

PE and Games	Key Stage 1		Lower Key Stage 2		Upper Key Stage 2	
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Overview</b>	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending perform dances using simple movement patterns.		Use running, jumping, throwing and catching in isolation and in combination to play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance perform dances using a range of movement patterns. Take part in outdoor and adventurous activity that challenges both individually and within a team. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Learn to organise teams from larger groups and how to keep score for different games. Know and learn how to measure/officiate in athletics events.			
<b>Infants</b>						
<b>Ball Skills</b>	Basic ball skills involving foot work. Ball skills involving hands and large ball. Striking skills using a bat/ racquet. Ball skills involving hands using a small ball.					
<b>Recognised Games</b>	Goal orientated team games. Target orientated team games. Introduction to core sports and their objectives. Hockey skills. Lacrosse skills with scoops.					
<b>Athleticism</b>	Balance and co-ordination. Running and jumping skills.					
<b>Netball</b>						
<b>Game Type</b>			Introduction to 5-a-side	Development of 5-a-side	Introduction to 7-a-side	Development of 7-a-side
<b>Ball Handling</b>			Holding the ball above the head with two hands when in possession	Keeping possession under pressure, holding the ball in 2 hands.	Changing body position to enable a variety of passes while being marked	Ability to receive one handed.
<b>Passing</b>			Chest pass, bounce pass, shoulder pass	Passing accurately under pressure from a defender	Development of the running pass (receive and go).	Development of the running pass to gain momentum and power. Give and go.
<b>Shooting</b>			Using lowered nets, shooting from above the head using two hands	Development of technique, one hand under the ball, supporting hand to the side	Development of technique, stepping and shooting from 1 leg, introduction to holding space.	Development of technique, split landing in the attacking circle, holding space.
<b>Defending</b>			Marking the ball with arms up, following the ball with hands	Marking the ball 1m distance with arms up, follow the ball with hands	Introduction to the 3 stages of defending: player, ball, intercept. Defending a GS/GA in the circle (circle defence)	Development of 3 stages of defending. GD/GK partnership in the defending circle.
<b>Tactical Development</b>			Introduction to attacking and defending players	Development of positional understanding (5-a-side and High5). Centre pass plays	Introduction to all 7 playing positions. Centre pass plays	Development of playing positional roles and set plays.
<b>Lacrosse</b>						
<b>Game Type</b>			Introduction to pop lacrosse. 4 seconds on the ball.	Development of pop lacrosse. 3 seconds on the ball.	Pop lacrosse.	Transition to junior lacrosse
<b>Stick and Ball Handling</b>			Introduction to holding the stick, picking up ground balls and carrying the ball in the stick, in both hands. Stick tricks.	Introduction to cradling and ball carrying in both hands, changing hands. Stick tricks.	Development of cradling in both hands, different heights, changing hands. Introduction to fakes. Stick tricks.	Further development of cradling, different heights, both hands, fake passes. Using a junior stick. Stick tricks.
<b>Passing</b>			Underarm pop pass in both hands (shovel pass), introduction to over arm in both hands	Overarm passing using both hands (long, short)	Overarm passing using both hands (long, short, quick stick)	Overarm passing using both hands (long, short, quick stick, fake)
<b>Shooting</b>			Unopposed shooting into a goal using both hands	Beating a defender to goal, shooting unopposed in front of goal, both hands	Shooting when under pressure from a defender. Penalty shots, feeding from behind goal.	Set plays around the goal, give and go shooting.
<b>Defending</b>			Shadowing an opponent with stick mirroring theirs	Shadowing a defender, switching hands to mirror the ball	Marking player with the ball, off the ball defending.	Sliding, switching, crashing, checking.
<b>Tactical Development</b>			Cooperate with team members to carry the ball to goal. Attempt to regain ball when possession is lost.	Pass and move as a team towards goal. Awareness of other players in the opposition who are a threat.	Settled attack around goal. Application of player/off the ball defence around goal (high pressure).	Attacking set plays around goal. Team defence (high pressure, low pressure, double team)
<b>Hockey</b>						
<b>Game Type</b>			Introduction to Quicksticks 4-a-side	Development of Quicksticks 4-a-side	4-a-side Quicksticks	4-a-side Quicksticks Introduction to keepers

Stick and Ball Handling	Holding the stick correctly in two hands, carrying it when running.	Dribbling on open side and attempting reverse.	Indian dribble, stopping the ball on open/reverse.	Indian dribble, stopping the ball on open/reverse.
Passing	Dribbling, stopping and push passing.	Push pass and drive (slap hit).	Range of passes on open/reverse.	Range of passes on open/reverse. Chipping.
Shooting	Pushing the ball into the goal (unopposed) from inside a shooting 'D'	Hitting the ball into the goal (unopposed) from inside a shooting 'D'	Hitting the ball into the goal, open/reverse from inside a shooting 'D'. under pressure.	Hitting the ball into the goal, open/reverse/sweep from inside a shooting 'D'. under pressure.
Defending	Shadowing an opponent, no tackling	Shadowing an opponent with the stick on the ground. Block tackle.	Block and jab tackle. Beginning to add pressure and 'push' an opponent away from the goal.	Team defence around the attacking D, switching and double teaming.
Tactical Development	Cooperate with team members to carry the ball to goal. Attempt to regain ball when possession is lost.	Pass and move as a team towards goal. Awareness of other players in the opposition who are a threat.	Use of channels for movement to goal. Application of player/off the ball defence around goal (high pressure).	Attacking set plays around goal. Team defence (high pressure, low pressure, double team)
<b>Volleyball</b>				
Game Type	2 v 2, lowest net, 3 touches, 3 catches	3 v 3, lowest net, 3 touches, 3 catches	4 v 4, tallest net, 3 touches, 2 catches	4 v 4, tallest net, 3 touches, 2 catches
Positions / Rotation	Swap server each time, winning team wins the serve.	Introducing the setter. Rotate when a new server is needed. Win the point, win the serve.	Use of the setter who takes the second touch, receivers become the 'hitters'. Rotate on new server only.	Use of the setter who takes the second touch, receivers become the 'hitters'. Rotate on new server only.
Ball Handling	Under and overarm serve, dig, volley, hit. Self-feed volley and hit over the net.	Under and overarm serve, dig, volley, hit. Self-feed volley and hit over the net.	Under and overarm serve, dig, volley, hit. Introduce that the hit (3 <sup>rd</sup> touch) is a 'set' and is not a self-feed.	Under and overarm serve, dig, volley, hit. The hit (3 <sup>rd</sup> touch) is a 'set' and is not a self-feed. Attempting to 'set' with a dig or volley
Defending	Introduction to blocking	Individual blocking	Paired blocking	Paired Blocking
Tactical Development	Serving into space, hitting into space, attempting to use volleyball skills in a small sided, competitive rally, front and back or side by side on the receive.	Serving into space, hitting into space, attempting to use volleyball skills in a small sided competitive rally. 'V' formation (2 receivers, 1 setter)	Varying serve to outwit opponents, attempting to use at least 1 volleyball skill in a small sided competitive rally. Diamond formation (1 setter, 3 receivers)	Varying serve to outwit opponents, attempting to use at least 1 volleyball skill on the receive in a small sided competitive rally. Diamond formation (1 setter, 3 receivers)
<b>Athletics</b>				
Running	50m sprint, 400m middle distance, 1 lap 'Marathon', introduction to hurdles	50m sprint, 400m middle distance, 1 lap 'Marathon', introduction to hurdles	75m sprint, 600m middle distance, 2 lap 'Marathon', 60m hurdles	75m sprint, 600m middle distance, 2 lap 'Marathon', 60m hurdles
Jumping	Standing long jump, long jump.	Standing long jump, long jump.	Standing long jump, long jump, standing triple, introduction to high jump - scissors.	Standing long jump, long jump, standing triple, high jump scissors and Fosbury.
Throwing	Javelin using a plastic javelin, rounders ball throw / shot put.	Javelin using a plastic javelin, rounders ball throw / shot put.	Javelin using a plastic javelin, rounders ball throw, shot put and discus.	Javelin using a plastic javelin, rounders ball throw, shot put and discus.
Multi-events	Triathlon – 3 events (1 run, 1 jump, 1 throw)	Triathlon and Quadrathlon – 4 events (at least 1 of each discipline)	Quadrathlon and Pentathlon – 5 events (at least 1 of each discipline)	Quadrathlon and Pentathlon – 5 events (at least 1 of each discipline)
<b>Orienteering</b>				
Map Reading	Basic symbols (start, controls, end, features)	Basic symbols (start, controls, end, features)	Map of the school, Valley Gardens course 1 – recognise all map symbols and controls.	Map of the school, Valley Gardens course 1 & 2 – recognise all map symbols and controls.
Course Types	Cone counting, star course, photo course, school course (controls), timed course.	Cone counting, star course, photo course, school course (controls), timed course.	Star course, photo course, school course, orienteering off-site, timed courses.	Star course, photo course, school course, orienteering off-site, timed courses.
Course Planning	Onsite course, setting controls using a map / photos.	Onsite course, setting controls using a map / photos.	Onsite course, setting controls using a map / photos.	Onsite course, setting controls using a map / photos.
<b>Swimming – External Provider</b>				
Swimming	Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively perform safe self-rescue in different water-based situations.			
<b>Rugby</b>				
Game Type	Introduction to tag rugby	Development of Tag rugby	Introduction to contact rugby	Development of Contact rugby
Ball Handling and Passing	Correct handling of the ball, basic passing from either side	Development of variations in passing a ball, passing a ball when running, correct timing to pass	Timing of pass when approaching tackler, ball handling during contact situation.	Correct body position and ball position in tackle, recycling of ball in contact.

<b>Defending</b>	Positional knowledge and defensive structure of team.	Development of positioning during game situations, adjustment to positions after tackle.	Correct body position (Tower of power) before tackle. Correct tackle technique.	Development of variations in tackle technique in varying directions.
<b>Tactical Development</b>	Basic positioning in team formation for attack and defence. Introduction to onside/ offside positioning.	Development of support running and correct lines to run after tackle situation.	Correct tactics and skills to supporting tackler and ruck situation.	Further knowledge of tactics and skills to ball recycling from a tackle and continuous play.
<b>Football</b>				
<b>Game Type</b>	7 a-side team.	7 a-side team.	9 a-side teams.	9 a-side teams.
<b>Ball control, Passing and shooting</b>	Basic foot control and correct positioning for ball control.	Develop close ball control. Full Body positioning for kicking a ball to pass and shoot. Develop use of both feet.	Development of variation in ball control, differing passing and shooting techniques.	Progression in power and accuracy of passing and shooting. Progression in dribbling techniques.
<b>Defending</b>	Basic shielding and tracking of attacking player.	Knowledge of correct positioning and movement in defence.	Development of tackling technique/ timing and position.	Progression in tackling technique and strategies.
<b>Tactical Development</b>	Knowledge of key football positions.	Development of positional play and roles of positions.	Further knowledge of positions and roles in game play.	Development of knowledge of team tactics and objectives.
<b>Cricket</b>				
<b>Game Type</b>	3 Pair Quick Cricket	3 Pair quick Cricket	4 pair Cricket	4 pair Cricket.
<b>Throwing</b>	Development of over arm throwing.	further progression of over arm throw.	Progression of power and accuracy to different throwing techniques (under arm/ over arm)	Development of throwing from differing angles and body positions, stationary and moving.
<b>Catching</b>	Stationary 2 hand catching,	Stationary one hand catches and tracking of ball,	Progression of distance (height and length) to successful catching.	Development of catching at varying angle and positions.
<b>Bowling</b>	Introduction to stationary over arm bowling.	Introduction to further arm movements (Big 6)	Development of bowling technique run ups and accuracy.	Continued development of bowling action.
<b>Batting</b>	Introduction of batting stance and swing.	Development of batting and swing and timing.	Introduction to varying batting techniques/ swings.	Continued development of striking ball in different positions.
<b>Tactical development and positioning.</b>	Introduction to basic cricket objectives runs/ overs/ outs.	Knowledge of batting communication. Knowledge of basic fielding positions.	Backing up in fielding. Further development of running skills when batting.	Develop knowledge of game tactics and further fielding positions.