

Striking/fielding games -(kwik cricket, rounders)

EYFS	Y1/2 (taught through kwik cricket)
<p>Not applicable</p>	<ul style="list-style-type: none"> ✓ Roll and stop a ball with increasing accuracy and control ✓ Begin to show accuracy in aiming at a target (rolling and throwing) ✓ Individually, catch and throw a ball with increasing control ✓ With a partner, catch and throw a ball with increasing control ✓ Begin to throw a ball overarm with some control and accuracy ✓ Begin to hold a bat correctly ✓ Begin to hit a ball off a tee with some control and accuracy ✓ Begin to play adapted small sided games <p>Equipment progression – small cricket bats, tennis rackets, tees, soft balls, tennis balls</p>
Y3/4 (taught through kwik cricket, rounders)	Y5/6 (taught through rounders)
<ul style="list-style-type: none"> ✓ Confidently roll and stop a ball with accuracy and control, including at a target ✓ Confidently catch and throw a ball (underarm and overarm) with control and accuracy, including over greater distances ✓ Confidently bowl underarm towards a target with control and accuracy ✓ Confidently hold and use a bat correctly (cricket and rounders bats) ✓ Hit a moving ball with control; begin to consider where they are aiming ✓ Play small sided games showing understanding of tactics to make the team successful ✓ Work co-operatively as a team showing understanding of the rules ✓ Play fairly, being gracious in victory and defeat ✓ Begin to evaluate their successes and failures and identify how they can learn from these <p>Equipment progression – tennis balls, tennis rackets, cricket bats, rounders bats</p>	<ul style="list-style-type: none"> ✓ Confidently use a long barrier technique to stop a ball when fielding ✓ Confidently catch and throw with control and accuracy, choosing the most appropriate technique and explaining why ✓ Confidently bowl underarm using a variety of bowling techniques and explaining why ✓ Bat with confidence, considering where they are aiming and why ✓ Use fielding techniques with confidence ✓ Play games showing understanding of tactics to make the team successful ✓ Work co-operatively as a team showing understanding of the rules ✓ Play fairly, being gracious in victory and defeat ✓ Confidently demonstrate good leadership skills and communication ✓ Confidently evaluate their successes and failures and identify how they can learn from these <p>Equipment progression – rounders bats, tennis balls, rounders balls</p>

Net/wall games - (tennis, volleyball, badminton)

EYFS (taught through Tennis)	Y1/2 (taught through Tennis)
<ul style="list-style-type: none"> ✓ Travel safely in a variety of ways, beginning to change speed and direction ✓ Travel with an object in their hands ✓ Show increasing control over moving and stopping an object with hands ✓ Individually, begin to catch, throw and bounce balls with hands ✓ With a partner, begin to throw and catch a ball ✓ Begin to hold and use a tennis racket ✓ Begin to aim at a target <p>Equipment progression – soft balls of varying size, beanbags, tennis balls, small tennis rackets</p>	<ul style="list-style-type: none"> ✓ Travel safely at speed in a variety of directions ✓ Begin to show accuracy in aiming at a target ✓ Individually, catch, throw and bounce a tennis ball with increasing control ✓ With a partner, catch and throw a tennis ball with increasing control ✓ Begin to hold a tennis racket using the correct grip ✓ Begin to balance and bounce a tennis ball using a racket when moving ✓ Begin to perform a forehand and backhand stroke to hit the ball <p>Equipment progression – small soft balls, tennis balls, small tennis rackets</p>
Y3/4 (taught through Tennis)	Y5/6 (taught through Volleyball, Badminton)
<ul style="list-style-type: none"> ✓ Move confidently around the court in all directions ✓ Confidently catch, throw and bounce a tennis ball with hands keeping it under control ✓ Confidently balance and bounce a tennis ball using a racket when moving ✓ Confidently perform forehand and backhand strokes to hit the ball with control and accuracy ✓ Confidently play 1v1 games showing awareness of where to aim the ball for success ✓ Play fairly, being gracious in victory and defeat ✓ Begin to evaluate their successes and failures and identify how they can learn from these <p>Equipment progression – tennis balls, tennis rackets</p>	<ul style="list-style-type: none"> ✓ Move confidently around the court in all directions ✓ Confidently catch and bounce the shuttlecock using hands and racket ✓ Confidently perform forehand and backhand strokes to hit the shuttlecock with control and accuracy ✓ Confidently play 1v1 games showing awareness of where to aim the shuttlecock for success ✓ Play fairly, being gracious in victory and defeat ✓ Confidently demonstrate good leadership skills and communication ✓ Confidently evaluate their successes and failures and identify how they can learn from these <p>Equipment progression – shuttlecocks, badminton rackets, volleyballs</p>

Invasion games -(football, netball, hockey, tag rugby, basketball, handball)

EYFS (taught through First PE unit)	Y1/2 (taught through Ball Skills unit)
<ul style="list-style-type: none"> ✓ Travel safely in a variety of ways, beginning to change speed and direction ✓ Travel with an object in their hands ✓ Show increasing control over moving and stopping an object with hands and feet ✓ Begin to catch and throw objects with hands ✓ Begin to pass and receive with a partner <p>Equipment progression – soft balls of varying size, beanbags, balloons</p>	<ul style="list-style-type: none"> ✓ Travel safely at speed in a variety of directions ✓ Travel with a variety of types of ball under control ✓ Dribble, stop and pass a ball with different parts of their feet ✓ Begin to show accuracy in aiming at a target with hands and feet ✓ Catch, throw and bounce a ball with increasing control ✓ Begin to use strategies to get past a defender ✓ Play in small sided games (2v2) <p>Equipment progression – soft balls of varying size, foam rugby balls</p>
Y3/4 (taught through football, netball, quicksticks hockey)	Y5/6 (taught through tag rugby, basketball, handball)
<ul style="list-style-type: none"> ✓ Move confidently around the playing space, varying speed and direction ✓ Show increasing control of a ball – stopping, passing, passing on the move, dribbling, avoiding a defender, intercepting, tackling, shooting <ul style="list-style-type: none"> • Football with both feet • Netball using hands • Hockey using a stick and ball safely ✓ Begin to use attacking and defending strategies in small sided games ✓ Work co-operatively in a team showing understanding of the rules ✓ Play fairly, being gracious in victory and defeat ✓ Begin to develop leadership skills showing good communication ✓ Begin to evaluate their successes and failures and identify how they can learn from these <p>Equipment progression – size 3 football, size 4 netball, plastic unihoc sticks and tennis balls leading to wooden sticks and possibly hockey balls at end Y4</p>	<ul style="list-style-type: none"> ✓ Move tactically around the playing space, varying speed and direction as attacking and defending strategies ✓ Show increasing control of a ball – stopping, passing, passing on the move, bouncing, dribbling, avoiding a defender, intercepting, tackling, shooting <ul style="list-style-type: none"> • Basketball with hands • Tag rugby with hands • Handball with hands ✓ Confidently use attacking (offensive in basketball) and defending strategies in small sided games ✓ Work co-operatively in a team showing understanding of the rules ✓ Play fairly, being gracious in victory and defeat ✓ Confidently demonstrate good leadership skills and communication ✓ Confidently evaluate their successes and failures and identify how they can learn from these <p>Equipment progression – size 4 rugby ball (size 3 available for start of Y5), size 5 basketballs, size 1 foam handballs</p>

Athletics

EYFS	Y1/2
<ul style="list-style-type: none"> ✓ Travel safely in a variety of ways, beginning to change speed and direction ✓ Begin to jump in different ways, landing safely, for a variety of purposes ✓ Begin to throw a variety of equipment in different ways for a variety of purposes ✓ Begin to use speed to develop the idea of racing; begin to run in a straight line <p>Equipment progression – beanbags, small soft balls, throw down lines, mini hurdles, hoops</p>	<ul style="list-style-type: none"> ✓ Begin to develop the correct sprinting technique (FAST) ✓ Develop ability to run in a straight line; within a lane on the track ✓ Begin to develop running stamina over an increasing period of time ✓ Begin to use the correct stance to throw a variety of objects for accuracy and distance ✓ Begin to develop the correct technique to jump over a greater distance with balance and control ✓ Begin to compete fairly, being gracious in victory and defeat <p>Equipment progression – small soft balls, vortex, foam javelins, throw down lines, mini hurdles, hoops</p>
Y3/4	Y5/6
<ul style="list-style-type: none"> ✓ Confidently use the correct sprinting technique (FAST) ✓ Develop running stamina over increasing distances; begin to consider pace ✓ Confidently choose and use the correct techniques to throw a variety of objects for accuracy and distance ✓ Confidently use the correct technique to perform a standing long jump with balance and control ✓ Begin to develop the correct technique to perform a triple jump with balance and control ✓ Begin to develop the correct technique for hurdling ✓ Begin to pass a relay baton with control and precision ✓ Compete fairly, being gracious in victory and defeat ✓ Begin to evaluate their successes and failures (measuring and timings results) and identify how they can learn from these <p>Equipment progression – vortex, foam javelins, thrown down lines, mini hurdles, hoops, relay batons</p>	<ul style="list-style-type: none"> ✓ Confidently use the correct sprinting technique to accelerate over short distances; show good control throughout sprint ✓ Confidently pace themselves when running a longer distance ✓ Confidently choose and use the correct techniques to throw a variety of objects for accuracy and distance; develop pushing action ✓ Confidently use the correct techniques to perform a variety of jumps with balance and control ✓ Confidently use the correct technique for hurdling with increased speed ✓ Confidently pass and receive a relay baton with control and precision ✓ Compete fairly, being gracious in victory and defeat ✓ Confidently evaluate their successes and failures and identify how they can learn from these ✓ Measure and time their results; strive to improve their own personal bests <p>Equipment progression – tennis balls, hockey balls, vortex, quoits, lightweight discus', relay batons, adjustable hurdles</p>