

KS2 Progression of skills curriculum map 2023 2024

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
Year 3	<p>Gym - Linking movement</p> <ul style="list-style-type: none"> - taking weight on hands - step and turns - move from different balances - link rolls and balances - travel on patches low and high levels 	<p>OAA</p> <ul style="list-style-type: none"> - 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 	<p>Yoga</p> <ul style="list-style-type: none"> -Perform a variety of poses -Hold good positions and alignment -control breathing -Work with control and isolate body parts -devise own meditation 	<p>Invasion Games Hockey</p> <ul style="list-style-type: none"> - 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 - work together in a small sided game and tournament. 	<p>Striking and field - cricket</p> <ul style="list-style-type: none"> -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 - slide bat to make ground on run - communicate with batting partner - try multiple roles in small games. 	<p>Invasion games- Handball</p> <ul style="list-style-type: none"> - 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

<p>Year 3 PPA</p>	<p>Net wall - Tennis</p> <ul style="list-style-type: none"> - ready position - movement on court - judge the bounce of ball - positioning to hit forehand & backhands - volley ball downwards - use tactics against opponent 	<p>Invasion games - Netball</p> <ul style="list-style-type: none"> - different passes - defend individually/team - attack as a team - shooting - evaluate & improve performance - officiate and responsibilities in a game. - small sided high 5 games 	<p>Target games golf</p> <ul style="list-style-type: none"> - throw ball underarm with some accuracy - putt a ball - use iron and putter to chip and strike consistently - scoring golf 	<p>Gym- Symmetry -</p> <ul style="list-style-type: none"> - spin on patches and points - spin and roll symmetrically & asymmetrically - smooth transitions and work at different levels - sequences in pairs 	<p>Dance - around the world</p> <p>Theme based on their Big Question topics Vikings</p> <p>Develop:</p> <ul style="list-style-type: none"> - 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 	<p>Athletics</p> <ul style="list-style-type: none"> - 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.
<p>Year 4</p>	<p>Swimming</p> <p><u>Term Target:</u></p> <p>Star fish award/ safety Qs/climb out</p>	<p>Swimming</p> <p><u>Term Target: 5m</u></p> <ul style="list-style-type: none"> - push & gliding front & back 	<p>Swimming</p> <p><u>Term Target: 10m</u></p> <ul style="list-style-type: none"> - push & gliding 	<p>Swimming</p> <p><u>Term Target: Recognised stroke/ 25m</u></p>	<p>Swimming</p> <p><u>Term Target: Help position & Tread water</u></p>	<p>Swimming</p> <p><u>Term Target: All targets complete</u></p>

	<ul style="list-style-type: none"> - 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 	<ul style="list-style-type: none"> -breaststroke kick - different jumps in - develop stamina - develop floating control -front & back travel - self rescue: action for help - basics of rotation - introduction to recognised strokes -teambuilding 	<ul style="list-style-type: none"> -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 	<ul style="list-style-type: none"> - 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 	<ul style="list-style-type: none"> - 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 	<ul style="list-style-type: none"> -- Front & back swimming - Team building games - Self Rescue practise
Year 4 PPA	Netwall Badminton <ul style="list-style-type: none"> - Ready position - throw shuttle with accuracy and control - positioning to hit and return shuttle - soft and hard shots 	Invasion Games Flag Football <ul style="list-style-type: none"> - Receive ball from a hand off - send ball using javelin pass - good positioning to move quickly and receive ball - snap centre Quarterback exchange 	OAA <ul style="list-style-type: none"> - communicate with team - interpret rules - solve problems as a group - work together blindfolded - navigate an area following directions - use a map and controls 	Gymnastics - pushing and pulling <ul style="list-style-type: none"> - Develop balancing on points and patches - Match partners asymmetrical balances - Work at contrasting 	Athletics <ul style="list-style-type: none"> - technique to start a sprint - improve speed with coordination. - low hurdles developing consistency and technique - accurate consistent over arm throw 	Strike and Field Rounders <ul style="list-style-type: none"> - Send and receive tennis ball - tactical awareness in small sided game - basic bowling & batting skills - hitting ball with bat

	<ul style="list-style-type: none"> - perform and select different shots - perform in competitive situation - officiate and keep score 	<ul style="list-style-type: none"> - grab opposition tag - receive ball on the move - run lines of attack - small sided games 	<ul style="list-style-type: none"> - use photo clues to identify location of controls 	<ul style="list-style-type: none"> levels with a partner - Compose and perform a sequence with a partner 	<ul style="list-style-type: none"> - use good technique in competitive situation. 	<ul style="list-style-type: none"> - decision making about running - fielding skills - high catching skills - awareness of tactics & rules in a game.
Year 5	<p>Dance Theme based on their Big Question topics The Haka</p> <ul style="list-style-type: none"> - 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 	<p>Gym - Matching mirroring</p> <ul style="list-style-type: none"> - 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 	<p>Net wall - volleyball</p> <ul style="list-style-type: none"> - 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 	<p>Invasion games - Tag Rugby</p> <ul style="list-style-type: none"> - how to tag - send & receive under pressure - pass ball backwards accurately - dummy a pass - Make decisions & understand when to use certain passes - pass missing out players in a line - game understanding 	<p>Striking and fielding Cricket</p> <ul style="list-style-type: none"> - Catch under pressure - overarm throw accurately - grip bat correctly - suitable stance - strike the ball well - range of fielding techniques - basic bowling technique 	<p>OAA</p> <ul style="list-style-type: none"> - 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>and groups and pairs</p> <ul style="list-style-type: none"> - self and peer evaluation 	<ul style="list-style-type: none"> - elements of unison & cannon - different dynamics on floor & apparatus 	<ul style="list-style-type: none"> - communicate effectively 	<ul style="list-style-type: none"> - compete with tactic in small sided game. - communicate effectively 	<ul style="list-style-type: none"> - link skills together in competitive game 	
Year 5 PPA	<p>Net wall - Tennis</p> <ul style="list-style-type: none"> - ready position for forehand & backhand - hit forehand controlling direction of ball - consistent backhands - Move between forehand & backhand. Identify difference between shots - Good footwork 	<p>Invasion Game - Gaelic football</p> <ul style="list-style-type: none"> - Crouch, body, high, low, reach catches - maintaining possession toe tap or bounce. - avoiding a defender with a roll off or side step - Make decisions & understand when to use different passes (Hook & punt 	<p>Dance The Victorians</p> <p>Theme based on their Big Question topics</p> <ul style="list-style-type: none"> - Use music as a stimulus to create actions - 48-64 count motif in unison - Use different levels and pathways, directions, cannon, formation 	<p>Gym - Synchronisation</p> <ul style="list-style-type: none"> - routine with partner on points & patches - perform to a consistent count - perform in cannon & unison - symmetrical & asymmetrical balances low and high - different dynamics (level, speed, direction) - high quality sequence of moves 	<p>Target Archery</p>	<p>Athletics</p> <ul style="list-style-type: none"> - sustain pace over longer distance - Run at different speeds - develop pull throw with power & accuracy - best techniques for different implements - triple jump - high jump - relay change overs

	<ul style="list-style-type: none"> - Competitive rallies - use some tactics 	<p>kick, hand & fist pass.)</p> <ul style="list-style-type: none"> - different defending: block down or hand tackle & shadowing. - Using different skills & tactics in competitive situation. 	<ul style="list-style-type: none"> - Work in unison and individually and groups and pairs - self and peer evaluation 			
Year 6	<p>Gym -Flight</p> <p>Take off from one foot to two</p> <ul style="list-style-type: none"> - Create shapes whilst in flight - Landing with soft knees - Mount and dismount apparatus - Linking movements 	<p>Invasion Games Hockey</p> <ul style="list-style-type: none"> -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 	<p>Dance</p> <p>Theme based on their Big Question topics WW2</p> <ul style="list-style-type: none"> - 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 	<p>Netwall - Dodgeball</p> <ul style="list-style-type: none"> - improve throwing technique - improve dodging techniques - improve catching skills - work in a team to win -officiate - compete effectively 	<p>OAA/team building and problem solving</p> <ul style="list-style-type: none"> - 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 	<p>Striking & Fielding Rounders</p> <ul style="list-style-type: none"> - 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

			- self and peer evaluation			- communicate effectively as a team - take on different roles
Year 6 PPA	Invasion Games Football - dribbling & passing ball - move & control ball keeping possession - choose the correct shooting technique - identify & how to defend opponent - identify where & when to use space to create goal scoring opportunity - co operate with others	Netwall Badminton - develop ready position - accurate & controlled throw of shuttle - Understand benefits & perform forehand & backhand serve - move quickly to return shuttle - understand use & demonstrate split step - different types of shot consistently & accurately - perform in competitive situation, keep score & officiate.	Striking & Fielding Danish Long ball - 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	Invasion Games Lacrosse - Scoop & carry ball - cradle ball & dodge - throw & catch consistently - send & receive ball confidently - shoot from left & right - compete in an attacking & defending game	Gymnastics Counter balance & tension - controlled balances on different points and patches - hold symmetrical & asymmetrical balances & counter balances - different levels - sequences in cannon at different levels - group performance	Invasion Games Ultimate Frisbee - 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

Year 6

<p><u>OAA</u> All years have access to orienteering and teamwork activities that they use as cross curricular activities.</p> <p><u>Year 4 Castleton Residential</u> Activities hill walking, archery, orienteering using controls, den building, geocaching to navigate around Castleton, follow compass points.</p> <p>Skills developed</p> <ul style="list-style-type: none"> - social & environmental awareness - confidence -teamwork - communication - leadership -independence -new experiences for some -strength of character and motivation - fitness -develop a love of the outdoors 	<p style="text-align: center;"><u>Ghyll Head residential</u></p> <p>Through a selection of these activities 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 They develop these skills:</p> <p>Skills developed</p> <ul style="list-style-type: none"> - social & environmental awareness - confidence -teamwork - communication - leadership -independence -new experiences for some -strength of character and motivation - fitness -develop a love of the outdoors
<p style="text-align: center;"><u>Sports Day</u></p> <p>Children are split into mixed teams (yr1,2,3 & Yr4,5,6) they compete in different activities as a team and gain points. Hockey dribbling, penalty shoot, basketball/netball skills, javelin, obstacle relay, dress up relay, baton relay.</p> <p style="text-align: center;">EYFS – running, jumping throwing events.</p>	