



DOG KENNEL HILL PRIMARY SCHOOL PROGRESSION OF SKILLS

KNOWLEDGE/SKILL	Year 1/2	Year 3/4	Year 5/6
FOOTBALL ATTACK AND DEFENCE	<ul style="list-style-type: none"> • To practice basic movements including running, jumping, throwing and catching. ▪ To experience opportunities to improve agility, balance and coordination. ▪ Use and apply simple strategies for invasion games. ▪ Can send a ball using feet and can receive a ball using feet. ▪ Recall and link combinations of skills, e.g. dribbling and passing. 	<ul style="list-style-type: none"> ▪ Able to show basic control skills including sending and receiving the ball. ▪ To send the ball with some accuracy to maintain possession and build attacking play. ▪ To implement the basic rules of football. ▪ Introduce some defensive skills. 	<ul style="list-style-type: none"> ▪ To play effectively in a variety of positions and formations on the pitch. ▪ Become more skilful when performing movements at speed. ▪ Choose and implement a range of strategies to attack and defend.
DANCE	Year 1/2	Year 3/4	Year 5/6



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	<ul style="list-style-type: none"> Respond to a range of stimuli and types of music. Explore space, direction, levels and speeds. Experiment creating actions and performing movements with different body parts. Work as part of a group to create and perform short movement sequences to music. 	<ul style="list-style-type: none"> Practice different sections of a dance aiming to put together a performance. Perform using facial expressions. Building basic creative choreography skills in travelling, dynamics and partner work. Develop a dance to perform as a group with a set starting position. <p>Developing choreography and devising skills in relation to a theme.</p>	<ul style="list-style-type: none"> Perform different styles of dance fluently and clearly. Refine & improve dances adapting them to include the use of space rhythm & expression. Talk about different styles of dance with understanding, using appropriate language & terminology. Showing tension through pattern and formation.
GYMNASTICS	Year 1/2	Year 3/4	Year 5/6
	<ul style="list-style-type: none"> Identify and use simple gymnastics actions and shapes. Begin to carry basic apparatus such as mats and benches. 	<ul style="list-style-type: none"> Modify actions independently using different pathways, directions and shapes. Develop body management over a range of floor exercises. 	<ul style="list-style-type: none"> Create longer and more complex sequences and adapt performances. Take the lead in a group when preparing a sequence.



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	<ul style="list-style-type: none"> ▪ To introduce turn, twist, spin, rock and roll and link these into movement patterns. ▪ To perform longer movement phrases and link with confidence. 	<ul style="list-style-type: none"> ▪ Attempt to bring explosive moves into floor work through jumps and leaps. ▪ To become increasingly competent and confident to perform skills more consistently. ▪ Refine taking weight on small and large body parts, for example, hand and shoulder. 	<ul style="list-style-type: none"> ▪ Perform more complex actions, shapes and balances with consistency. ▪ Demonstrate accuracy, consistency, and clarity of movement. ▪ Have worked independently and in small groups to make up own sequences. ▪ To begin to use music in sequences.
BASKETBALL - NET AND WALL GAMES	Year 1/2	Year 3/4	Year 5/6
	<ul style="list-style-type: none"> ▪ Hit the ball in a variety of ways Track, intercept, stop and catch balls and small equipment consistently. ▪ Describe some basic rules, simple tactics and the way to score. 	<ul style="list-style-type: none"> ▪ Throw and catch with control when under limited pressure to keep possession and score goals. ▪ Choose and use a range of simple tactics for defending and challenging their opponent for striking, fielding and net games. 	<ul style="list-style-type: none"> ▪ Perform skills with greater speed, fluency and accuracy in invasion, striking and net games. ▪ Understand, choose and apply a range of tactics and strategies for defence and attack.



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	<ul style="list-style-type: none"> Show good awareness of space and the actions of others. 	<ul style="list-style-type: none"> Use simple rules fairly and extend them to devise their own games. Identify that playing extended games improves their stamina. 	
ATHLETICS	Year 1/2	Year 3/4	Year 5/6
	<ul style="list-style-type: none"> Pupils will begin to link running and jumping. To learn and refine a range of running which includes varying pathways and speeds. Develop throwing techniques to send objects over long distances. Develop power, agility, coordination and balance over a variety of activities. Experience and improve on jumping 	<ul style="list-style-type: none"> Demonstrate agility and speed. Jump for height and distance with control and balance. Throw with speed and power and apply appropriate force. Using a variety of equipment, ways of measuring and timing, comparing the effectiveness of different styles of runs, jumps and throws. 	<ul style="list-style-type: none"> Sustain pace over short and longer distances such as running 100m and running for 2 minutes. Able to run as part of a relay team working at their maximum speed. Perform a range of jumps and throws demonstrating increasing power and accuracy. Apply strength and flexibility to a broad range of throwing, running and jumping activities.



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	for distance and height.		
CRICKET	Year 1/2 <ul style="list-style-type: none"> Pupils will have used a variety of balls, beanbags, bats and markers. Develop sending and receiving skills to benefit fielding as a team. Distinguish between the roles of batters and fielders. To developing hitting skills with a variety of bats. Practice feeding/bowling skills 	Year 3/4 <ul style="list-style-type: none"> To be able to adhere to some of the basic rules of cricket. To use basic skills with more consistency including striking a bowled ball. To develop the range of Cricket skills they can apply in a competitive context. 	Year 5/6 <ul style="list-style-type: none"> Collaborate with a team to choose, use and adapt rules in games. Recognise how some aspects of fitness apply to cricket, e.g. power, flexibility and cardiovascular endurance. Apply with consistency standard cricket rules in a variety of different styles of games. Use a range of tactics for attacking and defending in the role of bowler, batter and fielder.
INVASION GAMES	Year 1/2	Year 3/4	Year 5/6



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	<ul style="list-style-type: none"> ▪ Explore different ways of using a ball. ▪ Explore ways to send a ball or other equipment. ▪ To begin to participate in team games. ▪ Develop simple attacking and defending techniques. ▪ Pass and receive a ball in different ways with increased control. 	<ul style="list-style-type: none"> ▪ Handle a rugby ball with confidence. ▪ Evade attackers using footwork and body control. ▪ Use basic game principles of tag rugby and play within simpler rules. ▪ Implement rules and develop tactics in competitive situations. ▪ To increase speed and build endurance during gameplay. 	<ul style="list-style-type: none"> ▪ To combine basic tag rugby skills such as catching and quickly passing in one movement. ▪ To be able to select and implement appropriate skills in a game situation. ▪ To increase the power of passes so the ball can be moved quickly over greater distance. ▪ Choose and implement a range of strategies and tactics to attack and defend. ▪ Observe, analyse and recognise good individual and team performances.
HOCKEY	Year 1/2	Year 3/4	Year 5/6



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	N/A	<ul style="list-style-type: none"> ▪ To be able to consistently perform basic hockey skills such as dribbling and push pass. ▪ To implement the basic rules of hockey. ▪ To develop tactics and apply them in competitive situations. ▪ To increase speed and endurance during gameplay. 	<ul style="list-style-type: none"> ▪ Combine basic hockey skills such as dribbling and push pass. ▪ Select and apply skills in a game situation confidently. ▪ To increase power and strength of passes, moving the ball over longer distances. ▪ To choose and implement a range of strategies and tactics to attack and defend.
TENNIS	Year 1/2	Year 3/4	Year 5/6
	N/A	<ul style="list-style-type: none"> ▪ Play games using throwing and catching skills. ▪ Vary strength, length and direction of throw. ▪ Understand where to stand when receiving. ▪ Understand attack and defence tactics. 	<ul style="list-style-type: none"> ▪ Hit the ball in the court away from opponent, howto outwit them using speed height and direction of ball. ▪ Know where to stand when attacking and defending.



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			<ul style="list-style-type: none"> Understand practices to help with precision and consistency and speed
ROUNDERS	Year 1/2	Year 3/4	Year 5/6
	N/A	<ul style="list-style-type: none"> To be able to play simple rounders games. To apply some rules to games. To develop and use simple rounders skills. Identify different positions in rounders and the roles of those positions. 	<ul style="list-style-type: none"> Collaborate with a team to choose, use and adapt rules in games. Recognize how some aspects of fitness apply to rounders, e.g. power, flexibility and cardiovascular endurance. Apply rounders rules consistently in conditioned games. Use a range of tactics for attacking and defending in the role of bowler, batter and fielder.
KS1 OAA	Year 1/2	Year 3/4	Year 5/6



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	<ul style="list-style-type: none"> To begin to work with others to solve problems. To begin to lead others and be led. <p>To begin to plan and refine strategies to solve problems</p>	N/A	N/A
MULTI SKILLS KS1	Year 1/2	Year 3/4	Year 5/6
	<ul style="list-style-type: none"> To begin to develop special awareness To begin to develop movement with a ball To begin to develop sending and receiving skills through throwing and catching. 	N/A	N/A