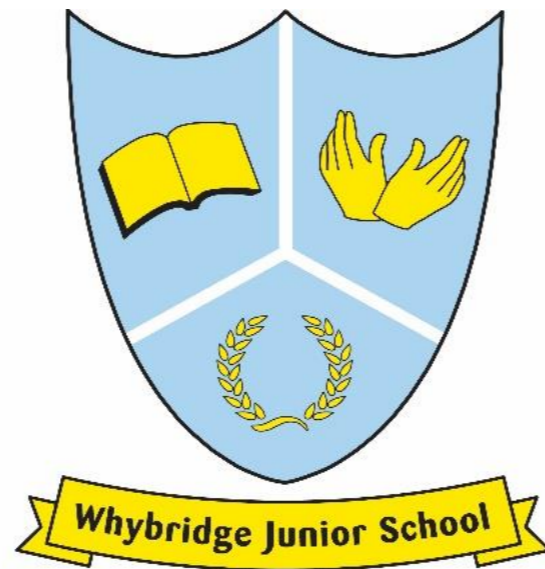


# Whybridge Junior School



## PE Curriculum Progression and Overview

## PE LONG TERM MAP

	Autumn		Spring		Summer	
Year 3	Health Related Fitness	Dance	Gymnastics	Badminton	Athletics	OAA
	Hockey	Netball	Football	Tag Rugby	Rounders	Cricket
Year 4	Health Related Fitness	Dance	Gymnastics	Badminton	Athletics	OAA
	Hockey	Netball	Football	Tag Rugby	Rounders	Cricket
Year 5	Health Related Fitness	Gymnastics	Dance	Badminton	OAA	Athletics
	Netball	Hockey	Tag Rugby	Football	Cricket	Rounders
Year 6	Health Related Fitness	Gymnastics	Dance	Badminton	OAA	Athletics
	Netball	Hockey	Tag Rugby	Football	Cricket	Rounders

## PE OVERVIEW

### National Curriculum Coverage:

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination.
- ***Athletics (isolation). Netball, Tag Rugby, Rounders, Cricket (combination).***
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.
- ***Hockey, Netball, Football, Tag Rugby, Rounders, Cricket.***
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- ***Athletics, Gymnastics, Dance, Health Related Fitness***
- perform dances using a range of movement patterns
- ***Dance***
- take part in outdoor and adventurous activity challenges both individually and within a team
- ***OAA***
- compare their performances with previous ones and demonstrate improvement to achieve their personal best
- ***All***

### Swimming and water safety

Pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.
- ***Pupils will be taught these at Swimming lesson in Year 4 and 5 at Hornchurch Sports Centre.***

**PE PROGRESSION**

**Health Related Fitness**

**Year 3**

- I can understand why a warm-up is important
- I can challenge myself and others
- I can identify what stamina is
- I can identify what flexibility is
- I can show balance and co-ordination
- I can identify what agility is and begin to show this in movements
- I can identify different muscles in my body
- I can use my muscles to control movements
- I can try to achieve my personal best
- I can maintain my energy during activities
- I can understand the term plyometrics
- I can understand how plyometrics are used in sports.
- I can understand the term sprinting
- I can identify the parts of my body which make me run faster
- I can demonstrate a good sprinting technique
- I can compete against others
- I can use my prior knowledge to demonstrate techniques
- I can improve on my personal best score.

**Year 4**

- I can understand why a warm-up is important
- I can understand the term stamina
- I can continue to physically work over a period of time
- I can reflect upon my own and others performance
- I can understand the term flexibility
- I can develop balance, agility and co-ordination through a range of exercises.
- I can challenge myself
- I can understand which muscles control different movements
- I can use different muscles to show good control
- I can warm-up prior to exercise
- I can understand the term plyometric
- I can understand how plyometrics are used in different sports.
- I can reflect on my own and others performance
- I can understand the term sprinting
- I can develop a good sprinting technique
- I can compete against others
- I can use a range of techniques that I have learnt
- I can challenge myself to achieve my personal best

**Year 5**

- I can explain what fitness is.
- I can complete a multi-stage fitness test.
- I can complete a circuit.
- I can discuss 2 components of fitness.
- I can complete a Cooper Run Fitness test.
- I can explain what stamina and endurance is.
- I can discuss components of fitness.
- I can complete a fitness circuit.
- I can give feedback to my peers.
- I can discuss components of fitness.
- I can complete a fitness circuit.
- I can improve my fitness scores.
- I can complete a multi-stage fitness test.
- I can complete a circuit.
- I can improve my fitness scores.
- I can complete a Cooper Run Fitness Test.
- I can complete a circuit.

**Year 6**

- I can understand why it is important to warm up
- I can identify different exercises people may do regularly
- I can understand the benefits of regular exercise
- I can participate in a warm-up and understand why it is important
- I can sustain my performance over a period of time
- I can participate in a fitness circuit
- I can compete against others
- I can challenge myself to achieve my personal best
- I can work as part of a group to complete a fitness circuit
- I can reflect on my own performance
- I can reflect on others performance and provide feedback
- I can understand what a shuttle run is
- I can participate in a shuttle run competition
- I can challenge myself against others
- I can participate in the cooper run fitness test
- I can sustain my performance over a period of time
- I can try to achieve my personal best

**PE PROGRESSION**

**Dance**

**Year 3**

- I can think of movements which link to a word
- I can perform a short sequence of movements
- I can begin to time movements accurately
- I can explain why we need to warm up
- I can link movement and travel together
- I can give helpful feedback
- I can create an action based on a picture
- I can copy my partners movements using mirror imaging
- I can work in sync with my partner
- I can listen for key words within a poem
- I can create actions for words within a poem
- I can create a sequence of movements to a poem

Continuation of lesson 4.

- I can give feedback on a sequence of movements.
- I can clap in time to a rhythm
- -I can perform a final performance
- I can perform with accurate timing.

**Year 4**

- I can think of movements which link to a word
- I can demonstrate good timing in movements
- I can demonstrate good posture
- I can show different actions using different body parts and movements
- I can show changes in level and pathway when travelling
- I can show good timing and control
- I can work in a pair.
- I can use pictures as a stimulus for movements
- I can show mirror-imaging and changes in level
- I can work as part of a group.
- I can use a poem as a stimulus
- I can show use of canon and changes in formation

Continuation of lesson 4.

- I can provide my peers with feedback
- I can explain what makes a good performance
- I can give useful feedback to a partner
- I can improve my performance based on feedback

**Year 5**

- I can think of movements which link to a word
- I can show good timing
- I can perform in unison
- I can perform 3-4 actions as a travelling section
- I can demonstrate levels of changes pathway and different directions.
- I can listen for key words within a poem
- I can create actions for words within a poem
- I can create a sequence of movements to a poem
- I can demonstrate good cooperation skills
- I can use chance choreography in my dance
- I can show canon, unison and mirror image in my dance
- I can work as a group and provide feedback
- I can complete a dance routine
- I can demonstrate changes in formation when creating and performing a group section
- I can explain what makes a good performance
- I can give useful feedback to a partner
- I can improve my performance based on feedback

**Year 6**

- I can understand the themes, characters and story of a poem
- I can create actions relating to a poem
- I can demonstrate good timing in a performance.
- I can identify key movements to 50's style dance
- I can create a 50's style dance
- I can link my 50's dance to my 30's dance
- I can identify key movements of 70s style dance
- I can include levels of change and different directions
- I can work as part of a group
- I can use chance choreography
- I can include changes in formation, dynamics, canon etc

Continuation of Lesson 4

- I can explain what makes a good performance
- I can give useful feedback to a partner
- I can improve my performance based on feedback

**PE PROGRESSION**

# Gymnastics

**Year 3**

- I can turn through different angles.
- I can understand the term sequence.
- I can begin to link movements together into a sequence.
- I can perform a balance
- I can use movement to link balances together
- I can work on different levels when balancing.
- I can understand the term self-confident
- I can find different ways to move from different levels
- I can show confidence when performing
- I can identify different rolls
- I can use different rolls to link different balances
- I can begin to show precision in my performance
- I can remember what self-confident means
- I can identify different levels
- I can perform a sequence using different levels
- I can remember why a warm-up is important
- I can create a routine using different movements.
- I can reflect on my own and others performances.

**Year 4**

- I can identify different angles
- I can step and turn through different angles
- I can begin to create a sequence using different moves
- I can evaluate the work of others
- I can perform different balances
- I can use movements to move from balance to balance
- I can understand the term self-confident
- I can understand different levels in movements
- I can create a sequence of movements using different levels
- I can identify different rolls
- I can perform a variety of rolls
- I can link balances and rolls to create a sequence
- I can create movements which are low to the ground
- I can create contrasting movements
- I can use these movements with balances
- I can be self-confident
- I can work as part of a group using good communication
- I can create a sequence of balances and movements

**Year 5**

- I can work with a partner
- I can create a routine with 4 moves
- I can use different points and patches
- I can count to a beat
- I can perform to a consistent beat to show flow
- I can evaluate my own and others work
- I can work with a partner
- I can create a routine which has movements in canon and unison
- I can show I am aware of what is happening during a routine
- I can understand the term symmetry
- I can perform symmetrical and asymmetrical balances
- I can create balances at different levels
- I can understand different dynamics
- I can create a routine changing the speed, level and direction
- I can evaluate my own and others performances
- I can work as part of a group
- I can perform a high quality sequence of movements
- I can ensure my sequence uses canon and unison

**Year 6**

- I can explain what a sequence is.
- I can demonstrate different types of rolls.
- I can use different levels and speeds in my sequence.
- I can perform a variety of jumps.
- I can show the jumps using unison and canon.
- I can feedback to my peers.
- I can participate in a group formation.
- I can transition smoothly from one move to another.
- I can suggest ways to improve my group performance.
- I can include a piece of apparatus in my group sequence.
- I can adapt my routine so it will work on my apparatus.
- I can peer assess a sequence.
- I can select appropriate moves for my group sequence.
- I can work in a variety of directions, level and speeds.
- I can experiment with ways of crossing pathways.
- I can improve my sequence by including unison and canon.
- I can show symmetrical and asymmetrical movements.
- I can provide feedback to other groups and suggest ways they could improve their performance.

**PE PROGRESSION**

**Badminton**

**Year 3**

- I can demonstrate a ready position
- I can throw a shuttle with accuracy
- I can assess my own performance
  
- I can demonstrate a backhand serve
- I can serve with accuracy
- I can give feedback to a peer
  
- I can identify the features of a good badminton player
- I can use deception to trick an opponent
- I can serve and defend
  
- I can hit a shuttle consistently
- I can vary the weight of my shots
- Demonstrate a chasse
  
- I can alternate between forehand and backhand shots
- I can demonstrate different types of shot
- I can self-assess my progress
  
- I can explain the scoring system of badminton
- I can referee a game

**Year 4**

- I can assume the ready position
- I can throw a shuttle with accuracy and control
- I can defend a goal
  
- I can show ready position
- I can move to receive a shuttle
- I can return a shuttle consistently
  
- I can hit a shuttle consistently and accurately
- I can change the weight in my shots
- I can provide a peer with feedback
  
- I can perform a range of shots consistently
- I can choose when to use each shot
  
- I can play a game of badminton
- I can keep score of a game
- I can officiate a game

**Year 5**

- I can assume the ready position
- I can throw a shuttle with accuracy and control
- I can defend a goal
  
- I can grip a racquet correctly
- I can demonstrate a backhand serve
- I can serve forehand and backhand
  
- I can perform a rally
- I can show tactical awareness
- I can use deception to trick an opponent
  
- I can perform a split step
- I can demonstrate a chasse
- I can self-assess my progress
  
- I can perform a rally
- I can develop my different hits
- I can change the height and weight of shots
  
- I can compete in a badminton game
- I can officiate a game
- I can use the skills I have learned in the game

**Year 6**

- I can assume the ready position
- I can throw a shuttle with accuracy and control
- I can defend a goal
  
- I can grip a racquet correctly
- I can demonstrate a backhand serve
- I can serve forehand and backhand
  
- I can perform a rally
- I can show tactical awareness
- I can use deception to trick an opponent
  
- I can perform a split step
- I can demonstrate a chasse
- I can self-assess my progress
  
- I can perform a rally
- I can develop my different hits
- I can change the height and weight of shots
  
- I can compete in a badminton game
- I can officiate a game
- I can use the skills I have learned in the game

# Outdoor Adventurous Activity

## PE PROGRESSION

	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
	<ul style="list-style-type: none"> <li>I can communicate to work as part of a team</li> <li>I can think creatively to find solutions to challenges</li> <li>I can engage in a competitive situation.</li> <li>I can work as part of a small group</li> <li>I can understand the rules of different activities</li> <li>I can think creatively to find solutions</li> <li>I can identify the four different compass points</li> <li>I can navigate around an area</li> <li>I can follow directions to navigate an area</li> <li>I can identify different shapes</li> <li>I can communicate and work as part of a team</li> <li>I can make shapes in a group whilst blindfolded</li> <li>I can locate areas on a map</li> <li>I can identify areas of the school on a map</li> <li>I can find numbered markers using a map</li> <li>I can look at a range of photographs</li> <li>I can identify different areas of the school using photographs</li> <li>I can find numbered markers based in different areas</li> </ul>	<ul style="list-style-type: none"> <li>I can communicate with my teammates</li> <li>I can identify different ordnance survey symbols</li> <li>I can match definitions to symbols</li> <li>I can work as part of a group to solve problems</li> <li>I can interpret different rules for activities</li> <li>I can think creatively to find solutions</li> <li>I can identify the eight different compass points</li> <li>I can use the compass points to navigate around an area</li> <li>I can follow directions to navigate an area</li> <li>I can identify different shapes</li> <li>I can make a shape in a group whilst blindfolded</li> <li>I can demonstrate good co-ordination</li> <li>I can understand how to use a map to locate areas</li> <li>I can identify areas of the school on a map</li> <li>I can find numbered markers using a map</li> <li>I can identify where an area is from a photograph</li> <li>I can use the photograph to find clues around the school</li> <li>I can work as a team using good communication</li> </ul>	<ul style="list-style-type: none"> <li>I can participate in team games.</li> <li>I can demonstrate agility, balance, coordination and precision.</li> <li>I can use non-verbal communication.</li> <li>I can communicate effectively.</li> <li>I can use non-verbal cues in partner games.</li> <li>I can complete an activity blindfolded.</li> <li>I can work as part of a small group.</li> <li>I can find solutions to problems.</li> <li>I can explain strategies used.</li> <li>I can show good teamwork skills.</li> <li>I can read a map.</li> <li>I can navigate using a map.</li> <li>I can locate a picture.</li> <li>I can demonstrate map skills.</li> <li>I can work as part of a team.</li> <li>I can explain what orienteering is.</li> <li>I can describe what controls are.</li> <li>I can record my findings.</li> </ul>	<ul style="list-style-type: none"> <li>I can participate in team games.</li> <li>I can demonstrate agility, balance, coordination and precision.</li> <li>I can use non-verbal communication to solve problems.</li> <li>I can communicate effectively with my partner.</li> <li>I can use non-verbal cues in partner games.</li> <li>I can complete a blindfolded obstacle course.</li> <li>I can work as part of a small group.</li> <li>I can think creatively to find solutions to challenges.</li> <li>I can work as a team to solve problems.</li> <li>I can show good teamwork skills.</li> <li>I can accurately read a map.</li> <li>I can navigate my way around using a map.</li> <li>I can read symbols on a map.</li> <li>I can complete an orienteering activity.</li> <li>I can work with a partner.</li> <li>I can find the correct controls.</li> <li>I can record my results.</li> <li>I can complete an orienteering challenge.</li> </ul>



# Athletics

## PE PROGRESSION

	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
	<ul style="list-style-type: none"> <li>I can understand the term sprinting</li> <li>I can use the correct technique to start a sprint</li> <li>I can use techniques to improve speed</li> <li>I can work well as part of a team</li> <li>I can use the correct technique for hurdling</li> <li>I can combine sprinting and hurdling.</li> <li>I can challenge myself to improve</li> <li>I can develop my jumping skills</li> <li>I can consistently jump accurately.</li> <li>I can understand why it is important to warm-up</li> <li>I can perform an overarm throw</li> <li>I can develop my technique for an accurate overarm throw.</li> <li>I can work well with other people</li> <li>I can show the correct technique for running and jumping</li> <li>I can show the correct technique for throwing events</li> <li>I can compete against others</li> <li>I can use the correct technique for running, throwing and jumping</li> <li>I can challenge myself to improve</li> </ul>	<ul style="list-style-type: none"> <li>I can understand why it is important to warm up</li> <li>I can use the correct technique to start a sprint</li> <li>I can develop my co-ordination to improve my speed</li> <li>I can work well as part of a team</li> <li>I can develop the technique for hurdling.</li> <li>I can combine sprinting technique and hurdling</li> <li>I can develop the technique for jumping</li> <li>I can make my jumps consistent</li> <li>I can challenge myself to improve</li> <li>I can develop the technique for an overarm throw</li> <li>I can perform an overarm throw accurately</li> <li>I can consistently use the correct technique for an overarm throw.</li> <li>I can work well as part of a team</li> <li>I can participate in different running, jumping and throwing events</li> <li>I can use known techniques for these events</li> <li>I can participate in a range of events</li> <li>I can develop my techniques for these events</li> <li>I can compete against others to improve</li> </ul>	<ul style="list-style-type: none"> <li>I can lead part of a warm up.</li> <li>I can discuss endurance events.</li> <li>I can maintain the same speed whilst running.</li> <li>I can demonstrate a one-handed pull throw (vortex/ javelin)</li> <li>I can show a three-stride run and throw.</li> <li>I can observe and give feedback to my peers.</li> <li>I can participate in a push throw circuit.</li> <li>I can explain why throwing develops strength and power.</li> <li>I can discuss why strength and power is needed in athletics.</li> <li>I can show the correct triple jump technique.</li> <li>I can choose my strongest take off foot.</li> <li>I can add a run to increase the height of my jump.</li> <li>I can take part in an athletics circuit.</li> <li>I can record my scores.</li> <li>I can improve my score by improving my technique.</li> <li>I can work as a team to perform a relay race.</li> <li>I can demonstrate a good relay changeover.</li> <li>I can pass and receive the baton using both hands.</li> </ul>	<ul style="list-style-type: none"> <li>I can lead part of a warm up session.</li> <li>I can explain what pacing is.</li> <li>I can maintain the same speed when completing a lap.</li> <li>I can demonstrate a one-handed pull throw.</li> <li>I can show a 3-stride run up.</li> <li>I can transfer my body weight when throwing the javelin.</li> <li>I can throw with control and accuracy.</li> <li>I can demonstrate a push throw in a circuit.</li> <li>I can explain how throwing can develop strength and power</li> <li>I can understand why we use different warm-ups</li> <li>I can perform the correct technique for triple jump</li> <li>I can use the correct technique for specific events</li> <li>I can identify different track and field events</li> <li>I can recap different techniques for different events</li> <li>I know which technique to use</li> <li>I can work as part of a team</li> <li>I can develop fluency and efficiency for speed as a team</li> <li>I can develop relay changeover skills</li> </ul>

# Hockey

## PE PROGRESSION

	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
	<ul style="list-style-type: none"> <li>I can hold a hockey stick correctly</li> <li>I can use a hockey stick to control a ball</li> <li>I can begin to dribble a ball</li> <li>I can begin to control a ball when dribbling</li> <li>I can help others improve their dribbling technique</li> <li>I can begin to change direction with a ball.</li> <li>I can begin to pass a ball with accuracy.</li> <li>I can control a ball that is passed to me</li> <li>I can pass and control a ball accurately.</li> <li>I can pass the ball accurately</li> <li>I can pass the ball in a variety of ways accurately.</li> <li>I can show agility when passing the ball.</li> <li>I can understand why you need to tackle in Hockey</li> <li>I can begin to perform a jab stick tackle</li> <li>I can evaluate others performance</li> <li>I can demonstrate good team work</li> <li>I can use my skills in a hockey tournament</li> <li>I can work effectively as part of a team.</li> </ul>	<ul style="list-style-type: none"> <li>I can remember how to hold a hockey stick correctly</li> <li>I can control a hockey stick to dribble a ball</li> <li>I can use control to dribble a ball in a race</li> <li>I can understand why you would need to change direction</li> <li>I can change direction with a ball</li> <li>I can continue to develop my dribbling technique</li> <li>I can pass a ball accurately</li> <li>I can control a ball that is passed to me</li> <li>I can send and receive a ball in a game situation</li> <li>I can continue to develop my passing skills</li> <li>I can pass a ball in a variety of ways</li> <li>I can demonstrate good balance and agility</li> <li>I can understand why you need to tackle</li> <li>I can perform a jab stick tackle</li> <li>I can evaluate others passing technique</li> <li>I can participate in a hockey tournament</li> <li>I can apply different skills based on the situations</li> <li>I can work as part of an effective team</li> </ul>	<ul style="list-style-type: none"> <li>I can control a ball using a hockey stick</li> <li>I can dribble a hockey ball with my head up</li> <li>I can control a ball under pressure</li> <li>I can identify different ways to dribble</li> <li>I can perform a variety of different dribbling techniques</li> <li>I can evaluate the work of others using technical language</li> <li>I can identify what a jab tackle is</li> <li>I can perform a jab tackle safely</li> <li>I can shield the ball from a defender</li> <li>I can work alongside a partner using communication skills</li> <li>I can develop attacking skills with my partners</li> <li>I can demonstrate agility and coordination when attacking</li> <li>I can understand the term formation</li> <li>I can play as part of a group in a formation</li> <li>I can develop my skills in different positions</li> <li>I can understand the rules of hockey</li> <li>I can officiate a game of hockey</li> <li>I can respect decisions made in a game of hockey.</li> </ul>	<ul style="list-style-type: none"> <li>I can hold a hockey stick correctly.</li> <li>I can dribble a ball with some control.</li> <li>I can use the correct side of the stick to dribble the ball.</li> <li>I can send and receive a push pass.</li> <li>I can demonstrate an Indian dribble with some control.</li> <li>I can suggest ways to improve game play.</li> <li>I can explain what a jab tackle is.</li> <li>I can demonstrate a jab tackle.</li> <li>I can show a jab tackle in a small sided game.</li> <li>I can identify key features of attacking skills in hockey.</li> <li>I can develop my attacking skills.</li> <li>I can show ways to get past a defender.</li> <li>I can explain at least 2 rules of hockey.</li> <li>I can play in different positions.</li> <li>I can play a small sided hockey game.</li> <li>I can participate in a mini hockey festival.</li> <li>I can referee a game.</li> <li>I can discuss what went well during the game.</li> </ul>

# Netball

## PE PROGRESSION

	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
	<ul style="list-style-type: none"> <li>I can pass a ball in a variety of ways</li> <li>I can reflect on another person's performance</li> <li>I can begin to play a game of high 5 netball.</li> <li>I can pass a netball in a variety of different ways accurately</li> <li>I can defend against an individual</li> <li>I can defend against a team</li> <li>I can shoot a ball</li> <li>I can shoot a ball with accuracy</li> <li>I can work as a team to show attacking skills.</li> <li>I can shoot the ball</li> <li>I can use the correct technique to shoot the ball and score</li> <li>I can help another person improve their shooting technique.</li> <li>I can work as a team to show attacking skills</li> <li>I can work as a team to show defending skills.</li> <li>I can use my knowledge of netball to officiate a game</li> <li>I can play a game</li> <li>I can use my knowledge of netball to be successful in a game</li> <li>I can officiate a game</li> </ul>	<ul style="list-style-type: none"> <li>I can pass a netball in a variety of ways</li> <li>I can accurately pass a ball to a partner</li> <li>I can explain what makes a good pass</li> <li>I can pass a ball with increasing accuracy</li> <li>I can defend against a partner</li> <li>I can work as a team to defend</li> <li>I can shoot a ball</li> <li>I can use the correct technique to pass a ball accurately</li> <li>I can work as a team to show attacking skills</li> <li>I can use the correct technique to shoot a ball</li> <li>I can give feedback of how to improve a shot</li> <li>I can begin to use this skill in a game</li> <li>I can work as part of a team</li> <li>I can play a game using attacking and defending</li> <li>I can use the shooting technique to score a goal</li> <li>I can explain a rule of netball</li> <li>I can play a game as part of a team</li> <li>I can officiate a game of netball</li> </ul>	<ul style="list-style-type: none"> <li>I can demonstrate netball passes.</li> <li>I can send and receive a netball pass.</li> <li>I can use space effectively.</li> <li>I can pass and move.</li> <li>I can intercept a pass.</li> <li>I can follow basic netball rules (footwork, 3 seconds)</li> <li>I can demonstrate the correct footwork.</li> <li>I can use a pivot.</li> <li>I can play in a 3 v 3 game.</li> <li>I can demonstrate dodging.</li> <li>I can signal where I want the ball.</li> <li>I can play an attacking and defending role.</li> <li>I can identify the netball positions (GA, GS, C, GD, GK).</li> <li>I can follow netball rules.</li> <li>I can play in a competitive 5 v 5 game.</li> <li>I can play a 5 v 5 game.</li> <li>I can follow netball rules.</li> <li>I can participate in a round robin competition.</li> </ul>	<ul style="list-style-type: none"> <li>I can demonstrate a variety of passes.</li> <li>I can explain the footwork rule.</li> <li>I can show defending skills.</li> <li>I can discuss a bounce pass and chest pass.</li> <li>I can intercept passes.</li> <li>I can explain the possession rule and the contact rule.</li> <li>I can pivot to pass and receive the ball.</li> <li>I can demonstrate the footwork rule.</li> <li>I can show a good shooting technique.</li> <li>I can show a feint dodge.</li> <li>I can find a space to receive the ball.</li> <li>I can demonstrate good teamwork skills</li> <li>I can participate in a netball game.</li> <li>I can explain how to start a game of netball.</li> <li>I can show an understanding of the rules.</li> <li>I can participate in a netball tournament.</li> <li>I can show a variety of netball skills.</li> <li>I can discuss where the positions are allowed on the court.</li> </ul>

# Football

## PE PROGRESSION

	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
	<ul style="list-style-type: none"> <li>I can identify which part of my foot to use to kick a ball</li> <li>I can pass a ball with increasing accuracy</li> <li>I can use my passing skills within a small game</li> <li>I can begin to dribble with the ball</li> <li>I can dribble with the ball using different parts of my foot</li> <li>I can stop the ball on command</li> <li>I can communicate with a team mate</li> <li>I can begin to change direction</li> <li>I can play a game and use change of direction when attacking</li> <li>I can pass and receive a ball</li> <li>I can dribble and pass the ball to a team mate</li> <li>I can begin to play a game and use attacking and defending skills.</li> <li>I can keep possession of the ball</li> <li>I can begin to demonstrate leadership skills</li> <li>I can use attacking and defending skills within a game.</li> <li>I can discuss what I have learnt about football</li> <li>I can demonstrate the different skills I have learn</li> <li>I can confidently use my skills in a game situation.</li> </ul>	<ul style="list-style-type: none"> <li>I can work as part of a team</li> <li>I can understand the elements of passing a ball accurately</li> <li>I can pass accurately when against an opponent</li> <li>I can dribble a ball using both feet</li> <li>I can dribble a ball using different parts of my foot</li> <li>I can use dribbling skills within a competitive situation</li> <li>I can understand why you might need to turn with a football</li> <li>I can perform a turn with a ball</li> <li>I can understand the rules of football</li> <li>I can participate in a 1v1 situation</li> <li>I can defend against someone individually</li> <li>I can link skills and actions</li> <li>I can understand why you need to attack and defend</li> <li>I can perform attacking and defending skills</li> <li>I can use these skills within a game situation</li> <li>I can understand why tactics are used</li> <li>I can work as a team to develop tactics within a game</li> <li>I can show skills I have developed in a game</li> </ul>	<ul style="list-style-type: none"> <li>I can pass and move.</li> <li>I can dribble the ball.</li> <li>I can in a 5 v 5 game.</li> <li>I can dribble the ball with my head up.</li> <li>I can dribble the ball with control.</li> <li>I can demonstrate leadership skills.</li> <li>I can show shooting skills.</li> <li>I can shoot from different positions near the goal.</li> <li>I can identify which types of shooting are best suited to certain situations.</li> <li>I can defend against an opponent.</li> <li>I can identify what skills are needed for defending.</li> <li>I can control the ball.</li> <li>I can use space effectively.</li> <li>I can describe the principles of attack.</li> <li>I can create goal scoring opportunities.</li> <li>I can show good teamwork skills.</li> <li>I can communicate effectively.</li> <li>I can participate in a tournament.</li> </ul>	<ul style="list-style-type: none"> <li>I can demonstrate the correct technique for passing a ball</li> <li>I can demonstrate the correct technique for dribbling</li> <li>I can link different actions to create a sequence of movement</li> <li>I can control a ball under pressure</li> <li>I can combine skills to move whilst maintaining control.</li> <li>I can keep possession of the ball successfully.</li> <li>I can shoot a football</li> <li>I can identify a range of different shooting techniques</li> <li>I can successfully show a shooting technique</li> <li>I can understand why you need to defend</li> <li>I can identify the fundamentals required to defend</li> <li>I can defend against an opponent</li> <li>I can understand when to use space</li> <li>I can use space to create opportunities to score a goal</li> <li>I can combine skills to create goal scoring opportunities</li> <li>I can work as part of a team using good communication skills</li> <li>I can understand what a shared goal is</li> <li>I can cooperate with others to achieve shared goals</li> </ul>

# Tag Rugby

PE PROGRESSION				
	Year 3	Year 4	Year 5	Year 6
	<ul style="list-style-type: none"> <li>I can identify a rugby ball</li> <li>I can understand how to hold a rugby ball</li> <li>I can understand how to tag someone</li> <li>I can understand you have to pass backwards</li> <li>I can pass a ball accurately</li> <li>I can receive a ball under pressure</li> <li>I can pass a rugby ball backwards</li> <li>I can identify why a dummy pass is needed</li> <li>I can perform a dummy pass in a game</li> <li>I can understand the term knock-on</li> <li>I can demonstrate an overlap pass</li> <li>I can use an overlap pass in a game.</li> <li>I can communicate with others in my team</li> <li>I can work as a team to attack and defend</li> <li>I can pass the ball and miss players in a line</li> <li>I can work as part of a team</li> <li>I can participate in a game of Tag Rugby</li> <li>I can develop my understanding of the game as I play</li> </ul>	<ul style="list-style-type: none"> <li>I can work as part of a team</li> <li>I can use communication skills to pass a ball</li> <li>I can tag someone successfully</li> <li>I can catch a ball accurately</li> <li>I can pass a ball with accuracy</li> <li>I can catch and pass a ball under pressure</li> <li>I can pass a rugby ball</li> <li>I can explain how to pass a rugby ball correctly</li> <li>I can demonstrate a dummy pass</li> <li>I can pass a ball accurately</li> <li>I can identify what is meant by an overlap</li> <li>I can demonstrate an overlap within a game</li> <li>I can work as part of a team</li> <li>I can use tactics like missing a player to attack</li> <li>I can use this within a game situation</li> <li>I can participate in a game of Tag Rugby</li> <li>I can explain the rules of tag rugby</li> <li>I can reflect on my own and others performance</li> </ul>	<ul style="list-style-type: none"> <li>I can remember how to tag someone</li> <li>I can communicate with others when tagging</li> <li>I can work alongside others to attack and defend</li> <li>I can catch a rugby ball under pressure</li> <li>I can pass a rugby ball under pressure</li> <li>I can use communication skills to send and receive a ball</li> <li>I can understand that a rugby ball gets passed backwards</li> <li>I can pass a rugby ball backwards accurately</li> <li>I can pass a ball and perform a dummy pass</li> <li>I can identify how you pass a rugby ball</li> <li>I can pass the ball missing out a player in a line</li> <li>I can use this tactic when playing a game</li> </ul> <p>Continuation of Lesson 4</p> <ul style="list-style-type: none"> <li>I can develop my understanding of tag rugby</li> <li>I can participate in a game of Tag Rugby</li> <li>I can use attacking and defending skills within a game</li> </ul>	<ul style="list-style-type: none"> <li>I can identify a rugby ball and how to hold it</li> <li>I can demonstrate how to tag someone</li> <li>I can use tagging skills within small sided games</li> <li>I can demonstrate how to pass a rugby ball backwards</li> <li>I can pass a ball under pressure</li> <li>I can receive a rugby ball under pressure</li> <li>I can pass a rugby ball backwards accurately</li> <li>I can understand what a dummy pass is</li> <li>I can demonstrate a dummy pass within a game</li> <li>I can understand different tactics in a game</li> <li>I can work alongside different teammates to attack and defend</li> <li>I can pass missing out players in a line</li> </ul> <p>Continuation of Lesson 4</p> <ul style="list-style-type: none"> <li>I can develop my understanding of the game</li> <li>I can compete in a game of Tag Rugby</li> <li>I can communicate with others when playing a game</li> </ul>

# Rounders

## PE PROGRESSION

	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
	<ul style="list-style-type: none"> <li>I can catch a tennis ball accurately</li> <li>I can throw a tennis ball with the correct technique</li> <li>I can use throwing and catching in a small game</li> <li>I can show good leadership skills in a game</li> <li>I can develop basic bowling skills</li> <li>I can begin to understand how to bat</li> <li>I can understand the rules of rounders</li> <li>I can develop batting skills by accurately hitting the ball</li> <li>I can make decisions about whether to run to score a rounder.</li> <li>I can work as part of a fielding team</li> <li>I can use space to field within a game</li> <li>I can play a game being aware of the rules</li> <li>I can work as part of team to develop tactics</li> <li>I can catch a ball which is higher in the air</li> <li>I can show good leadership skills in a team</li> <li>I can participate in a competitive game</li> <li>I can demonstrate an awareness of tactics</li> <li>I can perform in a range of positions within a game</li> </ul>	<ul style="list-style-type: none"> <li>I can catch a tennis ball accurately</li> <li>I can throw a tennis ball using the correct technique</li> <li>I can demonstrate tactical awareness</li> <li>I can understand how to bowl a ball in rounders</li> <li>I can develop my batting skills using co-ordinations</li> <li>I can demonstrate good leadership skills</li> <li>I can develop my throwing skills</li> <li>I can develop my ability to hit the ball accurately</li> <li>I can make decisions about whether to run to score points</li> <li>I can understand the rules of rounders</li> <li>I can develop my fielding skills</li> <li>I can link skills to create sequence of movements</li> <li>I can understand why you would need to use tactics in a game</li> <li>I can develop catching skills when the ball is higher in the air</li> <li>I can demonstrate good leadership skills</li> <li>I can participate in a game of rounders</li> <li>I can play in different positions during a game</li> <li>I can demonstrate an awareness of tactics</li> </ul>	<ul style="list-style-type: none"> <li>I can demonstrate an overarm throw.</li> <li>I can demonstrate an underarm throw.</li> <li>I can catch the ball using the correct technique.</li> <li>I can field the ball.</li> <li>I can bowl using an underarm throw (between head and waist).</li> <li>I can practise my batting skills.</li> <li>I can explain the role of the backstop.</li> <li>I can demonstrate a good catching technique.</li> <li>I can understand 2 rules of rounders.</li> <li>I can retrieve the ball.</li> <li>I can demonstrate a good backstop technique.</li> <li>I can play a game of rounders.</li> <li>I can show good fielding techniques.</li> <li>I can practise different roles/positions of rounders.</li> <li>I can demonstrate tactical skills.</li> <li>I can explain how fielders work together.</li> <li>I can play a full game of rounders.</li> <li>I can follow the rules of rounders.</li> </ul>	<ul style="list-style-type: none"> <li>I can catch a tennis ball using good catching skills</li> <li>I can throw a tennis ball using the correct technique</li> <li>I can demonstrate tactical awareness in a small sided game.</li> <li>I can develop my bowling skills</li> <li>I can develop how to bat accurately</li> <li>I can develop my skills when fielding a ball</li> <li>I can remember how to catch correctly</li> <li>I can understand why you need to use tactics in a game</li> <li>I can work as a team to use different tactics in a game</li> <li>I can take on different roles within a group</li> <li>I can participate in a full game of rounders</li> <li>I can work as a team to vary different tactics when playing</li> <li>I can understand the role of a backstop</li> <li>I can continue to practice my bowling skills</li> <li>I can use a range of catching and throwing skills within a game</li> <li>I can demonstrate a consistent throwing and catching technique</li> <li>I can develop my understanding of the game</li> <li>I can work as a team to participate in a game of rounder</li> </ul>

# Cricket

## PE PROGRESSION

	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
	<ul style="list-style-type: none"> <li>I can understand the term stance</li> <li>I can use space to position myself</li> <li>I can receive a ball being bowled</li> <li>I can bowl an overarm ball with a straight arm</li> <li>I can use the correct stance in front of a wicket</li> <li>I can begin to hit a ball on both sides of the wicket</li> <li>I can hold a bat correctly</li> <li>I can throw a ball with power accurately</li> <li>I can use a slide technique when batting</li> <li>I can communicate with a partner</li> <li>I can bat alongside a partner to score runs</li> <li>I can bowl with increasing accuracy</li> <li>I can identify what I have done well</li> <li>I can communicate with my partner when batting</li> <li>I can bowl with a run-up</li> <li>I can work as a team when fielding</li> <li>I can take on different roles in a competitive game</li> <li>I can be aware of the space around me</li> </ul>	<ul style="list-style-type: none"> <li>I can be aware of the space around me</li> <li>I can demonstrate the correct stance</li> <li>I can use the correct stance when a ball is bowled</li> <li>I can bowl an overarm ball with a straight arm</li> <li>I can keep my stance at the wicket</li> <li>I can take balls bowled at both sides of the wicket</li> <li>I can remember why tactics are used</li> <li>I can throw a powerful ball accurately</li> <li>I can slide my bat to make ground when running</li> <li>I can be aware of the space around me</li> <li>I can bat alongside a partner</li> <li>I can bowl with increasing accuracy</li> <li>I can reflect on my own performance</li> <li>I can bowl with a run up</li> <li>I can communicate with my partner when batting</li> <li>I can work as part of a fielding team</li> <li>I can take on multiple roles within a game</li> <li>I can play purposefully in a competitive game</li> </ul>	<ul style="list-style-type: none"> <li>I can demonstrate an underarm throw.</li> <li>I can a basic catching technique.</li> <li>I can show an overarm throw.</li> <li>I can hold a bat correctly.</li> <li>I can show the correct batting stance.</li> <li>I can strike the ball consistently.</li> <li>I can show fielding techniques.</li> <li>I can demonstrate the long barrier technique.</li> <li>I can show a good wicket keeper technique.</li> <li>I can explain the role of the bowler.</li> <li>I can demonstrate the steps of bowling.</li> <li>I can understand the rule of bowling and batting.</li> <li>I can participate in a cricket skill circuit.</li> <li>I can discuss what role in cricket is the most important.</li> <li>I can use my cricket knowledge to play a competitive cricket game.</li> <li>I can identify a wide ball.</li> <li>I can explain what a no ball is.</li> <li>I can play a cricket game.</li> </ul>	<ul style="list-style-type: none"> <li>I can catch a ball consistently under pressure</li> <li>I can throw a ball accurately using an overarm technique</li> <li>I can throw and catch a ball within a game-based situation.</li> <li>I can grip a cricket bat correctly</li> <li>I can hold the bat correctly and stand using the correct stance</li> <li>I can strike a ball consistently</li> <li>I can understand why you need to field correctly</li> <li>I can perform a range of fielding techniques consistently</li> <li>I can feel confident when fielding</li> <li>I can remember how to grip a cricket ball</li> <li>I can demonstrate a basic bowling technique</li> <li>I can consistently bowl a ball within a game</li> <li>I can identify different cricket skills</li> <li>I can link different cricket skills and techniques</li> <li>I can apply different cricketing skills to a game situation</li> <li>I can participate in a competitive game of cricket</li> <li>I can link different skills within a game</li> <li>I can perform in a competitive game</li> </ul>