## **Progression of PE Skills**

Year A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2				
Global Goals	Global Goal 6 Clean water and sanit	tation - Everyone has safe water and	sanitation. Improve healthy hygiene l	nabits. Stop chemicals being thrown into the wa	iter. Protect water environments.					
SIAMS	2a Meeting the academic needs of all pupils through the curriculum. Identifying and supporting those more vulnerable and who may have additional learning and personal needs.									
	2b The school supports all pupils in their spiritual development, enabling all pupils to flourish.  5c Ensure children are able to cherish themselves and others as unique and wonderfully made, to form healthy relationships where they respect and offer dignity to others.									
Laccon				i i i i i i i i i i i i i i i i i i i		Christian and Fielding				
Lesson	Athletics	Invasion Games	Gymnastics	Dodgeball	Orienteering	Striking and Fielding				
Swimming	YEAR 3				YEAR 3					
	Swim competently, confidently				Swim competently, confidently and					
	and proficiently over a distance of				proficiently over a distance of at					
	at least 25 metres				least 25 metres					
	Use a range of strokes effectively				Use a range of strokes effectively					
	[for example, front crawl,				[for example, front crawl,					
	backstroke and breaststroke]				backstroke and breaststroke]					
	Perform safe self-rescue in				Perform safe self-rescue in					
	different water-based situations.				different water-based situations.					
NC	Master basic movements	Participate in team games,	Develop flexibility, strength,	Master basic movements including running,	Take part in outdoor and	Participate in team games,				
, ite	including running, jumping,	developing simple tactics for	technique, control and balance	jumping, throwing and catching, as well as	adventurous activity challenges	developing simple tactics for				
	throwing and catching, as well as	attacking and defending	[for example, through athletics	developing balance, agility and co-	both individually and within a team	attacking and defending				
	developing balance, agility and co-		and gymnastics]	ordination, and begin to apply these in a	,					
	ordination, and begin to apply	Play competitive games, modified		range of activities		Play competitive games, modified				
	these in a range of activities	where appropriate [for example,	Compare their performances with			where appropriate [for example,				
		badminton, basketball, cricket,	previous ones and demonstrate	Participate in team games, developing		badminton, basketball, cricket,				
	Participate in team games,	football, hockey, netball, rounders	improvement to achieve their	simple tactics for attacking and defending		football, hockey, netball, rounders				
	developing simple tactics for	and tennis], and apply basic	personal best.	Play competitive games, modified where		and tennis], and apply basic				
	attacking and defending	principles suitable for attacking		appropriate [for example, badminton,		principles suitable for attacking and				
	Use running, jumping, throwing	and defending		basketball, cricket, football, hockey, netball,		defending				
	and catching in isolation and in			rounders and tennis], and apply basic						
	combination.			principles suitable for attacking and						
				defending						
Competitions	Sports Hall (AVSSP)	KS2 Basketball (AVSSP)	Dodgeball (AVSSP)	KS2 Cross Country (AVSSP)	KS1 Football (AVSSP)	Go Ride (AVSSP)				
Competitions	Sports Hall (11033)	Handball (AVSSP)	Futsal (KS2)	NOT GLOSS COUNTRY (NVSSI)	KOL I OOLDAN (AVOO)	Tough Runner (AVSSP)				
		, indicate (cross)	Indoor Rowing (AVSSP)			Kwik Cricket (AVSSP)				
			3 3 ( )			KS2 Swimming Gala (AVSSP)				
						Quad Kids (AVSSP)				
Clubs	Football	Football	Football	Football	Football	Football				
	Multi Skills	Multi Skills	Multi Skills	Multi Skills	Multi Skills	Multi Skills				
	Basketball	Basketball	Basketball	Basketball	Basketball	Basketball				
Enrichment				Tough Rower		Tough Runner				
Opportunities						Sports Day				

## **Progression of PE Skills**

Year B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2				
Global Goals	Global Goal 6 Clean water and sani	tation - Everyone has safe water and	sanitation. Improve healthy hygiene	habits. Stop chemicals being thrown into the wa	nter. Protect water environments.					
SIAMS	2a Meeting the academic needs of all pupils through the curriculum. Identifying and supporting those more vulnerable and who may have additional learning and personal needs.  2b The school supports all pupils in their spiritual development, enabling all pupils to flourish.  5c Ensure children are able to cherish themselves and others as unique and wonderfully made, to form healthy relationships where they respect and offer dignity to others.									
Lesson	Athletics	Circuit Training	Dance Dance	Net Games	Hockey	KS1 Handball Basketball/Netball				
Swimming	YEAR 3				YEAR 3	Basicessan, Neessan				
	Swim competently, confidently and proficiently over a distance of at least 25 metres				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]				Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]					
	Perform safe self-rescue in different water-based situations.				Perform safe self-rescue in different water-based situations.					
NC	Use running, jumping, throwing and catching in isolation and in combination	Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	Perform dances using simple movement patterns.  Perform dances using a range of movement patterns  Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	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	Participate in team games, developing simple tactics for attacking and defending	Participate in team games, developing simple tactics for attacking and defending  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				
Competitions	Sportshall (AVSSP)	KS2 Basketball (AVSSP) Handball (AVSSP)	Dodgeball (AVSSP) Indoor Rowing (AVSSP) Futsal (AVSSP)	KS2 Cross Country (AVSSP)	KS1 Football (AVSSP) Tennis (AVSSP)	Go Ride (AVSSP) Tough Runner (AVSSP) Kwik Cricket (AVSSP) KS2 Swimming Gala (AVSSP) Quad Kids (AVSSP)				
Clubs	KS1 Handball KS2 Tag Rugby	KS1 Dodgeball KS2 Futsal	KS1 Net Games KS2 Dodgeball	KS1 Athletics KS2 Netball	KS1 Football KS2 Cricket	KS1 Rounders Hockey				
Enrichment Opportunities	KS2 Basketball	KS2 Handball	KS2 Table Tennis	KS2 Cross Country  Tough Rower	KS2 Go Ride	KS2 Rounders  Tough Runner Sports Day				