



Haydon Wick's PE Progression Map

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
EYFS	Fundamentals: Unit 1 Introduction to PE: Unit 1	Ball Skills: Unit 1 Introduction to PE: Unit 2	Fundamentals: Unit 2 Dance: Unit 1	Ball Skills: Unit 2 Gymnastics: Unit 1	Games: Unit 1 Dance: Unit 2	Games: Unit 2 Gymnastics: Unit 2
Key Stage 1	Fitness Yoga	Gymnastics Fundamentals	Dance Ball Skills	Invasion Games Target Games	Athletics Net and Wall Games	Team Building Striking and Fielding Games
Key Stage 2	Fitness Yoga	Gymnastics Ball Skills (Year 3) Invasion Games	Dance Invasion Games	Invasion Games Net and Wall Games Sending and Receiving Games	Athletics Net and Wall Games	OAA Striking and Fielding Games

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
EYFS	Fundamentals: Unit 1 Running: Explore running and stopping. Explore changing direction safely. Balance: Explore balancing whilst stationary and on the move. Jumping: Begin to explore take-off and landing safely. Hopping: Explore hopping on both feet. Skipping: Explore skipping as a travelling action. Introduction to PE: Unit 1	Ball Skills: Unit 1 Sending: Explore sending an object with hands and feet. Catching: Explore catching using a variety of larger balls and beanbags. Tracking: Explore stopping a ball with hands and feet. Dribbling: Explore bouncing and catching. Introduction to PE: Unit 2	Fundamentals: Unit 2 Same as Term 1. Dance: Unit 1 Actions: Explore how their body moves. Copy basic body actions and rhythms. Dynamics: Explore actions in response to music and an idea. Space: Explore pathways and the space around them in relation to others. Performance: Are given opportunities to perform in front of others.	Ball Skills: Unit 2 Same as Term 2. Gymnastics: Unit 1 Shapes: Show contrast with their bodies including wide/narrow, straight/curved. Balances: Explore shapes using different parts of their bodies. Rolls: Explore rocking and rolling. Jumps: Explore jumping safely.	Games: Unit 1 Running: Explore running and stopping. Explore running on the balls of their feet. Jumping: Explore jumping and hopping safely. Throwing: Exploring throwing to a target. Dance: Unit 2 Same as Term 3.	Games: Unit 2 Same as Term 5. Gymnastics: Unit 2 Same as Term 4

Key Stage 1

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 1	Fitness Agility: Change direction whilst running.	Gymnastics Shapes: Explore basic and still shapes straight, tuck, straddle, pike.	Dance Actions: Copy, remember and repeat actions to represent a theme.	Invasion Games Sending and receiving: Explore S&R with hands and feet to a partner.	Athletics	Team Building Problem solving: Suggest ideas in response to a task.

	<p>Balance: Explore balancing in more challenging activities with some success.</p> <p>Co-ordination: Explore coordination through the use of equipment.</p> <p>Speed: Can demonstrate running at different speeds.</p> <p>Strength: Demonstrate increased control in body weight exercises.</p> <p>Stamina: Show an ability to work for longer periods of time.</p> <p>Yoga Balance: Perform balances and poses making their body tense, stretched and curled.</p> <p>Flexibility: Explore poses and movements that challenge their flexibility.</p> <p>Strength: Explore strength whilst transitioning from one pose to another.</p> <p>Mindfulness: Recognise their own feelings in response to a task or activity.</p>	<p>Balance: Perform balances making their body tense, stretched and curled.</p> <p>Rolls: Explore barrel, straight and forward roll progressions.</p> <p>Jumps: Explore shape jumps including jumping off low apparatus.</p> <p>Fundamentals Running: Explore changing direction and dodging. Discover how the body moves at different speeds.</p> <p>Balance: Move with some control and balance. Explore stability and landing safely.</p> <p>Jumping: Demonstrate control in take off and landing when jumping.</p> <p>Hopping: Begin to explore hopping in different directions.</p> <p>Skipping: Show co-ordination when turning a role. Use rhythm to jump continuously in a French rope.</p>	<p>Explore creating their own actions in relation to a theme.</p> <p>Dynamics: Explore varying speeds to represent an idea.</p> <p>Space: Explore pathways within their performances.</p> <p>Relationships: Explore working with a partner using unison, matching and mirroring.</p> <p>Performance: Develop the use of facial expressions in their performance.</p> <p>Ball Skills Sending: Roll and throw with some accuracy towards a target.</p> <p>Catching: Begin to catch with two hands. Catch after a bounce.</p> <p>Tracking: Track a ball being sent directly.</p> <p>Dribbling: Begin to dribble with hands and feet.</p>	<p>Dribbling: Explore dribbling with hands and feet.</p> <p>Attacking: Explore changing direction to move away from a partner.</p> <p>Defending: Explore tracking and move to stay with a partner.</p> <p>Space: Recognise good space when playing games.</p> <p>Target Games Throwing Overarm: Explore technique when throwing overarm towards a target.</p> <p>Throwing Underarm: Explore technique when throwing underarm towards a target.</p> <p>Tactics: To understand that tactics can help when playing games.</p> <p>Rules: To know that rules help us to play fairly.</p>	<p>Running: Explore running at different speeds. Explore running over obstacles.</p> <p>Jumping: Develop balance whilst jumping and landing. Explore hopping, jumping and leaping for distance.</p> <p>Throwing: Explore throwing for distance and accuracy.</p> <p>Net and Wall Games Hitting: Explore hitting a dropped ball with a racket.</p> <p>Feeding: Throw a ball over a net to land into the court area.</p> <p>Rallying: Explore underarm rallying with a partner.</p> <p>Footwork: Use the ready position to move towards a ball.</p>	<p>Navigational Skills: Follow a simple diagram/map.</p> <p>Communication: Work cooperatively with a partner and a small group.</p> <p>Reflection: Verbalise when they were successful and areas that they could improve.</p> <p>Striking and Fielding Games Striking: Explore striking a ball with their hand and equipment.</p> <p>Fielding: Develop tracking and retrieving a ball for their team.</p> <p>Throwing: Explore technique when throwing over and underarm.</p> <p>Catching: Develop coordination and technique when catching.</p>
Year 2	<p>Fitness Agility: Demonstrate improved technique when changing direction on the move.</p> <p>Balance: demonstrate increased balance whilst travelling along and over equipment.</p>	<p>Gymnastics Shapes: Explore using shapes in different gymnastic balances.</p> <p>Balances: Remember, repeat and link combinations of gymnastic balances.</p>	<p>Dance Actions: Accurately remember, repeat and link actions to express an idea.</p> <p>Dynamics: Develop an understanding of dynamics.</p>	<p>Invasion Games Sending and receiving: Developing S&R with increased control.</p> <p>Dribbling: Explore dribbling with hands and feet with increasing control on the move.</p>	<p>Athletics Running: Develop the sprinting action. Explore rhythm when running over obstacles.</p> <p>Jumping: Develop jumping, hopping and skipping actions. Explore safely jumping for distance and height.</p>	<p>Team Building Problem solving: Begin to plan, and with some success, apply strategies to overcome a challenge.</p> <p>Navigational Skills: Understand how to use, follow and create a simple diagram/map.</p>

	<p>Co-ordination: Perform actions with increased control when coordinating their body with and without equipment. Speed: Can demonstrate running at different speeds.</p> <p>Strength: Demonstrate increased control in body weight exercises. Stamina: Show an ability to work for longer periods of time.</p> <p>Yoga</p> <p>Balance: Remember, copy and repeat sequences of linked poses.</p> <p>Flexibility: Show increased awareness of extension in poses.</p> <p>Strength: Demonstrate increased control in performing poses.</p> <p>Mindfulness: Explore controlling their focus and sense of calm.</p>	<p>Rolls: Explore barrel, straight and forward roll and put into sequence work.</p> <p>Jumps: Explore shape jumps and take off combinations.</p> <p>Fundamentals</p> <p>Running: Change direction quickly. Understand and show how the body moves at different speeds.</p> <p>Balance: Demonstrate balance when performing other fundamental skills.</p> <p>Jumping: Demonstrate jumping for distance, heights and in different directions.</p> <p>Hopping: Demonstrate hopping for distance, height and in different directions.</p> <p>Skipping: Explore single and double bounce when jumping in a rope.</p>	<p>Space: Develop the use of pathways and travelling actions to include levels.</p> <p>Relationships: Explore working with a partner using unison, matching and mirroring.</p> <p>Performance: Develop the use of facial expressions in their performance.</p> <p>Ball Skills</p> <p>Sending: Roll, throw and kick a ball to hit a target.</p> <p>Catching: Develop catching a range of objects with two hands. Catch with and without a bounce.</p> <p>Tracking: Consistently track and collect a ball being sent directly.</p> <p>Dribbling: Dribble a ball with hands and feet with some control.</p>	<p>Attacking: Developing moving into space away from defenders.</p> <p>Defending: Explore staying close to other players to try and stop them getting the ball.</p> <p>Space: Explore moving with a ball towards the goal.</p> <p>Target Games</p> <p>Throwing Overarm: Develop co-ordination and technique when throwing overarm towards a target.</p> <p>Throwing Underarm: Develop co-ordination and technique when throwing underarm towards a target.</p> <p>Striking: Develop striking a ball with equipment with some consistency.</p> <p>Tactics: To understand and apply simple tactics.</p> <p>Rules: To know how to score points and follow simple rules.</p>	<p>Throwing: Develop overarm throwing for distance.</p> <p>Net and Wall Games</p> <p>Hitting: Develop hitting a dropped ball over a net.</p> <p>Feeding: Accurately underarm throw over a net to a partner.</p> <p>Rallying: Explore underarm rallying with a partner catching after one bounce.</p> <p>Footwork: Consistently use the ready position to move towards a ball.</p>	<p>Communication: Work cooperatively with a partner and a small group.</p> <p>Reflection: Verbalise when they were successful and areas that they could improve.</p> <p>Striking and Fielding Games</p> <p>Striking: Develop striking a ball with their hand and equipment with some consistency.</p> <p>Fielding: Understand that there are different roles within a fielding team.</p> <p>Throwing: Develop coordination and technique when throwing over and underarm.</p> <p>Catching: Catch with two hands with some coordination and technique.</p>
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Key Stage 2

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 3	<p>Fitness</p> <p>Agility: Show balance when changing direction.</p> <p>Balance: Explore more complex activities which challenge balance.</p> <p>Co-ordination: Can coordinate their bodies with increased consistency in a variety of activities.</p> <p>Speed: Explore sprinting technique.</p> <p>Strength: Explore building strength in different muscle groups.</p> <p>Stamina: Explore using their breath to increase their ability to work for longer periods of time.</p> <p>Yoga</p> <p>Balance: Demonstrate increased control when in poses and explore control in paired poses.</p> <p>Flexibility: Explore poses and movement in relation to their breath.</p> <p>Strength: Explore arm balances with some control.</p> <p>Mindfulness:</p>	<p>Gymnastics</p> <p>Shapes: Explore matching and contrasting shapes.</p> <p>Balances: Explore point and patch balances and transition smoothly into and out of them.</p> <p>Rolls: Develop the straight, barrel and forward roll.</p> <p>Jumps: Develop stepping into shape jumps with control.</p> <p>Ball Skills</p> <p>Sending: Send a ball with accuracy and increasing consistency to a target.</p> <p>Catching: Catch a range of objects with increasing consistency.</p> <p>Tracking: Track a ball not sent directly.</p> <p>Dribbling: Dribble a ball with increasing control and co-ordination.</p>	<p>Dance</p> <p>Actions: Create actions in response to a stimulus individually and in groups.</p> <p>Dynamics: Use dynamics effectively to express an idea.</p> <p>Space: Use directions to transition between formations.</p> <p>Relationships: Develop an understanding of formations.</p> <p>Performance: . Perform short, self-choreographed phrases showing an awareness of time.</p> <p>Invasion Games</p> <p>Sending & receiving: Explore S&R abiding by the rules of the game.</p> <p>Dribbling: Explore dribbling the ball abiding by the rules of the game under some pressure.</p> <p>Attacking: Developing movement skills to lose a defender. Explore shooting actions in a range of invasion games.</p> <p>Defending: Track opponents to limit their scoring opportunities.</p> <p>Space:</p>	<p>Invasion Games</p> <p>Sending & receiving: Explore S&R abiding by the rules of the game.</p> <p>Dribbling: Explore dribbling the ball abiding by the rules of the game under some pressure.</p> <p>Attacking: Developing movement skills to lose a defender. Explore shooting actions in a range of invasion games.</p> <p>Defending: Track opponents to limit their scoring opportunities.</p> <p>Space:</p> <p>Sending and Receiving Games</p> <p>Throwing: Explore through at a moving object.</p> <p>Catching: Build the confidence to attempt catching in game situations.</p> <p>Striking Explore striking a ball with sport specific equipment.</p>	<p>Athletics</p> <p>Running: Develop the sprinting technique and apply it to relay events. Develop fluency and rhythm when running over obstacles.</p> <p>Jumping: Develop technique in a range of approaches take off positions. Develop jumping for height and safety on landing.</p> <p>Throwing: Explore the technique for a pull throw.</p> <p>Swimming</p> <p>Strokes: Explore technique for specific strokes to include head above water, breaststroke, backstroke and front crawl.</p> <p>Breathing: Begin to explore front crawl breathing technique</p> <p>Water Safety: Explore techniques for personal survival to include survival strokes such as sculling and treading water.</p>	<p>OAA</p> <p>Problem Solving: Can play and implement strategies to solve problems.</p> <p>Navigational Skills: Developing map reading skills.</p> <p>Communication: Can follow and give instructions and are accepting of other peoples' ideas.</p> <p>Reflection: Can reflect on when and why they were successful at solving challenges.</p> <p>Striking and Fielding Games</p> <p>Striking: Begin to strike a bowled ball using different equipment.</p> <p>Fielding: Explore bowling and fielding skills to include a two – handed pick up and long and short barriers.</p> <p>Throwing: Use overarm and underarm throwing in game situations.</p> <p>Catching: Catch with some consistency in game situations.</p> <p>Swimming Same as Term 5.</p>

	Develop their ability to stay still and keep their focus.		Develop moving with a ball towards goal with some control.			
Year 4	<p>Fitness</p> <p>Agility: Show balance when changing direction at speed.</p> <p>Balance: Show control whilst completing activities which challenge balance.</p> <p>Co-ordination: Explore increased speed when coordinating their bodies.</p> <p>Speed: Demonstrate improved sprinting technique.</p> <p>Strength: Identify activities which help to strengthen different muscle groups.</p> <p>Stamina: Demonstrate using their breath to maintain their work rate.</p> <p>Yoga</p> <p>Balance: Explore using their breath to maintain balance within a pose.</p> <p>Flexibility: Demonstrate increased extension in their poses.</p> <p>Strength: Demonstrate increased control and strength when in a pose.</p> <p>Mindfulness:</p>	<p>Gymnastics</p> <p>Shapes: Develop the range of shapes they use in their sequences.</p> <p>Inverted movements: Develop strength in bridge and shoulder stand.</p> <p>Balances: Develop control and fluency in individual and partner balances.</p> <p>Rolls: Develop the straight, barrel, forward and straddle roll and perform with increased control.</p> <p>Jumps: Develop control in performing and landing rotation jumps.</p> <p>Invasion Games</p> <p>Sending & receiving: Develop passing to a teammate using a variety of techniques appropriate to the game.</p> <p>Dribbling: Develop control whilst dribbling under pressure.</p> <p>Attacking: Develop decision making around when to pass and when to short.</p> <p>Defending: Develop defending one on one and know when to win the ball.</p>	<p>Dance</p> <p>Actions: Respond imaginatively to a range of stimuli related to character and narrative.</p> <p>Dynamics: Change dynamics confidently within a performance to express changes in character.</p> <p>Space: Confidently use changes in level, direction and pathway.</p> <p>Relationships: Use actions and reaction to represent an idea.</p> <p>Performance: Perform complex dances that communicate narrative and character well, performing clearly and fluently.</p> <p>Invasion Games Same as Term 2.</p>	<p>Invasion Games Same as Term 2 and 3.</p> <p>Net and Wall Games</p> <p>Shots: Demonstrate increased technique when using shots both cooperatively and competitively.</p> <p>Serving: Develop technique in serving underarm with increased consistency.</p> <p>Rallying: Develop rallying using both forehand and backhand with increased technique.</p> <p>Footwork: Begin to use appropriate foot work patterns to move around the court.</p>	<p>Athletics</p> <p>Running: Develop an understanding of speed and pace in relation to distance. Develop power and speed in the sprinting technique.</p> <p>Jumping: Develop technique when jumping for distance. Explore fluency and technique in the vertical jump.</p> <p>Throwing: Explore power and technique when throwing for distance in a pull throw.</p> <p>Net and Wall Games Same as Term 4</p>	<p>OAA</p> <p>Problem Solving: Plan independently and in small groups implementing a strategy with increased success.</p> <p>Navigational Skills: Identify key symbols on a map and use a key to help navigate around a grid.</p> <p>Communication: Confidently, communicate ideas and listen to others.</p> <p>Reflection: With increased accuracy, critically reflect on when and why they were successful at solving challenges.</p> <p>Striking and Fielding Games</p> <p>Striking: Develop batting technique consistent with the rules of the game.</p> <p>Fielding: Develop bowling with some consistency, abiding by the rules of the game.</p> <p>Throwing: Use overarm and underarm throwing with increased consistency in game situations.</p> <p>Catching: Beginning to catch with one and two hands with some</p>

	Can engage with mindfulness activities with increased focus.	Space: Move into space to help their team keep possession and score goals.				consistency in game situations.
Year 5	<p>Fitness</p> <p>Agility: Demonstrate improved body posture and speed when changing direction.</p> <p>Balance: Change their body position to maintain a controlled centre of gravity.</p> <p>Co-ordination: Demonstrate increased speed when co-ordinating their bodies.</p> <p>Speed: Identify the best pace for a set distance or time.</p> <p>Strength: Demonstrate increased technique in body weight exercises.</p> <p>Stamina: Use their breath to increase their ability to move for sustained periods of time.</p> <p>Yoga</p> <p>Balance: Use their breath to maintain balance within a pose.</p> <p>Flexibility: Develop flexibility by connecting their movement with their breath.</p> <p>Strength:</p>	<p>Gymnastics</p> <p>Shapes: Perform shapes consistently and fluently to a high standard, sometimes linked with other gymnastic actions.</p> <p>Inverted movements: Explore progression of a cartwheel and a headstand.</p> <p>Balance: Explore symmetrical and asymmetrical balances.</p> <p>Rolls: Develop control and fluency in the straight, barrel, forward, straddle and backward roll.</p> <p>Jumps: Select a range of jumps to include in a sequence work.</p> <p>Invasion Games</p> <p>Sending & receiving: Develop control when S&R under pressure.</p> <p>Dribbling: Select and apply a variety of dribbling techniques to game situations.</p> <p>Attacking: Explore creating tactics with others and applying them to game situations.</p> <p>Defending:</p>	<p>Dance</p> <p>Actions: Choreograph planned dances by using, adapting and developing actions and steps from different dance styles.</p> <p>Dynamics: Confidently use dynamics to express different dance styles.</p> <p>Space: Use direction and patterning to express different dance styles.</p> <p>Relationships: Confidently use formations, canon and unison to express a dance idea.</p> <p>Performance: Perform dances expressively, using a range of performance skills, showing accuracy and fluency.</p> <p>Invasion Games Same as Term 2.</p>	<p>Invasion Games Same as Term 2 and 3.</p> <p>Net and Wall Games</p> <p>Shots: Develop the range of shots used in the games they play.</p> <p>Serving: Develop their range of serving techniques appropriate to the game they are playing.</p> <p>Rallying: Use a variety of shots to keep a continuous rally.</p> <p>Footwork: Demonstrate effective footwork patterns to move around the court.</p>	<p>Athletics</p> <p>Running: Apply fluency and coordination when running for speed in relay changeovers. Effectively apply speeds appropriate for the event.</p> <p>Jumping: Develop power, control and consistency in jumping for distance. Explore technique and rhythm in the triple jump.</p> <p>Throwing: Develop technique and power in javelin and shot put.</p> <p>Net and Wall Games Same as Term 4</p>	<p>OAA</p> <p>Problem Solving: Explore tactical planning within a team to overcome increasingly challenging tasks.</p> <p>Navigational Skills: Develop navigational skills and map reading in increasingly challenging tasks including map orientation.</p> <p>Communication: Explore a variety of communication methods with increasing success.</p> <p>Reflection: Reflect on when they were successful at solving challenges and alter their methods in order to improve.</p> <p>Striking and Fielding Games</p> <p>Striking: Explore defensive and driving hitting techniques and directional batting.</p> <p>Fielding: Develop over and underarm bowling technique. Select and apply long and short barriers appropriate to the situation.</p> <p>Throwing: Demonstrate clear technique when using a variety of throws under pressure.</p> <p>Catching:</p>

	<p>Demonstrate increased control and strength when in and transitioning between poses.</p> <p>Mindfulness: Understand that there are methods they can use to control how they feel.</p>	<p>Develop tracking and marking with a variety of techniques and increased success.</p> <p>Space: Move to create space for themselves and others in their team.</p>				<p>Explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations.</p>
Year 6	<p>Fitness</p> <p>Agility: Change direction with a fluent action and can transition smoothly between varying speeds.</p> <p>Balance: Show fluency and control when traveling, landing, stopping and changing direction.</p> <p>Co-ordination: Can coordinate a range of body parts with a fluent action at a speed appropriate to the challenge.</p> <p>Speed: Can adapt running technique to meet the needs of the distance.</p> <p>Strength: Can complete body weight exercises for increased repetitions, with control and fluency.</p> <p>Stamina: Use their breath to increase their ability to move for sustained periods of time.</p> <p>Yoga</p> <p>Balance: Link combinations of poses for balance with increased control in transition.</p> <p>Flexibility:</p>	<p>Gymnastics</p> <p>Shapes: Combine and perform gymnastic shapes more fluently and effectively.</p> <p>Inverted movements: Develop control in progressions of a cartwheel and a headstand.</p> <p>Balance: Explore counter balances and counter tension balances.</p> <p>Rolls: Develop fluency and consistency in the straddle, forward and backward roll.</p> <p>Jumps: Combine and perform a range of gymnastic jumps more fluently and effectively.</p> <p>Invasion Games</p> <p>Sending & receiving: Develop making quick decisions about when, how and who to pass to.</p> <p>Dribbling: Dribble consistently using a range of techniques with increasing control under pressure.</p> <p>Attacking: Explore creating attacking tactics with others in response to the game.</p>	<p>Dance</p> <p>Actions: Show controlled movements which express emotion and feeling.</p> <p>Dynamics: Explore, improvise and combine movement dynamics to express ideas, fluently, effectively on their own, with a partner or in a small group.</p> <p>Space and relationships: Use a variety of basic compositional principles when creating their own dances.</p> <p>Performance: Demonstrate a clear understanding of timing in relation to the music and other dancers throughout their performance.</p> <p>Invasion Games Same as Term 2.</p>	<p>Invasion Games Same as Term 2 and 3.</p> <p>Net and Wall Games</p> <p>Shots: Demonstrate increased success and technique in selecting and applying the appropriate shot for the situation.</p> <p>Serving: Serve accurately and consistently. Beginning to apply tactics to their serve.</p> <p>Rallying: Successfully apply a variety of shots to keep a continuous rally.</p> <p>Footwork: Demonstrate a variety of footwork patterns relevant to the game they are playing. Example: a split step and a chasse.</p>	<p>Athletics</p> <p>Running: Demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique. Hurdle with greater control and coordination.</p> <p>Jumping: Develop take off position when jumping for height. Develop power, control and technique in the triple jump.</p> <p>Throwing: Develop power, control and technique when throwing discus and javelin.</p> <p>Net and Wall Games Same as Term 4</p>	<p>OAA</p> <p>Problem Solving: Pool ideas within a group, selecting and applying the best method to solve a problem.</p> <p>Navigational Skills: Orientate a map efficiently to navigate around a course.</p> <p>Communication: Inclusively communicate with others, share job roles and lead when necessary.</p> <p>Reflection: With increasing accuracy, they reflect on when and how they were successful at solving challenges and alter their methods in order to improve.</p> <p>Striking and Fielding Games</p> <p>Striking: Strike a bowled ball with increasing accuracy and consistency.</p> <p>Fielding: Consistently select and apply the appropriate fielding action for the situation.</p> <p>Throwing: Consistently make good decisions on who and when to pass to in order to get batters out.</p> <p>Catching:</p>

	<p>Confidently transition from one pose to another showing extension connected to their breath.</p> <p>Strength: Explore poses that challenge their strength and work to maintain increased control and strength when in and transitioning between poses.</p> <p>Mindfulness: Explore methods they can use to control how they feel with some success.</p>	<p>Defending: Explore creating and applying defending tactics with others in response to the game.</p> <p>Space: Move to the correct space when transitioning from attack to defence.</p>				Consistently demonstrate good technique in catching skills under pressure.
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Progression of Skills for swimming

Year 1	<p>Strokes: Can swim over a 10m distance with a buoyancy aid.</p> <p>Breathing: Can submerge confidently in the water.</p> <p>Water Safety: Become aware of water safety and explore floating on their front and back.</p>
Year 2	<p>Strokes: Begin to use arms and legs together, more effectively across the water.</p> <p>Breathing: Begin to explore breathing in sync with their kicking action.</p> <p>Water Safety: Demonstrate an awareness of water safety and float on their front and on their back.</p>
Year 3	<p>Strokes: Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl.</p> <p>Breathing: Begin to explore front crawl breathing technique.</p> <p>Water Safety: Explore techniques for personal survival techniques to include survival strokes such as sculling and treading water.</p>
Year 4	<p>Strokes: Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl.</p> <p>Breathing: Demonstrate improved breathing technique in front crawl.</p> <p>Water Safety: Are comfortable with some personal survival techniques to include survival strokes such as sculling and treading water.</p>
Year 5	<p>Strokes: Demonstrate increased technique in a range of strokes, swimming over a distance of 25m.</p> <p>Breathing:</p>

	<p>Explore underwater breaststroke breathing technique over a distance of 25m.</p> <p>Water Safety: Demonstrate a good understanding of water safety. Explore safety techniques to include the H.E.L.P and huddle positions.</p>
Year 6	<p>Strokes: Identify their personal best in a range of strokes. Successfully select and apply the fastest stroke over a distance of 25m.</p> <p>Breathing: Demonstrate a smooth and consistent breathing technique in a range of strokes over a distance of 25m.</p> <p>Water Safety: Can select and apply the appropriate survival technique for the situation.</p>