

PE Skills Progression at Northstead CP School (updated June 2025)

	Ball Skills Hands 1 into Netball	Ball Skills Hands 1 into Basketball	Ball Skills Hands into Dodgeball	Locomotion into Tag Rugby	Games for Understanding into Hockey
EYFS	Ball Skills Hands • Explore pushing • Explore rolling • Explore bouncing • Explore bouncing into space • Combine pushing and rolling • Combine rolling, pushing and bouncing <i>(Autumn 2)</i>		Games For Understanding • Taking turns, keeping the score, playing by the rules, develop walking in different pathways, apply walking into a game <i>(Summer 2)</i>		
Year 1	Ball Skills Hands Introduce sending (bouncing) with control • Introduce aiming with accuracy • Introduce power and speed when sending a ball • Introduce/develop stopping, combining sending skills • Combine sending and receiving skills <i>(Autumn 2)</i>			Games For Understanding • Understanding the principles of attack/defence, applying attacking / defending principles into a game, consolidate attacking / defending • Explore running, apply running into a game, explore running at different speeds ,combine sending and receiving skills <i>(Summer 2)</i>	
Year 2	Ball Skills Hands • Develop dribbling/ passing and receiving • Combine dribbling, passing and receiving, keeping possession • Develop dribbling/passing and receiving to score a point • Combine dribbling, passing and receiving to score a point <i>(Autumn 2)</i>		Dodging • Explore dodging • Develop dodging • Apply dodging: Explore attacking to beat an opponent • Apply dodging in teams <i>(Autumn 1)</i>		Games For Understanding • Attacking/defending as a team • Understanding the transition between defence and attack • Create and apply attacking/ defensive tactics <i>(Summer 2)</i>
Year 3	Netball Introduce passing and receiving, Introduce passing and creating space, develop passing and moving. Introduce scoring and the concept of shooting, Develop shooting			Tag Rugby Introduce moving with the ball, passing and receiving • Introduce tagging • Create space when attacking • Develop passing and moving • Combine passing/moving to create attacking opportunities	

	<i>(Autumn 2/ Spring 1/Summer 1)</i>			<i>(Autumn 1/Autumn 2/Spring 2)</i>	
Year 4	Netball Develop passing and receiving, Develop passing and creating space, Develop passing, moving and shooting, Develop Footwork, Introduce defending <i>(Autumn 1)</i>		Dodgeball (refer to previous year plan if necessary) <ul style="list-style-type: none"> • Introduce jumping and ducking, • Develop throwing with accuracy and power • Develop catching • Consolidate dodging, jumping and ducking into games • Combine dodging, catching and throwing <i>(Autumn 1)</i> 		Hockey (refer to previous year plan if necessary) Refine dribbling and passing •Develop shooting •Develop passing and dribbling creating space for attacking opportunities •Introduce defending; blocking and tackling <i>(Autumn 2)</i>
Year 5	Netball Refine passing and receiving Explore the function of other passes Develop using a range of passes Develop defending and marking the player with the ball <i>(Spring 2)</i>			Rugby (refer to previous year plan if necessary – extend to Y6 if necessary) Refine passing and moving to create attacking opportunities Explore different passes that can be used to outwit defenders Refine defending as a team Create and apply defending tactics. Develop officiating <i>(Summer 1)</i>	Hockey (refer to previous year plan if necessary) Develop defending; blocking and tackling • Refine dribbling/passing to create attacking opportunities • Refine attacking skills, passing dribbling and shooting • Refine defending skills developing transition from defence to attack <i>(Autumn 1)</i>
Year 6	Netball Consolidate attacking Consolidate Defending Understand and apply attacking tactics to game scenarios Understand and apply defending tactics in game situations <i>(Autumn 1)</i>		Dodgeball (refer to previous year plan if necessary) Consolidate attacking and defending, understand and apply attacking/defending tactics Transition between attack and defence Applying the rules: Officiating games Managing tactics and officiate games <i>(Autumn 2)</i>		Hockey (refer to previous year plan if necessary) <ul style="list-style-type: none"> •Consolidate keeping possession, develop officiating •Consolidate defending •Create, understand and apply attacking/defending tactics in game situations <i>(Autumn 2)</i>

	Ball Skills Hands 2 into Cricket	Ball Skills Hands 2 into Rounders	Ball Skills Feet into Football	Rackets, Bats and Balls into Tennis	Outdoor and Adventurous Activities
EYFS			Ball Skills Feet Explore moving with a ball using our feet • Develop moving with a ball using our feet • Understand dribbling • Develop dribbling against an opponent <i>(Spring 2)</i>		Games For Understanding Taking turns/keeping the score Understanding and playing by the rules <i>(Summer 2)</i>
Year 1	Ball Skills Hands Introduce throwing with accuracy • Apply throwing with accuracy in a team • Introduce stopping a ball • Develop sending skills to score a point • Consolidation of sending and stopping skills to win a game <i>(Spring 2)</i>		Ball Skills Feet Develop moving the ball using the feet • Apply dribbling into games • Consolidate dribbling • Explore kicking (passing) • Apply kicking (passing) to score a point <i>(Spring 1)</i>	Rackets, Bats and Balls Explore pushing (dribbling) a ball with a racket • Explore hitting a ball (with a racket) towards a target • Explore hitting a ball (with a racket) with power and accuracy <i>(Summer 1)</i>	
Year 2	Ball Skills Hands Develop pupils understanding of underarm throwing • Applying the underarm throw to win a game/beat an opponent • Introduce overarm throwing: • Applying overarm throwing to win a game <i>(Spring 2)</i>		Ball Skills Feet Develop dribbling/ passing/receiving, keeping possession • Combine dribbling, passing and receiving, keeping possession/to score a point • Apply dribbling, passing and receiving as a team to score a point <i>(Spring 1)</i>	Rackets, Bats and Balls Combine hitting a ball with accuracy and power • Explore hitting a ball with accuracy and power to beat an opponent • Introduce hitting a ball into a space <i>(Summer 1)</i>	Team Building Develop teamwork Explore simple strategies Problem solving: Consolidate teamwork <i>(Summer 2)</i>
Year 3	Cricket Understand the concept of batting and fielding • Introduce throwing			Tennis Introduction tennis, outwitting an opponent • Creating space to win a	Communication & Tactics Creating and applying simple tactics Developing leadership Developing communication

	overarm •Introduce throwing underarm Introduce catching •Striking with intent (Summer 1)			point •Consolidate how to win a game •introduce rackets •Introduce the forehand (Summer 1)	as a team / collaborate effectively as a team Create defending and attacking tactics as a1team (Summer 1)
Year 4	Cricket Develop an understanding of batting and fielding• Introduce bowling underarm •Develop stopping and returning the ball •Develop retrieving and returning the ball •Striking the ball at different angels and speeds (Spring 2)	Rounders (refer to previous year plan if necessary) Develop fielding bowling with a backstop •Introduce batting; how •Develop batting; where and why• Introduce and apply basic fielding tactics (Summer 2)		Tennis Developing the forehand• Creating space to win a point using a racket •Introduce the backhand •Applying the forehand and backhand in game situations •Applying the forehand and backhand creating space to win a point (Summer 1)	Problem Solving Focus on cooperation and responsibility Develop communication and collaboration Understand why motivating each other is important when working in a team (Summer 1)
Year 5	Cricket Refine batting, understand and develop batting and bowling tactics •Refine fielding stooping, catching and throwing• Combine bowling and fielding creating and applying tactics •Introduce umpiring and scoring		Football (refer to previous year plan if necessary) •Recap and refine dribbling and passing to maintain possession Introduce and develop defending• Develop shooting •Refine attacking skills, passing, dribbling and shooting, •introduce officiating (Autumn 1)	Tennis Introduce/develop the volley •Controlling the game from the serve •Doubles, understanding and applying tactics to win a point (Summer 1)	Orienteering Introduce the concept and meaning of orienteering Introduce the concept of reading a map or a plan, being able to use a key correctly to help us navigate Orientate a map and locate points on the map in a set order (Spring 2)
Year 6	Cricket Consolidate batting/ fielding/bowling •Create, understand and apply attacking/defensive tactics in game (Spring 2)	Rounders (refer to previous year plan if necessary) •Introduction to full rounders •Consolidate fielding tactics• Refine our understanding of what happens if the batter misses		Tennis Game application •Game application, mixed ability doubles, round robin games (Summer 1)	Leadership Understanding what makes an effective leader Communicating as a leader Introduce and explore the STEP principle: Space, Equipment, Task and People

		or hits the ball backwards •Batting considerations (Summer 2)			(Autumn1)
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	Gymnastics	Dance Part 1	Dance Part 2	Locomotion Into Athletics	Health and well being	Boccia
EYFS	High, Low, Over Under •Introduction to high, low, over and under •Introduction to the apparatus •Applying high and low on apparatus (Spring 2)			Walking & Jumping • Explore/develop jumping • Apply jumping into a game • Jumping for distance • Explore jumping high • Explore hopping (Spring 2)		
Year 1	Wide, Narrow and Curled •Introduction to wide, narrow and curled •Exploring the difference between wide, narrow and curled •Transitioning between wide, narrow and curled movements (Spring 2)	Growing •Responding to rhythm •Introduction to motifs •Creating motifs •Creating movement sequences •Relationships and performance (Summer 1)	Heroes Performing movements in sequence • Creating movements that represent superpowers • Creating movements that represent a superhero rescuing/saving, someone/something • Exploring character movements (Autumn 2)	Running & Jumping • Explore running • Apply running into a game • Explore running at different speeds • Running for speed: Acceleration • Explore running in a team • Consolidate running, apply running into a game (Autumn 1)	Health and Well Being Introduce and explore agility • Introduce and explore balance • Introduce and explore coordination: Bouncing, rolling and throwing (Autumn 1)	
Year 2	Linking •Developing linking •Linking on apparatus Jump, roll, balance	Water •Responding to stimuli •Developing whole group	Explorers •Responding to stimuli• Developing our motif with	Jumping Consolidate jumping • Apply jumping into a game • Linking jumping • Explore		

	sequences/on apparatus •Creation of sequences •Completion of sequences and performance <i>(Spring 1)</i>	movement •Improvisation and physical descriptions• Creating contrasting movement sequences •Sequences, relationships and performance <i>(Autumn 2)</i>	expression and emotion •Applying choreography in our motifs •Extending our motifs •Sequences, relationships and performance <i>(Autumn 1)</i>	jumping combinations • Develop jumping combinations <i>(Summer 1)</i>		
Year 3	Symmetry and Asymmetry •Introduction to symmetry •Introduction to asymmetry •Application of learning onto apparatus •Sequence formation• Sequence completion <i>(Spring 2)</i>	Weather •Responding to stimuli, extreme weather •Developing thematic dance into a motif •Extending dance to create sequences with a partner •Developing sequences with a partner <i>(Autumn 1)</i>		Athletics • Explore running for speed, Explore acceleration • Introduce /develop relay • Running for speed in a team • Throwing: Accuracy vs distance • Standing Long Jump <i>(Autumn 2/Spring 1/Spring 2)</i>		Boccia Exploring sending • Understand why we need to be accurate when sending the ball • Develop our sending technique and understanding of accuracy • Introduce scoring <i>(Autumn 2)</i>
Year 4	Bridges •Introduction to bridges •Application of bridge learning onto apparatus •Develop sequences with bridges •Sequence formation •Sequence completion <i>(Spring 1)</i>	Space •Extending sequences with a partner in character •Developing sequences with a partner in character that show relationships and interlinking dance moves •Sequences, relationships, choreography and performance <i>(Spring 2)</i>		Athletics • Develop running at speed • Exploring our stride pattern • Exploring running at pace • Understand and apply tactics when running for distance • Javelin • Standing Triple Jump <i>(Summer 2)</i>		Boccia Consolidating sending with accuracy in Boccia: Sending with pace and speed • Tactical Play: Applying accuracy into our Boccia games • Tactical Play: Defending in Boccia <i>(Spring 2)</i>
Year 5	Counter Balance and Counter Tension •Introduction to counter balance •Application of counter balance learning onto apparatus •Sequence formation •Counter	Street Art Using movement to create Street Artists' 'Tags' • Using a variety of concepts/relationships to change and develop our Street Art movements •		Athletics Finishing a race Evaluating our performance Sprinting: My personal best Relay changeovers Shot Put Introducing the hurdles <i>(Summer 2)</i>		Boccia Sending the ball: Develop our understanding why we need to be accurate • Sending the ball: Refine our sending technique

	Tension Sequence completion (<i>Spring 1</i>)	Combining Breakdance with Street Art (Autumn 1)				and understanding of accuracy • Sending the ball: Applying accuracy in teams (Autumn 2)
Year 6	Matching and Mirroring <ul style="list-style-type: none"> •Introduction to matching/mirroring •Application of matching/mirroring learning onto apparatus •Sequence development (<i>Spring 1</i>) 	Titanic <ul style="list-style-type: none"> •Creating rhythmic patterns using our body •Extending our choreography through controlled movements, character emotion and expression •Explore the relationships between characters applying character emotion and expression (<i>Spring 2</i>) 		Athletics <ul style="list-style-type: none"> Running for speed competition Running for distance competition Throwing competition Jumping competition (<i>Summer2</i>) 		Boccia <ul style="list-style-type: none"> Creating and applying basic tactics: Coaching and officiating Boccia games • Level 1 Competition: Pairs Boccia • Level 1 Competition: Team Boccia (Summer 1)

Vocabulary

EYFS						
Year 1 vocabula ry						
Year 2 vocabula ry						
Year 3 vocabula ry						
Year 4 vocabula ry						
Year 5 vocabula ry						
Year 6 vocabula ry						