

Farsley Westroyd: PE Progression of skills document (25-26)



NC Objectives:	KS1: Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.		KS2: Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. KS2: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.			
Gymnastics	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Unit Objectives: Use different body parts to travel on. Use high and low levels to travel Develop quality when linking shapes Develop stability and control when performing balances Develop technique and control when performing shape jumps Perform the barrel, straight and forward rolls and use them in a sequence To link gymnastics actions within a sequence	Unit objectives: To perform gymnastic shapes with control and link them together To use shapes to create balances To link traveling actions and balances using apparatus To demonstrate different shapes, take offs and landings when performing jumps To develop rolling into sequence building To create a sequence using apparatus	Unit Objectives: To create interesting point and patch balances and use them on apparatus To develop stepping into shape jumps using apparatus To develop the straight, barrel and forward rolls and use them within sequences and with apparatus To transition smoothly in and out of balances using apparatus To create a sequence of matching and contrasting actions and shapes, incorporating apparatus To create a partner sequence using equipment,	Unit Objectives: To develop individual and partner balances using apparatus To develop control in performing and landing rotation jumps, building in apparatus To develop and assess my straight, barrel, forward and straddle rolls To link actions that flow using the rolls I have learnt, individually and with a partner To develop strength in inverted movements To create a 'great' partner sequence to include the skills	Unit Objectives: To perform symmetrical and asymmetrical balances using apparatus To develop the straight, forward, straddle and backwards roll into a sequence To explore different methods of travelling, linking actions in both canon and synchronisation To perform progressions of inverted movements To explore matching and mirroring in sequence work To explore matching and mirroring using actions both on the floor and on apparatus	Unit Objectives: To develop straddle, forward and backward rolls into sequence work and on apparatus To develop counter balance and counter tension into sequence work To develop jump sequence work with consideration of performance tools To develop inverted movements with control To use flight from hands to travel over apparatus To create a group sequence using formations and apparatus

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			incorporating skills learnt	I have learnt and apparatus	To create group and partner sequences using apparatus	
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At hletic	Year 1 Run, Jump, Throw	Year 2 Run, Jump, Throw	Year 3	Year 4	Year 5	Year 6

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	Unit Focus:	Unit Focus:	Unit Focus:	Unit Focus:	Unit Focus:	Unit Focus:
	Start and Stop at speed	To move quickly whilst being aware of others	Perform jumping and hopping in sequences	Challenge ourselves to improve in a range of throwing, jumping and running activities	To run for pace and distance on your own and as part of a team	Use the sprint-start technique to increase running speed
	Use arms when running	To turn at speed using power from our legs	To run at different speeds, changing speed with control	Accelerate over short distances	Pace yourself to run over longer distances	Learn and perform the 3 phases of the triple jump
	To take off on 2 feet to jump for distance	To move through obstacles with speed and control	Approach and jump hurdles	Run and Jump using one-footed take off	Develop and explore different jumping styles to jump further	Learn the heave-throw technique for throwing over distance
	To use different techniques to throw objects	To choose the best throw for different situations	Throw a javelin using pull-throw technique	Using sling-action to throw a discuss	Use the push-throw technique	Learn and assess your ability to play a role in a parlauf run
	Apply running, jumping and throwing in competition	To use quick feet to sprint	Practice and perform a variety of skipping techniques	To run on a curve and exchange a baton	Exchange a baton within a restricted area	Learn and apply the scissor jump technique and when it could be used in athletics
	To use agile movements	To perform static and dynamic balances	Work as a team to try and score points during running, jumping and throwing activities	Apply running, jumping and throwing activities to a competitive situation	Use the STEP (SPACE, TASK, EQUIPMENT, PEOPLE) principle to design a throwing, jumping and running activity	Record and relay results in track and field events
	To develop stamina in a range of running activities	Develop running over longer distances and adapt breathing techniques	Suggest ways a team could improve their performance in running, jumping and throwing activities			
	Practice and Perform a range of core-strength movements	Improve strength for jumping greater distances				
	To stride and jump for height	To create power when throwing				
	Choose starting positions for running quickly	To cooperate with a partner to complete a physical task				
		To listen to others and work well as a team during competitions				

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NC Objectives:	KS1: Perform dances using simple movement patterns.		KS2: Perform dances using a range of movement patterns. KS2: Compare their performances with previous ones and demonstrate improvement to achieve their personal best			
Dance	Year 1	Year 2 Run, Jump, Throw	Year 3	Year 4	Year 5	Year 6
	Unit Focus: Compose a travelling sequence using a variety of body parts Show moods and feelings within our dances Show control, coordination and spatial awareness Create and perform movements in unison Demonstrate mirroring and following- be a leader and a follower Perform dances with a clear start, middle and end Explore repetition within a dance sequence	Unit Focus: Use themes to inspire dances Create a sequence with starting and finishing positions Show stories and feelings through dances Explore unison, levels and cannon within dances Create solo dances which demonstrate changes in direction and speed Match movements to music Use formations within dance sequences	Unit Focus: Create characters and narratives within dances Discuss the choreography of your own and others' dances Perform dances with contrasting characters Develop movements using inspiration Use props within dance sequences Link sections of dance together Incorporate facial expressions into dances Suggest ways to improve self and others' performances Describe and evaluate the features of a dance	Unit Focus: Develop freeze frames with groups Develop freeze frames to include transitions Practice and perform a slide and roll Develop a short dance using unison and formations To perform in cannon and cannon lines Sequence dances to show flow Practice and perform a routine which includes an 'entering' start position	Unit Focus: Use non-locomotor movements with our dances Perform and link non-locomotor and locomotor movements together Create pathways and patterns with groups Perform simple line dancing routines Create your own 3-piece line dances with a partner Combine dance steps with previously learned steps Improve dances after feedback	Unit Focus: Use tension and extension to control the body Develop simple sequences with actions and dynamics Explore space and relationships within dance Incorporate lifts into movement phrases Use expression within a dance phrase Design appropriate formations and dynamics for a theme Perform and link some basic street dance skills Work as a pair to perform a street dance performance

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	Create dances to show a theme					
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Athletics	Year 1 Run, Jump, Throw	Year 2 Run, Jump, Throw	Year 3	Year 4	Year 5	Year 6
	Unit Focus: Start and Stop at speed Use arms when running To take off on 2 feet to jump for distance To use different techniques to throw objects Apply running, jumping and throwing in competition To use agile movements To develop stamina in a range of running activities Practice and Perform a range of core-strength movements	Unit Focus: To move quickly whilst being aware of others To turn at speed using power from our legs To move through obstacles with speed and control To choose the best throw for different situations To use quick feet to sprint To perform static and dynamic balances Develop running over longer distances and adapt breathing techniques Improve strength for jumping greater distances To create power when throwing To cooperate with a partner to complete a physical task	Unit Focus: Perform jumping and hopping in sequences To run at different speeds, changing speed with control Approach and jump hurdles Throw a javelin using pull-throw technique Practice and perform a variety of skipping techniques Work as a team to try and score points during running, jumping and throwing activities Suggest ways a team could improve their performance in running, jumping and throwing activities	Unit Focus: Challenge ourselves to improve in a range of throwing, jumping and running activities Accelerate over short distances Run and Jump using one-footed take off Using sling-action to throw a discuss To run on a curve and exchange a baton Apply running, jumping and throwing activities to a competitive situation	Unit Focus: To run for pace and distance on your own and as part of a team Pace yourself to run over longer distances Develop and explore different jumping styles to jump further Use the push-throw technique Exchange a baton within a restricted area Use the STEP (SPACE, TASK, EQUIPMENT, PEOPLE) principle to design a throwing, jumping and running activity	Unit Focus: Use the sprint-start technique to increase running speed Learn and perform the 3 phases of the triple jump Learn the heave-throw technique for throwing over distance Learn and assess your ability to play a role in a parlauuf run Learn and apply the scissor jump technique and when it could be used in athletics Record and relay results in track and field events

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	<p>To stride and jump for height</p> <p>Choose starting positions for running quickly</p>	<p>To listen to others and work well as a team during competitions</p>				
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<p>NC Objectives:</p>	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">KS1 Games</p>	<p>Attack, Defend, Shoot Unit 1:</p> <p>Practice throwing at targets accurately Pass a beanbag between pairs with some control Explain/show ways you can pass a beanbag/ball to a partner Experiment catching a variety of beanbags and different sized balls Recognise how to intercept a ball or beanbag Use basic defensive technique Roll/slide a ball or beanbag to a partner and a target Score points by throwing a beanbag or ball into an opponent's hoop Demonstrate simple defending to stop beanbag/ball going into hoops Work with a partner to attack and defend a target against an opposition Participate in competitive games against others using attacking and defending skills Comment on how you used different attacking and defending skills you have already learned to help you in your games</p> <p>Attack, Defend, Shoot Unit 2:</p> <p>Recognise the reasons why heart rate increases during exercise Recognise changes to the body during exercise Play in a game with defined areas Play as part of a team to attack and defend Bounce the ball with some control to self Begin to bounce a ball to a partner Play with a partner using throwing, catching and bouncing skills to score points Work under pressure to hit targets Transfer target skills into a competitive game Adapting play to the rules of the game Identify where to stand to defend goals (hoops) best</p>	<p>Attack, Defend, Shoot Unit 1:</p> <p>Send a ball with feet by kicking Send a ball varying distances using harder and softer kicks Receive and stop the ball with feet Pass the ball to another player by kicking Use feet to stop and control the ball when dribbling Use both passing and receiving skills in a game Bounce the ball to a player for them to catch Bounce the ball to players using one hand and two hands Play in a game implementing throwing and catching skills Move the ball using basketball style dribbling Link bouncing and passing Link bouncing and passing to attack a goal Use passing and receiving skills to move forward to attempt to score Make choices on where to stand in a game when defending</p> <p>Attack, Defend, Shoot Unit 2:</p> <p>Play with others to keep possession of the ball Pass and receive different pieces of equipment Move to a space after passing the ball Move into to space to receive the ball Play in a game with a variety of equipment attempting to send and receive the ball Work with a partner to progress towards a target Co-ordinate hands and feet to progress forwards Attempt to use simple attacking play in a game Explore the role of a goalkeeper Perform defensively as an individual in a game</p>

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	<p>Hit, Catch, Run 1:</p> <p>Use a range of throwing and rolling skills to put the ball in space To be able to move quickly with agility to score points To be able collect a moving ball from along the ground To be able return the ball back to base/zone. Catch over a short distance to stop players from scoring points Work with other fielders to stop players from scoring Attempt to hit an object with the hand Self-feed and hit the ball Run between bases to score points Work with others to retrieve balls Make decisions to make it difficult for hitters to score points Show collaborative work as a team to score points. Show awareness of teammates when fielding Throw and retrieve with increasing accuracy</p> <p>Send and Return 1:</p> <p>I can score points by rolling a ball over my opponent's line I can move my body to try to defend I can hit a ball with my hand in a variety of ways I can hit a ball to my partner I can work with my team to hit to targets I can return a ball to my partner I can use my feet and hands to return a ball I can work with others to score points against other teams I can talk to my partner to decide which sides we will try to shoot to I can rally with a partner I can move to the ball and use hitting skills to rally with a ball and a balloon I can hit over a bench to my partner I can play with my partner in a game over a bench I can send the ball to space to make it hard for my partner to catch/return</p>	<p>Show awareness of opponents and teammates in a game Explore the concept of intercepting in invasion games Choose when to attempt to intercept the ball Implement basic goalkeeping, attacking play and intercepting in games Make early decisions in games</p> <p>Hit, Catch, Run 1:</p> <p>Work as a team to field a ball back to a base Hit a ball and run to cones to score points Kick a bowled ball away from stumps Make a choice about which cones to run to, and sprint to them to score points Recognise where to kick to score the most runs Use underarm throwing skills to feed/bowl a ball to a player Position body to perform stepping action for bowling Use bowling/feeding skills in a game situation Hit a ball using different bats Hit a ball towards targets using different techniques Hit a ball using different body parts Stand in positions ready to catch a ball Field to catch and throw to teammates to stop opponents from scoring run Work in a team to score runs Make decisions about where to hit the ball based on fielders' positions Play as a batter, bowler and fielder</p> <p>Hit, Catch, Run 2:</p> <p>Recognise when to run quickly to get to a base Use the inside and outside of my foot to kick a bowled ball Play the role of the backstop</p>
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		<p>Send the ball in different directions (sometimes based on where the fielders are) Use both feet to kick the ball Sometimes adapt to kick the ball when bowled in different ways (e.g. fast) Practise and play the role of wicketkeeper Stand in the correct position and move to attempt to stop the ball Track and stop balls missed by batters Say why it is important to get in line and behind the ball Work as a team to restrict runs</p> <p>Send and Return 1:</p> <p>Watch the ball and move towards it Stay on my toes to move forwards and backwards and left and right Work with my partner to score points and keep track of total points scored Identify their dominant and non-dominant side for sending a ball Play a modified game to send and return using dominant and non-dominant sides Recognise a ball hit 'in' and 'out' of the court Sometimes serve to a service box Work as a team to score points (communicating, encouraging teammates) Use my feet to push off from standing Use my feet to push and change direction Take part in a variety of activities which test agility Use correct grip to hold a tennis racquet Send, receive and stop a ball using a racquet along the ground Use self-feed to hit ball to partner</p>
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		<p>Play in a rally with different partners using skills learnt in previous lessons (self-feed, boundary rules) Keep the score of games to recognise a winner Use the tennis-ready position to help send and receive ball</p> <p>Send and Return 2:</p> <p>Feed and retrieve a ball Most of the time feed the ball over the net Return a ball that is sent to me Send a ball high into the air Send a ball to different areas of a court Throw into space to make it difficult for your opponent (sitting) Develop catching and throwing skills while seated Serve the ball by throwing Try and serve the ball off my hand with a hit Play out a point after a serve Develop throwing into hitting with hands Play using attacking shots with hands Play in a volleyball game Play on my own against an opponent Describe how I have improved when sending and returning</p>
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<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Basketball</p>	<p>Year 3</p>	<p>Year 4</p>	<p>Year 5</p>	<p>Year 6</p>
		<p>Pass and receive to score points Explore shoot/pass/dribble principle Use two hands to play a basketball shot Dribble with increasing confidence in isolation Use the double dribble rule in a game Explore and practice man-marking Pass using the bounce pass Use the jump shot in isolation and in games I can explain my choices for different techniques when passing and shooting I can perform the triple threat position I can explain travel violation rules</p>		<p>Explore 'counter-attacking' Communicate as a team to identify when to counter attack Use the retreat dribble Explain why agility is important whilst dribbling Explain and identify why a free throw is awarded Perform V-Cut runs to receive the ball in space Use crossover dribbling to drive and shoot Choose the correct techniques to attempt 3 point shots Explain the difference between 2 and 3 point shots</p>

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Cricket	Year 3	Year 4	Year 5	Year 6

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		<p>Hit the ball in different directions Throw and catch the ball with increasing accuracy Decide when to run to score single Work with a partner to score runs Intercept balls to stop runs Work as part of a team when fielding Bowl overarm from a stationary position Attempt to hit the ball using a pull shot Bowl overarm in a game situation Stop a bouncing ball effectively whilst fielding</p>		<p>Attempt both attacking and defensive play as a batter Decide when to run when to maximise my score Track and catch a high ball to get players out Bowl the short ball as a bowler Track and retrieve the ball over distance Identify when to work as pairs to field long balls Explain why you would try and use the on drive Attempt different types of shots in a game situation Identify what type of shot I would use that will help me score more runs Use a range of defensive and attacking tactics in a game Apply a range of known cricketing rules to a new game format Attempt to bowl a variety of balls to get players out</p>
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	Year 3	Year 4	Year 5	Year 6
Football	<p>Pass the ball using the inside of the foot</p> <p>Receive the ball using the inside of the foot</p> <p>Work with others to pass and receive to keep possession</p> <p>Trap a ball while standing still</p> <p>Trap a ball when moving unchallenged</p> <p>Use trapping and passing skills to participate in a game to score points</p> <p>Use short passes to keep possession</p> <p>Work as a team to move towards the goal</p> <p>Recognise where there is space in a game</p> <p>Move into space to receive the ball</p> <p>Send the ball and move into a new space</p> <p>Control the ball at your feet and dribble unchallenged</p> <p>Receive the ball and dribble into space</p> <p>Describe ways others can improve their gameplay.</p> <p>Search for space and move into to receive the ball from my teammates</p>			<p>Play as an attacker and a defender Pass to set up another player's shot on goal</p> <p>Run onto the ball to attempt to shoot and score</p> <p>Collaborate with a partner to implement simple defensive principles Aim to deny attackers from moving into space</p> <p>Apply speed and accuracy to a penalty shot</p> <p>Explain why certain areas of the goal are better than others to aim for</p> <p>Play as an attacking pair</p> <p>Work in a pair to defend</p> <p>Attempt defensive positions in a game situation</p> <p>Work cooperatively to implement attacking and defending strategies Use close control to keep possession of the ball</p>

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Handball	Year 3	Year 4	Year 5	Year 6
	<p>Attempt to catch efficiently using the correct catching position</p> <p>Perform underarm throws efficiently and accurately</p> <p>Perform two new passes which could include overarm and twohanded bounce pass</p> <p>Decide which pass will be more effective in different situations</p> <p>Move with the ball successfully to create a chance to pass/shoot</p> <p>Move quickly with the ball to get closer to the opponent's goal area</p> <p>Attempt the 3-step rule with confidence</p> <p>Intercept the ball from the opponent's throw</p> <p>Stop the ball from reaching an opposition player</p> <p>Become as big as possible to prevent the players from making a pass</p> <p>Use effective passing and movement as a team to create chances to score</p> <p>Move quickly as a team up the pitch to counterattack opponents</p>		<p>Attempt a jump shot form standing</p> <p>Coordinate hands and legs to attempt a jump shot when moving (some in a game)</p> <p>Suggest when to use a jump shot in a game</p> <p>Play as the goalkeeper Attempt to close angles in a game</p> <p>Demonstrate dribbling skills opposed and in isolation</p> <p>Describe and use the double fault rule in a game</p> <p>Use dribbling skills to help your team attack quickly</p> <p>Practise pivoting</p> <p>Use pivoting in a game to make more successful passes or to shoot</p> <p>Explain what a set play is in handball</p> <p>Take part in a set play unopposed and opposed</p> <p>Work cooperatively as a team to defend and attack</p> <p>Use skills learnt to keep possession</p> <p>Explain how a passage of play was effective</p>	

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	<p>Use a range of accurate passes to build an attack Use tactics and work together to score and prevent goals Suggest ways to improve own & others game</p>			
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Hockey	Year 3	Year 4	Year 5	Year 6
		<p>Push pass the ball to my partner's stick and receive the ball back</p> <p>In a game, pass the ball to another player and move the ball towards the goal</p> <p>Dribble the ball in space keeping the ball in close contact the stick</p> <p>Dribble the ball over a short distance and pass in a game</p> <p>Make several passes as a team before making a mistake</p> <p>Use the reverse stick technique to stop and control the ball</p> <p>Pass the ball accurately over longer distances</p> <p>Be able to use the slap pass with some accuracy</p> <p>Be able to use the rules of the game to monitor play</p> <p>Turn with the ball unchallenged Receive the ball and turn in to space</p> <p>Keep control of the ball of the ball when turning</p> <p>Use a range of passes to build attack (push, slap)</p> <p>Use tactics and teamwork to score goals</p>		<p>Play the role of both the defender and the attacker</p> <p>Shoot from close range</p> <p>Score points against opposition</p> <p>Perform a long corner routine as part of a team</p> <p>Suggest ways to improve the success of long corners routines</p> <p>Identify which players need to be marked in a game</p> <p>Use speed and agility to stay with an opponent</p> <p>Consistently mark in an appropriate position</p> <p>When defending, Channel opposition players</p> <p>Explain why opposition players should be channelled to the edge of the pitch</p> <p>Recognise when and where a hit out should be taken</p> <p>Move to create opportunities for a successful hit out</p> <p>Use attacking and defending strategies in games such as marking</p> <p>Use set plays such as long corners in a game</p>

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		<p>Suggest ways to improve own & others game</p>		<p>Be confident to try a variety of skills when playing such as push pass and block tackle</p>
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	Year 3	Year 4	Year 5	Year 6
Netball	<p>Pass and receive the ball using a chest pass</p> <p>Work collaboratively to keep possession and score points by passing accurately</p> <p>Demonstrate dodging techniques to get 'free'</p> <p>Discuss & explain why you need to be free from a player</p> <p>When receiving a ball show a good position, ready to receive the ball</p> <p>Catch a ball in isolation and under pressure</p> <p>Catch and throw without breaking footwork rules</p> <p>Play the role of goal shooter</p> <p>Attempt to pass the ball to the goal shooter</p> <p>Show a bounce pass</p> <p>Throw over longer distances using shoulder pass</p> <p>Recognise which throw is needed over shorter & longer distances</p> <p>Use shoulder pass in a game to build attacking play</p> <p>Collect a loose ball that is rolling or bouncing</p> <p>Play in a game attacking and defending</p>		<p>Practise/recap the techniques for a bounce pass Use a bounce pass in a game situation</p> <p>Attempt to dodge and lead to find space in a game Sometimes tell my teammates that I am moving and where I am moving to</p> <p>Use quick feet to move quickly to get away from my opponent</p> <p>Describe the different ways of 'dodging' and which you could improve</p> <p>Pivot using both feet as my grounded and none grounded foot</p> <p>Practise pivoting in isolation and games</p> <p>Use pivoting to perform a better pass to teammates</p> <p>Use both one handed and two-handed technique to shoot</p> <p>Play the role of a shooter (either goal shooter or goal attack) in a game</p> <p>Work in a team and implement rules and skills I have learnt</p> <p>Use skills learnt to keep possession</p> <p>Explain how a passage of play was effective</p>	

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Rounders	Year 3	Year 4	Year 5	Year 6
	<p>Hit a stationary ball into space Retrieve and throw the ball as a fielder Explain how fielders work together to restrict batters runs Bowl an underarm ball at a target at the appropriate height Work collaboratively to send the ball back to the bowler Strike a bowled ball Apply simple tactics to choose where to hit the ball Repeatedly field balls travelling towards or away from them Work as a team to stop and pass the ball in the field Throw over longer distances using overarm throw Throw to appropriate bases based on the scenario of each conditioned game Strike a bowled ball to score runs for your team Suggest ways to improve your own & others' game</p>		<p>Direct the ball to hit target areas Recognise when rules of rounders are broken Explain when to apply and execute the short throw for stumping Take up the correct catching position to stump a base Track a ball thrown at me and be ready to hit it As a backstop, catch the ball once a batter has mishit it Implement the backwards rule in a game and can recognise when it needs to be applied Decide on how to field the ball to use the rule to my advantage Recognise where to play shots to on the field Find the gaps in the field in a game situation Apply tactics to make it harder for the batter Change field settings due to the batter</p>	

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NC Objectives:	<ul style="list-style-type: none"> • 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] 			
Tag Rugby	Year 3	Year 4	Year 5	Year 6
	<p>Score points by running over a line Avoid someone trying to tag me Decide when I need to run quickly forward to score Make effective short passes Try different ways to throw and catch the ball Explore a range of techniques to avoid being tagged Work with teammates to score points Pass the ball when I have been tagged Play in a sportsmanlike way Work together as defenders Explain what is meant by closing down space Pass the ball backwards in a game situation.</p>	<p>Run carrying the ball in two hands using the 'W' grip Receive the ball in a game and use changes of speed to create space Successfully pick up the ball when running Keep the ball working as a team Keep the ball while working as a team while we attack Run with the ball and evade being tagged Identify when to run or pass Change speed when running with the ball Catch the ball and identify space to run in to Use different speeds to create space for myself and other teammates Use different length passes to attack Use tactics and teamwork to score tries Suggest ways to improve your own and others' game</p>		<p>Play effectively in attack and defence Support the player with the ball Perform a set play off a free pass Suggest ways to improve the set play Communicate and devise tactics for attacking Use the 'taking the distance, not the time' principle Suggest suitable tactics for a scenario In attack, react appropriately Use the 'Spaces not Faces' principle to look for attacking opportunities Talk with my team to organise ourselves to change from attack to defence Explain the meaning of the word transition Use a change of speed and direction to help defend Work as a team to implement defending and attacking strategies Observe and analyse peers, offering suggestions to improve an individual or team's performance</p>