

Skill & Knowledge Progression



National Curriculum Aims and Purpose	Intent
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 that 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 - engage in competitive sports and activities - lead healthy, busy lives Attainment targets - By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.	Physical Education is a beautiful opportunity to develop the whole child. Children are entitled to a rich, broad and balanced PE curriculum. Through PE, children should develop behaviour and attitudes that will benefit them throughout school life and beyond. Children should - experience a broad range of activities through curriculum PE time, including gymnastics, dance, games, outdoor Education, athletics, and swimming. - Know how to stay fit, healthy, and active and enjoy doing so, choosing to engage in physical activity and sport in their own time. - Learn to win and lose, support others and be supported, showing sportsmanship and good character. - Work as part of a team towards a common goal as well as individually improving their performance. - Be allowed to be creative in a range of activities. - Play competitively, respecting officials and other players. - Develop spiritually, morally and culturally through diverse activities and opportunities. Quality physical Education can develop the whole child: - Strengthening thinking and decision-making skills - Building and increasing confidence and self-esteem - Developing character and resilience - Enhancing their commitment and desire to improve - Allowing opportunities for enjoyment, fun and to be free-spirited - Fostering feelings of safety and security

Links to Early Learning Goals	Cross-curricular Links
Personal, Social and Emotional Development - Show resilience and perseverance. Think about the perspective of others. Know and talk about the aspects that affect their overall health, such as regular exercise and healthy eating. Physical Development - Revise and refine fundamental movement skills such as rolling and jumping. Develop overall agility, balance, coordination, and strength. Develop small motor skills. Use their core muscle strength. Combine different movements with ease and fluency. Confidently and safely use small and large apparatus. Develop ball skills such as throwing for accuracy. Communication and Language - Listen attentively and respond, participate in discussions, express ideas, and feelings. Understanding the world - Draw information from a simple map. Describe what they see, hear, and feel outside. Expressive arts and design - Perform and try to move in time with music, move and talk about music. Watch and talk about dance. Develop storylines.	Maths - Using numbers, arithmetic, collecting, recording, and interpreting data, measuring, estimating, averaging, counting, using a clock, and digital readout. Literacy - Developing a broad vocabulary and using it in the correct context. Developing speaking and listening skills and describing, arguing, interpreting, and explaining. Music - Moving in response to music, recognising themes, genres, culture and stories linked to music through dance.

	EYFS	1	2	3	4	5	6
Sprinting	Move in different directions with control at speed.	Start to run quickly and stop with control, changing speeds whilst running.	Develop power and increase speed when sprinting by using quick feet.	Be able to combine running fast with flight to get over hurdles.	Refine sprinting technique to accelerate over shorter distances and maintain balance when running on a curve.	Run quickly to complete a leg of a relay race.	Correctly use the sprint start position to increase the rate of acceleration at the start of a race.
Distance Running	Recognise and perform with some control movements at different speeds.	Run over longer distances at a consistent speed without stopping. Work for sustained periods.	Use breathing techniques to improve endurance while running.	Able to vary running pace between fast, slow, and medium over extended periods.	Use the appropriate running technique to adjust speed when running longer distances.	Effectively pace a race over longer distances to avoid slowing down or stopping.	Work collaboratively with others to maximise the distance covered in a Parlauf relay with teammates.
Jumping	Begin by jumping short distances while maintaining control. Develop take-off and landing position for jumps.	Jump as far as possible with control using two-footed jumps from a standing start. Explore bounding.	Start to develop the strength to increase the distance jumped.	Use a smooth approach and run-up to maximise the jumping distance.	Experiment with various jumping techniques to assess their impact on the distance achieved.	Correctly mark out and use a run-up when performing a long jump.	Combine the three phases of a triple jump to maximise jumping distance.
Throwing	Begin to send and receive various objects with a partner.	Use the leading arm to throw.	Select the best throwing technique for different situations, showing power and control.	Throw a javelin with control and power using a pull throw.	Throw a discus with control and power using a sling throw.	Throw a shot with control and power using a push throw.	Throw an object with control and power using a heave throw.
Collaboration & cooperation	Cooperate with a partner to move through space.	Participate and complete in relay teams.	Show awareness of others when running in space.	Work as a team to score points across running, jumping and throwing activities.	Perform baton exchanges with a partner and the team.	Perform baton exchanges with a partner and the team within a restricted area.	Collaborate effectively in both a pair and team to run the quickest time possible
Competition	Co-operate with others in small group activities. Compete as a team to complete an obstacle relay.	Start to compete as an individual to beat their own personal best. Compete in a relay team.	Compete in different activities, trying to maximise points scored and improve performance.	Able to keep score when competing across a variety of activities.	Accurately measure and keep track of others' scores when competing in various activities.	Plan a variety of suitable events for others to compete based around running, jumping and throwing.	Work with others to select and apply the best technique to achieve a personal best in various events.

	EYFS	1	2	3	4	5	6
Sprinting	Know how to run quickly and safely.	Know the quickest way to move an object from one place to another.	Know why being aware of other people is essential when running at speed, and how quick feet help sprinting speed.	Know why you want to maintain pace while hurdling.	Know where to perform a baton exchange in a relay race.	Know what a leg of a relay race is and where to perform a baton exchange in a relay race.	Know why a crouch start to a sprint creates power.
Distance Running	Know when they might need to run for more extended periods of time.	Know how to change speed when running. Know what a lap is.	Know why we need to be able to run for sustained periods.	Know the importance of maintaining and changing pace when running over distances.	Know how to pace a run over longer distances.	Know why pacing a run over longer distances is important.	Know what a paralauff is and how it can improve running times over longer distances.
Jumping	Know why they should maintain control when jumping.	Know how to perform a two-footed jump. Know how to bound or stride to improve jumping height.	Know how to bound or stride to improve jumping height. Know how athletics skills can be used in different sports.	Know why a good approach can mean a more successful jump. Know different skipping techniques.	Know how to use a run-up to increase distance.	Know why marking out a run-up for the long jump can help improve distance.	Know how to combine the phases correctly for a triple jump.
Throwing	Know some basic techniques to send and stop different objects with control.	Know why you would use an overarm throw when throwing for distance.	Know when to use different types of throws and how exercises can improve strength for throwing.	Know how to use the pull-throw technique in javelin and the links between athletics and real-life skills (javelin/hunting).	Know what a sling throw is used for.	Know which event(s) a push throw is used in.	Know when you would use a heave throw. Know which throwing event they perform best at.
Collaboration & cooperation	Know what it means to cooperate with a partner.	Know how to work with others, such as waiting for your turn.	Know that they may experience a range of emotions when competing with and against others.	Know how to work as a team and use a tally to record their score.	Know the techniques for baton exchange and ways to work effectively together to perform efficiently.	Know how a positive mindset as a team helps when performing a task.	Know how to fairly distribute laps of the paralauff depending on confidence, fitness, speed and ability.
Competition	Know how to take turns.	Know why it is good to try to beat your personal best.	Know the three main types of events in athletics – running, jumping and throwing.	Know how to reflect on techniques to improve performance.	Know how to measure and track scores accurately in competitive events.	Know how to use the STEP principle to adapt an athletics event for others to compete in.	Know how to work with others to select and apply the best technique to achieve a personal best in various events.

	EYFS	1	2	3	4	5	6
Hitting	Move small objects using the dominant and non-dominant hands.	Explore different ways to send a ball/beanbag/balloon. Attempt to hit a ball.	Start to hit an object on both sides of the body.	Consistently hit a shuttle to different parts of the court using a forehand hit from a self-feed.	Hit a shuttle using forehand, backhand, and overhead hits somewhat consistently to different parts of the court.	Use quick reactions to hit the shuttle when close to the net consistently.	Use attacking shots such as the drop and smash shots confidently to try to score points.
Serving	Use a baton to steer objects.	Use a self-feed to hit balloons and balls with hand. Feed a ball for a partner to hit.	Self-feed a ball to a partner using a racquet. Use basic serving rules in a game.	Use a forehand hit from a self-feed.	Serve the shuttle with some consistency backhand.	Serving long and short with accuracy.	Serve in a doubles game using rotation of service.
Movement on Court	Stop, start, pause, prepare for and anticipate movement in a variety of situations.	Move into position behind an object to hit it.	Use agility to change direction quickly when moving about a court.	Move around the court with agility to try and return a shuttle.	Show good court positioning after each shot.	Use quick feet to move efficiently into the best position to return a shuttle.	Move around the court both in attack and defence without colliding with a partner during a doubles game.
Cooperation & Collaboration	Work and play, cooperate and take turns.	Feed an object for a partner to hit.	Start to work with a partner to hit a ball to another team.	Work with a partner to take part in a rally.	Work with others using effective communication to score points in a game.	Play with others to have some flow in a game, including keeping track of the score.	Use an offensive play rotation formation in a doubles game effectively.
Tactics	Participate in a variety of small group co-operative activities.	Track the pathway of a ball and move towards it to return.	Throw into space to make it difficult for an opponent to return.	Use both hard and soft hits to send the shuttle to different parts of the court.	Start to make it difficult for an opponent to return a shot by choosing where to hit the shuttle.	Use different service shot lengths to begin a point, making it difficult for the opponent to return.	Discuss and implement different defensive formations when playing a doubles game.
Rules & competition	Play games, take turns.	Play a basic rally with slow-moving objects (balloons, beach balls).	Use basic serving rules to start a rally.	Play a game with basic rules and simple court boundaries.	Play a game using basic serving rules.	Play and start to umpire a game using a scoring system.	Play and start to umpire a doubles game, including keeping track of the score during the game.

	EYFS	1	2	3	4	5	6
Hitting	Know different ways they can hit balls, beanbags and balloons.	Know how to track, stop and return a beanbag or ball in different ways.	Know which is their dominant and non-dominant side when hitting.	Know that different types of hits are needed to reach different court areas.	Know why shot consistency is important in an underarm forehand shot, backhand shot and overhead clear.	Know how quick reactions can benefit your gameplay.	Know when to use a smash shot and when to play a drop shot.
Serving	Know they can work with others to control balls and beanbags.	Know what it means to feed the ball.	Know what the term serving, service and serve mean in a game.	Know that you cannot serve overarm in badminton.	Know at least two different ways to serve the shuttle.	Know why you would vary your serve short or long in a game.	Know the basic service rotation principles in doubles play.
Movement on Court	Know different movement actions such as moving softly, quietly, quickly and powerfully.	Know why you would move towards the ball/shuttle/beanbag path.	Know the purpose of the ready position to receive a ball/balloon/shuttle.	Know where agility is used in badminton.	Know what good court positioning is after each shot.	Know what footwork means and its importance in play.	Know how to move around the court in attack and defence without colliding with a partner during a doubles game.
Cooperation & collaboration	Know how to take turns and move cooperatively in space, not interfering with others.	Know how to work with a partner to collect a ball and what it means to feed a ball.	Know how to work with a partner to hit a ball to another team.	Know why collaborating with a partner is essential in a cooperative rally.	Know what it is called when you play a badminton game with a partner, and other net/wall games with this feature (doubles).	Know how to use communication skills in adapted games like badminton volleyball. And why good comms is an advantage.	Know different defensive formations in a doubles game.
Tactics	Know simple tactical principles, such as shooting or aiming at a target to score points.	Know how to select where to hit a ball/balloon/shuttle to try and win a point.	Know where a long, high ball might go on a court and where a short, low ball might go on a court. Know what an attacking shot is in net/wall games.	Know how to use both hard and soft hits to send the shuttle to different parts of the court and why you aim to send the shuttle to different areas.	Know why you will be more likely to win by hitting shots to different areas of your opponent's court.	Know how to make it difficult for your opponent to score points and how to select different service shots to start a point.	Know why successful net play improves you as a player and know why communication is essential between doubles partners.
Rules & competition	Know basic rules of simple partner games or group activities, such as parachute game instructions.	Understand basic guidelines for playing a modified game.	Know the basic principle of court boundaries.	Know the purpose of boundaries.	Know basic serving rules and implement them in a game.	Know the basic boundaries of a singles court and why having an umpire improves a game.	Know some basic doubles rules and some aspects of the scoring system.

	EYFS	1	2	3	4	5	6
Sending and Receiving	Work with a partner to send, stop, and control different objects, including aiming a ball at a target.	Throw and catch a ball with a partner over a short distance, and bounce a ball to yourself while maintaining control	Send and catch a ball using a consistent underarm, overarm, and bouncing throw.	Throw and catch a ball under pressure in small-sided games.	Catch and throw a ball under pressure, with accuracy and control, from a defender in the triple-threat position.	Pass a ball quickly and accurately using a one-handed push pass to outwit defenders.	Pass the ball accurately to a teammate under pressure to start a fast break counterattack.
Attacking	Send an object with some power and control to get it past an opponent.	Start to aim and throw objects at a target to score points.	Score points by throwing into a target with some consistency.	Use a two-handed shooting technique. Work as a pair to use short passes to move to the net/target	Attempt a jump shot in a small-sided game under pressure from a defender.	Use a forward pass and the wing to build an attack. Attempt different shooting techniques to score.	Attempt 3-point shots with some success.
Defending	Block a rolling ball.	Start to use a basic defensive position to intercept/deflect a shot or pass.	Use the defensive position to intercept a pass in a small-sided game.	Use the defensive stance and work with teammates to regain possession.	Apply pressure to the opposition ball carrier to try to turn over possession.	Be able to apply the boxing-out technique to secure a rebound after a shot is taken.	Work with a partner to restrict the opponent's space as they try to build an attack.
Travelling	Keep themselves safe in running games. Stop safely. Move at different speeds and in different directions.	In isolation, move into a space to receive a pass.	Travel by bouncing a ball to yourself, keeping the ball under control.	Dribble under limited pressure with control in small-sided games and position yourself in space to receive a pass.	Use a crossover dribble with control and agility to quickly change direction to evade a defender in small-sided games.	Use a front pivot to move forward and change direction quickly during a small-sided game.	Use the retreat dribble technique to maintain ball possession and find a better attacking options while under pressure.
Tactics	Send and stop a ball or beanbag in a game, make decisions how to move balls to score points.	Co-operate and communicate with a partner to attack and defend during a game.	Recognise and move into space while working as a team to maintain possession in a small-sided game.	Look to 1) shoot, 2) pass, 3) dribble as a key invasion games tactic.	Move towards the ball to receive a pass and use basic defensive tactics like man-to-man marking.	Move strategically to create attacking space and implement tactics like quick forward passes to exploit space in small-sided games.	Work as part of a team to implement and evaluate the success of attacking and defensive tactics in games, including the V-cut technique.
Rules	Play a simple game with a partner, following basic rules, guided by an adult.	Play a small-sided game following simple rules.	Play within a defined area of a court.	Start games using a jump ball.	Play following more complex rules, such as what happens when a foul occurs.	Play using the concept of personal fouls.	Play, showing secure knowledge of the rules, including the free throw rule.

	EYFS	1	2	3	4	5	6
Sending and Receiving	Know some basic techniques to send and stop different objects with control.	Know key techniques to send a ball or object to a target accurately.	Know why you might need to control the ball in a more than one way.	Know the importance of using two hands for shooting in basketball.	Know how a bounce pass can outwit an opponent.	Know why it is important to be able to perform skills consistently under pressure.	Know the key elements of a successful fast-break counterattack.
Attacking	Know why you might want to send an object with more power.	Know why aiming at a target is important.	Know techniques to throw an object and knock over a target.	Know how to perform a two-handed shot to score baskets.	Know the reasons for a jump shot.	Know different techniques to shoot.	Know why a free throw is awarded.
Defending	Know why you might want to block a rolling ball.	Know why a defensive stance or position is needed.	Know when to intercept a pass and position their body when goalkeeping.	Know what defensive posture is and why we use it.	Know why defenders should put pressure on attackers.	Know why blocking is used in a game.	Know why working with a teammate or partner can restrict the opponent's space as they try to build an attack.
Travelling	Know when and why you might need to change direction.	Know why sideways movement is essential when defending a goal.	Know what It means to dribble with control and a range of sports in which dribbling is used.	Understand the key steps for basic dribbling and maintain possession while dribbling.	Know how to quickly change direction with a crossover dribble and effectively pass and move with a teammate.	Know what the term "ball carrier" refers to and when you would perform a pivot.	Know the purpose of a retreat dribble to maintain possession, driving to the basket with strength and coordination and how agility applies in basketball.
Tactics	Know how to work in small groups.	Know the basic principles of attacking and defending in an invasion game.	Know how to and why sending the ball forward to a teammate increases the team's chances of scoring.	Know the benefits of moving the ball forward in a pair, and why we always look to shoot before anything else.	Know the benefits of man-to-man marking and what the triple threat position is used for.	Know the importance of rebounding, and using forward passes, wing play, and box-out techniques to build attacks and recover rebounds.	Know what a counterattack is, the purpose of a v-cut, and the reasons for driving to the net.
Rules	Know basic rules to simple games.	Know the reasons why games have rules.	Know how to play a game using rules.	Know the key features of a jump ball to start/restart a game.	Know what a double-dribble violation is. Know other games that play with similar principles to basketball.	Know some basic rules of the game. Know what the 'wing' refers to on a basketball court.	Know how different points are awarded.

	EYFS	1	2	3	4	5	6
Hitting	Send an object by pushing with a baton.	Use a self-feed to hit a ball with hands.	Send a ball into space using hands, feet, bats, and racquets.	Attempt a straight drive to hit a ball along the ground.	Hit a ball with power and direction, attempting a range of shots, including the straight drive and pull shot.	Recognise when to use a forward defensive shot to block the ball from hitting the wickets when batting.	Hit a ball using an on-drive and score runs by hitting the ball past the bowler.
Bowling	Start to send different objects to a partner.	Use an underarm throw to feed the ball for a batter to hit. Hit from a cone.	Bowl a ball underarm with accuracy for a batter to hit, bowl in a game.	Bowl a ball underarm with accuracy to try and get a batter out.	Start to bowl using an overarm technique with some control.	Use the correct grip when bowling overarm for seam bowling.	Attempt short-pitch bowling to get a ball to arrive at the batter between the waist and head high.
Throwing and Catching in the Field	Start to send different objects to a partner. Attempt to throw and catch a variety of items.	Underarm throw and catch a ball with some consistency over a short distance.	Throw a ball quickly towards a base to try and prevent a batter from scoring.	Overarm throw across longer distances with power and control.	Accurately throw the ball overarm at a fielder near the wickets to prevent run.	Throw the ball quickly and accurately over short distances to get a batter out.	Show confidence to attempt a high catch when fielding.
Stopping the ball in the Field	Try to stop a rolling ball from getting past you. Retrieve objects.	Start tracking a ball and move into position to try to stop it. Stop ball/beanbag with feet.	Stop/collect a ball in the backstop/wicketkeeper position.	Use a long barrier technique to consistently stop a ball that is rolling along the floor.	Stop a rolling ball using a one-handed pick-up to be able to throw a ball quicker.	Field a rolling ball from different fielding positions to prevent runs from being scored.	Work with a partner to field a ball quickly back towards the wickets to limit runs scored.
Scoring Runs	Start to run quickly with some control. Stop, start, pause, prepare for and anticipate movement.	Run quickly between bases to score points. Attempt to hit into space.	Run quickly to score as many points as possible after each hit.	Run with a partner between wickets to score runs, keeping track of runs scored.	Start to anticipate when to run with a batting partner to try and increase the runs scored.	Use clear communication with a partner to call to complete runs.	Communicate with a batting partner to agree on the best way to score runs.
Tactics	Co-operate with others in small group activities.	Start to make choices about where to send a ball to maximise points. Work with others to restrict runs.	Work as a team to try and prevent batters from scoring points.	Implement simple tactics when fielding and batting to maximise their chance of winning.	Discuss the best fielding positions to try and reduce runs scored.	Begin to use specific fielding positions when 'setting a field', including a mid-on and mid-off.	Set different fields for batters to try and limit run-scoring, including a ring field and an attacking field.
Rules and competition	Play a simple game with a partner, following basic rules, guided by an adult. Repeat to improve.	Play small-sided games using simple rules.	Play a modified game, tracking points scored and lost during a game.	Play a game of pairs cricket using simple rules, including scoring boundaries.	Play a game of pairs cricket using rules, including losing runs if a batter is dismissed.	Play a game of pairs cricket using the rules, being able to umpire their games correctly.	Play and umpire a small-sided game of cricket by following the rules.

	EYFS	1	2	3	4	5	6
Hitting	Know ways to send an object by pushing with a baton.	Know how to hit a ball with their hand and a bat.	Know how to choose where to send the ball to maximise the chances of scoring a run.	Know how to move towards a delivered ball to hit it consistently, including a straight drive that travels along the floor.	Know when to attempt a pull shot when batting.	Know when to play a forward defensive shot when batting.	Know when to hit a ball using an on-drive and score runs by hitting the ball past the bowler.
Bowling	Know a range of techniques to send objects to a partner.	Know what a bowled ball/bowling is.	Know a ball can be bowled underarm.	Know why bowling with consistency in a game is necessary.	Know how to deliver an overarm bowl and why overarm delivery is used.	Know the correct grip for the ball and why it is needed to bowl overarm.	Know what short-pitch bowling is and when you might use the technique as a bowler.
Throwing and Catching in the Field	Know different ways to send/throw and techniques to catch.	Know the principles of catching in a game.	Know the main role of a wicket keeper/backstop.	Know when to use an overarm throw.	Know how an accurate throw overarm at a fielder near the wickets can prevent a run.	Know why throwing the ball quickly and accurately over short distances can assist in getting a batter out.	Know why it is important to be able to catch a high ball when fielding.
Stopping the ball in the Field	Know ways of stopping a rolling ball from getting past you.	Be able to decide where to stand when fielding to be able to intercept the ball.	Know ways to restrict batters' runs.	Know when to use a long barrier to stop a moving ball and why a long barrier is effective.	Know techniques to stop a bouncing ball when fielding.	Know which is the off-stump when keeping wicket.	Know when and why you would work with a partner in the field to limit runs scored.
Scoring Runs	Know the reasons why you might want to run quickly. Know how to stop safely.	Know how to score points in striking and fielding style games.	Know some different hitting techniques to increase scoring opportunities.	Know what it means to anticipate when to run with a batting partner.	Know how to score single runs.	Know how to judge and call for a run when batting with a partner.	Know the best way to communicate with a batting partner to agree on the best way to score runs.
Tactics	Know how to co-operate with others in small group activities.	Know the importance of teamwork and collaboration when fielding.	Know how to judge your running pace to score a run.	Know how the wicketkeeper supports the fielding team.	Know what a fielding position is and how it can help restrict runs.	Know what the on and off side of the field refers to.	Know how to set a ring field and an attacking field.
Rules and competition	Know the basic rules of simple games. Can compete against themselves.	Know how to play striking and fielding game using basic rules. Know what competition is.	Know how to play using some basic rules. Know that there are two types of teams in striking and fielding, batters and fielders.	Know simple rules of pairs cricket, including scoring boundaries. Play in a round-robin competition.	Know where the crease is and its purpose in a game.	Know what a run-out is. Use mid-on and mid-off fielding positions in a game.	Know how to play and umpire a small-sided game of cricket by following the rules.

	EYFS	1	2	3	4	5	6
Movement and actions	Can demonstrate a range of jumps, turns, travel and stillness.	Can copy or mirror movements with some accuracy.	Can demonstrate co-ordination and accuracy in their movements.	Can recall and repeat movement phrases from memory.	Can demonstrate control and precision to refine the quality of their movements.	Can refine their movements and apply stylistic features to different dances.	Can combine physical skills and techniques to produce well executed work.
Performance	Can share a short dance with an audience.	Can perform showing some meaning behind simple dance ideas.	Can apply facial expressions and respond to the music.	Can use focus in a performance and respond appropriately to different types of music.	Can select and apply some performance skills to suit the intent of the dance.	Can perform confidently with an awareness of aesthetics.	Can perform with a range of expressive skills and a growing sense of artistry.
Composition and choreography	Can respond to simple stimuli.	Can select appropriate movements and apply simple choreographic relationships, e.g. leading and following, mirroring.	Can apply spatial and dynamic choices to communicate their dance idea and apply unison and canon.	Can order their ideas to structure a simple dance.	Can produce a range of ideas to select from and refine them by applying a combination of spatial, dynamic and relationship variations.	Can use transitions effectively to create a well-structured dance that communicates clear intention.	Can craft a short dance using choreographic devices. Can dance in a duet, showing intention.
Collaboration	Can listen to others.	Can share some ideas and listen to the ideas of others.	Can contribute some ideas to others and respond to their suggestions.	Can contribute ideas regularly and respond positively to the suggestions of others.	Can contribute ideas regularly and respond effectively and sensitively to the ideas of others.	Can respond constructively to the ideas of others and combine ideas together.	Can contribute a range of original ideas and collaborate with others to improve the standard of the work.
Understanding and appreciation	Can name major body parts and simple actions.	Can identify the actions of others and specify the body parts used.	Can describe the action, space and dynamics of a dance and offer some interpretation.	Can describe the action, space, dynamics and relationships used in a dance and offer a reasoned explanation.	Can describe and interpret the action, space, dynamics and relationships used in a dance with insight, giving justifications.	Can describe and interpret the action, space, dynamics and relationships used in a dance with insight, giving well-reasoned justifications using dance vocabulary.	Can describe and interpret in detail the action, space, dynamics and relationships used in a dance and relate it to the intention, giving perceptive justifications using appropriate dance vocabulary.
Analysis	Can share what they enjoyed about a dance and listen to feedback.	Can identify why they enjoyed a dance and respond to feedback.	Can offer feedback and make some changes to their work in response to suggestions.	Can offer and receive constructive feedback.	Can frequently offer constructive feedback and make some improvements to their own work.	Can frequently offer detailed feedback on the strengths and weakness of the work and make a range of improvements to their own work.	Can offer detailed analysis and thoroughly evaluate and improve the effectiveness of their own work.

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Movement and actions	Know that movement and action can represent real-world objects by mimicking their shapes & motion	Know how to travel over, under and around.	Know how to use expressions and that actions can show emotion.	Know how to demonstrate character through actions and movement.	Know how gestures, jump, turns and balance can help us convey a character.	Know how to change actions and movements through the use of dynamics.	Know how to perform a range of different styles, such as Street Dance and Physical Theatre.
Performance	Know that a dance has a beginning, middle and end.	Know how to create actions to perform as a friendly character.	Know the difference between a whole-class performance and a duet.	Know ways to focus during a performance and to connect with the audience.	Know how to select and apply some basic performance skills.	Know what group patterns are and use them effectively in final performance.	Know features and devices that can help us perform with confidence.
Composition and choreography	Know that they can tell a story through their performance.	Know how to create a short movement phrase.	Know the basic principles of dynamics in dance and give two examples.	Know what a duet is and what it means to perform using action and reaction.	Know what formations and canon are and use them in trio. Know what trio means.	Know how to communicate a theme through choreography.	Understand how devices such as contrast and relationships enhance the interest of a composition.
Collaboration	Know that listening, waiting and responding help us work with others.	Know how it feels to dance with a group.	Know what canon is and how to use it in a simple dance phrase.	Know why unison is essential when performing as a whole class.	Know how to improvise within a group to build and create a dance phrase.	Know how to collaborate with others to enhance their performance and contribute effectively to the group.	Know how to work safely with a partner to perform balances, lifts and contact work.
Understanding and appreciation	Know what they enjoy about their own dancing. Know what they enjoy in their partner's dance.	Know what type of actions are used in a Lindy Hop dance and where the style originated.	Know how to identify different elements of a dance and offer feedback.	Know how to respond to a range of narratives and appreciate how dance can bring stories to life.	Know how to link sections of dance together and appreciate effective transitions.	Recognise that different cultures have distinct dance styles and comment on the similarities and differences.	Know how to show two sides of a narrative through theme and movement and discuss opposition in stories.
Analysis	Know the actions that make up a dance phrase and suggest or show ways to make a changes to an action(s).	Know how to give/show responses to basic feedback.	Know what accuracy looks like in a dance and when effective facial expression was used.	Know what the term constructive feedback means, how to offer and receive constructive feedback.	Know how to communicate their ideas sensitively and effectively.	Know and identify strengths and weaknesses in their own performance and look to improve.	Know how to evaluate their own and others' performance and offer suggestions for refinement and improvement.

	EYFS	1	2	3	4	5	6
Throwing	Send and stop different objects with a partner.	Coming soon	Coming soon	Throw with accuracy and power to eliminate an opponent.	Select the best release point when throwing the ball at the opposition.	Pick up and collect a ball efficiently and throw it with accuracy.	Improve throwing accuracy aiming at different areas of the body.
Catching	Travel with some control & coordination. Show some agile movements.	Coming soon	Coming soon	Anticipate and catch a quick ball.	Be able to perform a tunnel catch and attempt it in a game.	Perform a snatch catch effectively and attempt it in a game.	Be able to perform a parry catch and attempt in a game if the situation arises.
Dodging	Send a ball towards a target.	Coming soon	Coming soon	Develop and use basic dodging skills such as a sidestep.	Attempt to dodge by ducking and jumping.	Develop smaller dodging skills, such as upper and lower body weave, leg lift, and attempt them in a game.	Develop leap and dive techniques and aim to outwit opponents with the fake duck and leap technique.
Blocking	Move to receive a ball.	Coming soon	Coming soon	Block and oncoming ball to defend themselves.	Attempt to block the ball to defend a teammate.	Practice the block-and-catch tactic in isolation and attempt it in a game.	Develop and apply defensive formations to block and defend as a team.
Tactics	Try to stop a rolling ball from getting past you.	Coming soon	Coming soon	Decide whether it is best to attempt a catch or to dodge the ball.	Work with their team to perform tactical team throws.	Use counterattack tactics in a game.	Play as the 'last person' standing on the court and use skills to bring teammates back on.
Rules and competition	Play a simple game with a partner, following basic rules, guided by an adult.	Coming soon	Coming soon	Be able to apply key skills and rules in a dodgeball style game. Work as part of a team to eliminate opponents	Play using more rules, including playing with the return line.	Be able to apply the hand-up rule in a modified game consistently. Implements tactics in a game	Play in a game using more complex rules including the Multiple Play Rule. Evaluate key components of their game.

	EYFS	1	2	3	4	5	6
Throwing	Know some basic techniques to send different objects with control.	Coming soon	Coming soon	Know why it is an advantage to be able to anticipate a throw from the opposition.	Know the three main release points when throwing in dodgeball.	Know why efficient picking up of the ball is an advantage in dodgeball.	Know what a pro is and what a con is, and be able to give examples in a dodgeball throwing context
Catching	Know what it means to catch and some games where catching skills are used.	Coming soon	Coming soon	Know what happens to the thrower when a clean catch is made by the opposition.	Know what a tunnel catch is and why it's effective	Know the key benefits of a snatch catch	Know a situation in which you would use a parry catch
Dodging	Know when and why you might need to change direction.	Coming soon	Coming soon	Know how dodging effectively keeps you 'in' the game.	Know when to execute a duck or jump dodge based on the height of a throw.	Know the key features of a lower and upper body weave and a leg lift dodge.	Know a range of more advanced dodging skills, such as the dive
Blocking	Know what it means to stop or block a rolling ball.	Coming soon	Coming soon	Know the purpose of blocking in dodgeball.	Know why you would want to protect a teammate	Know the tactical advantages of catching a blocked ball.	Know that a wall is a defensive formation
Tactics	Know how to work in small groups.	Coming soon	Coming soon	Know what the term 'outbox' refers to and how to re-join the game after elimination.	Know why a team throw is considered a tactic in a dodgeball game	Know how to counterattack in dodgeball	Know what you must attempt to do as the last player standing
Rules and competition	Know the basic rules of simple games	Coming soon	Coming soon	Know what the term elimination means.	Know the rules regarding the return line on a dodgeball court.	Know the three main reasons the hand-up rule exists.	Know and apply the Multiple Play Rule

	EYFS	1	2	3	4	5	6
Sending and Receiving	Kick a ball using both feet with some control.	Kick a ball to a partner over a short distance with some accuracy.	Use harder and softer kicks to send a ball over varying distances with some control and accuracy.	Use the foot's instep to send a ball over shorter distances accurately and unchallenged.	Send the ball over longer distances with accuracy and control, starting to pass the ball whilst moving.	Send and receive the ball in space, combine running with the ball and passing into space.	Devise a drill that develops the skill of passing, receiving and attacking in pairs.
Attacking	Send a ball towards a target.	Aim at a target to score points.	Score points by aiming at a target with some consistency.	Use a basic shooting technique to aim at a target with power. Use short passes to keep possession of the ball as a team.	Set up a teammate to shoot. Send the ball over longer distances to build an attack.	Use the One, Two shooting technique in isolation and attempt it in a game.	Use power and accuracy to shoot a penalty kick. Pass the ball accurately to create a shooting opportunity.
Defending	Stop a ball or beanbag travelling over a line. Play in a pair or team to stop beanbag from crossing the line.	Start to use a basic defensive position to intercept a pass or block a shot.	Work as an individual to intercept passes from the opposing team.	Work collaboratively to intercept a pass in small-sided games.	Take possession from an opponent by using front and goal-side marking or a standing tackle.	Use goal-side and front marking and a standing tackle in small-sided games with consistent success.	Play the role of the covering defender with some success in isolation and in a game situation.
Travelling	Start to run quickly with some control. Stop, start, pause, prepare for and anticipate movement.	Travel with a ball with some control and coordination.	Travel with a ball at different speeds showing some control and coordination.	Dribble the ball using the outside of the foot with control.	Dribble the ball up the pitch with control. Combine dribbling and passing.	Dribble quickly, attempting skills like a stepover to turn, change direction, and beat a defender.	Use a broader range of skills while under pressure to outwit a defender.
Tactics	Cooperate with others in small group activities.	Cooperate and communicate with a partner to attack and defend during a game while recognising and moving into space to receive a pass.	Work as part of a team to keep possession of a ball during a small-sided game. Move quickly into a space after passing a ball to be able to receive it back.	Work as part of a team to move the ball forward to attack the opponent's goal. Identify and move into a space in a small-sided game to be ready to receive a pass.	Begin discussing and implementing basic tactics for building an attack as a team. Move towards the player with the ball to receive a pass.	Discuss, create, and implement a team formation to use when playing competitive games. Move around a pitch to create space during a game.	Evaluate the success of attacking and defensive tactics during small-sided games. Work with teammates to create space for scoring opportunities.
Rules and competition	Play a simple game with a partner, following basic rules, guided by an adult.	Play in a small-sided game in small following simple rules.	Play in a defined area of a pitch.	Play showing good sportsmanship throughout. In a game Look to 1 shoot, 2 pass, 3 dribble.	Play following more complex rules. Incorporate skills into a round robin comp, such as trapping the ball.	Play, implementing knowledge of the rules throughout.	Referee a small-sided game following a set of rules. Work cooperatively in a comp to implement tactics.

	EYFS	1	2	3	4	5	6
Sending and Receiving	Know how to kick a ball using both feet. Know what it means to pass the ball.	Know different ways to send and receive a ball, such as throwing and catching, kicking, striking, etc.	Know key ball control techniques, and sports that use feet for control.	Understand when to use the inside of the foot to send the ball, when to apply a trap to stop it, and the key steps to cushioning a ball when receiving a pass.	Know how to pass accurately over a longer distance, and the importance of accurate passing.	Know the benefits to the team of a player being able to pass on the move, and a range of ways to stop a bouncing ball.	Know why it is so essential to keep control of the ball under pressure.
Attacking	Understand how to kick a ball with some power to try and get it past an opponent.	Know games in which you score by hitting a target or scoring in a goal or net.	Know techniques to knock over a target.	Know when to use basic shooting technique (laces) to aim at a powerful target.	Know why setting up a teammate to shoot is vital in football.	Know when and how to use the One, Two shooting technique.	Determine which player is in the best position to shoot.
Defending	Know some ways to block or stop a rolling ball or sliding beanbag.	Know why a defensive stance or position is needed.	Know what it means to intercept a pass. Know what the role of a goalkeeper is.	Know how to work collaboratively to intercept a pass in small-sided games. Know why interception is a key skill to develop.	Know the difference between front-side and goal-side marking and how to use the standing tackle technique.	Distinguish between when a team is in possession of the ball and when it is lost. Know some movements to defend against the step over.	Know what it means to restrict your opponent's space and some techniques to do this.
Travelling	Know the reasons why you might want to run quickly. Know how to stop safely.	Know why moving sideways is necessary to defend a goal.	Know what it means to dribble with control, and the range of sports in which dribbling is used.	Understand the purpose of dribbling in football and when to use it.	Know what it means to 'run onto the ball' and why you should do this.. Know close control is essential for dribbling.	Know techniques to beat defenders by turning and changing direction, including a stepover.	Know how to use a broader range of skills while under pressure to outwit a defender.
Tactics	Know how to co-operate with others in small group activities.	Know the basic principles of attacking and defending in an invasion game.	Know how to and why sending the ball forward to a teammate increases the team's chances of scoring	Know why ball possession is essential in a game and why players moving into space to receive a pass helps.	Know why passing on the move is vital in football.	Know the tactical benefits of running quickly with the ball. Know what is best to do after a running with ball; pass or shoot.	Know when and how to work with a teammate to create a scoring opportunity and when a covering defender is needed.
Rules and competition	Know basic rules to simple games. Can compete against themselves.	Know the reasons why games have rules.	Know how to play a game according to its rules. Know how points are scored in invasion games.	Know how to play and compete, showing good sportsmanship throughout.	Know how to follow more complex rules. Evaluate and adapt as a team in a competition.	Know how to play with and adhere to modified football rules. Play within boundaries.	Know when a penalty kick is awarded and the rules surrounding the kick. Know how to consistently apply rules in competition.

	EYFS	1	2	3	4	5	6
Travelling	Travel with some control and coordination. Show some agility by changing direction at speed.	Travel on and off apparatus using different methods of travel, showing control and coordination.	Travel with control and balance by taking weights on hands.	Start to modify travelling actions using pathways, direction and shapes.	Include changes of direction and speed whilst travelling, maintaining control throughout.	Travel at different levels, directions and speeds across creative pathways.	Use a wide range of travelling actions showing skill and consistency.
Rolls	Attempt simple rolls, such as log and egg rolls, with some body tension and control.	Perform different rolls with body tension and control in isolation and sequence.	Perform a teddy roll with good form and body tension and control.	Link different rolls smoothly into a short sequence, showing extension and tension.	Perform a range of rolls in a sequence, changing directions and pathways whilst maintaining good control.	Perform an asymmetric roll, such as an over-the-shoulder roll, as part of a sequence with control.	Link different actions smoothly using a range of different rolls, showing excellent body control throughout.
Balances	Balance in some simple shapes, with some bodily control.	Balance in different shapes on large and small body parts with good body tension and control.	Perform a range of shapes in balance, showing flexibility and control.	Perform more challenging balance shapes with a greater range of flexibility and extension.	Perform a range of symmetrical and asymmetrical balances, showing tension and flexibility in isolation and sequence.	Work safely with a partner to perform a range of counterbalances.	Show strength, control and flexibility in a range of partner balances.
Flight	Jump and land safely using the 'magic chair' technique.	Perform a quarter and a half-turn, show shape in jumps.	Use power and control in jumps.	Perform powerful jumps from low apparatus.	Apply compositional ideas to jumps.	Link half or full-turn jumps with a roll, creatively in a partner sequence.	Use jumps to safely create flight, both on and off a variety of apparatus.
Weight on Hands	Start to take some weight on hands for a short period of time.	Take and hold weight on hands with some control, travel on hands.	Take weight on one hand, adding twisting actions.	Take weight on hands to mount different pieces of apparatus with control.	Perform weighted bunny hops with control.	Attempt a cartwheel or cartwheel progressions and show control.	Be able to take weight on hands when vaulting over apparatus.
Sequences	Link some simple 'like' actions to create a short sequence as an individual.	Use compositional ideas such as canon and unison in a sequence.	Create a short sequence flow showing smooth transitions.	Create a group sequence on the apparatus with contrasting actions.	Use a range of compositional ideas to create and perform a sequence with precision.	Create longer, more complex sequences using a range of dynamics and compositional ideas.	Create a group sequence that incorporates a wide range of more complex actions.
Giving Feedback	Give simple guided feedback on quality of actions in a whole class setting.	Give partner simple feedback on their sequence.	Give feedback on some basic performance qualities in a sequence.	Identify what went well and what could be improved in a sequence.	Start to judge others' performances using a simple judging system.	Judge and give specific, constructive feedback using positive language.	Develop and use their own set of judging standards to judge others.

	EYFS	1	2	3	4	5	6
Travelling	Know how to travel with some control, coordination and agility.	Know a variety of ways to travel on their feet, including those that can be performed at different levels.	Know when a relevé walk might be used.	Know why you should show extension in travel actions.	Know how to include changes of direction and speed whilst travelling, maintaining control throughout.	Know what a pathway is in a gymnastics context and why it is used.	Know a wide range of travelling actions and suggest how they can be used most appropriately.
Rolls	Know what body extension and tension mean when rolling.	Know the difference between a rock and a roll.	Know how to perform a teddy roll with good form, body tension, and control.	Know how to use rolls effectively in a sequence with good extension.	Know how to modify partner sequences to perform rolls using compositional ideas such as unison and pathways.	Know what an asymmetric roll is and be able to use them in interesting ways in a sequence.	Know how to link different actions smoothly using various rolls, showing excellent body control throughout.
Balances	Know what it means to balance and control the body.	Know some of the fundamental gymnastic shapes, including a range of recognised large and small body part balances.	Know and name several point and patch balances/shapes, including a straddle and a long-sit technique.	Know what it means to show extension in a shape through improving body tension, including in a japana and half lever.	Know how to safely bear weight on their shoulders and upper back, and why strength is important to maintain balance.	Know what counterbalance means and why strength and flexibility are essential to perform a bridge.	Know a range of partner balances and the importance of the role of base and flyer.
Flight	Know why it is important to land safely and some of the key features of the 'magic chair' technique.	Know how to take off, jump and land from a run-up. Know why you would use shapes in flight, e.g. star jump.	Know why power is needed in more complex jumps, like straddle jumps.	Know how to exert power in a jump. Know how to define what a bounce is.	Know key gymnastics movements and actions that require strength to perform well.	Know how to bring creativity to a sequence through linking half or full-turn jumps with a roll.	Know how to adapt their knowledge and understanding of canon to a more complex flight sequence.
Weight on Hands	Know how to take some weight on hands for a short period of time.	Know how to take and hold weight on hands and how they can control themselves.	Know why taking weight on hands is a fundamental skill for gymnastics.	Know how to safely take weight on hands to mount different pieces of apparatus.	Know gymnastics actions that require weight on hands, including the steps to a weighted bunny hop.	Know the key steps to link two cartwheels together, and know why a round-off is a more complex skill.	Know the importance of hand placement for vaulting.
Sequences	Know what 'like' actions are and how to link them to create a short sequence as an individual.	Know the key differences between unison and canon and how to use them in a create a short gymnastics sequence.	Know why good rhythm and flow are important in a sequence and simple techniques to aid smooth transitions.	Know how to use unison effectively with a partner and group and how to move in and out of shapes fluently.	Know what the word composition means in relation to gymnastics, and know the five compositional ideas.	Know a range of ways to bring symmetry and asymmetry to partner work.	Know how to adapt canon to more complex sequences, and criteria such as time limits.
Giving Feedback	Know how to give simple guided feedback on quality of actions to whole class.	Know how to give a partner simple feedback on their sequence.	Know how to give feedback on some basic performance qualities in a sequence.	Know how to identify what went well and what could be improved in sequence.	Know how to judge a gymnastics sequence using simple criteria.	Know how to give thoughtful and constructive feedback.	Know how to identify examples of better work and use this knowledge to improve.

	EYFS	1	2	3	4	5	6
Sending and Receiving	Send and stop different objects with a partner.	Throw and catch a ball over a short distance.	Send and catch a ball using a consistent underarm, overarm, and bouncing throw.	Throw and catch a ball using the ready position under pressure in a game.	Catch and protect the ball and pass it accurately under pressure from a defender.	Use a pivot to create a space to send a pass or shoot.	Pass the ball quickly and accurately to a teammate under pressure to start a fast-break counterattack.
Attacking	Send a ball towards a target	Start to aim and throw objects at a target to score points.	Score points by throwing and hitting a target with some consistency.	Score points by throwing a ball into a goal, both opposed and unopposed.	Use an overarm shooting technique in a 7m-throw.	Shoot using the jump shot technique.	Have success using a variety of different shots under pressure in small-sided games.
Defending	Try to stop a rolling ball from getting past you.	Start to use a basic defensive position to try to intercept a pass.	Use the defensive position to intercept a pass in a small-sided game.	Use the defensive stance and work with teammates to regain possession.	React quickly to get into a defensive position when possession is lost.	Play as a goalkeeper, moving quickly to prevent goals from being scored.	Work with your team to defend the goal, preventing attackers from taking clear shots.
Travelling	Travel with some control and coordination. Show some agile movements.	Travel with a bouncing ball, showing some control and coordination.	Travel and change direction while keeping a bouncing a ball under control.	Use a basic dribbling technique to move around a court using the 3-step rule.	Move the ball forward up the court by dribbling with control.	Dribble successfully using the double-dribble fault rule.	Keep control and possession of the ball when pressured by a defender.
Tactics	Move to receive a ball.	In isolation, move into a space to receive a pass.	In a small-sided game, recognise and move into space.	Identify and move into a space in a small-sided game to be ready to receive a pass.	Move and catch a ball as a 'circle runner' to create space for a shot to be taken.	Pass and move around the 'D' to try and create a shooting opportunity.	Show patience passing the ball around the 'D' and keep possession.
Rules	Play a simple game with a partner, following basic rules, guided by an adult.	Play a small-sided game following simple rules.	Play within a defined area of a court.	Play with the 3-second, 3-step and 3m rules.	Play with more complex rules, such as the obstruction and 7m-throws.	Play using the double-dribble fault rule.	Play showing knowledge of the rules with competitiveness and refereeing their games throughout.

	EYFS	1	2	3	4	5	6
Sending and Receiving	Know some basic techniques to send and stop different objects with control.	Know key techniques to send a ball or object to a target accurately.	Know key ball control techniques, including when you might use a bounce pass.	Know how to show they are ready to receive the ball. Know when to use different passes in different situations.	Know why you should protect the ball after catching it.	Know a variety of ways to stop a bouncing ball.	Know why patience is essential when attacking around the 'D'.
Attacking	Know why you might want to send an object with more power.	Know why aiming at a target is important.	Know techniques to throw an object and knock over a target.	Know how to score points by throwing a ball into a goal, both opposed and unopposed.	Know why you would shoot using the overarm technique.	Know why you might use a jump shot in a game.	Know why different shooting techniques help us perform under pressure in small-sided games.
Defending	Know how to block a rolling ball.	Know why a defensive stance or position is needed.	Know why you want to intercept the opponent's pass. Know how to position their body when goalkeeping.	Know what it means to intercept and draw links to this skill in other sports.	Know why it is necessary to react quickly to get into a defensive position when possession is lost.	Know techniques to defend the goal as a goalkeeper.	Know what it means to exploit a counterattack.
Travelling	Know when and why you might need to change direction.	Know why sideways movement is essential when defending a goal.	Know a range of sports in which dribbling is used. Know why control is needed when dribbling.	Know what the 3-step rule is in handball.	Know that a three-man weave is used in other sports and can give an example.	Know why pivoting when in possession of the ball gives a player options.	Know techniques to maintain control of the ball when pressured by a defender.
Tactics	Know how to work in small groups.	Know the basic principles of attacking and defending in an invasion game.	Know how to and why sending the ball forward to a teammate increases the team's chances of scoring.	Know what it means to build an attack. Know the main skills and tactics they have learned and analyse them to improve.	Know what to do when your team loses possession of the ball.	Know the role of a set play.	Know what screening is and other games it is used in. Know how to make decisions under pressure to benefit the team.
Rules	Know the basic rules of simple games.	Know the reasons why games have rules.	Know how to play a game using rules.	Know what the 3-second, 3-step and 3m rules are.	Know what a 7m throw is and when it is awarded. Know the rules of the throw-off to restart a game.	Know the double fault rule and sports with similar regulations.	Know and apply rules when dribbling.

	EYFS	1	2	3	4	5	6
Sending and Receiving	Send and stop an object with a baton.	Send and stop a ball sent by a partner over a short distance.	Send, track and stop a ball over varying distances with some control and accuracy.	Using a stick, send and stop a ball with accuracy and control.	Turn with the ball to then send the ball accurately using a push and slap pass. Control a ball using the reverse stick.	Use a sweep hit to send the ball 'first time'. Control the ball under pressure.	Move the ball tactically from a long corner or hit out using a pass or self-pass. Stop a ball hit over a longer distance.
Attacking	Send a ball towards a target.	Start to aim and send objects at a target to score points.	Score points by aiming into a target with some consistency.	Shoot with some accuracy at a target.	Attempt to shoot and score a goal in small-sided games.	Make a quick decision to attempt a shot on goal. Attempt a shot from a long corner.	Shoot from close range under pressure.
Defending	Try to stop a rolling ball from getting past you.	Start to use a basic defensive position to try and intercept a pass.	Start to work with others to try to stop an attacking team from scoring.	Use a defensive body position to be ready to tackle.	Work as part of a team to try to take possession from the opposing team.	Mark an attacker and use a block tackle to dispossess an opponent.	Use a 'banana' run to channel and attacker and force them away from the goal.
Travelling	Travel with some control and coordination, showing some basic agility.	Travel with a ball with some control and coordination.	Travel with a ball at different speeds with some control and coordination.	Use the flat side of the stick to dribble the ball, keeping close control.	Use a straight dribble to move the ball forward.	Drag the ball from left to right across the body whilst dribbling.	Use an Indian dribble to try and outwit a defender.
Tactics	Move to receive a ball and co-operate with others in small group activities.	Co-operate and communicate with a partner to attack and defend during a game.	Work as part of a team to keep possession of the ball during a small-sided game.	Work as part of a team to move the ball forward to attack the opponent's goal.	Move with speed into space to receive a pass and be able to use a range of passes to build an attack.	Move around the 'D' to create attacking space during small-sided games. Discuss and implement tactics and set plays in competitive games.	Create scoring opportunities as a team from set plays such as long corners.
Rules	Play a simple game with a partner, following basic rules, guided by an adult.	Play a small-sided game in small groups following simple rules.	Play in a defined area of a pitch.	Play a small-sided game with basic rules, including using the no-contact-with-foot rule.	Play following more complex rules, such as no contact with the back of the stick.	Play implementing knowledge of the rules throughout.	Play a game with more complex rules, including long corners and hit outs.

	EYFS	1	2	3	4	5	6
Sending and Receiving	Know some basic techniques to send and stop different objects with a partner.	Know key techniques to send a ball or object to a target accurately.	Know key ball control techniques including when you might pass the ball.	Know how to stop a moving ball. Know the anatomy of a hockey stick.	Know when to perform a push and slap pass. Know the benefits of using reverse stick.	Know what type of pass you would make into the D. Know what it means to contact the ball 'first time'.	Know how to move the ball tactically from a long corner or hit out using a pass or self-pass.
Attacking	Know why you might want to send an object with more power.	Know why aiming at a target is important.	Know techniques to send an object and knock over a target.	Know how to score points by pushing a ball into a goal, both opposed and unopposed.	Know techniques to shoot and score a goal in small-sided games.	Know how to make quick decisions to attempt a shot on goal, including from long corners.	Know how to shoot from close range.
Defending	Know how to block a rolling ball.	Know why a defensive stance or position is needed.	Know why you want to intercept the opponent's pass. Know how to position their body when goalkeeping.	Know how to perform the defensive body position and how to hold the stick.	Know how to work as part of a team to take possession from the opposing team.	Know why you would use a block tackle, and where to position yourself when marking.	Know what the benefits of goal-side marking are and in what other sports it's used.
Travelling	Know when and why you might need to change direction.	Know why sideways movement is essential when defending a goal.	Know a range of sports in which dribbling is used. Know why control is needed when dribbling.	Know when you would dribble the ball.	Know when and why players use a straight dribble. Know why you need to be able to turn with the ball.	Know why you might need to dribble with one hand.	Know when you would use an Indian dribble.
Tactics	Know how to work in small groups.	Know the basic principles of attacking and defending in an invasion game.	Know how to and why sending the ball forward to a teammate increases the team's chances of scoring.	Know other invasion games where you would pass into space.	Know why it is important to move with speed into space to receive a pass.	Know what a drag is and a situation in which it can be used.	Evaluate the success of attacking and defensive tactics during games. Know why you would use a banana run to force the attacker wide.
Rules	Know the basic rules of simple games.	Know the reasons why games have rules.	Know how to play a game using rules.	Know what happens if the ball hits a player's foot.	Know why playing with rules is essential.	Know how to play and implement the rules with consistency.	Know where to play a long corner from and when a hit-out should be awarded.

	EYFS	1	2	3	4
Sending and Receiving	Send and stop an object with a baton.	Send and stop a ball sent by a partner over a short distance.	Send, track and stop a ball over varying distances with some control and accuracy.	Throw and catch underarm and pass over longer distances to be ready to pass, shoot or run.	Follow a pass to create space for teammates, catch a ball, and turn quickly into space.
Attacking	Send a ball towards a target.	Start to aim and send objects at a target to score points.	Score points by aiming into a target with some consistency.	Thinking quickly, always looking to shoot first.	Shoot from close range with power and accuracy.
Defending	Try to stop a rolling ball from getting past you.	Start to use a basic defensive position to try to intercept a pass.	Begin to work with others to try and stop an attacking team from scoring.	Start to get into good defensive positions to intercept a pass.	Work as part of a team to try to take possession from the opposing team.
Travelling	Travel with some control and coordination, showing some basic agility.	Travel with a ball with some control and coordination.	Travel with a ball at different speeds with some control and coordination.	Run with the ball.	Run with the ball under pressure.
Tactics	Move to receive a ball and co-operate with others in small group activities.	Co-operate and communicate with a partner to attack and defend during a game.	Work as part of a team to keep possession of the ball during a small-sided game.	Work as part of a team to use a variety of passes to build an attack on the opponent's goal.	Receive the ball and turn into space to get free from pressure. Use the correct throw to maintain possession and build an attack.
Rules	Play a simple game with a partner, following basic rules, guided by an adult.	Play a small-sided game in small groups following simple rules.	Play in a defined area of a pitch.	Play a small-sided game with basic rules, including using the no-tackling rule.	Play following more complex rules, such as allowing players behind a goal.

	EYFS	1	2	3	4
Sending and Receiving	Know some basic techniques to send and stop different objects with a partner.	Know key techniques to send a ball or object to a target accurately.	Know key ball control techniques.	Know how to hold the stick to throw and catch underarm and overhand throws effectively.	Know how to turn after catching a ball.
Attacking	Know why you might want to send an object with more power.	Know why aiming at a target is important.	Know techniques to send an object and knock over a target.	Know why it is important to always look to shoot first. Know some strategies for building an attack.	Know how to shoot accurately with power. Know why possession is so crucial in invasion games.
Defending	Know how to block a rolling ball.	Know why a defensive stance or position is needed.	Know why you want to intercept a pass. Know body positioning when goalkeeping.	Know what a good defensive position is to intercept a pass.	Know how to work as part of a team to try to take possession from the opposing team.
Travelling	Know when and why you might need to change direction.	Know why sideways movement is essential when defending a goal.	Know when you would look to run with the ball.	Know when you would use the shovel technique.	Know the similarities between running with the ball and dribbling in other invasion games.
Tactics	Know how to work in small groups.	Know the basic principles of attacking and defending in an invasion game.	Know how to and why sending the ball forward to a teammate increases the team's chances of scoring.	Know why players move into space to receive a pass. Know why good communication makes your team more effective.	Know techniques to create space in the game. Know why pacing your running is vital in invasion games.
Rules	Know the basic rules of simple games.	Know the reasons why games have rules.	Know how to play a modified lacrosse game using the rules.	Know how to play with the no tackling rule.	Know how to play following more complex rules, such as allowing players behind a goal.

	EYFS	1	2	3	4	5	6
Sending and Receiving	Start to send and stop different objects with a partner.	Send and catch a ball sent by a partner over a short distance.	Send and catch a ball using a consistent underarm, overarm, and bouncing throw.	Throw and catch a ball under pressure. Use a variety of passes such as shoulder, chest and bounce.	Protect the ball and send it accurately under pressure from a defender.	Choose the best pass to send the ball most efficiently, such as a bounce pass in close quarters.	Pass the ball accurately to a teammate under pressure to start a counterattack.
Attacking	Send a ball towards a target.	Start to aim and throw objects at a target to score points.	Score points by throwing into a target with some consistency.	Send the ball effectively to the goal shooter. Use accurate passes to maintain possession and build an attack.	Use basic shooting techniques in the correct area.	Select and apply strategies for the best position to shoot and attempt a two-handed shooting technique.	Use good organisation around the semi-circle to support shooting. Attempt to gather rebounded balls as an attacker.
Defending	Try to stop a rolling ball from getting past you.	Start to use a basic defensive position to intercept/deflect a pass.	Use the defensive position to intercept a pass in a small-sided game.	Play as a defender and prevent the opposition from getting the ball.	Explore one-to-one marking technique.	Mark a shooter tightly in the shooting 'D' to make scoring harder.	Mark a pass or shot to make it difficult for an attacker. Attempt to gather rebounded balls as a defender.
Travelling	Travel with some control and coordination.	Change direction quickly when in possession of the ball.	Change direction to find an open player to pass to.	Know how to play with the footwork rules when in possession of the ball.	As the ball carrier, implement a pivot to distribute the ball.	Use a pivot to change direction and pass the ball quickly. Develop agility to improve reaction time.	Use pivoting effectively in a game to maintain possession, staying within the footwork rules.
Tactics	Co-operate with others in small group activities.	Co-operate and communicate with a partner to attack and defend during a game.	Work as part of a team to keep possession of a ball during a small-sided game by recognising and moving into space.	Begin to use basic dodging to get free from a marker.	Use quick feet to get away from the opposition and show readiness to receive a pass.	Develop and refine a variety of dodging techniques to get away from an opponent.	Work as a team to refine, implement and evaluate the success of attacking and defensive tactics during small-sided games.
Rules	Play a simple game with a partner, following simple rules, guided by an adult.	Play a small-sided game following simple rules.	Play within a defined area of a court/pitch.	Play following simple rules, such as not running whilst holding the ball.	Play following more complex rules such as the 0.9m rule. Play effectively within the court 3rds.	Play by the rules of the 'Stinger' format for netball.	Players showing knowledge of the rules, such as the offside rule, and umpiring their own games throughout.

	EYFS	1	2	3	4	5	6
Sending and Receiving	Know some basic techniques to send and stop different objects with a partner.	Know key techniques to send a ball or object to a target accurately.	Know key ball control techniques including when you might pass the ball.	Know how to show you are ready to catch the ball.	Know why you bring the ball to your chest to protect it. Know why you might use a preliminary move.	Know and name some recognised netball passes. Know why reaction time is important in netball.	Know why coordination is important in netball and how this impacts ball handling.
Attacking	Know why you might want to send an object with more power.	Know why aiming at a target is important.	Know techniques to send an object and knock over a target.	Know ways to send the ball effectively to the goal shooter. Know why accurate passing is important in attack.	Know where you can shoot from in a game and know some key techniques for shooting.	Know why quick turns/pivots help to build an attack.	Know why you would look to gather a rebound as the attacking team.
Defending	Know how to block a rolling ball.	Know why a defensive stance or position is needed.	Know why you want to intercept the opponent's pass. Know how to position their body when goalkeeping.	Know what the role of the defender is in netball and some basic defending principles.	Know why good marking is essential and the principles of 1:1 marking.	Know why as a defender, you want to mark the shooters tightly in the shooting 'D'.	Know how to mark a ball when defending. Know why you would look to gather a rebound as the defending team.
Travelling	Know when and why you might need to change direction.	Know how to move into space and why we try to get there.	Know a range of sports in which dribbling is used and invasion games that do not use dribbling. Know why control is needed when dribbling.	Know what the footwork rule is and suggest why they think it exists.	Know why pivoting helps the ball carrier distribute the ball.	Know why you should try to get free from a defender in a game.	Know why a pivot is vital in distributing the ball and keeping possession as a team.
Tactics	Know how to work in small groups.	Know the basic principles of attacking and defending in an invasion game.	Know how to and why sending the ball forward to a teammate increases the team's chances of scoring.	Knowing that dodging can be used in netball and other invasion games can suggest which games.	Know why you bring the ball into your chest to protect it.	Know why it is important to find space in a game. Know why dodging is a crucial skill in netball.	Know why positioning is important when attacking around the semi-circle.
Rules	Know the basic rules of simple games.	Know the reasons why games have rules.	Know how to play a game using rules.	Know rules to a modified netball game and how to restart after a goal has been scored.	Know where you can go on the court, the footwork rule and some of the Fliers rules.	Know the defending, obstruction and contact rules from the Stingers format.	Know what it means to be onside and the restrictions on each of the five players in Stingers.

	EYFS	1	2	3	4	5	6
Trails and Orienteering	Begin to identify symbols and match ones that are the same, and follow a simple trail.	Identify, recognise, remember and then match symbols. Recognise and repeat a pattern.	Create and follow a simple map of a small area.	Identify the symbols on a map and follow a route using the map.	Recall and recognise symbols on a map and use compass points. Use a compass and a map to navigate.	Use control cards to navigate a route.	Use a map to navigate a trail as quickly as possible, correctly orienting the map before starting.
Problem Solving	Work in a group to solve simple problems such as work together to form shapes.	Begin to make simple decisions on the best way to complete a task, and design their own hoop sequence.	Take on the role of leader in partner work to decide how best to complete a task.	Use equipment in unconventional ways.	Discuss with others in a group the factors that will affect a task and plan a strategy to complete it efficiently.	Use ingenuity and imagination to solve problems and complete a task.	Use problem-solving skills to solve more complex tasks in time-pressured scenarios such as a scavenger hunt.
Communication	Work with a partner and listen.	Accurately follow instructions given by the teacher. Use a checklist.	Use verbal and tactile cues to communicate with others during tasks. Use a map key.	Discuss and describe a strategy that could be used by a group to complete a task.	Communicate clearly in groups to assign different roles, ensuring everyone is clear on their part to complete the task.	Use different forms of communication during a task, such as verbal, nonverbal, tactile, and code, and decide which method is most effective. Keep evidence of results.	Discuss and assign different roles for members of a group to take on during a task based on their suitability for the role.
Trust	Hold hands and lead and follow with a partner.	Work with a partner to travel through hoops, trusting each other to hold the hoop and lead and follow.	Lead a partner and be led while blindfolded.	Lead a group while they are blindfolded, and be led while blindfolded.	Place clues back where they were found, and report results accurately to the group.	Pass on a message accurately and without changing it to ensure the group's success.	Use safety points to work as a group to bear each other's weight in complex group balance tasks.
Teamwork and collaboration	Work with a partner to share ideas, question and choose.	Work together but take turns to complete a seek-and-match task. Take part in competitive races.	Be patient and work together to perform a basic hoop dance, following an example.	Take part in group activities where every team member must be included to succeed, shark-infested waters and all aboard.	Work independently from the teacher. Work together to keep a balloon off the ground.	Work together to use Morse Code to communicate simple words.	Work as a team to beat the opposition in 4-way dodgeball, and develop tactics together.
Evaluation and improvement	Discuss in a small group, with adult support, what happened during a task.	Begin to talk with others about what went well during a task.	Begin to identify with others what did not work during a task.	Identify what went well and what needs improvement when completing various tasks.	Reflect with others to refine the method used to complete a task, discussing what went well and what could be improved. Evaluate their own success.	Justify the method used to complete a task, explaining why certain choices were made and if any changes would be needed next time.	Take part in a group discussion about how a team performed, reflecting on their own performance with honesty.

	EYFS	1	2	3	4	5	6
Trails and Orienteering	Know what a symbol is and know what it means to match.	Know what instructions are and some different examples of where instructions are used.	Know what a key on a map is used for and can give some examples of things that may be on a map key.	Know why it is important to recognise symbols on a map key.	Know what orienteering is. Know common map symbols.	Know how to quickly and safely collect control points.	Know how to orient a map. Know the difference between a scavenger hunt and orienteering.
Problem Solving	Know how to work in a group to make simple choices to complete a task, supported by an adult.	Know how to use decision-making skills to hide a piece of equipment.	Know why problem-solving is important in many different scenarios.	Know why accuracy is vital in different tasks, including when drawing a map.	Know the cardinal points of a compass.	Know how to decipher simple Morse Code.	Know the importance of trial and error when problem-solving.
Communication	Know what it means to listen to a partner.	Know some effective ways to communicate with a partner to complete a challenge.	Know what a verbal and tactile cue is.	Know ways to communicate clearly to complete a task.	Know how to listen and suggest ideas when working as a team	Know some different forms of communication.	Know how to follow written instructions, videos and diagrams to tie a reef knot.
Trust	Know why they should behave in sensible ways when working with others and holding hands.	Know how to perform a role in a pair well and why this is important to build trust.	Know why trust is so important when leading and following blindfolded and give an example of how to be trustworthy.	Know why trust is important in completing tasks with others.	Know how to talk to teammates to help complete a task.	Know how to communicate with a group when leading them in a task.	Know why group balances are a good way to test your trust in others.
Teamwork and collaboration	Know what it means to share and able to give some ideas on sharing.	Know some differences between competing against others and working <i>with</i> others.	Know how to overcome difficulties when working with others e.g. composing a movement pattern.	Know how to explain a task to others in a group.	Know how to work with others to use a map to plot a route.	Know how to think creatively when building marshmallow towers.	Know how to perform group balances using a range of techniques.
Evaluation	Know how to discuss what happened during a task in a small group, with adult support.	Know how to identify what went well during a task.	Know how to agree on what did not work well in a group task.	Know the importance of analysing a performance after a task.	Know the importance of talking and listening to solve the problem and improve the outcome.	Know how to justify the method used to complete a task, explaining why certain choices were made and if any changes would be needed next time.	Know how to take part in a group discussion about how a team performed, reflecting on their own performance with honesty.

	EYFS	1	2	3	4	5	6
Hitting	Send an object by pushing with a baton.	Use a self-feed to hit a ball with hands.	Send a ball into space using hands, feet, bats, and racquets.	Use a one-handed hit with a bat showing some power and accuracy.	Direct a hit to different parts of the field with power and accuracy.	Recognise where the gaps in the field are and direct a hit into those gaps to maximise scoring chances.	Identify what type of field has been set and adjust their hit accordingly.
Bowling	Start to send different objects to a partner.	Use an underarm throw to feed the ball for a batter to hit.	Bowl a ball underarm with accuracy for a batter to hit.	Bowl a ball underarm with accuracy to try and get a batter out.	Can deliver a legal bowl consistently with power.	Bowl to try and get a better out based on their strengths and weaknesses.	Bowl a fast ball to make it harder for a batter to hit.
Throwing and Catching in the Field	Start to send different objects to a partner.	Underarm throw and catch a ball with some consistency over a short distance.	Throw a ball quickly towards a base to try and prevent a batter from scoring.	Throw a ball over longer distances with power and control using an overarm throw.	Accurately throw the ball overarm at a fielder near a base to stop batters from running.	Throw the ball quickly and accurately over short distances to get a batter out.	Consistently catch a ball that is hit high when fielding.
Stopping the ball in the Field	Try to stop a rolling ball from getting past you.	Start to track a ball and move into position to try and stop it.	Stop/collect a ball in the backstop position	Use a long barrier technique to consistently stop a ball travelling along the ground.	Stop a rolling ball using a one-handed pick-up to be able to throw it more quickly.	Track and field a rolling ball from different fielding to try and prevent batters from scoring.	Work with a partner to field a ball quickly back towards the bases or the bowler to limit the number of runs scored.
Scoring Runs	Start to run quickly with some control.	Run quickly between bases to score points.	Run quickly to score as many points as possible after each hit.	Run with speed and control around bases to try and score points.	Start to judge whether to run to the next base, avoiding getting run out.	Judge how many bases to run around after a hit without being run out.	Be aware of teammates when running, avoiding overtaking and running them out.
Tactics	Co-operate with others in small group activities.	Start to make choices about where to send a ball to maximise points.	Work as a team to try and prevent batters from scoring points.	Implement simple tactics when fielding to try and limit points scored.	Discuss the best place for fielders to position themselves to try and reduce rounders scored.	Set a field for each batter to try and reduce their chance of scoring.	Set different fields based on batters' strengths to try and limit scoring, including a defensive and an attacking field.
Rules	Play a simple game with a partner, following basic rules, guided by an adult.	Play small-sided games using simple rules.	Play a modified game, tracking points scored and lost during a game.	Play a game implementing some basic rounders rules.	Play a game of rounders using the correct scoring system for rounders and half-rounders.	Play a game of rounders using simplified rules, including the backwards hot rule.	Play and umpire games of rounders, implementing the overtaking rule.

	EYFS	1	2	3	4	5	6
Hitting	Know ways to send an object by pushing with a baton.	Know how to hit a ball with their hand and a bat.	Know how to choose where to send the ball to maximise the chances of scoring a run.	Know how to hit a ball with a bat of their choice.	Know why you hit the ball in different directions.	Know how to maximise the chance of scoring as a batter.	Know the difference between defensive and attacking batting
Bowling	Know a range of techniques to send objects to a partner.	Know what a bowled ball/bowling is.	Know a ball can be bowled underarm.	Know how to bowl or feed a ball to their partner.	Know what a legal bowl is.	Know how to follow the path of a bowled ball as the backstop.	Know why you would use fast bowling.
Throwing and Catching in the Field	Know different ways to send/throw and techniques to catch.	Know the principles of catching in a game.	Know the main role of a wicket keeper/backstop.	Know and explain different throwing techniques.	Know and play the role of the back stop.	Know what it means to set a field.	Know the key steps to track and catch a high ball.
Stopping the ball in the Field	Know ways of stopping a rolling ball from getting past you.	Be able to decide where to stand when fielding to be able to intercept the ball.	Know ways to restrict batters' runs.	Know different ways to stop a moving ball.	Know key steps to intercept the ball with one hand.	Know how to be effective as a fielder to reduce scoring opportunities.	Know when to work as a pair to field a long ball.
Scoring Runs	Know the reasons why you might want to run quickly. Know how to stop safely.	Know how to score points in striking and fielding style games.	Know some different hitting techniques to increase scoring opportunities.	Know how to count runs scored.	Know how to make decisions when running between posts.	Know what a backwards hit is.	Know tactics to avoid getting run out by your teammate.
Tactics	Know how to co-operate with others in small group activities.	Know the importance of teamwork and collaboration when fielding.	Know how to judge your running pace to score a run.	Know how to work with teammates when fielding.	Know the running and stumping rules to maximise your runs.	Know how to work with other fielders to restrict run-scoring.	Know attacking and defensive fielding tactics.
Rules	Know the basic rules of simple games. Can compete against themselves.	Know how to play striking and fielding game using basic rules. Know what competition is.	Know how to play using some basic rules. Know that there are two types of teams in striking and fielding, batters and fielders.	Know how to play using basic rounders rules.	Know and use a scoring system playing basic rounders rules.	Know and list the rounders rules learned so far.	Know and apply modified rules of rounders.

	Beginners	Intermediate	Advanced
Entering water	Can enter the water using the steps.	Jump into and submerge in deeper water.	Use a 'head up' entry into the water and crouch dive.
Floating	Lift feet to make shapes in the water. Regain to feet after floating on front and back.	Transition from one floating shape to another without feet touching the ground.	'Mushroom' float for a sustained period of time. Perform a float with a rescue aid with a group.
Strokes	Can push and pull against the water. Swim a short distance with a float on back and front and attempt 'doggy paddle'. Attempt sculling technique on back.	Use front crawl and breaststroke leg action. Swim as far as possible without a swimming aid.	Show correct body position for backstroke and swim with some fluency in breaststroke. Be able to tread water for a sustained period of time.
Face in water	Splash water onto the face and place the face in the water for a short period.	Move forward with your face in the water using the sculling action.	Surface dive, submerge and reach the bottom of the pool, spend time to collect more than one item.
Gliding	Push and glide from the side of the pool using a float.	Move smoothly through the water and transition from front to back.	Push and glide from a tumble turn.
Submersion	Submerge face and hold breath for several seconds, some enter water and submerge.	Sink then roll underwater. Somersault and handstand under water.	Link lengths attempting tumble turns to do so.
Distance	Using a swimming aid move forward over 5-10 metres. Attempt max distance on front and back.	Swim as quickly as possible over 5, 10 and 15 metres using a variety of techniques. Swim over longer distances without using a swimming aid.	Swim 25m without stopping or putting feet down. Use a competition finish in a race. Swim as part of a relay team.

	Beginners	Intermediate	Advanced
Entering water	Know how to enter the water using the steps and why as a beginner you should always use the steps or a gradual/slopped entry into the pool.	Know why it is essential to jump into the water safely, and the key steps to a surface dive.	Know the key steps to perform a crouching dive into the pool. Know when and why you would use 'head up' water entry into the pool/body of water.
Floating	Know why it is crucial to be able to stand up after floating.	Know how to float on your front and back and some of the key points to do so.	Know the steps to perform a mushroom float, and when you might use a mushroom float. Know how to tread water and use a rescue aid and why this is an important life skill.
Strokes	Know what the sculling technique is and what doggy paddle is.	Know the differences between leg action in front crawl and breaststroke.	Know the correct backstroke body position, how to combine the arm and leg action for breaststroke and why you would need to tread water.
Face in water	Know when you might need to put your face in the water.	Know when you might use the face in water sculling action. Know techniques to collect items from the bottom of the pool.	Know how to surface dive and submerge underwater and recognise situations where being able to surface dive efficiently is beneficial.
Gliding	Know what a push action is and why you might push from the side of the pool.	Know how to move smoothly through the water and transition from front to back.	Know why it is important to push and glide from a tumble turn.
Submersion	Know what it means to submerge in water. Know some examples of when you might need to submerge yourself in water.	Know what it means to sink. Know some of the differences between how we make ourselves float and sink. Know the key steps to a handstand. Know the key steps to attempt a somersault underwater.	Know how to link lengths, attempting tumble turns.
Distance	Know some techniques to maximise their swimming distance.	Know how to maximise swimming distance. Know which stroke helps them swim the greatest distance.	Know why a tumble turn helps you to maximise swimming distance.

	EYFS	1	2	3	4	5	6
Sending and Receiving	Start to send and stop different objects with a partner.	Send and catch a ball sent by a partner over a short distance.	Send and catch a ball using a consistent underarm, overarm, and bouncing throw.	Send a ball backwards to a teammate over a short distance.	Consistently send and catch a ball over a range of distances.	Pass a ball consistently whilst on the run.	Accurately use a range of passes during attacking set plays.
Attacking	Send a ball towards a target.	Aim at a target to score points.	Score points by aiming at a target with some consistency.	Perform a backwards pass to be able to continue an attack.	Pick up the ball from the floor and run with it to start an attack.	Use a pop pass over short distances to create an explosive, attacking run.	Use set plays in attack to create space for the ball carrier.
Defending	Try to stop a rolling ball from getting past you.	Start to use a basic defensive position to intercept/deflect a pass.	Use the defensive position to intercept a pass in a small-sided game.	Close down an attacker's space to tag them using the correct tag protocol.	Start to work as a team to close down the attackers' space.	Be part of a defensive line to close down the oppositions space.	If possession is lost, transition quickly from an attacking formation to a defensive line.
Travelling	Travel with some control and coordination.	Change direction quickly when in possession of the ball.	Change direction to find an open player to pass to.	Start to use quick changes of directions and agility to evade a defender.	Use the correct technique to run into a space when in possession.	Use quick feet to try and create space when running at the defence.	As the ball carrier, identify and run quickly into any gaps in the defence.
Tactics	Co-operate with others in small group activities, such as moving to receive a ball.	In isolation, move into a space to receive a pass.	In a small-sided game, recognise and move into space.	Move into a free space to be in position to receive a pass.	Time the run onto the ball as a receiver.	Support the ball carrier through the 'magic diamond' formation.	Support the ball carrier at speed using the 'magic diamond' formation.
Rules	Play a simple game with a partner, following simple rules, guided by an adult.	Play a small-sided game following simple rules.	Play within a defined area of a court/pitch.	Play following simple rules, such as passing the ball within 3 seconds of being tagged.	Play following more complex rules, such as the sideways and backwards passing only.	Play honestly and fairly. Play using the 3-step rule with some consistency.	Demonstrate understanding of fair play, competitiveness, and be able to referee their own games throughout.

	EYFS	1	2	3	4	5	6
Sending and Receiving	Know how to send and stop different objects with a partner.	Understand different ways and key techniques to send a ball or object to a target accurately.	Know key ball control techniques.	Know why we use a short pass.	Know why consistency in passing is needed to build an attack.	Know how accurate passing is important in invasion games and give examples. Know when you would use a pop pass.	Know how to select and apply a range of passes during attacking set plays.
Attacking	Know how to kick and throw a ball with some power to try and get it past an opponent.	Know games in which you score by hitting a target or scoring in a goal or net.	Know techniques to knock over a target.	Know the tag protocol.	Know why it is important to keep possession as a team.	Know the benefits of the magic diamond formation.	Know some set plays and how they benefit the attacking team.
Defending	Know how to block a rolling ball.	Know what a defensive stance or position is.	Know how to intercept a pass and position their body when goalkeeping.	Know how and when to close down an attacker's space.	Know how to work as a team to close down the attacker's space.	Know what a defensive line is.	Know why it is necessary to transition quickly from attack to defence when you lose possession.
Travelling	Know how to change direction at speed with some control.	Know how to move sideways to defend a goal.	Know what It means to dribble with control and a range of sports in which dribbling is used.	Know how to use speed to run past defenders.	Know how to evade defenders when running at speed.	Know how to create space when running at the defence.	Know why attacking the space on the field is essential for gaining an advantage.
Tactics	Know how to work in small groups.	Know what the principle of attacking and defending in a game refers to and how to use them with a partner.	Know how to and why sending the ball forward to a teammate increases the team's chances of scoring.	Know techniques to evade defenders.	Know how to identify space in a game.	Know what is meant by a formation in invasion games.	Know how to support a ball carrier to create continuity. Explain why taking the distance, not the time, is best once tagged.
Rules	Know how to play a simple game following basic rules, guided by an adult.	Understand the reasons for game rules and how to adapt to rule changes.	Know how to play a game using rules.	Know the similarities and differences between tag rugby and other invasion games.	Know how to play using rules, such as the sideways and backwards passing only.	Know the purpose of the 3-step rule.	Know and consistently play by the set rules, such as offside.

	EYFS	1	2	3	4	5	6
Hitting	Move small objects using the dominant and non-dominant hands.	Explore different ways to send a ball/beanbag/balloon Attempt to hit a ball.	Hit an object on both sides of the body.	Hit to targets using a forehand hit. Hit ball with hand.	Attempt both forehand and backhand hit to different parts of the court.	Hit an overhead shot and attempt a volley to score points.	Attempt a lob shot over an opponent's head to force them to the back of the court. Refine backhand.
Serving	Use a baton to steer objects.	Use a self-feed to hit balloons and balls with hand. Feed a ball for a partner to hit.	Self-feed a ball to a partner using a racquet. Use basic serving rules in a game.	Throw or hit over a bench/net to score points. Serve a ball underarm with a racquet.	Receive a serve in the ready position. Serve in a game scenario.	Serve diagonally across the court to opponent(s) (some into a service box).	Serve using the service line in a doubles game.
Movement on Court	Stop, start, pause, prepare for and anticipate movement in a variety of situations.	Move into position behind a ball to catch or hit.	Use agility to change direction quickly when moving about a court.	Move towards a ball to return a hit.	Move back to the centre of the court after each shot.	React and move between different doubles formations during a point.	Switch between different doubles formations during a point based on how the point is being played out.
Cooperation & Collaboration	Work and play, cooperate and take turns.	Develop collaborative skills to send a ball over the net.	Play a variety of roles in simple games.	Play in a collaborative rally with hands or racquets.	Play in a doubles format cooperatively, and some may progress to play competitively.	Work with a team to score points using accurate shots.	Work as a pair to develop tactics against other pairs.
Tactics	Participate in a variety of small group co-operative activities.	Select where to hit/throw/send an object to try to win a point.	Hit an object to different parts of a court to make it hard for an opponent to return.	Use both hard and soft hits to hit to different parts of the court.	Use good doubles position to work effectively with your partner.	Select the best type of shot to hit the ball to different parts of the court to score points..	Select and apply key tactics such as court position, shot selection and serving in a game.
Rules	Play simple games, take turns.	Use simple rules to play a modified game in a defined grid.	Play in a modified net game using basic boundary lines and serving rules.	Play a game with basic rules and side and backline boundaries.	Play on a basic court with a net, side, and back line, and follow rules such as the ball cannot bounce twice.	Play and start to umpire a game using the service rules of tennis.	Play using side, backlines and a service line as well as keeping track of the score using the tennis scoring system.

	EYFS	1	2	3	4	5	6
Hitting	Know different ways they can hit balls, beanbags and balloons.	Know how to track, stop and return a beanbag or ball in different ways.	Know which is their dominant and non-dominant side when hitting.	Know how to describe different types of tennis shots.	Know why you would play a backhand shot.	Know when you might play an overhead shot, what a volley is, and when you would use it.	Know what is meant by a powerful shot, what a lob shot is and when you would use a two-handed back hand shot.
Serving	Know they can work with others to control balls and beanbags.	Know what it means to feed the ball.	Know what the term serving, service and serve mean in a game.	Know how to start a point in tennis.	Know the purpose of the ready position in tennis and key features.	Know some of the service rules of tennis, including serving from behind the backline.	Know how to respond to different paces of serve and that a serve is diagonally across the court.
Movement on Court	Know different movement actions such as moving softly, quietly, quickly and powerfully.	Know why you would move towards the ball/shuttle/beanbag path.	Know the purpose of the ready position to receive a ball/balloon/shuttle.	Know what the Ready Position is in tennis.	Know where the middle of the court is.	Know why you must move to hit the ball before the second bounce.	Know what it means to cover space with as a doubles partner.
Cooperation & Collaboration	Know how to take turns and move cooperatively in space, not interfering with others.	Know how to work with a partner to collect a ball and what it means to feed a ball.	Know how to work with a partner to hit a ball to another team.	Know how to play with a partner over a net.	Know what it is called when you play tennis with a teammate. Know two ways to position yourself in doubles.	Know how to take turns and play cooperatively to learn new games.	Know different defensive formations to play collaboratively with a partner.
Tactics	Know simple tactical principles, such as shooting or aiming at a target to score points.	Know how to select where to hit a ball/balloon/shuttle to try and win a point.	Know where a long, high ball might go on a court and where a short, low ball might go on a court. Know what an attacking shot is in net/wall games.	Know why you move towards the ball to return it.	Know how to force an opponent to make a mistake.	Know different doubles formations and when to use them.	Know what net-play is and what is meant by a doubles tactic.
Rules	Know basic rules of simple partner games or group activities, such as parachute game instructions.	Understand basic guidelines for playing a modified game.	Know the basic principle of court boundaries.	Know how to keep score in a game of tennis. Know what court boundaries are.	Know some differences between singles and doubles court markings.	Know how to umpire using some basic game rules.	Know some of the features of proper tennis scoring.

	EYFS	1	2	3	4
Hitting	Start to hit a balloon or ball using your hand.	Use a self-feed to hit a balloon or ball with the hand.	Throw and catch a ball to a teammate in a seated position.	With some consistency, send and receive a ball overhead in a seated position.	Play a ball accurately to a teammate, giving them time to react and adjust to catch the ball.
Serving	Slide a beanbag to an opponent.	Feed a ball for a partner to hit.	Use a range of sending skills to serve a ball.	Start a game with an overarm serve.	Serve underarm, using proper technique to start a point.
Movement on Court	Travel in different ways including jumping, sliding and rolling, changing direction	Move into position behind an object to hit.	Move around the court, trying to stay in a seated position.	Move around a court quickly whilst staying seated	React quickly to move around the court and get into position to play the ball.
Teamwork	Co-operate with others in small group activities.	Send the ball to teammates from different positions, e.g. kneeling or sitting.	Work with others to pass the ball around a court with some consistency.	Work with a partner to take part in a rally.	When in the role of the non-receiver, move to the net to support the attack.
Tactics	Begin to play in small group games.	Select where to hit an object to try and win a point.	Hit an object to different parts of a court to make it hard for an opponent to return.	Use both hard and soft hits to hit to different parts of the court.	Use the best doubles position strategy to score points.
Rules	Play a simple game with a partner, following simple rules, guided by an adult.	Use simple rules to play a modified game.	Use basic rules to play a game, such as scoring if it bounces twice.	Play a sitting volleyball game implementing basic rules including service rotation.	Play a game using the '3-contact' rules.

	EYFS	1	2	3	4
Hitting	Know how to hit different objects with hands.	Know how to track, stop and return a beanbag or ball in different ways	Know how to throw and catch a ball to a teammate in a seated position.	Know what the seated ready position is in sitting volleyball.	Know what 'Three Contacts' is in volleyball.
Serving	Know how to slide a beanbag to an opponent.	Know how to feed a ball for a partner to hit.	Know a range of sending skills to serve a ball.	Know how to start a point using an overarm serve.	Know how to serve underarm, using proper technique to start a point.
Movement on Court	Know how to travel with some control and coordination.	Know what it means to track a moving object.	Know why and when you would need to change direction quickly in a game, and why improving your agility would improve your game.	Know that players need to move around the court.	Know how to move around the court and get into position to play the ball.
Teamwork	Know how to co-operate with others in small group activities.	Know how to send the ball to teammates from different positions, e.g. kneeling or sitting.	Know how to work with others to pass the ball around a court consistently.	Know how to work with a partner to take part in a rally.	Know the importance of communicating when sending a ball to a teammate to build an attack.
Tactics	Know simple tactics in small group games.	Know how to select where to hit an object to try and win a point.	Know where a long, high ball might go on a court and where a short, low ball might go on a court. Know what an attacking shot is in net/wall games.	Know how to use both hard and soft hits to hit to different parts of the court.	Know different doubles position strategies to score points.
Rules	Know how to play a simple game with a partner, follow simple rules, and be guided by an adult.	Know simple rules to play a modified game.	Know the basic principle of court boundaries.	Know some basic rules, including the role of boundaries in sitting volleyball.	Know the rules of service.