



## Physical Education: Skills and Knowledge Ladder

Focus	EYs Progression	Y1-2 Progression	Y3-4 Progression	Y5-6 Progression
<b>Teamwork</b>	<ul style="list-style-type: none"> <li>• Participate in team games</li> <li>• Work safely</li> <li>• Be kind to others</li> <li>• Share ideas</li> <li>• Take inspiration from the efforts and skills of others</li> </ul>	<ul style="list-style-type: none"> <li>• Engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</li> <li>• Participate in team games, developing simple tactics for attacking and defending</li> <li>• Work safely and collaborate with others</li> <li>• Demonstrate respectfulness and consideration</li> <li>• Share ideas and make decision with others</li> <li>• Take inspiration from the efforts and skills of others</li> <li>• Give honest feedback in a kind and considerate way</li> <li>• Contribute constructively to group projects</li> </ul>	<ul style="list-style-type: none"> <li>• Enjoy communicating, collaborating and competing with others</li> <li>• Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</li> <li>• Take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>• Co-operate and communicate with others, managing games and supporting others</li> <li>• Plan strategies, using tactics, observing and providing feedback</li> <li>• Demonstrate leadership and show an understanding of working safely</li> <li>• Give feedback and suggestions in a sensitive and constructive way</li> </ul>	<ul style="list-style-type: none"> <li>• Enjoy communicating, collaborating and competing with each other at greater depth</li> <li>• Play competitive games, and apply principles suitable for attacking and defending</li> <li>• Take part in advanced outdoor and adventurous activity challenges both individually and within a team</li> <li>• Work in a collaborative and supportive way, negotiating with others</li> <li>• Observe and provide constructive feedback</li> <li>• Share ideas and demonstrate consideration and awareness of others</li> <li>• Respect and include others</li> <li>• Take on greater leadership roles, supporting and encouraging others</li> <li>• Take inspiration from the efforts and skills of others</li> <li>• Show awareness of the impact on others of giving feedback in different ways</li> </ul>
<b>Athletics</b>	<p><b>Running</b></p> <ul style="list-style-type: none"> <li>• Explore running and stopping.</li> <li>• Explore running on the balls of their feet.</li> </ul> <p><b>Jumping</b></p>	<p><b>Running</b></p> <ul style="list-style-type: none"> <li>• Explore running at different speeds.</li> <li>• Explore running over obstacles.</li> <li>• Develop the sprinting</li> </ul>	<p><b>Running</b></p> <ul style="list-style-type: none"> <li>• Develop the sprinting technique and apply it to relay events.</li> <li>• Running Develop fluency and rhythm when running over obstacles.</li> </ul>	<p><b>Running</b></p> <ul style="list-style-type: none"> <li>• Apply fluency and coordination when running for speed in relay changeovers.</li> <li>• Effectively apply speeds appropriate for the event.</li> </ul>



	<ul style="list-style-type: none"> <li>• Explore jumping and hopping safely.</li> </ul> <p><b>Throwing</b></p> <ul style="list-style-type: none"> <li>• Explore throwing to a target.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore rhythm when action. Running over obstacles.</li> </ul> <p><b>Jumping</b></p> <ul style="list-style-type: none"> <li>• Develop balance whilst jumping and landing.</li> <li>• Explore hopping, jumping and leaping for distance</li> <li>• Develop jumping, hopping and skipping actions.</li> <li>• Explore safely jumping for distance and height.</li> </ul> <p><b>Throwing</b></p> <ul style="list-style-type: none"> <li>• Explore throwing for distance and accuracy</li> <li>• Develop overarm throwing for distance.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop an understanding of speed and pace in relation to distance.</li> <li>• Develop power and speed in the sprinting technique.</li> </ul> <p><b>Jumping</b></p> <ul style="list-style-type: none"> <li>• Develop technique in a range of approaches and take off positions.</li> <li>• Develop jumping for height and safety on landing.</li> <li>• Develop technique when jumping for distance.</li> <li>• Explore fluency and technique in the vertical jump.</li> </ul> <p><b>Throwing</b></p> <ul style="list-style-type: none"> <li>• Explore the technique for a pull throw.</li> <li>• Explore power and technique when throwing for distance in a pull throw.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique.</li> <li>• Hurdle with greater control and coordination.</li> </ul> <p><b>Jumping</b></p> <ul style="list-style-type: none"> <li>• Develop power, control and consistency in jumping for distance.</li> <li>• Explore technique and rhythm in the triple jump</li> <li>• Develop take off position when jumping for height.</li> <li>• Develop power, control and technique in the triple jump.</li> </ul> <p><b>Throwing</b></p> <ul style="list-style-type: none"> <li>• Develop technique and power in javelin and shot put.</li> <li>• Develop power, control and technique when throwing discus and javelin.</li> </ul>
<p><b>Dance</b></p>	<p><b>Actions</b></p> <ul style="list-style-type: none"> <li>• Explore how their body moves.</li> <li>• Copy basic body actions and rhythms.</li> </ul> <p><b>Dynamics</b></p> <ul style="list-style-type: none"> <li>• Explore actions in response to music in response to ideas</li> </ul> <p><b>Space</b></p> <ul style="list-style-type: none"> <li>• Explore pathways and the space around them and in</li> </ul>	<p><b>Actions</b></p> <ul style="list-style-type: none"> <li>• Copy, remember and repeat actions to represent a theme.</li> <li>• Explore creating their own actions in relation to a theme.</li> <li>• Accurately remember, repeat and link actions to express an idea.</li> </ul> <p><b>Dynamics</b></p> <ul style="list-style-type: none"> <li>• Explore varying speeds to represent an idea.</li> <li>• Develop an understanding of dynamics.</li> </ul>	<p><b>Actions</b></p> <ul style="list-style-type: none"> <li>• Create actions in response to a stimulus individually and in groups.</li> <li>• Respond imaginatively to a range of stimuli related to character and narrative.</li> </ul> <p><b>Dynamics</b></p> <ul style="list-style-type: none"> <li>• Use dynamics effectively to express an idea.</li> <li>• Change dynamics confidently within a performance to express changes in character.</li> </ul> <p><b>Space</b></p>	<p><b>Actions</b></p> <ul style="list-style-type: none"> <li>• Choreograph planned dances by using, adapting and developing actions and steps from different dance styles.</li> <li>• Show controlled movements which express emotion and feeling.</li> </ul> <p><b>Dynamics</b></p> <ul style="list-style-type: none"> <li>• Confidently use dynamics to express different dance styles.</li> <li>• Explore, improvise and combine Dynamics movement dynamics to express ideas fluently, effectively on their own, with a partner or in a small group.</li> </ul>



	<p>relation to others.</p> <p><b>Performance</b></p> <ul style="list-style-type: none"> <li>• Are given opportunities to perform in front of others</li> </ul>	<p><b>Space</b></p> <ul style="list-style-type: none"> <li>• Explore pathways within their performances.</li> <li>• Develop the use of pathways and travelling actions to include levels.</li> </ul> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>• Begin to explore actions and pathways with a partner.</li> <li>• Explore working with a partner using unison, matching and mirroring.</li> </ul> <p><b>Performance</b></p> <ul style="list-style-type: none"> <li>• Begin to use counts within their performance.</li> <li>• Develop the use of facial expressions in their performance.</li> </ul>	<ul style="list-style-type: none"> <li>• Use directions to transition between formations.</li> <li>• Confidently use changes in level, direction and pathway.</li> </ul> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>• Develop an understanding of formations.</li> <li>• Use action and reaction to represent an idea</li> </ul> <p><b>Performance</b></p> <ul style="list-style-type: none"> <li>• Perform short, self-choreographed phrases showing and awareness of timing.</li> <li>• Perform complex dances that communicate narrative and character well, performing clearly and fluently.</li> </ul>	<p><b>Space and Relationships</b></p> <ul style="list-style-type: none"> <li>• Use direction and patterning to express different dance styles.</li> <li>• Use a variety of basic compositional principles when creating their own dances.</li> </ul> <p><b>Performance</b></p> <ul style="list-style-type: none"> <li>• Perform dances expressively, using a range of performance skills, showing accuracy and fluency.</li> <li>• Demonstrate a clear understanding of timing in relation to the music and other dancers throughout their performance.</li> </ul>
<b>Gymnastics</b>	<p><b>Balances</b></p> <ul style="list-style-type: none"> <li>• Explore shapes in stillness using different parts of their bodies.</li> </ul> <p><b>Shapes</b></p> <ul style="list-style-type: none"> <li>• Show contrast with their bodies including wide/narrow, straight/curved</li> </ul> <p><b>Rolls</b></p> <ul style="list-style-type: none"> <li>• Explore rocking and rolling.</li> </ul> <p><b>Jumps</b></p> <ul style="list-style-type: none"> <li>• Explore jumping safely</li> </ul>	<p><b>Balances</b></p> <ul style="list-style-type: none"> <li>• Perform balances making their body tense, stretched and curled.</li> <li>• Remember, repeat and link combinations of gymnastic balances.</li> </ul> <p><b>Shapes</b></p> <ul style="list-style-type: none"> <li>• Explore basic and still shapes straight, tuck, straddle, and pike.</li> <li>• Explore using shapes in different gymnastic balances.</li> </ul> <p><b>Rolls</b></p>	<p><b>Balances</b></p> <ul style="list-style-type: none"> <li>• Explore point and patch balances and transition smoothly into and out of them.</li> <li>• Develop control and fluency in individual and partner balances.</li> </ul> <p><b>Shapes</b></p> <ul style="list-style-type: none"> <li>• Explore matching and contrasting shapes.</li> <li>• Develop the range of shapes they use in their sequences.</li> </ul> <p><b>Rolls</b></p> <ul style="list-style-type: none"> <li>• Develop the straight, barrel, and forward roll.</li> </ul>	<p><b>Balances</b></p> <ul style="list-style-type: none"> <li>• Explore symmetrical and asymmetrical balances.</li> <li>• Explore counter balances and counter tension balances</li> </ul> <p><b>Shapes</b></p> <ul style="list-style-type: none"> <li>• Perform shapes consistently and fluently to a high standard, sometimes linked with other gymnastic actions.</li> <li>• Combine and perform gymnastic shapes more fluently and effectively.</li> </ul> <p><b>Rolls</b></p>

		<ul style="list-style-type: none"> <li>• Explore barrel, straight and forward roll progressions.</li> <li>• Explore barrel, straight and forward roll and put into sequence work.</li> </ul> <p><b>Jumps</b></p> <ul style="list-style-type: none"> <li>• Explore shape jumps including jumping off low apparatus.</li> <li>• Explore shape jumps and take off combinations.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop the straight, barrel, forward and straddle roll and perform with increased control.</li> </ul> <p><b>Jumps</b></p> <ul style="list-style-type: none"> <li>• Develop stepping into shape jumps with control.</li> <li>• Develop control in performing and landing rotation jumps.</li> </ul> <p><b>Inverted Movements</b></p> <ul style="list-style-type: none"> <li>• Develop strength in bridge and shoulder stand.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop control and fluency in the straight, barrel, forward, straddle and backward roll.</li> <li>• Develop fluency and consistency in the straddle, forward and backward roll.</li> </ul> <p><b>Jumps</b></p> <ul style="list-style-type: none"> <li>• Select a range of jumps to include in sequence work.</li> <li>• Combine and perform a range of gymnastic jumps more fluently and effectively.</li> </ul> <p><b>Inverted Movements</b></p> <ul style="list-style-type: none"> <li>• Explore progressions of a cartwheel and a handstand.</li> <li>• Develop control in progressions of a cartwheel and a headstand.</li> </ul>
<b>Invasion Games</b>	<p><b>Sending and Receiving</b></p> <ul style="list-style-type: none"> <li>• Explore S&amp;R with hands and feet using a variety of equipment.</li> </ul> <p><b>Dribbling</b></p> <ul style="list-style-type: none"> <li>• Explore dropping and catching with two hands and moving a ball with their feet.</li> </ul> <p><b>Attacking &amp; defending</b></p> <ul style="list-style-type: none"> <li>• Explore changing direction and tagging games.</li> </ul> <p><b>Space</b></p> <ul style="list-style-type: none"> <li>• Recognise their own space.</li> </ul>	<p><b>Sending and Receiving</b></p> <ul style="list-style-type: none"> <li>• Explore S&amp;R with hands and feet to a partner.</li> <li>• Developing S&amp;R with increased control.</li> </ul> <p><b>Dribbling</b></p> <ul style="list-style-type: none"> <li>• Explore dribbling with hands and feet.</li> <li>• Explore dribbling with hands and feet with increasing control on the move.</li> </ul> <p><b>Attacking</b></p> <ul style="list-style-type: none"> <li>• Explore changing direction to move away from a partner.</li> <li>• Developing moving into space away from defenders.</li> </ul> <p><b>Defending</b></p>	<p><b>Sending and Receiving</b></p> <ul style="list-style-type: none"> <li>• Explore S&amp;R abiding by the rules of the game.</li> <li>• Develop passing to a teammate using a variety of techniques appropriate to the game.</li> </ul> <p><b>Dribbling</b></p> <ul style="list-style-type: none"> <li>• Explore dribbling the ball abiding by the rules of the game under some pressure.</li> <li>• Develop control whilst dribbling under pressure.</li> </ul> <p><b>Attacking</b></p> <ul style="list-style-type: none"> <li>• Developing movement skills to lose a defender. Explore shooting actions in a range of invasion games.</li> </ul>	<p><b>Sending and Receiving</b></p> <ul style="list-style-type: none"> <li>• Develop control when S&amp;R under pressure.</li> <li>• Develop making quick decisions about when, how and who to pass to.</li> </ul> <p><b>Dribbling</b></p> <ul style="list-style-type: none"> <li>• Select and apply a variety of dribbling techniques to game situations.</li> <li>• Dribble consistently using a range of techniques with increasing control under pressure.</li> </ul> <p><b>Attacking</b></p> <ul style="list-style-type: none"> <li>• Explore creating tactics with others and applying them to game situations.</li> <li>• Explore creating attacking tactics with others in response to the game.</li> </ul> <p><b>Defending</b></p>

		<ul style="list-style-type: none"> <li>• Explore tracking and move to stay with a partner.</li> <li>• Explore staying close to other players to try and stop them getting the ball.</li> </ul> <p><b>Space</b></p> <ul style="list-style-type: none"> <li>• Recognise good space when playing games.</li> <li>• Explore moving with a ball towards goal.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop decision making around when to pass and when to shoot.</li> </ul> <p><b>Defending</b></p> <ul style="list-style-type: none"> <li>• Track opponents to limit their scoring opportunities.</li> <li>• Develop defending one on one and know when to win the ball.</li> </ul> <p><b>Space</b></p> <ul style="list-style-type: none"> <li>• Develop moving with a ball towards goal with some control.</li> <li>• Move into space to help their team keep possession and score goals.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop tracking and marking with a variety of techniques and increased success.</li> <li>• Explore creating and applying defending tactics with others in response to the game.</li> </ul> <p><b>Space</b></p> <ul style="list-style-type: none"> <li>• Move to create space for themselves and others in their team.</li> <li>• Move to the correct space when transitioning from attack to defence.</li> </ul>
<b>Net and Wall Games</b>	<p><b>Hitting</b></p> <ul style="list-style-type: none"> <li>• Explore hitting a ball with their hands.</li> </ul> <p><b>Feeding and Rallying</b></p> <ul style="list-style-type: none"> <li>• Explore sending a ball to a partner</li> </ul> <p><b>Footwork</b></p> <ul style="list-style-type: none"> <li>• Explore changing direction, running and stopping.</li> </ul>	<p><b>Hitting</b></p> <ul style="list-style-type: none"> <li>• Explore hitting a dropped ball with a racket.</li> <li>• Develop hitting a dropped ball over a net.</li> </ul> <p><b>Feeding</b></p> <ul style="list-style-type: none"> <li>• Throw a ball over a net to land into the court area.</li> <li>• Accurately underarm throw over a net to a partner.</li> </ul> <p><b>Rallying</b></p> <ul style="list-style-type: none"> <li>• Explore underarm rallying with a partner.</li> <li>• Explore underarm rallying with a partner catching after one bounce.</li> </ul> <p><b>Footwork</b></p> <ul style="list-style-type: none"> <li>• Use the ready position to move towards a ball.</li> <li>• Consistently use the ready position to move towards a ball.</li> </ul>	<p><b>Shots</b></p> <ul style="list-style-type: none"> <li>• Explore returning a ball using focus shots such as the forehand and backhand.</li> <li>• Demonstrate increased Shots technique when using shots both cooperatively and competitively.</li> </ul> <p><b>Serving</b></p> <ul style="list-style-type: none"> <li>• Explore serving from an underarm serve.</li> <li>• Develop technique in serving underarm with increased consistency.</li> </ul> <p><b>Rallying</b></p> <ul style="list-style-type: none"> <li>• Explore rallying with a forehand.</li> <li>• Develop rallying using both forehand and backhand with increased technique.</li> </ul> <p><b>Footwork</b></p> <ul style="list-style-type: none"> <li>• Consistently use and return to the ready position in between shots.</li> </ul>	<p><b>Shots</b></p> <ul style="list-style-type: none"> <li>• Develop the range of shots used in the games they play.</li> <li>• Demonstrate increased success and technique in selecting and applying the appropriate shot for the situation.</li> </ul> <p><b>Serving</b></p> <ul style="list-style-type: none"> <li>• Develop their range of Serving techniques appropriate to the game they are playing.</li> <li>• Serve accurately and consistently. Beginning to apply tactics to their serve.</li> </ul> <p><b>Rallying</b></p> <ul style="list-style-type: none"> <li>• Use a variety of shots to keep a continuous rally.</li> <li>• Successfully apply a variety of shots to keep a continuous rally.</li> </ul> <p><b>Footwork</b></p> <ul style="list-style-type: none"> <li>• Demonstrate effective footwork patterns to move around the court.</li> </ul>

			<ul style="list-style-type: none"> <li>• Begin to use appropriate footwork patterns to move around the court.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate a variety of footwork patterns relevant to the game they are playing e.g. a split step and a chasse.</li> </ul>
<p><b>Outdoors and Adventurous</b></p>	<p><b>Problem Solving</b></p> <ul style="list-style-type: none"> <li>• Explore activities in which they make their own decisions in response to a task.</li> </ul> <p><b>Navigational Skills</b></p> <ul style="list-style-type: none"> <li>• Make decisions about where to move in space.</li> </ul> <p><b>Communication</b></p> <ul style="list-style-type: none"> <li>• Develop their confidence in expressing themselves.</li> </ul> <p><b>Reflection</b></p> <ul style="list-style-type: none"> <li>• Begin to identify when they are successful.</li> </ul>	<p><b>Problem Solving</b></p> <ul style="list-style-type: none"> <li>• Suggest ideas in response to a task.</li> <li>• Begin to plan, and with some success, apply strategies to overcome a challenge.</li> </ul> <p><b>Navigational Skills</b></p> <ul style="list-style-type: none"> <li>• Follow a simple diagram/map.</li> <li>• Understand how to use, follow and create a simple diagram/map.</li> </ul> <p><b>Communication</b></p> <ul style="list-style-type: none"> <li>• Communicate simple instructions and listen to others.</li> <li>• Work cooperatively with a partner and a small group.</li> </ul> <p><b>Reflection</b></p> <ul style="list-style-type: none"> <li>• Identify when they were successful Reflection and make basic observations about how to improve.</li> <li>• Verbalise when they were successful and areas that they could improve.</li> </ul>	<p><b>Problem Solving</b></p> <ul style="list-style-type: none"> <li>• Can plan and implement strategies to solve problems.</li> <li>• Plan independently and in small groups, implementing a strategy with increased success.</li> </ul> <p><b>Navigational Skills</b></p> <ul style="list-style-type: none"> <li>• Developing map reading skills.</li> <li>• Identify key symbols on a map and use a key to help navigate around a grid.</li> </ul> <p><b>Communication</b></p> <ul style="list-style-type: none"> <li>• Can follow and give instructions and are accepting of other peoples' ideas.</li> <li>• Confidently communicate ideas and listen to others.</li> </ul> <p><b>Reflection</b></p> <ul style="list-style-type: none"> <li>• Can reflect on when and why they were successful at solving challenges.</li> <li>• With increased accuracy, Reflection critically reflects on when and why they were successful at solving challenges.</li> </ul>	<p><b>Problem Solving</b></p> <ul style="list-style-type: none"> <li>• Explore tactical planning within a team to overcome increasingly challenging tasks.</li> <li>• Pool ideas within a group, selecting and applying the best method to solve a problem.</li> </ul> <p><b>Navigational Skills</b></p> <ul style="list-style-type: none"> <li>• Develop navigational skills and map reading in increasingly challenging tasks including map orientation.</li> <li>• Orientate a map efficiently to navigate around a course.</li> </ul> <p><b>Communication</b></p> <ul style="list-style-type: none"> <li>• Explore a variety of communication methods with increasing success.</li> <li>• Communication Inclusively communicates with others, share job roles and lead when necessary.</li> </ul> <p><b>Reflection</b></p> <ul style="list-style-type: none"> <li>• Reflect on when they were successful at solving challenges and alter their methods in order to improve.</li> <li>• With increasing accuracy they reflect on when and how they were successful at solving challenges and alter their methods in order to improve.</li> </ul>



<p><b>Striking and Fielding</b></p>	<p><b>Striking</b></p> <ul style="list-style-type: none"> <li>• Explore sending a ball to a partner.</li> </ul> <p><b>Fielding</b></p> <ul style="list-style-type: none"> <li>• Explore tracking and stopping a rolling ball.</li> </ul> <p><b>Throwing and Catching</b></p> <ul style="list-style-type: none"> <li>• Explore rolling, throwing and catching using a variety of equipment.</li> </ul>	<p><b>Striking</b></p> <ul style="list-style-type: none"> <li>• Explore striking a ball with their hand and equipment.</li> <li>• Develop striking a ball with their hand and equipment with some consistency.</li> </ul> <p><b>Fielding</b></p> <ul style="list-style-type: none"> <li>• Develop tracking and retrieving a ball for their team.</li> <li>• Understand that there are different roles within a fielding team.</li> </ul> <p><b>Throwing</b></p> <ul style="list-style-type: none"> <li>• Explore technique when throwing over and underarm.</li> <li>• Develop coordination and technique when throwing over and underarm.</li> </ul> <p><b>Catching</b></p> <ul style="list-style-type: none"> <li>• Develop coordination and technique when catching.</li> <li>• Catch with two hands with some coordination and technique.</li> </ul>	<p><b>Striking</b></p> <ul style="list-style-type: none"> <li>• Begin to strike a bowled ball using different equipment.</li> <li>• Develop batting technique consistent with the rules of the game.</li> </ul> <p><b>Fielding</b></p> <ul style="list-style-type: none"> <li>• Explore bowling and fielding skills to include a two-handed pick up and long and short barriers.</li> <li>• Develop bowling with some consistency, abiding by the rules of the game.</li> </ul> <p><b>Throwing</b></p> <ul style="list-style-type: none"> <li>• Use overarm and underarm throwing in game situations.</li> <li>• Use overarm and underarm throwing with increased consistency in game situations.</li> </ul> <p><b>Catching</b></p> <ul style="list-style-type: none"> <li>• Catch with some consistency in game situations.</li> <li>• Beginning to catch with one and two hands with some consistency in game situations.</li> </ul>	<p><b>Striking</b></p> <ul style="list-style-type: none"> <li>• Explore defensive and driving hitting techniques and directional batting.</li> <li>• Strike a bowled ball with increasing accuracy and consistency.</li> </ul> <p><b>Fielding</b></p> <ul style="list-style-type: none"> <li>• Develop over and underarm Fielding bowling technique. Select and apply long and short barriers appropriate to the situation.</li> <li>• Consistently select and Fielding apply the appropriate fielding action for the situation.</li> </ul> <p><b>Throwing</b></p> <ul style="list-style-type: none"> <li>• Demonstrate clear technique when using a variety of throws under pressure.</li> <li>• Consistently make good decisions on who and when to pass to in order to get batters out.</li> </ul> <p><b>Catching</b></p> <ul style="list-style-type: none"> <li>• Explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations.</li> <li>• Consistently demonstrate good technique in catching skills under pressure.</li> </ul>
<p><b>Swimming</b></p>	<p><b>Not Applicable</b></p>	<p><b>Strokes</b></p> <ul style="list-style-type: none"> <li>• Can swim over a 10m distance with a buoyancy aid.</li> <li>• Begin to use arms and legs together, more effectively across the water unaided.</li> </ul>	<p><b>Strokes</b></p> <ul style="list-style-type: none"> <li>• Explore technique for Strokes specific strokes to include head above water breaststroke, backstroke and front crawl.</li> </ul>	<p><b>Strokes</b></p> <ul style="list-style-type: none"> <li>• Demonstrate increased Strokes technique in a range of stokes, swimming over a distance of 25m.</li> <li>• Identify their personal best Strokes in a range of strokes. Successfully select and</li> </ul>



## Essendon CofE Primary School

Encouraging everyone's light to shine



		<p><b>Breathing</b></p> <ul style="list-style-type: none"><li>• Can submerge confidently in the water.</li><li>• Begin to explore breathing in sync with their kicking action.</li></ul> <p><b>Water Safety</b></p> <ul style="list-style-type: none"><li>• Become aware of water safety and explore floating on their front and back.</li><li>• Demonstrate an awareness of water safety and float on their front and on their back.</li></ul>	<ul style="list-style-type: none"><li>• Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl.</li></ul> <p><b>Breathing</b></p> <ul style="list-style-type: none"><li>• Begin to explore front crawl breathing technique.</li><li>• Demonstrate improved breathing technique in front crawl.</li></ul> <p><b>Water Safety</b></p> <ul style="list-style-type: none"><li>• Explore techniques for personal survival to include survival strokes such as sculling and treading water.</li><li>• Are comfortable with some personal survival techniques to include survival strokes such as sculling and treading water.</li></ul>	<p>apply their fastest stroke over a distance of 25m.</p> <p><b>Breathing</b></p> <ul style="list-style-type: none"><li>• Explore underwater breaststroke breathing technique over a distance of 25m.</li><li>• Demonstrate a smooth and consistent breathing technique in a range of strokes over a distance of 25m.</li></ul> <p><b>Water Safety</b></p> <ul style="list-style-type: none"><li>• Demonstrate a good understanding of water safety. Explore safety techniques to include the H.E.L.P and huddle positions.</li><li>• Can select and apply the appropriate survival technique for the situation.</li></ul>
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