

Skills Progression for games and athletics

National Curriculum:

Purpose of study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in 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
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Skills Progression for Games

	Year 3	Year 4	Year 5	Year 6
Fundamental movement skills (running, jumping and ball skills)	<ul style="list-style-type: none"> Understand how to run with control and strength Position 1, position 2, sink, run Develop control when throwing, catching and passing Be able to successfully strike a ball 	<ul style="list-style-type: none"> Develop different ways of throwing and catching Develop safe and effective overarm throwing Throw with accuracy Move with a ball showing control and fluency Pass the ball with increased speed and accuracy 	<ul style="list-style-type: none"> Consolidate different ways of catching and throwing Pass the ball with accuracy while moving Develop dribbling 	<ul style="list-style-type: none"> Consolidate fundamental skills from Yr 3 – 5 Demonstrate effective skills when under pressure Understand when to use running pace in a game situation
Develop flexibility, strength, technique, control and balance	<ul style="list-style-type: none"> Move with a ball in a variety of ways showing some control Demonstrate moving with a ball in a game Be able to pass the ball effectively in a game Show an understanding of possession and how to keep it Show some understanding of using space to help their team 	<ul style="list-style-type: none"> Develop a variety of striking techniques Confidently use forearm striking Be able to return Confidently start a rally (3+ shots) Work with their team to keep and win possession Improved use of space 	<ul style="list-style-type: none"> Use a bat or racket with control and accuracy Work with teammates to gain and keep possession Use a variety of passing techniques Start to select appropriate techniques for passing in a game situation Keep and win possession in a game Consolidate use of movement and space in a game Consolidate use of different throwing and catching techniques in a game 	<ul style="list-style-type: none"> Choose combine and perform skills more fluently in a game situation Understand and apply strategies for defense and attack Pass accurately when under pressure Demonstrate a good awareness of space Hit a bowled ball over a longer distance Show improved direction when striking and hitting Understand serving to start a net game
Compare demonstrate and improve	<ul style="list-style-type: none"> Keep to given rules in a game situation Understand fair play 	<ul style="list-style-type: none"> Keep to and develop rules in a game situation Evaluate how successful tactics are and what makes the game difficult for an opponent 	<ul style="list-style-type: none"> Apply best tactics and adapt strategy within a game 	<ul style="list-style-type: none"> Explain rules and tactics confidently in a manner that shows respect and encouragement

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">School values</p>	<ul style="list-style-type: none"> • Show belief in their own ability • Persevere with skills practise to improve performance • Show patience with others • Contribute to positive sporting atmosphere to help inspire each other in a class situation • Understand the term collaboration in small group scenario • Work together towards a set goal • Be able to explain what they have achieved in each unit of work 	<ul style="list-style-type: none"> • Show belief in their own ability • Demonstrate a willingness to take on new skills and activities • Show patience with others • Persevere with skills practise to improve performance • Contribute to positive sporting atmosphere to help inspire each other • Be able to explain what they have achieved in each unit of work and how they will improve 	<ul style="list-style-type: none"> • Show belief in their own ability • Understand own strengths and areas for development alongside those of a group/team • Show patience and support in a way that encourages and inspires others • Demonstrate a willingness to take on new skills, activities and roles within class/groups • Persevere with skills practise to improve performance • Be able to explain what they have achieved in each unit of work • Demonstrate the use of encouragement and feedback to inspire other children within their class 	<ul style="list-style-type: none"> • Show belief in their own ability • Understand own strengths and areas for development alongside the need to inspire and support others • Show patience and support in a way that encourages and inspires others • Demonstrate a willingness to take on new skills, activities and roles within class/groups • Persevere with skills practise to improve performance • Be able to explain what they have achieved in each unit of work • Demonstrate the use of encouragement and feedback to inspire other children within their class
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Skills Progression for Athletics

	Year 3	Year 4	Year 5	Year 6
Fundamental movement skills (running, jumping and ball skills)	<ul style="list-style-type: none"> Understand Position 1, position 2, sink, jump and run Develop use of arms and leg action to improve sprinting Use both feet to take off and land Start to run over low hurdle Understand why running pace needs to vary Land safely with control 	<ul style="list-style-type: none"> Consolidate position 1, position 2, sink, jump and run and know how it can improve their performance Land safely with control 	<ul style="list-style-type: none"> Understand different running start positions and select preferred position Continue to develop sprinting technique Be able to select appropriate pace for the distance being run Be able to show stamina when running longer distances Land safely with control 	<ul style="list-style-type: none"> Ability to explain and refine sprinting technique Ability to pace and increase speed for a sprint finish in a longer run, pass other children during a run Confidently select appropriate pace for distance Confidently run over hurdles starting to show effective leading leg Ability to work as a relay team with effective baton passing showing perseverance and inspiration to other children Land safely with control Build on Year 5 skills to jump for height, standing long and triple jump with confidence and control Be able to demonstrate how to measure running speed and jumping distance
Develop flexibility, strength, technique, control and balance	<ul style="list-style-type: none"> Develop and effective take off for standing long jump Land safely with control Start to show control and accuracy in throwing Start to develop overarm throwing Perform a push throw 	<ul style="list-style-type: none"> Start to combine hop, skip and jump Land safely with control Develop a pull throw Increase distance thrown while maintaining accuracy and control 	<ul style="list-style-type: none"> Perform an effective standing long and triple jump with confidence and timing Perform an effective jump for height Be able to explain how to safely take off and land when jumping Be able to compare different types/techniques for jumping Throw a variety of objects including using a fling throw 	<ul style="list-style-type: none"> Confidently achieve a fling, push and pull throw Further develop throwing skills to improve distance and provide feedback to help others improve

Compare demonstrate and improve	<ul style="list-style-type: none"> Develop awareness of coach, athlete and mentor roles Understand key learning points to improve running, jumping and throwing Participate in sports day 	<ul style="list-style-type: none"> Accurately measure throwing distances Be able to compare performance and start to provide feedback within coach, mentor and athlete roles Understand key learning points to improve running, jumping and throwing Participate in sports day 	<ul style="list-style-type: none"> Understand key learning points to improve running, jumping and throwing Consistently show control and confidence when improving athletic skills Work productively in groups using the coach, mentor and athlete roles Participate in sports day 	<ul style="list-style-type: none"> Understand key learning points to improve running, jumping and throwing Take part in competitive events with confident understanding of tactics and key learning points for particular events Work productively in groups using the coach, mentor and athlete roles Show the ability to select their won techniques and strategies e.g. sprint start Participate in sports day
School values	<ul style="list-style-type: none"> Show belief in their own ability Persevere with skills practise to improve performance Show patience with others Contribute to positive sporting atmosphere to help inspire each other in a class situation Understand the term collaboration in small group scenario Work together towards a set goal Be able to explain what they have achieved in each unit of work 	<ul style="list-style-type: none"> Show belief in their own ability Demonstrate a willingness to take on new skills and activities Show patience with others Persevere with skills practise to improve performance Contribute to positive sporting atmosphere to help inspire each other Be able to explain what they have achieved in each unit of work and how they will improve 	<ul style="list-style-type: none"> Show belief in their own ability Understand own strengths and areas for development alongside those of a group/team Show patience and support in a way that encourages and inspires others Demonstrate a willingness to take on new skills, activities and roles within class/groups Persevere with skills practise to improve performance Be able to explain what they have achieved in each unit of work Demonstrate the use of encouragement and feedback to inspire other children within their class 	<ul style="list-style-type: none"> Show belief in their own ability Understand own strengths and areas for development alongside the need to inspire and support others Show patience and support in a way that encourages and inspires others Demonstrate a willingness to take on new skills, activities and roles within class/groups Persevere with skills practise to improve performance Be able to explain what they have achieved in each unit of work Demonstrate the use of encouragement and feedback to inspire other children within their class

Swimming – carried out in Year 4/5

Can swim competently, confidently and proficiently over a distance of at least 25 metres. Can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. Can perform safe self-rescue in different water-based situations.

Adventurous activity

Year 4 residential camp – tent pitching, camp fire and associated safety, wide games, shelter building

Year 5 residential Stubbington activity centre trip

Year 6 residential PGL or Runways End activity centre trip