

## KS2 Progression of skills curriculum map 2021 - 2022

All lessons are based around objectives on: Performance (skills), social and development (teamwork/communication) and competition (peer and self)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 3</b>	<b>Gym – Linking movement</b> - taking weight on hands - step and turns - move from different balances - link rolls and balances - travel on patches low and high levels	<b>OAA</b> - communicate with team - interpret rules - solve problems as a group - work together blindfolded - navigate an area following directions - use a map and controls - use photo clues to identify location of controls	<b>Target games 3 - golf</b> -throw ball underarm with some accuracy - putt a ball -use iron and putter to chip and strike consistently - scoring golf <i>****Carry on with OAA then move onto Target games</i>	<b>Yoga</b> -Perform a variety of poses -Hold good positions and alignment -control breathing -Work with control and isolate body parts -devise own meditation	<b>Dance – Vikings</b> Theme based on their Big Question topics  Develop: - Use music as a stimulus to create actions - 32 - 48 count motif in unison - Use different levels and pathways, directions, cannon, formation - Work in unison and individually and groups - self and peer evaluation	<b>Invasion games- Handball</b> - send and receive the handball - pass and receive on the move - shoot accurately - blocking & intercepting - tactics and strategies in small sided game - teamwork and sportsmanship values
<b>Year 3 PPA</b>	<b>Net wall – Tennis</b> - ready position - movement on court - judge the bounce of ball - positioning to hit forehand & backhands - volley ball downwards - use tactics against opponent	<b>Invasion games – Netball</b> - different passes - defend individually/team -attack as a team - shooting - evaluate & improve performance - officiate and responsibilities in a game.	<b>Gym- Symmetry</b> – spin on patches and points - spin and roll symmetrically & asymmetrically -smooth transitions and work at different levels - sequences in pairs	<b>Invasion Games Hockey</b> - correct grip for stick - control stick and dribble ball with speed - change direction of dribble - pass accurately - control a pass sent to you - variety of passes - jab stick tackle	<b>Striking and field – cricket</b> -positioning to receive a bowled ball - bowl under and over arm (straight arm) then with run up - Wicket keeping stance and take the ball bowled either side. - throw accurately and powerfully	<b>Athletics</b> - technique to start a sprint - improve speed with coordination. - low hurdles developing consistency and technique - accurate consistent over arm throw - use good technique in competitive situation.

		-small sided high 5 games		- work together in a small sided game and tournament.	- slide bat to make ground on run - communicate with batting partner - try multiple roles in small games.	
Year 4	<b>Invasion games – Basketball</b> - move and dribble ball confidently - pass using correct technique - correct footwork when catching - pivot to protect ball and create passing angles - zonal & man to man defending - getting close to the basket for a shot - Passing & attacking techniques - Use screens to help teammates	<b>Gymnastics</b> - <b>partner work pushing and pulling</b> - balance on points and patches -synchronisation and sequences Broad and narrow shapes -spinning -arabesque Asymmetrical balances -matching and contrasting - using different levels -unison and cannon	<b>Swimming</b> <u>Term Target: Star fish award/ safety Qs/climb out</u> - being comfortable in water (splashing) - Movement forwards, backwards, sideways -floating - Jumping in - being comfortable in deeper water -treading water - travel on front & back - Front and back kick - submerging -partner work  <u>Term Target: 5m</u>  - push & gliding front & back -breaststroke kick - different jumps in - develop stamina - develop floating control -front & back travel - self rescue: action for help - basics of rotation	<b>Swimming</b> <u>Term Target: 10m</u> - push & gliding -front & back travel & develop in deep water - submerging - rotating - log rolls - develop floating - self rescue scenarios - breast stroke, back stroke & Front crawl arms & legs. - stamina work move from width to length	<b>Swimming</b> <u>Term Target: Recognised stroke/ 25m</u> - stamina work width to length - progression of log roll - Push & Glide with rotation - sculling - intro to surface dives (hands & feet first) - treading water - breast stroke, back stroke & Front crawl arms & legs. - sequence of floating	<b>Swimming</b> <u>Term Target: Help position &amp; Tread water</u>  - develop log rolls - stamina work move from width to length -floating games - Jump in a various depths - Jump in & tread water - Front & back swimming - Self rescue - dolphin kick - team games - Self rescue practise <u>Term Target: All targets complete</u>  -- Front & back swimming - Team building games - Self Rescue practise

			- introduction to recognised strokes -teambuilding			
<b>Year 4 PPA</b>	<b>Netwall -Dodgeball</b> - effective throwing technique - effective throwing techniques - catching skills - attacking techniques - evaluate and improve team competitive performance	<b>Invasion Games Flag Football</b> - Receive ball from a hand off - send ball using javelin pass - good positioning to move quickly and receive ball - snap centre Quarterback exchange - grab opposition tag - receive ball on the move - run lines of attack - small sided games	<b>Netwall Badminton</b> - Ready position - throw shuttle with accuracy and control - positioning to hit and return shuttle - soft and hard shots - perform and select different shots - perform in competitive situation - officiate and keep score	<b>OAA</b> - communicate with team - interpret rules - solve problems as a group - work together blindfolded - navigate an area following directions - use a map and controls - use photo clues to identify location of controls	<b>Athletics</b> - technique to start a sprint - improve speed with coordination. - low hurdles developing consistency and technique - accurate consistent over arm throw - use good technique in competitive situation.	<b>Strike and Field Rounders</b> - Send and receive tennis ball - tactical awareness in small sided game - basic bowling & batting skills - hitting ball with bat - decision making about running - fielding skills - high catching skills - awareness of tactics & rules in a game.
<b>Year 5</b>	<b>Dance</b> Theme based on their Big Question topics  - Use music as a stimulus to create actions - 48-64 count motif in unison - Use different levels and pathways, directions, cannon, formation - Work in unison and individually and groups and pairs - self and peer evaluation	<b>Gym – Matching mirroring</b> - start & finish positions - match partners move - work in time with partner - contrast a partners moves on different levels and pathways - mirror a partner’s moves whilst travelling - paired routines - elements of unison & cannon - different dynamics on floor & apparatus	<b>Net wall – volleyball</b> - send & receive volleyball use bump & dig - set a ball - spike a ball - serve over distance & execute rally - block - learn scoring & rotation - understand tactics - compete in full sided game - communicate effectively	<b>Dance</b> Theme based on their Big Question topics  - Use music as a stimulus to create actions - 48-64 count motif in unison - Use different levels and pathways, directions, cannon, formation - Work in unison and individually and groups and pairs - self and peer evaluation	Yoga -Rest and relax positions -hold poses for 3 seconds -prepare body for yoga -perform a relaxation sequence of movements - perform a wide range of movements  <i>May need to use lower Key stage 2 model as covid meant they missed the unit in year 3.</i>	<b>OAA</b> - Ordnance survey matching - sort teams in specific orders using bodies and communication - work with a partner to navigate them or be navigated by - - Solve problems in small groups - find controls using a map

<p><b>Year 5 PPA</b></p>	<p><b>Net wall – Tennis</b></p> <ul style="list-style-type: none"> <li>- ready position for forehand &amp; backhand</li> <li>- hit forehand controlling direction of ball</li> <li>- consistent backhands</li> <li>- Move between forehand &amp; backhand.</li> <li>Identify difference between shots</li> <li>- Good footwork</li> <li>- Competitive rallies</li> <li>- use some tactics</li> </ul>	<p><b>Invasion games - Tag Rugby</b></p> <ul style="list-style-type: none"> <li>- how to tag</li> <li>- send &amp; receive under pressure</li> <li>- pass ball backwards accurately</li> <li>- dummy a pass</li> <li>-Make decisions &amp; understand when to use certain passes</li> <li>- pass missing out players in a line</li> <li>- game understanding</li> <li>-compete with tactic in small sided game.</li> <li>- communicate effectively</li> </ul>	<p><b>Invasion Game –Gaelic football</b></p> <ul style="list-style-type: none"> <li>- Crouch, body, high, low, reach catches</li> <li>-maintaining possession toe tap or bounce.</li> <li>-avoiding a defender with a roll off or side step</li> <li>- Make decisions &amp; understand when to use different passes (Hook &amp; punt kick, hand &amp; fist pass.)</li> <li>- different defending: block down or hand tackle &amp; shadowing.</li> <li>- Using different skills &amp; tactics in competitive situation.</li> </ul>	<p><b>Gym – Synchronisation</b></p> <ul style="list-style-type: none"> <li>- routine with partner on points &amp; patches</li> <li>- perform to a consistent count</li> <li>- perform in cannon &amp; unison</li> <li>- symmetrical &amp; asymmetrical balances low and high</li> <li>- different dynamics (level, speed, direction)</li> <li>- high quality sequence of moves</li> </ul>	<p><b>Striking and fielding Cricket</b></p> <ul style="list-style-type: none"> <li>- Catch under pressure</li> <li>- overarm throw accurately</li> <li>- grip bat correctly</li> <li>-suitable stance</li> <li>- strike the ball well</li> <li>- range of fielding techniques</li> <li>- basic bowling technique</li> <li>- link skills together in competitive game</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>- sustain pace over longer distance</li> <li>- Run at different speeds</li> <li>- develop pull throw with power &amp; accuracy</li> <li>- best techniques for different implements</li> <li>- triple jump</li> <li>- high jump</li> <li>- relay change overs</li> </ul>
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Year 6	<b>Gym – Rolling</b> - mirror and cannon rolls with a partner forward roll with good technique - sequence of rolls - roll backwards into a straddle - roll backwards to standing - roll in unison with partner - sequence of different rolls - control and poise, timing	<b>Invasion Games Hockey</b> - Hold the stick correctly - Dribble the ball with my head up - Indian dribble - Push pass accurately - Jab tackle - Send and receive under pressure - get past a defender - attacking strategies - positions - Adapt tactics - communicate with teammates	<b>Dance</b> Theme based on their Big Question topics - Use music as a stimulus to create actions - 48-64 count motif in unison - Use different levels and pathways, directions, cannon, formation - Work in unison and individually and groups and pairs - self and peer evaluation	<b>Netwall - Dodgeball</b> - improve throwing technique - improve dodging techniques - improve catching skills - work in a team to win - officiate - compete effectively	<b>Gymnastics Counter balance &amp; tension</b> - controlled balances on different points and patches - hold symmetrical & asymmetrical balances & counter balances - different levels - sequences in cannon at different levels - group performance	<b>Striking &amp; Fielding Rounders</b> - consistent throws and catches - develop over arm bowl - tactical awareness in games - make & understand decisions on where to strike the ball based on fielders or how to field the ball to get someone out - communicate effectively as a team - take on different roles
Year 6 PPA	SWIMMING Catch-up	SWIMMING Catch- up	<b>OAA/team building and problem solving</b> - non verbal communication - use a map and controls in a timed situation - understand the importance of planning - work as a team and in a partnership - demonstrate leadership qualities	<b>Invasion Games Lacrosse</b> - Scoop & carry ball - cradle ball & dodge - throw & catch consistently - send & receive ball confidently - shoot from left & right - compete in an attacking & defending game	<b>Striking &amp; Fielding Danish Long ball</b> - throw accurately at a still target - pick up ball on the run (1 & 2 handed) - send & receive on the move - catch ball on the move - Make decisions under pressure - sense of anticipation, space and others - compete effectively with tactical awareness and communicate effectively	<b>Invasion Games Ultimate Frisbee</b> - send & receive frisbee accurately - anticipate passes - range of strategies to beat defender - defend against opponent - build attacks - retain possession - time runs to breach defence - communicate with team - find space quickly - compete effectively using skills & understanding

Additional activities and units below

<p><b><u>Year 4</u></b></p> <p>Extra unit of OAA fitted in over the year</p> <ul style="list-style-type: none"> <li>- communicate with teammates effectively</li> <li>- interpret rules</li> <li>-work as a team</li> </ul> <p>Navigate an area following instructions</p> <ul style="list-style-type: none"> <li>- use a map of the school</li> <li>-use controls to solves maths problems</li> <li>- use photos to identify controls</li> </ul> <p><b><u>Year 4 Castleton Residential</u></b></p> <p><b>Activities</b></p> <p>hill walking, archery, orienteering using controls, den building, geocaching to navigate around Castleton, follow compass points.</p> <p><b>Skills developed</b></p> <ul style="list-style-type: none"> <li>- social &amp; environmental awareness</li> <li>- confidence</li> <li>-teamwork</li> <li>- communication</li> <li>- leadership</li> <li>-independence -new experiences for some</li> <li>-strength of character and motivation</li> <li>- fitness</li> <li>-develop a love of the outdoors</li> </ul>	<p><b><u>Year 6</u></b></p> <p style="text-align: center;"><b><u>Ghyll Head residential</u></b></p> <p><b>Through a selection of these activities</b></p> <p>Zip Wire, Ropes Course, Orienteering, Canoeing, Kayaking, Sailing, Raft Building, Rock Climbing, Scrambling, Abseiling, Ghyll Scrambling, Hill Walking, Caving, Sea Cliff Traversing, Mountain Biking, Field Studies</p> <p>They develop these skills:</p> <p><b>Skills developed</b></p> <ul style="list-style-type: none"> <li>- social &amp; environmental awareness</li> <li>- confidence</li> <li>-teamwork</li> <li>- communication</li> <li>- leadership</li> <li>-independence -new experiences for some</li> <li>-strength of character and motivation</li> <li>- fitness</li> <li>-develop a love of the outdoors</li> </ul>
<p style="text-align: center;"><b><u>Sports Day</u></b></p> <p>Children are split into mixed teams (yr1,2,3 &amp; Yr4,5,6) they compete in different activities as a team and gain points.</p> <p>Hockey dribbling, penalty shoot, basketball/netball skills, javelin, obstacle relay, dress up relay, baton relay.</p> <p><b>EYFS</b> – running, jumping thowing events.</p>	<p style="text-align: center;"><b><u>External coaches for extra sessions – in previous year before covid</u></b></p> <p style="text-align: center;"><b>Reception</b> – FMS through Football, dance &amp; gym skills</p> <p style="text-align: center;"><b>Year 2</b> – Cricket</p> <p style="text-align: center;"><b>Year 4/5</b> – Rugby</p> <p style="text-align: center;"><b>Year 3</b> – Orienteering</p>