Progression of Skills

Physical Education

Area of Study	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Dance	Copy and repeat basic actions and movement themes. Use counting patterns Follow simple pathways and use mirror actions. Respond to simple stimuli such as Colour. Begin to express simple feelings during a dance. Give simple guided feedback on quality of actions in a whole class setting		Copy, remember and repeat simple movement patterns from given actions. Use counting to help stay in time. Explore space and direction, levels and speed. Link actions together into short sequences that respond to different types of music and stimuli. Show different moods and express feelings around themes such as friendship. Give a partner simple feedback.	Copy, remember and repeat simple movement patterns from given actions. Use beats of 8 to keep in time with music and group. Use shape and formations with guidance. Use stimuli to copy, repeat and create dance actions and motifs. Explore ways to bring emotions to life through dance. Give feedback on some basic performance qualities in a dance.	Compose, remember and perform a short dance phrase. Copy and repeat movement patterns to beats of 8. Use opposing dynamics such as flowing/abrupt and swirling/ straight to bring interest to dance. Choose and use stimuli such as props effectively in a dance. Use facial expressions to portray emotions to an audience. Give feedback to an individual on their performance qualities in a large group dance.	Choreograph a short dance to show a theme, individually and as part of a small group. Use counts, beats, and action sequence to show good flow. Extend performances using canon and floor patterns. Use devices such as freeze frame to extend and improve dance sequences. Use freeze frame to portray action and character in a dance. Give feedback to a group about their performance qualities during a group dance.	Use professional examples to inspire the choreography of short dance phrases. Perform locomotor and non-locomotor movements in time to the music. Use levels in a sophisticated way to demonstrate themes. Bring energy to a dance through more complex devices such as retrograde or inversion. Tell a story to an audience through contrasting actions. Give detailed feedback on different sections of a group dance based on a range of performance qualities.	Work collaboratively to choreograph dances using more complex compositional ideas. Use counting and timing in more complex ways, such as through stamps and claps of a live aural setting. Explore relationships through dance and perform partner lifts. Demonstrate a narrative through contact and relationships within a dance. Portray the idea of tension as part of a dance narrative. Give detailed feedback to individuals and whole groups on different sections of a group dance based on various performance qualities.
Gymnastics	Travel with some control and coordination. Show some agility by changing direction at speed. Attempt simple rolls, such as log and egg rolls, with somebody tension and control. Balance in some simple shapes, with some bodily control. Jump and land safely using the 'magic chair' technique. Start to take some weight on your hands for a short		Travel on and off apparatus using different methods of travel, showing control and coordination. Perform different rolls with body tension and control in isolation and Sequence. Balance in different shapes on large and small body parts with good body tension and control. Perform quarter and half-turn, show shape in jumps. Take and hold weight on hands with some control, travel on hands.	Travel with control and balance by taking weights on hands. Perform a teddy roll with good form and body tension and Control. Perform a range of shapes in balance, showing flexibility and Control. Use power and control in jumps. Take weight on one hand, adding twisting Actions.	Start to modify travelling actions using pathways, direction and shapes. Link different rolls smoothly into a short sequence, showing extension and tension. Perform more challenging balance shapes with a greater range of flexibility and extension. Perform powerful jumps from low apparatus. Take weight on hands to mount different	Include changes of direction and speed whilst travelling maintaining control throughout. Perform a range of rolls in a sequence, changing directions and pathways whilst maintaining good control. Perform a range of symmetrical and asymmetrical balances, showing tension and flexibility in isolation and sequence. Apply compositional	Travel at different levels, directions and speeds across creative Pathways. Perform an asymmetric roll, such as an over-the-shoulder roll, as part of a sequence with Control. Work safely with a partner to perform a range of Counterbalances. Link half or full-turn jumps with a roll, creatively in a partner sequence. Attempt a cartwheel or	Use a wide range of travelling actions showing skill and consistency. Link different actions smoothly using a range of different rolls, showing excellent body control throughout. Show strength, control and flexibility in a range of partner Balances. Use jumps to safely create flight, both on and off a variety of apparatus.

	period of time. Link some simple 'like' actions to create a short sequence as an individual. Give simple guided feedback on the quality of actions in a whole class setting.	Use compositional ideas such as canon and unison in a sequence. Give partners simple feedback on their sequence.	Create a short sequence flow showing smooth Transitions. Give feedback on some basic performance qualities in a sequence.	pieces of apparatus with control. Create a group sequence on apparatus with contrasting actions. Identify what went well and what could be improved in a sequence.	ideas to jumps. Perform weighted bunny hops with Control. Use a range of compositional ideas to create and perform a sequence with precision. Start to judge others' performances using a simple judging system.	cartwheel progressions and show control. Create longer, more complex sequences using a range of dynamics and compositional ideas. Judge and give specific, constructive feedback using positive language.	Be able to take weight on hands when vaulting over apparatus. Create a group sequence that incorporates a wide range of more complex actions. Develop and use their own set of judging standards to judge others.
Invasion Games							
Netball	Start to send and stop different objects with a partner. Travel with some control and coordination. Send a ball towards a target. Move to receive a ball. Try to stop a rolling ball from getting past you. Play a simple game with a partner, following simple rules, guided by an adult. Co-operate with others in small group activities.	Send and catch a ball sent by a partner over a short distance. Change direction quickly when in possession of the ball. Start to aim and throw objects at a target to score points. In isolation, move into a space to receive a pass. Start to use a basic defensive position to intercept/deflect a pass. Play a small-sided game following simple rules. Co-operate and communicate with a partner to attack and defend during a game.	Send and catch a ball using a consistent underarm, overarm, and bouncing throw. Change direction to find an open player to pass to. Score points by throwing into a target with some consistency. In a small-sided game, recognise and move into space. Use the defensive position to intercept a pass in a small-sided game. Play within a defined area of a court/pitch. Work as part of a team to keep possession of a ball during a small- sided game.	Send and catch a ball under pressure in small-sided games. Show awareness of the footwork rules when in possession of the ball. Send the ball effectively to the goal shooter. Begin to use basic dodging to get free from a marker. Can use defensive positioning to attempt to intercept a pass and win possession. Play following simple rules, such as not running whilst holding the ball. Keep possession of a ball using short passes and trying to move the ball forward to build an attack.	Protect the ball and send it accurately under pressure from a defender. As the ball carrier, implement a pivot to distribute the ball. Use basic shooting techniques in the correct area. Use quick feet to get away from the opposition and show readiness to receive a pass. Explore one-to-one marking technique. Play following more complex rules such as the 0.9m rule. Start to discuss and implement basic tactics in defence, such as one-to-one marking.	Choose the best pass to send the ball most efficiently. Use a pivot to change direction and pass the ball quickly. Select and apply strategies for the best position to shoot. Use a variety of dodging techniques to get away from opposition in isolation and games. Mark a shooter tightly in the shooting 'D' to make it more difficult to score. Play implementing some of the high-five rules. Discuss, refine, and implement tactics when attacking and defending, including using quick forward passes to exploit space on the wings of the court.	Pass the ball accurately to a teammate under pressure to start a counterattack. Use pivoting effectively in a game to maintain possession, staying within the footwork rules. Use organisation around the semi-circle to support shooting. Use speed and agility to take attacking positions inside the semi-circle. Mark a pass or shot to make it difficult for an attacker. Play showing knowledge of the rules, such as the offside rule, and refereeing to their own games throughout. Work as a team to refine, implement and evaluate the success of attacking and defensive tactics during small-sided games.

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Football	Kick a ball using feet with some control. Travel with some control and coordination, demonstrating some agile movements. Send a ball towards a target. Play a simple game with a partner, following basic rules, guided by an adult. Cooperate with others in small group	Kick a ball to a partner over a short distance with some accuracy. Travel with a ball with some control and coordination. Aim and throw objects at a target to score points. Start recognising and moving into a space to receive a pass. Start to use a basic defensive position to intercept a pass or block a shot. Play in a small-sided game in small following simple rules. Cooperate and communicate with a partner to attack and defend during a game.	Use harder and softer kicks to send a ball over varying distances with some control and accuracy. Travel with a ball at different speeds showing some control and coordination. Score points by aiming at a target with some consistency. Move quickly into a space after passing a ball to be able to receive it back. Work with others to try and stop an attacking team from scoring. Play in a defined area of a pitch. Work as part of a team to keep possession of a ball during a small- sided game.	Use the foot's instep to send a ball over shorter distances accurately and unchallenged. Dribble the ball using the outside of the foot with control. Use a basic shooting technique (laces) to aim at a target with power. Identify and move into a space in a small-sided game to be ready to receive a pass. Work collaboratively to intercept a pass in small-sided games. Play showing good sportsmanship throughout. Work as part of a team to move the ball forward to attack the opponent's goal.	Send the ball over longer distances with accuracy and control, starting to pass the ball whilst moving. Dribble the ball up the pitch with control. Set up a teammate to Shoot. Move towards the player with the ball to receive a pass. Take possession from an opponent by using front and goal-side marking or a standing tackle. Play following more complex rules. Start to discuss and implement basic tactics for building an attack as a team.	Pass the ball accurately in small group situations over longer distances whilst on the move. Dribble quickly, attempting skills like a stepover to turn, change direction, and beat a defender. Use the One, Two shooting technique in isolation and attempt in a game. Move around a pitch to create space during a Game. Use goal-side and front marking and a standing tackle in small-sided games with consistent success. Play implementing knowledge of the rules throughout. Discuss, create, and implement a team formation to use when playing competitive games.	Pass the ball accurately to a teammate under pressure to create a shooting opportunity. Use a broader range of skills while under pressure to outwit a defender. Use power and accuracy to shoot a penalty kick against a goalkeeper. Work with teammates to create space for scoring opportunities. Play the role of the covering defender with some success in isolation and a game situation. Referee a small-sided game following a set of rules. Evaluate the success of attacking and defensive tactics during small-sided games.
Tag Rugby	Start to send and stop different objects with a partner. Travel with some control and coordination. Move to receive a ball. Try to stop a rolling ball from getting past you. Play a simple game with a partner, following simple rules, guided by an adult. Co-operate with others in small group activities.	Send and catch a ball sent by a partner over a short distance. Change direction quickly when in possession of the ball. In isolation, move into a space to receive a pass. Start to use a basic defensive position to intercept/deflect a pass. Play a small-sided game following simple rules. Co-operate and communicate with a partner to attack and defend during	Send and catch a ball using a consistent underarm, overarm, and bouncing throw. Change direction to find an open player to pass to. In a small-sided game, recognise and move into space. Use the defensive position to intercept a pass in a small-sided game. Play within a defined area of a court/pitch. Work as part of a team to keep possession of a ball during a small- sided game.	Send a ball backwards to a teammate over a short distance. Start to use quick changes of directions and agility to evade a defender. Move into a free space to be in position to receive a pass. Close down an attacker's space to tag them using the correct tag protocol. Play following simple rules, such as passing the ball within 3 seconds of being tagged. Keep possession of a ball using short passes and	Consistently send and catch a ball over a range of distances. Use the correct technique to run into a space when in possession. Time the run onto the ball as a receiver. Start to work as a team to close down the attackers space. Play following more complex rules, such as the sideways and backwards passing only. Keep possession of a ball using a range of passes and running patterns, trying to move the ball forward to build an attack.	Pass a ball consistently whilst on the run. Use quick feet to try and create space when running at the defence. Support the ball carrier through the ‘magic diamond’ formation. Be part of a defensive line to close down the oppositions space. Play using the 3 step rule. Use the 3 step and pass rule to build momentum in an attack.	Accurately use a range of passes during attacking set plays. As the ball carrier, identify and run quickly into any gaps in the defence. Support the ball carrier at speed using the ‘magic diamond’ formation. If possession is lost, transition quickly from an attacking formation to a defensive line. Play, showing knowledge of the rules, such as the offside rule, competitiveness, and refereeing their own games

		a game.		trying to move the ball forward to build an attack.			throughout. Be part of attacking set plays to try and outwit the defensive line.
Basketball	Start to send and stop different objects with a partner. Travel with some control and coordination. Show some agility by changing direction at speed. Send a ball towards a target. Move before receiving a ball. Try to stop a rolling ball from getting past you. Play a simple game with a partner, following basic rules, guided by an adult. Co-operate with others in small group activities.	Throw and catch a ball sent by a partner over a short distance. Start to travel bouncing a ball to yourself with some control and coordination. Start to aim and throw objects at a target to score points. In isolation, move into a space to receive a pass. Start to use a basic defensive position to intercept/deflect a pass. Play a small-sided game following simple rules. Co-operate and communicate with a partner to attack and defend during a game.	Send and catch a ball using an underarm, overarm and bouncing throw with some consistency. Travel by bouncing a ball to yourself, keeping the ball under control. Score points by throwing into a target with some consistency. In a small-sided game, recognise and move into space. Use the defensive position to intercept a pass in a small-sided game. Play within a defined area of a court. Work as part of a team to keep possession of a ball in a small-sided game.	Throw and catch a ball under pressure in small-sided games. In small sided games, use a basic dribbling technique to move around a court with control under limited pressure from opposition. Use a two-handed shooting technique with some consistency. Identify and move into a space in a small-sided game to be ready to receive a pass. Use the defensive stance and work with teammates to regain possession. Play showing good sportsmanship throughout. Keep possession of a ball using short passes, attempting to move the ball forward to build an attack.	Catch a ball under pressure in the triple threat position. Throw the ball accurately while under pressure from a defender. Use a crossover dribble with control and agility to quickly change direction to evade a defender in small-sided games. Attempt a jump shot in a small-sided game under pressure from a defender. Move towards the player with the ball to receive a pass. Apply pressure to the opposition ball carrier to try and turn over possession. Play following more complex rules. Start to discuss and implement basic tactics in defence, such as man-to-man marking.	Pass a ball quickly and accurately using a one- handed push pass to outwit defenders. Use a front pivot to move forward and change direction quickly during a small- sided game. Attempt different shooting techniques to score whilst defenders try to block. Move around a court to create attacking space during small-sided games. Be able to apply the boxing-out technique to secure a rebound after a shot is taken. Play using the concept of personal fouls. Discuss and implement tactics when attacking and defending, such as quick forward passes to exploit space on the wings.	Pass the ball accurately to a teammate under pressure to start a fast- break counterattack. Use the retreat dribble technique to maintain ball possession and find better attacking options while under pressure. Attempt 3-point shots with some success. Use the V-cut technique to get free from a defender and move into a space to receive the pass. Work with a partner to restrict the opponent's space as they try to build an attack. Play, showing secure knowledge of the rules, including the free throw rule. Work as part of a team to implement and evaluate the success of attacking and defensive tactics in games.
Hockey				Begin to show how to hold a hockey stick and which side to use. Use a simple push pass to another team mate. Dribble the ball keeping it close to me using the correct side of stick. Show some signs of an	Sometimes change direction of travel by rotating and turning stick to support this. Use a push pass to make a direct pass. Begin to use a slap pass (bringing stick back and causing more power). Use speed to dribble the ball into space.	Change direction and use the correct side of stick, sometimes using indian dribbling (alternating sides of stick while dribbling) to avoid defenders. Choose between the two passes (push/slap) and explain simply why. Make a direct pass while dribbling.	Use speed, changing of direction and indian dribbling to advance towards team's goal. Use a range of passes knowing which one depending on the distance of the pass. Dribble and change direction by making a square pass (across the pitch) or straight pass (up/down the pitch).

				approaching a player to tackle and cause pressure. Begin to attempt to score a goal from anywhere.	Maintain defence and keep the pressure until possession is gained. Attempt to score inside a designated scoring area.	Begin to use stick to mark a player from the side line causing them difficulty. Successfully score while in the scoring area.	Know when to defend and what defence skills could be used. Seize an opportunity to score, sometimes quite quickly.
Handball	Send and stop different objects with a partner. Travel with some control & coordination. Show some agile movements. Send a ball towards a target. Move to receive a ball. Try to stop a rolling ball from getting past you. Play a simple game with a partner, following basic rules, guided by an adult. Co-operate with others in small group activities.	Throw and catch a ball over a short distance. Travel with a bouncing ball, showing some control and coordination. Start to aim and throw objects at a target to score points. In isolation, move into a space to receive a pass. Start to use a basic defensive position to try an intercept a pass. Play a small-sided game following simple rules. Co-operate and communicate with a partner to attack and defend during a game.	Send and catch a ball using a consistent underarm, overarm, and bouncing throw. Travel and change direction while keeping a bouncing a ball under control. Score points by throwing and hitting a target with some consistency. In a small-sided game, recognise and move into space. Use the defensive position to intercept a pass in a small-sided game. Play within a defined area of a court. Work as part of a team to keep possession of a ball during a small- sided game.	Throw and catch a ball using the ready position under pressure in a game. Use a basic dribbling technique to move around a court using the 3-step rule. Score points by throwing a ball into a goal, opposed and unopposed. Identify and move into a space in a small-sided game to be ready to receive a pass. Use the defensive stance and work with teammates to regain possession. Play with the 3-second, 3-step and 3m rules. Keep possession of a ball using short passes and to move the ball forward to build an attack.	Catch and protect the ball and pass it accurately under pressure from a defender. Move the ball forward up the court by dribbling with control. Use an overarm shooting technique in a 7m-throw. Move and catch a ball as a 'circle runner' to create space for a shot to be taken. React quickly to get into a defensive position when possession is lost. Play with more complex rules, such as the ball can't hit below the knee and 7m- throws. Use the three-man weave to build an attack.	Use a pivot to create a space to send a pass or shoot. Dribble successfully using the double dribble fault rule. Shoot using the jump shot technique. Pass and move around the 'D' to try and create a shooting opportunity. Play as a goalkeeper, moving quickly to prevent goals from being scored. Play using the double dribble fault rule. Discuss, create, and implement set plays when attacking.	Pass the ball quickly and accurately to a teammate under pressure to start a fast-break counterattack. Keep control of the ball when pressured by a defender. Have success using a variety of different shots under pressure in small-sided games. Show patience passing the ball around the 'D' and keep possession. Work with your team to defend the goal, preventing attackers from taking clear shots. Play showing knowledge of the rules with competitiveness and refereeing their games throughout. Work as part of a team to create, implement and evaluate the success of attacking and defensive tactics such as screening.
Striking and Fielding Games							
Cricket	Send an object by pushing with a baton. Start to send and stop different objects with a partner. Try to stop a rolling ball from getting past you.	Use a self-feed to hit a ball with hands. Use an underarm throw to feed the ball for a batter to hit. Underarm throw and catch a ball with some consistency	Send a ball into space using hands, feet, bats, and racquets. Bowl a ball underarm with accuracy for a batter to hit. Throw a ball quickly towards a base to try and prevent a	Attempt a straight drive to hit a ball along the ground. Bowl a ball underarm with accuracy to try and get a batter out. Overarm throw across	Hit a ball with power and direction, attempting a range of shots, including the straight drive and pull shot. Start to bowl using an overarm technique with some control. Accurately throw the ball	Recognise when to use a forward defensive shot to block the ball from hitting the wickets when batting. Use the correct grip when bowling overarm for seam bowling.	Hit a ball using an on- drive and score runs by hitting the ball past the bowler. Attempt short-pitch bowling to get a ball to arrive at the batter between the waist and head high.

	Start to run quickly with some control. Play a simple game with a partner, following basic rules, guided by an adult. Co-operate with others in small group activities.	over a short distance. Start to track a ball and move into position to try and stop it. Run quickly between bases to score points. Play small-sided games using simple rules. Start to make choices about where to send a ball to maximise points.	batter from scoring. Stop/collect a ball in the backstop/wicketkeeper position. Run quickly to score as many points as possible after each hit. Play a modified game, tracking points scored and lost during a game. Work as a team to try and prevent batters from scoring points.	longer distances with power and control. Use a long barrier technique to consistently stop a ball that is rolling along the floor. Run with a partner between wickets to score runs, keeping track of of runs scored. Play a game of pairs cricket using simple rules, including scoring boundaries. Implement simple tactics when fielding and batting to maximise their chance of winning.	overarm at a fielder near the wickets to prevent run. Stop a rolling ball using a one-handed pick-up to be able to throw a ball quicker. Start to anticipate when to run with a batting partner to try and increase the runs scored. Play a game of pairs cricket using rules, including losing runs if a batter is dismissed. Discuss the best fielding positions to try and reduce runs scored.	Throw the ball quickly and accurately over short distances to get a batter out. Field a rolling ball from different fielding positions to prevent runs from being scored. Use clear communication with a partner to call to complete runs. Play a game of pairs cricket using the rules, being able to umpire their games correctly. Begin to use specific fielding positions when 'setting a field', including a mid-on and mid-off.	Show confidence to attempt a high catch when fielding. Work with a partner to field a ball quickly back towards the wickets to limit runs scored. Communicate with a batting partner to agree on the best way to score runs. Play and umpire a small-sided game of cricket by following the rules. Set different fields for batters to try and limit run-scoring, including a ring field and an attacking field.
Rounders	Send an object by pushing with a baton. Start to send and stop different objects with a partner. Try to stop a rolling ball from getting past you. Start to run quickly with some control. Play a simple game with a partner, following simple rules, guided by an adult. Co-operate with others in small group activities.	Use a self-feed to hit a ball using the hand. Begin to use an underarm throwing action to feed the ball to a batter. Be able to throw and catch a ball with some consistency over a short distance using underarm throws. Begin to track balls and move into position to try and stop them. Run quickly between bases to score points. Play small-sided games using simple rules. Start to make choices where to send a ball to maximise points scored.	Send a ball into a space using various means such as hands, feet and bats. Bowl a ball underarm with some accuracy for a batter to hit. Throw a ball quickly towards a base to try and prevent a batter from scoring. Stop a ball in the backstop position with some consistency. Run quickly to score as many points as possible after each hit. Play a modified game, tracking points scored and lost during a game. Work as a team to try and prevent batters from scoring points.	Use a one-handed hit with a bat showing some power and accuracy. Bowl a ball underarm with accuracy to try and get a batter out. Throw a ball over longer distances with power and control using an overarm throw. Use a long barrier technique to consistently stop a ball travelling along the ground. Run with speed and control around bases to try and score points. Play a game implementing some basic rounders rules. Implement simple tactics when fielding to try and limit points scored.	Direct a hit to different parts of the field with power and accuracy. Know what makes a legal bowl and be able to deliver them consistently with power. Accurately throw the ball overarm at a fielder near a base to stop batters from running. Stop a rolling ball using a one-handed pick-up to be able to throw it more quickly. Start to judge whether to run to the next base, avoiding getting run out. Play a game of rounders using the correct scoring system for rounders and half- rounders. Discuss the best place for fielders to position themselves to try and reduce rounders scored.	Recognise where the gaps in the field are and direct a hit into those gaps to maximise scoring chances. Bowl to try and get a better out based on their strengths and weaknesses. Throw the ball quickly and accurately over short distances to get a batter out. Track and field a rolling ball from different fielding to try and prevent batters from scoring. Judge how many bases to run around after a hit without being run out. Play a game of rounders using simplified rules, including the backwards hot rule. Set a field for each batter to try and reduce their chance of scoring.	Identify what type of field has been set and adjust their hit accordingly. Bowl a fast ball to make it harder for a batter to hit a ball. Consistently catch a ball that is hit high when fielding. Work with a partner to field a ball quickly back towards bases or bowler to limit rounders scored. Be aware of teammates when running, avoiding overtaking and running them out. Play and umpire games of rounders, implementing the overtaking rule. Set different fields based on batters' strengths to try and limit scoring, including a defensive and an attacking

							field.
Tennis	Start to hit different objects using the hand. Use bilateral movements. Slide a beanbag to an opponent. Travel with some control and coordination, showing some agility by changing direction. Play using restrictions such as markers or cones. Play a simple game with a partner, following simple rules, guided by an adult. Begin to play in small group games.	Use a self-feed to hit a ball with the hand. Feed a ball for a partner to hit. Move into position behind a ball to hit. Play within a defined grid. Use simple rules to play a modified game. Select where to hit an object to try and win a point.	Hit an object on both sides of the body. Use a range of sending skills to serve a ball. Use agility to change direction quickly when moving about a court. Play in a modified game using basic boundary lines. Use basic serving rules to start a rally. Hit an object to different parts of a court to make it hard for an opponent to return.	Hit to targets using a forehand hit. Serve a ball underarm. Move towards a ball to return a hit. Play on a basic court with side and back line. Play a game with basic rules using specified court boundaries. Use both hard and soft hits to hit to different parts of the court.	Use a forehand and backhand hit to different parts of the court. Receive a serve in the ready position. Move back to the centre of the court after each shot. Play on a basic court with a net, side and back line. Play a game using rules, such as the ball cannot bounce twice. Use the best doubles position strategy to score points.	Hit an overhead shot and a volley with consistency to score points. Serve diagonally across the court to opponent(s) (into a service box). React and move between different doubles formations during a point. Play as a pair, recognising your partner's side of the court. Play and start to umpire a game using the service rules of tennis. Select the best type of shot to hit the ball to different parts of the court to score points..	Hit a lob shot over an opponent's head to force them to the back of the court. Serve using the service line in a doubles games. Switch between different doubles formations during a point based on how the point is being played. Play using side, backlines and a service line. Play and start to umpire a game, including keeping track of the score using the scoring system. Discuss and implement different tactics when playing a doubles game.
Badminton	Start to hit different objects with hands. Travel with some control and coordination, showing some agility by changing direction at speed. Co-operate with others in small group activities. Play a simple game with a partner, following simple rules, guided by an adult. Use simple tactics in small group games.	Use a self-feed to hit balloons and balls with hands. Move into position behind an object to hit it. Feed an object for a partner to hit. Use simple rules to play a modified game. Select where to hit an object to try and win a point.	Start to hit an object on both sides of the body with some consistency. Use agility to change direction quickly when moving about a court. Start to work with a partner to hit a ball to another team. Use basic serving rules to start a rally. Hit an object to different parts of a court to make it hard for an opponent to return a hit.	Consistently hit a shuttle to different parts of the court using a forehand hit from a self-feed. Move around the court with agility to try and return a shuttle. Work with a partner to take part in a rally. Play a game with basic rules and simple court boundaries. Use both hard and soft hits to send the shuttle to different parts of the court.	Hit a shuttle using a forehand, backhand, and overhead hits somewhat consistently to different parts of the court. Show good court positioning after each shot. Work with others using effective communication to score points in a game. Play a game using basic serving rules. Start to make it difficult for an opponent to return a shot by choosing where to hit the shuttle.	Use quick reactions to hit the shuttle when close to the net consistently. Use quick feet to move efficiently into the best position to return a shuttle. Play with others to have some flow in a game, including keeping track of the score. Play and start to umpire a game using a scoring system. Use different service shot lengths to begin a point, making it difficult for the opponent to return.	Use attacking shots such as the drop and smash shots confidently to try to score points. Move around the court both in attack and defence without colliding with a partner during a doubles game. Use an offensive play rotation formation in a doubles game effectively. Play and start to umpire a doubles game, including keeping track of the score during the game. Discuss and implement different defensive formations when playing a doubles game.
Athletics	Move in different directions with control at speed.	Start to run quickly and stop with control, changing speeds whilst running.	Develop power and increase speed when sprinting by using quick feet.	Be able to combine running fast with flight to get over hurdles.	Refine sprinting technique to accelerate over shorter distances and maintain	Run quickly to complete a leg of a relay race, exchanging the baton within a restricted area.	Correctly use the sprint start position to increase the rate of acceleration at the start

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Physical Education

	Recognise and perform with some control movements at different speeds. Begin by jumping short distances while maintaining control. Begin to send and receive various objects with a partner. Co-operate with others in small group activities.	Run over longer distances at a consistent speed without stopping. Jump as far as possible with control using two- footed jumps from a standing start. Start to use power to throw an object overarm for distance. Start to compete as an individual to beat their own personal best.	Use breathing techniques to improve endurance while running. Start to develop the strength to increase the distance jumped. Select the best throwing technique for different situations, showing power and control. Compete in different activities, trying to maximise points scored and improve performance.	Able to vary running pace between fast, slow, and medium over extended periods. Use a smooth approach and run-up to maximise the jumping distance. Throw a javelin with control and power using a pull throw. Able to keep score when competing across a variety of activities.	balance when running on a curve. Use the appropriate running technique to adjust speed when running longer distances. Experiment with various jumping techniques to assess their impact on the distance achieved. Throw a discus with control and power using a sling throw. Accurately measure and keep track of others' scores when competing in various activities.	Effectively pace a race over longer distances to avoid slowing down or stopping. Correctly mark out and use a run-up when performing a long jump. Throw a shot with control and power using a push throw. Plan a variety of suitable events for others to compete based around running, jumping and throwing.	of a race. Work collaboratively with others to maximise the distance covered in a Parlauuf relay with teammates. Combine the three phases of a triple jump to maximise jumping distance. Throw an object with control and power using a heave throw. Work with others to select and apply the best technique to achieve a personal best in various events.
Swimming						**Beginner:** Can enter the water using the steps Regain to feet after floating on front and back. Swim a short distance with a float on back and 'doggy paddle' on front. Splash water onto the face and submerge the face for a short period. Push and glide from the side of the pool. Submerge face and hold breath for several seconds, some enter water and submerge. Using a swimming aid, move forward over 5- 10 metres. Attempt max distance on front and back. **Intermediate:** Jump into and submerge in deeper water Transition from one floating shape to another without feet touching the ground. Use front crawl and breastroke leg action. Swim as far as possible without a swimming aid. Move forward with your face in the water using the sculling action. Move smoothly though the water and transition from front to back. Somersault and handstand underwater. Swim as quickly as possible over 5, 10 and 15 metres using a variety of techniques.	

		Advanced: Use 'head up' entry into the water and crouch dive. 'Mushroom' float for a sustained period of time. Show correct body position for backstroke and swim with some fluency in breastroke. Surface dive and submerge. Push and glide from a tumble turn. Link lengths attempting tumble turns to do so. Swim 25m without stopping or putting feet down.