

## Progression of Skills in Physical Education

|  | Year 1  | Year 2  | Year 3   | Year 4  | Year 5  | Year 6   |
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| <p><b>CHAMPIONS SPORT UNIT 1</b></p> <p><b>Lower School MULTI SKILLS</b></p> <p><b>Upper School INVADERS</b></p> | <ul style="list-style-type: none"> <li>○ I can explore static balancing and understand the concept of bases.</li> <li>○ I can combine a number of co-ordination drills, using upper and lower body movements.</li> <li>○ I can aim a variety of balls and equipment accurately.</li> <li>○ I can time running to stop or intercept the path of a ball.</li> <li>○ I can travel in different ways, showing clear transitions between movements.</li> <li>○ I can travel in different directions with control and fluency.</li> <li>○ I can practise ability, balance and co-ordination at circuit stations.</li> </ul> | <ul style="list-style-type: none"> <li>○ I can explore static dances</li> <li>○ I can understand concept of bases.</li> <li>○ I can combine a number of co-ordination drills, using upper and lower body movements.</li> <li>○ I can aim a variety of balls and equipment accurately.</li> <li>○ I can travel in different ways, showing clear transitions between movements.</li> <li>○ I can maintain balance when changing direction.</li> <li>○ I can use skills learnt in a game.</li> </ul> | <ul style="list-style-type: none"> <li>○ I can change and maintain centre of balance.</li> <li>○ I can develop co-ordination whilst moving an object.</li> <li>○ I can demonstrate agility by being able to twist and turn and change direction.</li> <li>○ I can practise co-ordination and moving with others.</li> <li>○ I can use co-ordination skills to move an object.</li> <li>○ I can use ability, balance and co-ordination learnt so far, to the best of my ability.</li> </ul> | <ul style="list-style-type: none"> <li>○ I can keep possession of a ball.</li> <li>○ I can use ability, balance and co-ordination techniques to keep control of a ball in a competitive situation.</li> <li>○ I can use accurate passing and dribbling in a game.</li> <li>○ I can identify and apply ways to move the ball towards an opponent's goal.</li> <li>○ I can learn concepts of attack and defence.</li> <li style="padding-left: 20px;">I can play in a mini football competition.</li> </ul> | <ul style="list-style-type: none"> <li>○ I can demonstrate basic passing and receiving skills.</li> <li>○ I can develop an understanding and knowledge of the basic footwork rule of netball.</li> <li>○ I can use good hand/eye co-ordination to pass and receive a ball successfully.</li> <li>○ I can develop skills in a range of passes and understand which pass to use.</li> <li>○ I can understand the importance of 'getting free' in order to receive a pass.</li> <li>○ I can understand how to make space by moving away and coming back and by dodging.</li> <li>○ I can demonstrate a range of defending skills and understand how to mark an opponent.</li> <li>○ I can understand how to intercept a pass.</li> <li>○ I can learn how to shoot.</li> <li>○ I can understand the different positions in a netball team.</li> <li>○ I can recognise which positions are attacking and which are defending.</li> </ul> | <ul style="list-style-type: none"> <li>○ I can understand the basic rules of tag rugby.</li> <li>○ I can work as a team, using ball-handling skills.</li> <li>○ I can pass and carry a ball using balance and co-ordination.</li> <li>○ I can use skills learnt to play a game of tag rugby.</li> <li>○ I can apply rules and skills learnt to a game.</li> <li>○ I can play in a mini tag rugby competition.</li> </ul>                                     |
| <p><b>CHAMPIONS SPORT UNIT 2</b></p> <p><b>DANCE</b></p>   | <ul style="list-style-type: none"> <li>○ I can change direction during travelling moves.</li> <li>○ I can link travelling moves that change direction and level.</li> <li>○ I can use a variety of moves.</li> <li>○ I can link moves together.</li> <li>○ I can explore basic body patterns and movements to music.</li> <li>○ I can use a variety of moves that change speed and direction.</li> <li>○ I can link together dance moves with gestures and changing direction in time to music</li> </ul>   | <ul style="list-style-type: none"> <li>○ I can explore different levels and speeds of movement.</li> <li>○ I can compose and perform simple dance phrases.</li> <li>○ I can show contrasts in simple dances with good body shape and position.</li> <li>○ I can develop a range of dance movements and improve timing.</li> <li>○ I can work to music, creating movements that show rhythm and control.</li> <li>○</li> </ul>   | <ul style="list-style-type: none"> <li>○ I can explore <i>African</i> dance movements and create patterns of movement.</li> <li>○ I can work with a partner to create <i>African</i> dance patterns.</li> <li>○ I can perform a dance with rhythm and expression.</li> <li>○ I can use knowledge of <i>African</i> dance to create a story in small groups.</li> <li>○ I can develop precision of movement.</li> <li>○ I can work co-operatively with</li> </ul>                           | <ul style="list-style-type: none"> <li>○ I can identify and practise the patterns and actions of line dancing.</li> <li>○ I can demonstrate an awareness of the music's rhythm and phrasing when improvising.</li> <li>○ I can create an individual dance that reflects the line dancing style.</li> <li>○ I can create partnered dances that reflect the line dancing style and apply the key components of dance.</li> </ul>  | <ul style="list-style-type: none"> <li>○ I can identify and practise the patterns and actions of <i>Bollywood</i> dance style.</li> <li>○ I can demonstrate an awareness of the music's rhythm and phrasing when improvising.</li> <li>○ I can create and perform an individual dance that reflects the <i>Bollywood</i> style of dance style.</li> <li>○ I can create partnered dances that reflect the <i>Bollywood</i> dancing style and apply the key components of dance.</li> <li>○ I can create group dances that reflect the <i>Bollywood</i> dance styles.</li> </ul>  | <ul style="list-style-type: none"> <li>○ I can identify and practise the patterns and actions in a street dance style.</li> <li>○ I can demonstrate an awareness of the music's rhythm and phrasing when improvising.</li> <li>○ I can create a dance that represents a street dance style.</li> <li>○ I can create a dance as a group, using any street dance moves.</li> <li>○ I can create a dance with a group, using any street dance moves.</li> </ul> |



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|   |  | <ul style="list-style-type: none"> <li>○ a group to create a dance piece.</li> <li>○ I can perform in front of others with confidence.</li> </ul> <p><i>African - An alternative dance style can be chosen</i></p>   | <ul style="list-style-type: none"> <li>○ I can create partnered dances that reflect the line dancing style and apply the key components of dance.</li> <li>○ I can perform a line dance using a range of movement patterns.</li> <li>○ I can perform and evaluate own and others work.</li> </ul>   | <ul style="list-style-type: none"> <li>○ I can perform a <i>Bollywood</i> dance using a range of movement patterns.</li> <li>○ I can perform and evaluate own and others work.</li> </ul> <p><i>Bollywood - An alternative dance style can be chosen</i></p>  | <ul style="list-style-type: none"> <li>○ I can perform and analyse own and others performance.</li> </ul>   |   |
| <p><b>CHAMPIONS SPORT</b></p> <p><b>UNIT 3</b></p> <p><b>GYMNASTICS</b></p>               | <ul style="list-style-type: none"> <li>○ I can explore movement actions with control and link them together with flow.</li> <li>○ I can explore gymnastic actions and shapes.</li> <li>○ I can explore travelling on benches.</li> <li>○ I can choose and use simple compositional ideas by creating and performing sequences.</li> <li>○ I can repeat and link combinations of gymnastic actions.</li> <li>○ I can link combinations of movements and shapes with control.</li> </ul> | <ul style="list-style-type: none"> <li>○ I can remember and repeat simple gymnastics actions with control.</li> <li>○ I can balance on isolated parts of the body using the floor and hold balance.</li> <li>○ I can develop a range of gymnastic moves, particularly balancing.</li> <li>○ I can link together a number of gymnastic actions into a sequence.</li> <li>○ I can explore ways of travelling around a large apparatus.</li> <li>○ I can choose and use a variety of gymnastic actions to make a sequence.</li> </ul> | <ul style="list-style-type: none"> <li>○ I can explore jumping techniques and link them with other gymnastic actions.</li> <li>○ I can select and adapt gymnastics actions to meet the tasks.</li> <li>○ I can work with a partner or a small group to create a sequence that develops jumping skills.</li> <li>○ I can improve the ability to choose appropriate actions when creating a sequence of gymnastic movements to music.</li> </ul>    | <ul style="list-style-type: none"> <li>○ I can identify and practise body shapes.</li> <li>○ I can identify and practise symmetrical and asymmetrical body shapes.</li> <li>○ I can construct sequences using balancing and linking movements.</li> <li>○ I can use counterbalances and incorporate them into a sequence of movements.</li> <li>○ I can perform movements in canon and unison.</li> <li>○ I can perform and evaluate own and others sequences.</li> </ul>   | <ul style="list-style-type: none"> <li>○ I can identify and practise body shapes and balances.</li> <li>○ I can identify and practise symmetrical and asymmetrical body shapes.</li> <li>○ I can use and refine the following skills: flexibility, strength, balance, power and mental focus.</li> <li>○ I can develop skills for movement, including rolling, bridging and dynamic movement.</li> <li>○ I can use counterbalances and incorporate them into a sequence of movements.</li> <li>○ I can perform movements in canon and in unison.</li> <li>○ I can perform and evaluate own and others sequences.</li> </ul> | <ul style="list-style-type: none"> <li>○ I can identify and practise gymnastics shapes and balances.</li> <li>○ I can identify and practise symmetrical and asymmetrical body shapes.</li> <li>○ I can construct sequences using balancing and linking movements.</li> <li>○ I can use counterbalances and incorporate them into a sequence of movements.</li> <li>○ I can perform movements in canon and in unison.</li> <li>○ I can perform and evaluate own and others sequences.</li> </ul> |
| <p><b>CHAMPIONS SPORT</b></p> <p><b>UNIT 4</b></p> <p><b>Lower School BALL SKILLS</b></p> | <ul style="list-style-type: none"> <li>○ I can master basic sending and receiving techniques.</li> <li>○ I can develop balance, agility and co-ordination.</li> <li>○ I can master basic sending and receiving as well as developing balance agility and co-ordination.</li> <li>○ I can make use of co-ordination, accuracy and weight transfer.</li> <li>○ I can develop receiving skills.</li> <li>○ I can use ball skills in game-based activities.</li> </ul>                     | <ul style="list-style-type: none"> <li>○ I can use hand-eye co-ordination to control a ball.</li> <li>○ I can catch a variety of objects.</li> <li>○ I can vary types of throw.</li> <li>○ I can kick and move with a ball.</li> <li>○ I can develop catching and dribbling skills.</li> <li>○ I can use ball skills in a mini festival.</li> </ul>  | <ul style="list-style-type: none"> <li>○ I can be aware of others when playing games.</li> <li>○ I can choose the correct skills to meet a challenge.</li> <li>○ I can perform a range of actions, maintaining control of the ball.</li> <li>○ I can perform a range of catching and gathering skills with control.</li> <li>○ I can master the basic catching technique.</li> <li>○ I can catch with increasing control and accuracy.</li> </ul> | <ul style="list-style-type: none"> <li>○ I can develop and investigate different ways of throwing and to know when each is appropriate.</li> <li>○ I can use ABC (ability, balance, co-ordination) to field a ball well.</li> <li>○ I can use ABC to move into good positions for catching and apply it in a game situation.</li> <li>○ I can use hand-eye co-ordination to strike a moving and stationary ball.</li> <li>○ I can develop fielding skills and understand their importance when playing a game.</li> </ul> | <ul style="list-style-type: none"> <li>○ I can develop skills in batting and fielding.</li> <li>○ I can choose fielding techniques.</li> <li>○ I can run between the wickets.</li> <li>○ I can run, throw and catch.</li> <li>○ I can develop a safe and effective overarm throw.</li> <li>○ I can learn batting control.</li> <li>○ I can use all the skills learnt by playing in a mini tournament.</li> </ul>  | <ul style="list-style-type: none"> <li>○ I can throw and catch under pressure.</li> <li>○ I can use fielding skills to stop the ball effectively.</li> <li>○ I can learn batting control.</li> <li>○ I can learn the roll of backstop.</li> <li>○ I can play in a tournament and work as a team, using tactics in order to beat another team.</li> <li>○ I can play in a tournament and work as a team, using tactics in order to beat another team.</li> </ul>                                 |



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| <p>Upper School<br/>STRIKING AND<br/>FIELDING</p>  |  |  | <ul style="list-style-type: none"> <li>○ I can master the basic throwing technique.</li> <li>○ I can throw and hit a ball in different ways (e.g high, low, fast or slow).</li> <li>○ I can apply skills and tactics in small-sided games.</li> <li>○ I can identify and follow the rules of games.</li> <li>○ I can choose and use simple tactics to suit different situations.</li> <li>○ I can react to situations in ways that make it difficult for opponents to win.</li> </ul>  | <ul style="list-style-type: none"> <li>○ I can play in a competitive situation and to demonstrate sporting behaviour.</li> </ul>  |  |  |
| <p>CHAMPIONS<br/>SPORT<br/>UNIT 5<br/>Lower<br/>School<br/>THROW<br/>INGAN<br/>D<br/>CATCHI<br/>NG</p> <p>Upper School<br/>NIMBLE<br/>NETS</p> | <ul style="list-style-type: none"> <li>○ I can learn skills for striking and fielding games.</li> <li>○ I can practise basic striking, sending and receiving.</li> <li>○ I can use throwing and catching skills in a game.</li> <li>○ I can practise accuracy of throwing and consistent catching.</li> <li>○ I can strike with racket or bat.</li> <li>○ I can play a game fairly and in a sporting manner.</li> <li>○ I can use fielding skills to play a game.</li> </ul> | <ul style="list-style-type: none"> <li>○ I can learn skills for playing striking and fielding games.</li> <li>○ I can position the body to strike a ball.</li> <li>○ I can practise striking a small ball.</li> <li>○ I can develop catching skills.</li> <li>○ I can throw a ball for distance.</li> <li>○ I can practise throwing skills in circuit.</li> <li>○ I can play a game fairly and in a sporting manner.</li> <li>○ I can use fielding skills to play a game.</li> </ul> | <ul style="list-style-type: none"> <li>○ I can consolidate and develop a range of skills in striking and fielding.</li> <li>○ I can develop and investigate different ways of throwing and to know when it is appropriate to use them.</li> <li>○ I can consolidate and develop a range of skills in striking and fielding.</li> <li>○ I can practise the correct technique for catching a ball and use it in a game.</li> <li>○ I can practise the correct batting techniques and use it in a game situation.</li> <li>○ I can practise the correct technique for fielding and use it in a game situation.</li> <li>○ I can consolidate the throwing, catching and batting skills already learned.</li> <li>○ I can strike the ball for distance.</li> <li>○ I can know how to play a striking and fielding game competitively and fairly.</li> </ul> | <ul style="list-style-type: none"> <li>○ I can become familiar with balls and short tennis rackets.</li> <li>○ I can get a ball into play.</li> <li>○ I can accurately serve underarm.</li> <li>○ I can build up a rally.</li> <li>○ I can build a rally, focusing on accuracy of strokes.</li> <li>○ I can play a variety of shots in a game situation and to explore when different shots should be played.</li> <li>○ I can play in a competitive game situation.</li> </ul> | <ul style="list-style-type: none"> <li>○ I can identify and apply techniques for hitting a tennis ball.</li> <li>○ I can develop the techniques for ground strokes and volleys.</li> <li>○ I can develop a backhand technique and use it in a game.</li> <li>○ I can practise techniques for all strokes.</li> <li>○ I can use the scoring system and court for singles tennis.</li> <li>○ I can play a tennis game using an overhand serve and then correct selections of shots.</li> </ul> | <ul style="list-style-type: none"> <li>○ I can demonstrate and use the correct grip of the racket and understand how to get into the 'ready position'.</li> <li>○ I can use good hand/eye co-ordination to be able to contact the shuttle with the face of the racket.</li> <li>○ I can understand how to serve the shuttle in order to start the game.</li> <li>○ I can recognise the difference between the low serve and the high serve.</li> <li>○ I can develop children's ability to perform and understand the 'overhead clear' shot and the impact that playing the overhead clear can have on winning points during game play.</li> <li>○ I can understand that the drop shot is an attacking shot and why.</li> <li>○ I can know where the drop should be aimed for, for it to be most productive and why.</li> <li>○ I can understand how to use different shots to outwit an opponent in a game.</li> <li>○ I can develop knowledge, understanding and principles with a doubles game, including tactics and strategies used.</li> </ul> |





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| <p><b>CHAMPIONS SPORT</b></p> <p><b>UNIT 6</b></p> <p><b>Lower School ACTIVE ATHLETICS</b></p> <p><b>Upper School YOUNG OLMPIANS</b></p>                         | <ul style="list-style-type: none"> <li>I can use varying speeds when running.</li> <li>I can explore footwork patterns.</li> <li>I can explore arm mobility.</li> <li>I can explore different methods of throwing.</li> <li>I can practise short distance running.</li> <li>I can practise taking off from different positions.</li> <li>I can complete an obstacle course with control and agility.</li> </ul> | <ul style="list-style-type: none"> <li>I can run with agility and confidence.</li> <li>I can learn the best jumping techniques for distance.</li> <li>I can throw different objects in a variety of ways.</li> <li>I can hurdle an obstacle and maintain effective running style.</li> <li>I can run for distance.</li> <li>I can complete an obstacle course with control and agility.</li> </ul> | <ul style="list-style-type: none"> <li>I can run in different directions and at different speeds, using a good technique.</li> <li>I can improve throwing technique.</li> <li>I can reinforce jumping technique.</li> <li>I can understand the relay and passing baton.</li> <li>I can choose and understand appropriate running techniques.</li> <li>I can compete in a mini-competition, recording scores.</li> </ul>   | <ul style="list-style-type: none"> <li>I can select and maintain a running pace for different distances.</li> <li>I can practise throwing with power and accuracy.</li> <li>I can throw safely and with understanding.</li> <li>I can demonstrate good running technique in a competitive situation.</li> <li>I can explore different footwork patterns.</li> <li>I can understand which technique is most effective when jumping for distance.</li> <li>I can utilise all the skills learnt in this unit in a competitive situation.</li> </ul> | <ul style="list-style-type: none"> <li>I can use correct technique to run at speed.</li> <li>I can develop the ability to run for distance.</li> <li>I can throw with accuracy and power.</li> <li>I can identify and apply techniques of relay running.</li> <li>I can explore different footwork patterns.</li> <li>I can understand which techniques is most effective when jumping for distance.</li> <li>I can learn how to use skills to improve the distance of a pull throw.</li> <li>I can demonstrate good technique in a competitive situation.</li> </ul> | <ul style="list-style-type: none"> <li>I can investigate running styles and changes of speed.</li> <li>I can practise throwing with power and accuracy.</li> <li>I can throw safely and with understanding.</li> <li>I can demonstrate good running technique in a competitive situation.</li> <li>I can explore different footwork patterns.</li> <li>I can understand which technique is most effective when jumping for distance.</li> <li>I can utilise all the skills learnt in this unit in a competitive situation.</li> </ul> |
| <p><b>CHAMPIONS FITNESS</b></p> <p><b>UNIT 3</b></p> <p><b>Lower School SKIP TO THE BEAT</b></p> <p><b>UNIT 4</b></p> <p><b>Upper School GYMFIT CIRCUITS</b></p> | <ul style="list-style-type: none"> <li>I can develop foot patterns that aid skipping.</li> <li>I can develop skipping skills.</li> <li>I can improve agility, balance and co-ordination.</li> </ul>   | <ul style="list-style-type: none"> <li>I can perform skipping moves with agility, balance and co-ordination.</li> <li>I can explore different ways of jumping/hopping with balance and accuracy.</li> <li>I can skip with control and balance.</li> </ul>  | <ul style="list-style-type: none"> <li>I can identify techniques to improve balance.</li> <li>I can practise a range of gymnastics skills through a set of circuits.</li> <li>I can perform a range of gymnastic skills with increased accuracy.</li> <li>I can perform a sequence of gymnastic moves within a circuit.</li> <li>I can perform a sequence of moves at each station within a circuit with increased accuracy.</li> <li>I can evaluate my own performance of gymnastic moves within a circuit.</li> </ul> | <ul style="list-style-type: none"> <li>I can understand that a fitness circuit can be sport-specific.</li> <li>I can complete an athletics based circuit with control and accuracy.</li> </ul>   | <ul style="list-style-type: none"> <li>I can understand why fitness is good for health and wellbeing.</li> <li>I can develop consistency in technique.</li> <li>I can develop personal fitness in an obstacle-style circuit</li> <li>I can understand why fitness is good for health and wellbeing.</li> </ul>  | <ul style="list-style-type: none"> <li>I can plan a personal programme.</li> </ul>  |
| <p><b>SWIMMING</b></p>   |   |  | <ul style="list-style-type: none"> <li>I can swim competently, confidently and proficiently over a distance of 25 meters.</li> <li>I can use a range of strokes effectively.</li> <li>I can perform safe self-rescue in different water-based situations.</li> </ul>  |  | <ul style="list-style-type: none"> <li>I can swim competently, confidently and proficiently over a distance of 25 meters.</li> <li>I can use a range of strokes effectively.</li> <li>I can perform safe self-rescue in different water-based situations.</li> </ul>  |   |

