

PRIMARY SPORTS AND EDUCATION – SKILLS PROGRESSION

Autumn 1- Netball
 Autumn 2- Tagging games
 Spring 1- Football Skills
 Spring 2- Volleysport
 Summer 1- Tennis
 Summer 2- Athletics

Strand	Stage One	Stage Two (Expected end Key Stage 1)	Stage Three
Games	Practice underarm throwing and rolling skills. Practice simple collecting and receiving skills. Play simple games with a partner or passive opponent. Describe basic rules and the way to score.	Use basic underarm, rolling and hitting skills accurately. Intercept, retrieve and stop bean bags and large balls with some consistency. Throw, hit, kick a ball in a range of ways depending on the needs of the game. Describe what they and others need to do in a game.	Use with accuracy underarm, overarm and hitting skills. Track, intercept, stop and catch balls consistently. Anticipate movements and actions of others in partner work. Describe simple tactics and skills used in games. Invasion Games Use a range of throwing and catching skills with control to keep possession and to score goals / points. Be aware of space and members of the opposition. Use a variety of simple tactics for attacking and keeping possession of the ball. Understand the need to defend and attack. Become increasingly familiar with the rules of the game. Striking and Fielding Use with increasing accuracy, under arm and over arm throwing and hitting skills. Track, intercept, stop and catch balls and beanbags with consistency. Track balls or other equipment sent to them and anticipate where it is going. Choose a skill that suits the needs of the game and outwits their opponents. Describe simple tactics and skills they can use in games. Become familiar with and begin to apply rules consistently and fairly. Net and Wall Games Keep up a continuous game using simple throwing and catching skills and techniques. Choose and use a range of simple tactics for sending the ball different ways. Choose and use an increasing range of simple tactics for defending their own court. Gain an understanding of, and use, rules.
Movement	Show basic control and co-ordination when travelling. Change movements and pathways to avoid others and obstacles. Copy simple movements and actions. Identify changes that take place when they exercise.	Show control and co-ordination when travelling and remaining still. Find and use space safely showing awareness of others. Remember and repeat simple actions and movements with control. Describe movement phrases, e.g. travelling, balancing, climbing etc. Describe how they feel during and after exercise.	Travel in a range of different ways using feet, hands and feet and without feet. Use all available space using different pathways and changes in direction. Identify when the heart rate (pulse) and breathing quickens. Athletics Run at fast, medium and slow speeds, changing speed and direction. Link running and jumping activities with fluency, control and consistency. Make up and repeat a short sequence of linked jumps. Take part in an athletic event, e.g. a relay activity. Know and demonstrate a range of throwing techniques. Throw with some accuracy and power into targets.