helps me to pass and receive a ball.</li> <li>-Attacking: developing moving into space away from defenders.</li> <li>-Know that when my team is in possession of the ball, I am an attacker and we can score.</li> <li>-Defending: explore staying close to other players to try and stop them getting the ball.</li> <li>-Know that when my team is not in possession of the ball, I am a defender and we need to try to get the ball.</li> <li>-Know that standing between the ball and the attacker will help me to stop them from getting the ball.</li> <li>-Tactics: understand and apply simple tactics for attack and defence.</li> <li>-Rules: know how to score points and follow simple rules.</li> </ul>	<p>Some skills covered in Games unit.</p> <ul style="list-style-type: none"> <li>-Develop using space as a team.</li> <li>-Know that by spreading out as a team we move the defenders away from each other.</li> <li>-Attacking: develop movement skills to lose a defender. Explore shooting actions in a range of invasion games.</li> <li>-Defending: develop tracking opponents to limit their scoring opportunities.</li> <li>-Know my role as an attacker and defender.</li> <li>-Tactics: know that using simple tactics will help my team to achieve an outcome e.g. we will each mark a player to help us to gain possession.</li> <li>-Rules: know the rules of the game and begin to apply them.</li> </ul>	<p>Some skills covered in Games unit.</p> <ul style="list-style-type: none"> <li>-Develop moving into space to help my team.</li> <li>-Know that moving into space will help my team keep possession and score goals.</li> <li>-Attacking: change direction to lose an opponent with some success.</li> <li>-Recognise when to pass and when to shoot.</li> <li>-Defending: develop defending one on one and begin to intercept.</li> <li>-Know when to mark and when to attempt to win the ball.</li> <li>-Tactics: know that applying attacking tactics will help to maintain possession and score goals.</li> <li>-Know that applying defending tactics will help to deny space, gain possession and stop goals.</li> <li>-Rules: know and understand the rules to be able to manage our own game.</li> </ul>	<p>Some skills covered in Games unit.</p> <ul style="list-style-type: none"> <li>-Explore moving to create space for themselves and others in their team.</li> <li>-Know that by moving to space even if not receiving the ball will create space for a teammate.</li> <li>-Attacking: use a variety of techniques to lose an opponent e.g. change of direction or speed.</li> <li>-Defending: develop tracking and marking with increased success.</li> <li>-Explore intercepting a ball using one and two hands.</li> <li>-Tactics: understand the need for tactics and identify when to use them in different situations.</li> <li>-Rules: understand and apply rules in a variety of invasion games whilst playing and officiating.</li> </ul>	<p>Some skills covered in Games unit.</p> <ul style="list-style-type: none"> <li>-Move to the correct space when transitioning from attack to defence or defence to attack and create and use space for self and others.</li> <li>-Understand that transitioning quickly between attack and defence will help my team to maintain or gain possession.</li> <li>-Attacking: confidently change direction to lose an opponent.</li> <li>-Defending: use a variety of defending skills (tracking, interception, jockeying) in game situations.</li> <li>-Tactics: know how to create and apply a tactic for a specific situation or outcome.</li> <li>-Rules: understand, apply and use rules consistently in a variety of invasion games whilst playing and officiating.</li> </ul>

# Curriculum Progression Map -



	NURSERY	RECEPTION	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
<p>Net and Wall Games</p> <p>    EYFS-     Taught in     Balls Skills     and Games     Unit.</p> <p>    Year 1 and     2-Balls     Skills,     Sending and     Receiving     and Striking     and Fielding.</p> <p>    Year 3- Ball     Skills and     Tennis.</p> <p>    Year 5-     Badminton</p> <p>    Year 6-     Tennis.</p>	<p>Skills taught in Games Unit.</p>	<p>Skills taught in Games Unit.</p>	<p>Skills taught in Games Unit.</p> <ul style="list-style-type: none"> <li>-Hitting: Explore hitting a dropped ball with a racket.</li> <li>-Know to use the centre of the racket for control.</li> <li>-Feeding: throw a ball over a net to land into the court area.</li> <li>-Know to use an underarm throw to feed to a partner.</li> <li>-Rallying: explore sending a ball with hands and a racket.</li> <li>-Know that throwing/hitting to my partner with not too much power will help them to return the ball.</li> <li>-Know that using a ready position will help me to move in any direction.</li> <li>-Footwork: use the ready position to move towards a ball.</li> <li>-Tactics: know that tactics can help us to be successful when playing games.</li> <li>-Rules: know that rules help us to play fairly.</li> </ul>	<p>Skills taught in Games Unit.</p> <ul style="list-style-type: none"> <li>-Hitting: develop hitting a dropped ball over a net.</li> <li>-Know to watch the ball as it comes towards me to help me to prepare to hit it.</li> <li>-Feeding: accurately underarm throw over a net to a partner.</li> <li>-Know to place enough power on a ball to let it bounce once but not too much so that my partner can't return it.</li> <li>-Rallying: explore underarm rallying with a partner catching after one bounce.</li> <li>-Know that sending the ball towards my partner will help me to keep a rally going.</li> <li>-Footwork: consistently use the ready position to move towards a ball.</li> <li>-Know that using a ready position helps me to react quickly and return/catch a ball.</li> <li>-Tactics: understand that applying simple tactics makes it difficult for my opponent.</li> <li>-Rules: know how to score points and follow simple rules.</li> </ul>	<p>Skills taught in Games Unit.</p> <ul style="list-style-type: none"> <li>-Shots: explore returning a ball using shots such as the forehand and backhand.</li> <li>-Know that pointing the racket face/my hand where I want the ball to go and turning my body will help me to hit accurately.</li> <li>-Rallying: explore rallying using a forehand.</li> <li>-Know that hitting towards my partner will help them to return the ball easier and keep the rally going.</li> <li>-Footwork: consistently use and return to the ready position in between shots.</li> <li>-Know that moving to the middle of my court will enable me to cover the most space.</li> <li>-Tactics: know that using simple tactics will help to achieve an outcome e.g. if we spread out, we can cover more space.</li> <li>-Rules: know the rules of the game and begin to apply them.</li> </ul>	<p>Skills taught in Games Unit.</p> <ul style="list-style-type: none"> <li>-Shots: demonstrate technique when using shots playing co-operatively and beginning to execute this competitively.</li> <li>-Understand when to play a forehand and a backhand and why.</li> <li>-Rallying: develop rallying using both forehand and backhand with increased technique.</li> <li>-Know that moving my feet to the ball will help me to hit in a more balanced position therefore increasing the accuracy of my shot.</li> <li>-Footwork: begin to use appropriate footwork patterns to move around the court.</li> <li>-Know that getting my feet in the right position will help me to balance before playing a shot.</li> <li>-Tactics: know that applying attacking tactics will help me to score points and create space.</li> <li>-Know that applying defending tactics will help me to deny space, return a ball and limit points.</li> <li>-Rules: know and understand the rules to be able to manage our own game.</li> </ul>	<p>Skills taught in Games Unit.</p> <ul style="list-style-type: none"> <li>-Shots: develop the range of shots used in a variety of games.</li> <li>-Know which skill to choose for the situation e.g. a volley if the ball is close to the net.</li> <li>-Serving: develop the range of serving techniques appropriate to the game.</li> <li>-Know that serving is how to start a game or rally and use the rules applied to the activity for serving.</li> <li>-Rallying: use a variety of shots to keep a continuous rally.</li> <li>-Know that playing the appropriate shot will help to keep the rally going.</li> <li>-Know that control is more important than power to keep a rally going.</li> <li>-Footwork: demonstrate effective footwork patterns to move around the court.</li> <li>-Know that using small, quick steps will allow me to adjust my stance to play a shot.</li> <li>-Tactics: understand the need for tactics and identify when to use them in different situations.</li> <li>-Rules: understand and apply rules in a variety of net and wall games whilst playing and officiating.</li> </ul>	<p>Skills taught in Games Unit.</p> <ul style="list-style-type: none"> <li>-Shots: demonstrate increased success and technique in a variety of shots.</li> <li>-Understand the appropriate skill for the situation under pressure e.g. choosing to play the ball short over the net if I have just moved my opponent to the back of the court.</li> <li>-Serving: serve accurately and consistently.</li> <li>-Begin to apply tactics when serving e.g. aiming to serve short on the first point and then long on the second point.</li> <li>-Rallying: successfully apply a variety of shots to keep a continuous rally.</li> <li>-Understand how to play different shots depending on if a rally is co-operative or competitive.</li> <li>-Footwork: demonstrate a variety of footwork patterns relevant to the game I am playing.</li> <li>-Know that using the appropriate footwork will help me to react to a ball quickly and give me time to prepare to play a shot.</li> <li>-Tactics: understand when to apply some tactics for attacking and/or defending.</li> <li>-Rules: understand, apply and use rules consistently in a variety of net and wall games whilst playing and officiating.</li> </ul>

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<p>Striking and Feilding Games.</p> <p>EYFS- Games and Balls Skills.</p> <p>Year 1 and 2 Balls Skills, Striking and Fielding and Sending and Receiving.</p> <p>Year 3-Ball Skills and Cricket.</p> <p>Year 4- Cricket.</p> <p>Year 6- Rounders.</p>	<p>Skills taught in Games Unit.</p>	<p>Skills taught in Games Unit.</p>	<p>Some skills covered in Games Unit.</p> <ul style="list-style-type: none"> <li>-Striking: explore striking a ball with their hand and equipment.</li> <li>-Understand that the harder I strike, the further the ball will travel.</li> <li>-Fielding: develop tracking and retrieving a ball.</li> <li>-Know that throwing the ball back is quicker than running with it.</li> <li>-Throwing: explore technique when throwing over and underarm.</li> <li>-Know which type of throw to use to throw over longer distances.</li> <li>-Catching: develop co-ordination and technique when catching.</li> <li>-Know to watch the ball as it comes towards me.</li> <li>-Tactics: know that tactics can help us when playing games.</li> <li>-Rules: know that rules help us to play fairly.</li> </ul>	<p>Some skills covered in Games Unit.</p> <ul style="list-style-type: none"> <li>-Striking: develop striking a ball with their hand and equipment with some consistency.</li> <li>-Understand the role of a batter. Know that striking quickly will increase the power.</li> <li>-Fielding: develop tracking a ball and decision making with the ball.</li> <li>-Understand that there are different roles within a fielding team. Know to move towards the ball to collect it to limit a batter's points.</li> <li>-Throwing: develop co-ordination and technique when throwing over and underarm.</li> <li>-Know that stepping with opposite foot to throwing arm will help me to balance.</li> <li>-Catching: catch with two hands with some co-ordination and technique.</li> <li>-Know to use wide fingers and pull the ball in to my chest to help me to securely catch.</li> <li>-Tactics: understand and apply simple tactics for attack (batting) and defence (fielding).</li> <li>-Rules: know how to score points and follow simple rules.</li> </ul>	<p>Some skills covered in Games Unit.</p> <ul style="list-style-type: none"> <li>-Striking: begin to strike a bowled ball after a bounce with different equipment.</li> <li>-Know that striking to space away from fielders will help me to score.</li> <li>-Fielding: explore bowling to a target and fielding skills to include a two-handed pick up.</li> <li>-Know to look at where a batter is before deciding what to do.</li> <li>-Know to communicate with teammates before throwing them a ball.</li> <li>-Throwing: use overarm and underarm throwing in game situations.</li> <li>-Know that overarm throwing is used for long distances and underarm throwing for shorter distances.</li> <li>-Catching: catch with some consistency in game situations.</li> <li>-Know to move my feet to the ball.</li> <li>-Tactics: know that using simple tactics will help my team to achieve an outcome e.g. we will spread out to deny space.</li> <li>-Rules: know the rules of the game and begin to apply them.</li> </ul>	<p>Some skills covered in Games Unit.</p> <ul style="list-style-type: none"> <li>-Striking: develop batting technique with a range of equipment.</li> <li>-Know that using the centre of the bat will provide the most control and accuracy.</li> <li>-Fielding: develop bowling with some consistency, abiding by the rules of the game.</li> <li>-Know that it is easier to field a ball that is coming towards me rather than away so set up accordingly.</li> <li>-Throwing: use overarm and underarm throwing with increased consistency in game situations.</li> <li>-Understand that being balanced before throwing will help to improve the accuracy of the throw.</li> <li>-Catching: begin to catch with one and two hands with some consistency in game situations.</li> <li>-Know to track the ball as it is thrown to help to improve the consistency of catching.</li> <li>-Tactics: know that applying attacking tactics will help to score points and avoid getting out.</li> <li>-Know that applying defending tactics will help to deny space, get opponents out and limit points.</li> <li>-Rules: know and understand the rules to be able to manage our own game.</li> </ul>	<p>Some skills covered in Games Unit.</p> <ul style="list-style-type: none"> <li>-Striking: explore defensive and driving hitting techniques and directional batting.</li> <li>-Understand that stance is important to allow me to be balanced as I hit.</li> <li>-Fielding: develop over and underarm bowling technique.</li> <li>-Develop long and short barrier and two handed pick up.</li> <li>-Know that backing up a fielder as a ball is being thrown will help to increase the chances of fielding successfully.</li> <li>-Throwing: demonstrate good technique when using a variety of throws under pressure.</li> <li>-Understand where to throw the ball in relation to where a batter is.</li> <li>-Catching: explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations.</li> <li>-Understand when to use a close catch technique or deep catch technique.</li> <li>-Tactics: understand the need for tactics and identify when to use them in different situations.</li> <li>-Rules: understand and apply rules in a variety of striking and fielding games whilst playing and officiating.</li> </ul>	<p>Some skills covered in Games Unit.</p> <ul style="list-style-type: none"> <li>Striking: strike a bowled ball with increasing accuracy and consistency.</li> <li>- Understand that the momentum and power for striking a ball comes from legs as well as arms.</li> <li>-Fielding: use a wider range of fielding skills with increasing control under pressure.</li> <li>- Know which fielding action to apply for the situation.</li> <li>-Throwing: consistently demonstrate good technique in throwing skills under pressure.</li> <li>-Catching: consistently demonstrate good technique in catching skills under pressure.</li> <li>-Consistently make good decisions on who to throw to and when to throw in order to get batters out.</li> <li>-Know that accuracy, speed and consistency of throwing and catching will help to limit a batter's score.</li> <li>-Tactics: understand and apply some tactics in the game as a batter, bowler and fielder.</li> <li>-Rules: understand, apply and use rules consistently in a variety of striking and fielding games whilst playing and officiating.</li> </ul>

# Curriculum Progression Map -



	NURSERY	RECEPTION	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
<p><b>Athletics</b> Taught through provision and other units of work in EYFS.</p>	<ul style="list-style-type: none"> <li>-Moving around the space with some awareness of others.</li> <li>-Explore jumping and hopping.</li> <li>- Explore throwing different objects.</li> </ul>	<ul style="list-style-type: none"> <li>-Moving around the space showing more awareness of others.</li> <li>-Jump and land safely.</li> <li>Explore throwing towards a target.</li> <li>-Learn that we use big steps for running and small steps to stop.</li> <li>-Bend my knees to help me land safely.</li> <li>-Begin to understand why we have rules.</li> </ul>	<ul style="list-style-type: none"> <li>-Run at different speeds.</li> <li>-Develop balance whilst jumping and landing.</li> <li>-Explore hopping, jumping and leaping for distance.</li> <li>-Explore throwing for a distance.</li> <li>-Land on balls of feet and bend knees when landing.</li> </ul>	<ul style="list-style-type: none"> <li>-Develop sprinting action.</li> <li>-Develop jumping, hopping and skipping actions.</li> <li>-Explore safely jumping for distance and height.</li> <li>-Explore throwing for distance and accuracy.</li> </ul>	<ul style="list-style-type: none"> <li>-Develop the sprinting technique and apply to relay events.</li> <li>-Develop technique when jumping for distance in a range of approaches and take off positions.</li> <li>-Explore technique for a pull throw.</li> <li>-Leaning forwards to help with speed.</li> <li>-Leaning backwards to slow down.</li> </ul>	<ul style="list-style-type: none"> <li>-Develop an understanding of speed and pace in relation to distance.</li> <li>-Develop power and speed in sprinting technique.</li> <li>-Develop technique when jumping for distance.</li> <li>-Explore power and technique when throwing for distance in a pull and heave throw.</li> <li>-Can pace themselves when running for distance.</li> </ul>	<ul style="list-style-type: none"> <li>-Apply fluency and co-ordination when running for speed in relay change overs.</li> <li>-Effectively apply speeds appropriate for the event.</li> <li>-Explore technique and rhythm in the triple jump.</li> <li>-Develop technique and power in javelin and shot put.</li> <li>-Use large consistent strides when running.</li> <li>-Keeps a steady breath when running.</li> </ul>	<ul style="list-style-type: none"> <li>-Demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique.</li> <li>-Develop power, control and technique in the triple jump.</li> <li>-Develop power, control and technique when throwing discus and shot put.</li> <li>-Understands why a run up is important for building speed.</li> </ul>