







## Part 4

Progression of skills

### Basketball

Introduce dribbling; keeping control  
Introduce passing and receiving  
Combine dribbling and passing to create space  
Develop passing, receiving and dribbling  
Introduce shooting

### Dodgeball

Developing changing direction  
Introduce throwing with accuracy  
Introduce catching  
Develop moving, changing direction at speed  
Combine throwing and dodging

### Football

Introduce/develop dribbling keeping control  
Introduce passing and receiving  
Combine dribbling and passing to create space  
Develop passing, receiving and dribbling

### Handball

Introduce passing, receiving and creating space  
Develop passing and moving  
Combine passing and moving  
Introduce shooting  
Develop passing and shooting

### Hockey

Introduce dribbling; keeping control  
Introduce passing and receiving  
Combine dribbling and passing to create space  
Develop passing, receiving and dribbling  
Introduce shooting

## Part 5

Progression of skills

### Basketball

Refine dribbling  
Refine passing and receiving  
Refine passing and dribbling creating space  
Refine passing and dribbling creating shooting opportunities  
Introduce marking

### Dodgeball

Introduce jumping and ducking  
Develop throwing with accuracy and power over an increased distance  
Develop catching  
Consolidate dodging, jumping and ducking into games  
Combine dodging, catching and throwing

### Football

Refine dribbling  
Turning  
Refine passing and receiving  
Develop passing and dribbling creating space  
Introduce shooting

### Handball

Refine passing and receiving  
Develop passing and creating space  
Develop passing, moving and shooting  
Combine passing and shooting  
Introduce defending

### Hockey

Refine dribbling and passing  
Develop shooting; combine passing and dribbling to create shooting opportunities  
Develop passing and dribbling creating space for attacking opportunities  
Introduce defending; blocking and tackling

## Part 6

Progression of skills

### Basketball

Recap and refine dribbling and passing to create attacking opportunities  
Develop marking  
Refine shooting  
Refine attacking skills, passing, dribbling and shooting introduce officiating

### Dodgeball

Introduce blocking  
Consolidate catching  
Understand where we throw and why we need to throw with accuracy and power  
Explore basic attacking and defending tactics

### Football

Refine dribbling and passing to maintain possession  
Introduce and develop defending  
Develop shooting  
Refine attacking skills, passing, dribbling and shooting, introduce officiating

### Handball

Consolidate passing and receiving  
Explore the function of other passes  
Develop defending  
Develop passing and creating space, introduce officiating  
Refine shooting

### Hockey

Develop defending; block and tackling  
Recap and refine dribbling and passing to create attacking opportunities  
Refine attacking skills, passing dribbling and shooting  
Refine defending skills developing transition from defence to attack

## Part 7

Progression of skills

### Basketball

Consolidate keeping possession, develop officiating  
Consolidate defending  
Create, understand and apply attacking tactics in game situations  
Create, understand and apply defending tactics in game situations

### Dodgeball

Consolidate/understanding attacking and defending tactics  
Transition between attack and defence  
Applying the rules: Officiating games  
Managing tactics and officiate games

### Football

Consolidate keeping possession, develop officiating  
Consolidate defending  
Organise formations and manage teams  
Organise formations decide tactics, manage teams and officiate games

### Handball

Consolidate keeping possession, develop officiating  
Consolidate defending understand and apply defending tactics in game situations  
Consolidate defensive tactics; understand and apply defensive tactics in game scenarios

### Hockey

Consolidate keeping possession, develop officiating  
Consolidate defending  
Create, understand and apply attacking/defending tactics in game situations

## Part 4

Progression of skills

### Netball

Introduce passing, receiving and creating space  
Develop/combine passing and moving  
Combine/develop passing and shooting

### Tag Rugby

Introduce moving with the ball, passing and receiving  
Introduce tagging  
Create space when attacking  
Develop passing and moving  
Combine passing/moving to create attacking opportunities

### Cricket

Understand the concept of batting and fielding  
Introduce throwing overarm  
Introduce throwing overarm  
Introduce catching  
Striking with intent

### Rounders

Introduce to rounders  
Introduce overarm throwing  
Apply overarm and underarm throwing  
Introduce stopping the ball  
Application of stopping the ball in a game

### Tennis

Introduction tennis, outwitting an opponent  
Creating space to win a point  
Consolidate how to win a game introduce rackets  
Introduce the forehand

## Part 5

Progression of skills

### Netball

Refine passing and receiving  
Develop passing and dribbling creating space  
Develop passing, moving and shooting  
Refine passing and shooting  
Develop footwork

### Tag Rugby

Develop passing, moving and creating space  
Apply learning to 3v3 mini games  
Develop defending in game situations  
Combine passing and moving to create an attack and score

### Cricket

Develop an understanding of batting and fielding  
Introduce bowling underarm  
Develop stopping and returning the ball  
Develop retrieving and returning the ball  
Striking the ball at different angels and speeds

### Rounders

Develop fielding bowling with a backstop  
Introduce batting; how  
Develop batting; where and why  
Introduce and apply basic fielding tactics

### Tennis

Developing the forehand  
Creating space to win a point using a racket  
Introduce the backhand  
Applying the forehand and backhand in game situations  
Applying the forehand and backhand creating space to win a point

## Part 6

Progression of skills

### Netball

Refine passing and receiving  
Apply passing, footwork and shooting into mini games, introduce officiating  
Introduce defending  
Explore the function of other passing styles

### Tag Rugby

Refine passing and moving to create attacking opportunities  
Explore different passes that can be used to outwit defenders  
Refine defending as a team  
Create and apply defending tactics. Develop officiating

### Cricket

Refine batting, understand and develop batting and bowling tactics  
Refine fielding stooping, catching and throwing  
Combine bowling and fielding creating and applying tactics  
Introduce umpiring and scoring

### Rounders

Develop fielding tactics maximising players  
Understand what happens if the batter misses the ball  
Refine fielding tactics, what players where?  
Applying tactics in mini games

### Tennis

Introduce/develop the volley  
Controlling the game from the serve  
Doubles, understanding and applying tactics to win a pint

## Part 7

Progression of skills

### Netball

Consolidate keeping possession, develop officiating  
Consolidate defending  
Create, understand and apply attacking/defending tactics in game situations

### Tag Rugby

Consolidate passing and moving  
Consolidate defending  
Create, understand and apply attacking/defending tactics in game situations  
Consolidate attacking and defending in min games

### Cricket

Consolidate batting/fielding/bowling  
Create, understand and apply attacking/defensive tactics in game

### Rounders

Introduction to full rounders  
Consolidate fielding tactics  
Refine our understanding of what happens if the batter misses or hits the ball backwards  
Batting considerations

### Tennis

Game application  
Game application, mixed ability doubles, round robin games

## Part 4

Progression of skills

### Communication & Tactics\*

Creating and applying Simple tactics  
Developing leadership  
Developing communication as a team / collaborate effectively as a team  
Create defending and attacking tactics as a team

### Symmetry & Asymmetry

Introduction to symmetry  
Introduction to asymmetry  
Application of learning onto apparatus  
Sequence formation  
Sequence completion

### Athletics

Explore running for speed  
Explore acceleration  
Introduce /develop relay: Running for speed in a team  
Throwing: Accuracy vs distance  
Standing long jump

### Wild Animals

Responding to stimuli  
Developing character dance into a motif  
Developing sequences with a partner in character that show relationships  
Extending sequences with a partner in character

### Weather

Responding to stimuli, extreme weather  
Developing thematic dance into a motif  
Extending dance to create sequences with a partner  
Developing sequences with a partner

## Part 5

Progression of skills

### Problem Solving\*

Benches and mats challenge  
Round the clock card challenge  
The pen challenge  
The river rope challenge  
Caving challenges

### Bridges

Introduction to bridges  
Application of bridge learning onto apparatus  
Develop sequences with bridges  
Sequence formation  
Sequence completion

### Athletics

Develop running at speed  
Exploring our stride pattern  
Exploring running at pace  
Understand and apply tactics when running for distance  
Javelin  
Standing triple jump

### Cats

Responding to stimuli working together  
Extending sequences with a partner in character  
Exploring two contrasting Relationships and interlinking dance moves

### Space

Extending sequences with a partner in character  
Developing sequences with a partner in character that show relationships and interlinking dance moves  
Sequences, relationships, choreography and performance

## Part 6

Progression of skills

### Orienteering\*

Face orienteering  
Cone orienteering  
Point and return  
Point to point  
Timed course  
Orienteering competition

### Counter Balance & Counter Tension

Introduction to counter balance  
Application of counter balance learning onto apparatus  
Sequence formation  
Counter Tension  
Sequence completion

### Athletics

Finishing a race  
Evaluating our performance  
Sprinting: My personal best  
Relay changeovers  
Shot Put  
Introducing the hurdles

### Greeks

Exploring the Greeks using compositional principles  
Extending sequences with a partner using compositional principles  
Creating movement using improvisation where movement is reactive

### The Circus

Developing character movements linked to 19th Century prejudices  
Creating movements to represent different characters and performers in a 19th Century circus  
Extending our Performance incorporating props and apparatus linked to the variety of performers

## Part 7

Progression of skills

### OAA Units

All the units above units are suitable for KS2.  
Teachers should selected the appropriate learning from units that suit/consolidate their pupils' learning.

### Matching & Mirroring

Introduction to matching/mirroring  
Application of matching/mirroring learning onto apparatus  
Sequence development

### Athletics

Running for speed competition  
Running for distance competition  
Throwing competition  
Jumping competition

### Carnival

Performing with technical control and rhythm in a group  
Creating rhythmic patterns using the body  
Experiencing dance from a different culture  
Chorographical elements including still imagery

### Titanic

Creating rhythmic patterns using our body  
Extending our choreography through controlled movements, character emotion and expression  
Explore the relationships between characters applying character emotion and expression  
Performance and reflection

## Part 4

Progression  
of skills

### Health, Wellbeing & Fitness\*

Exploring warm ups  
Continuous training  
Interval training  
\*New unit available on  
Complete P.E. form  
2020 - 2021

Badminton units are not available  
on Complete P.E. for Year 3

## Part 5

Progression  
of skills

### Health, Wellbeing & Mindfulness\*

Mental well being  
Mindfulness  
Leadership  
Exploring cool downs  
\*New unit available on  
Complete P.E. form  
2020 - 2021

Badminton units are not available  
on Complete P.E. for Year 4

## Part 6

Progression  
of skills

### Health Related Exercise

Cardio Fitness 1  
Flexibility  
Strength  
Cardio Fitness 2

### Badminton

Exploring different forehand  
/backhand shots  
Applying different forehand/  
backhand shots to win a point  
Consolidate outwitting  
an opponent  
Doubles: Understanding and  
applying tactics to  
win a point

## Part 7

Progression  
of skills

### Health Related Exercise

Cardio Fitness 1  
Flexibility  
Strength  
Cardio Fitness 2

### Badminton

Introduction to badminton:  
Outwitting an opponent  
Introduce the forehand  
and backhand  
Applying the forehand and  
backhand: Creating space  
to win a point  
Controlling the game  
from the serve