

PE: Progression of Skills



	Year R	KS1	LKS2	UKS2
Athletics	<p>Begin to develop control and fluency in movements</p> <p>Begin to explore different running, throwing and jumping techniques</p> <p>Begin to explore acceleration and deceleration</p> <p>Begin to explore agility, balance and co-ordination in movements and activities</p> <p>Continue to combine fundamental movement skills in a sequence</p> <p>Enjoy participating in running races</p> <p>Enjoy throwing different equipment</p>	<p>Year 1</p> <p>Continue to develop control over acceleration and deceleration when sprinting</p> <p>Begin to understand the importance of the hip to lip running technique</p> <p>Begin to understand how to utilise body parts to improve performance/quality of a skill</p> <p>Develop a range of skills for distance and accuracy when throwing and jumping</p> <p>Continue to develop agility, co-ordination and flexibility to perform skills associated to different disciplines</p> <p>Enjoy running and trying to become faster</p> <p>Enjoy throwing different equipment and learning different throwing techniques</p>	<p>Year 3</p> <p>Begin to explore developed techniques when performing throwing disciplines (Javelin, shot put and discus)</p> <p>Begin to explore acceleration and deceleration when performing in a relay</p> <p>Begin to recognise key components of individual skills such as running, jumping and throwing techniques</p> <p>Begin to discuss strengths and areas of improvement in their own and others technique</p> <p>Begin to discuss the changes in their body as a result of exercising/performing</p> <p>Continue to work against a target/goal to improve performance</p> <p>Enjoy participating in different athletics events to improve self-development</p>	<p>Year 5</p> <p>Consolidate combination movements and link to disciplines e.g. the triple jump</p> <p>Begin to explore starting positions/stances for a range of disciplines e.g. sprint start</p> <p>Continue to explore acceleration in take-off/starting/sprint finish etc.</p> <p>Continue to develop knowledge of how to develop and maintain different aspects of fitness through training for athletics disciplines</p> <p>Understand how to develop simple throwing, jumping and running techniques and be able to support others.</p> <p>Enjoy consolidating techniques to allow self and peer feedback</p>
	<p>Year 2</p> <p>Demonstrate control, co-ordination and fluency when running (including navigating obstacles)</p> <p>Develop running techniques such as hop to lip techniques and what to do with their heads, eyes and legs.</p> <p>Develop an awareness of distance, weight and height when throwing and jumping</p> <p>Continue to develop fundamental movement skills and consolidate sequencing movements together</p> <p>Explore goal/target setting when running, throwing and jumping</p> <p>Develop the overarm throwing technique to allow greater distance and height</p> <p>Enjoy participating in activities to score points and try to win against others</p> <p>Enjoy trying to better their score</p>	<p>Year 4</p> <p>Consolidate a range of basic running, throwing and jumping techniques</p> <p>Begin to experience and explore specialised equipment associated to throwing disciplines</p> <p>Continue to combine basic actions, performing movement sequences associated to correct techniques</p> <p>Begin to understand pacing, acceleration and deceleration over different distances</p> <p>Highlight and discuss strengths and areas of improvement in individual and others performances/techniques</p> <p>Enjoy improving running, throwing and jumping techniques to improve scores/points/results</p>	<p>Year 6</p> <p>Develop a range of techniques and understanding of more complex disciplines e.g. race walking</p> <p>Learn to measure, set goals and record performances</p> <p>Learn how to train the body to cope with the demands of various disciplines</p> <p>Sustain pace over long distances</p> <p>Select and demonstrate appropriate techniques for specific events</p> <p>Evaluate and analyse individual and others techniques/performance and provide feedback</p> <p>Enjoy participating in athletics competitions</p> <p>Enjoy working individually and in teams to participate in athletic events</p>	

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Dance	<p>Begin to explore different movements to dance</p> <p>Develop and understanding of directions and how to move the body</p> <p>Begin to show control over movements</p> <p>Begin to develop relationships, working with a partner and working with music</p> <p>Begin to understand how to tell a story through actions and music</p> <p>Begin to create different movements to different sounds beats and words</p> <p>Enjoy moving and dancing to music</p>	<p>Year 1</p> <p>Begin to work alongside music</p> <p>Explore different dynamics when exploring skills</p> <p>Develop co-operating with a partner when practicing skills</p> <p>Follow a theme when with music to develop movements</p> <p>Start to dance and create different movements to dance</p> <p>Start to work independently and in small groups</p> <p>Perform a short sequence independently and in a pair</p> <p>Explore the idea of 'canon' when performing with a partner</p>	<p>Year 3</p> <p>Explore relationships, in particular unison and canon with a partner and in a group</p> <p>Demonstrate a range of patterns and movements linked to a theme.</p> <p>Improvise and begin to create sequences individually, with a partner and withing a group.</p> <p>Explore illusion and use of shape within a group</p> <p>Explore tension and fluidity within movements</p> <p>Work in a group to perform in front of others.</p> <p>Analyse and evaluate their own and others performance</p>	<p>Year 5</p> <p>Further develop a sense of musicality, characterisation and personality in movements</p> <p>Demonstrate a range of developed techniques associate to a theme</p> <p>Begin to implement simple lifts and partner balances/counterbalances in routine to music</p> <p>Develop understanding of the use of space and travelling throughout sequence and routines.</p> <p>Continue to implement key techniques such as canon and unison with a partner/small group</p> <p>Create and perform an individual and group routine confidently</p> <p>Describe, interpret and evaluate performances using the correct terminology</p>
	<p>Year 2</p> <p>Start to explore dynamics and character when creating sequences/performing to music</p> <p>Explore formations when dancing in a small group</p> <p>Develop spatial awareness when creating a sequence</p> <p>Develop relationships with partners/small groups</p> <p>Explore 'contact' work by linking movements with others</p> <p>Explore different levels when performing sequences</p> <p>Work in a small group to create a simple sequence</p> <p>Start to perform in front of others</p> <p>Start to analyse and evaluate sequences Enjoy</p>	<p>Year 4</p> <p>Explore themes, ideas and characterisation in sequences based on a given stimulus</p> <p>Develop a sense of musicality and begin to take ownership of routines</p> <p>Develop an understanding of the importance of facial expressions to develop a story/ characterisation in movement</p> <p>Demonstrate contrasting levels with partners/ groups to create a developed routine</p> <p>Demonstrate creative performances and routines in front of others</p> <p>Describe, interpret and evaluate performances using the correct terminology</p>	<p>Year 6</p> <p>Consolidate musicality, characterisation and expression when performing routines linked to a theme</p> <p>Consolidate a range of techniques in pairs/small groups using direction and use of space</p> <p>Demonstrate a variety of dynamics, levels and tempos within a routine</p> <p>Begin to sequence developed routines without support (individual, pairs and groups)</p> <p>Analyse, appreciate and evaluate individual and group routines, discussing strengths and how to improve the performance</p> <p>Lead a group to perform confidently in front of others displaying creative movements and actions linking to a theme</p>	

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Gym	<p>Begin to develop spatial awareness when moving around an area</p> <p>Begin to develop some control and stability holding simple balances</p> <p>Begin to understand and demonstrate tension in simple balances</p> <p>Explore different methods for travelling and jumping</p> <p>Begin to explore different apparatus and follow simple instructions</p> <p>Attempt to mirror partners movements and balances</p> <p>Enjoy moving in different ways and participating in different games</p> <p>Enjoy performing shaped in front of others</p>	<p>Year 1</p> <p>Show an awareness of personal and general space</p> <p>Continue to develop confidence moving/travelling un a number of different ways</p> <p>Begin to link simple balances and movements</p> <p>Show clear beginning and end to sequence and movements</p> <p>Explore different levels when balancing</p> <p>Begin to balance on different body parts (gross/fine)</p> <p>Continue to experience different forms of apparatus within balances and sequences</p> <p>Explore different types of rolls and jumps</p> <p>Enjoy performing shapes and rolls in front of others</p> <p>Enjoy moving in different ways/speed/height</p>	<p>Year 3</p> <p>Continue to explore a range of jumping techniques and shapes paying closer attention to take off and landing</p> <p>Continue to explore changing shapes and direction during flight</p> <p>Explore a range of shapes, across different levels, and different ways of entering and exiting shapes</p> <p>Continue to explore apparatus and find different ways of entering and exiting shapes</p> <p>Continue to explore canon, unison and mirroring techniques</p> <p>Consolidate a range of rolling techniques and travelling in creative ways</p> <p>Enjoy working with a partner/group to demonstrate various tasks</p>	<p>Year 5</p> <p>Perform a range if actions, shapes and balances clearly, consistently and fluently</p> <p>Demonstrate clear differences between levels, speeds and directions of movement</p> <p>Demonstrate developed body tension and extension in balances/movements/poses</p> <p>Adapt sequences to include a partner or small group</p> <p>Perform developed balances such as handstand and headstand</p> <p>Link movements into sequences</p> <p>Continue to evaluate and analyse performance individually and with a partner/team</p> <p>Enjoy performing in front of others displaying confidence</p>
		<p>Year 2</p> <p>Continue to explore travelling, demonstrating change and speed of direction</p> <p>Continue to explore and experience a range of different rolls and transition movements as part of a routine/sequence</p> <p>Create, remember and perform simple movement sequences</p> <p>Explore different methods of turning and twisting when jumping</p> <p>Explore climbing on apparatus, holding a range of shapes in the process</p> <p>Confidentially demonstrate setting up and putting away the apparatus</p> <p>Enjoy moving in different patterns/speeds/heights</p> <p>Enjoy performing shapes, rolls and jumps in front of others</p>	<p>Year 4</p> <p>Develop ad demonstrate balance, control, tension and fluidity within an individual/partner/group routine</p> <p>Effectively plan and implement canon and unison in gymnastic routines with a partner/group</p> <p>Begin to identify what makes a performance effective and discuss strengths using the correct terminology</p> <p>Begin to reflect and suggest improvements in their own performance</p> <p>Begin to implement and include equipment/apparatus within a performance/sequence</p> <p>Consistently jump with good height, perform turns and land safely and securely</p> <p>Enjoying working individually and with a partner/team to perform activities</p>	<p>Year 6</p> <p>Continue to demonstrate control and tension when supporting own/partner's body weight</p> <p>Demonstrate control and fluidity in movements/transitions when linking balances/poses</p> <p>Perfect holding a range of shapes during flight showing tension</p> <p>Demonstrate excellent knowledge and understanding of safe use of equipment and apparatus</p> <p>Consistently show confidence when performing individually and in front of others</p> <p>Display a wide range of movements and tasks</p>

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Invasion	<p>Move a ball in different ways e.g., bounce, kick, throw</p> <p>Catch a ball using both hands</p> <p>Roll a ball towards a target</p> <p>Kick a ball towards a target</p> <p>Throw a ball underarm towards a target</p> <p>Control a rolled ball</p> <p>Travel different ways in a space</p> <p>Move safely around a space</p>	<p>Year 1</p> <p>Learn the importance of watching the ball</p> <p>Work effectively in a pair to develop basic skills</p> <p>Send and receive a ball (throw and catch) with strong side</p> <p>Stop a ball using strong side</p> <p>Travel with a ball using strong foot</p> <p>Travel with a ball balanced on strong side</p> <p>Find space in a defined area</p> <p>Play small games understanding basic rules</p> <p>Play small games understanding how to be successful</p> <p>Play a variety of new games</p>	<p>Year 3</p> <p>Further develop hand eye co-ordination</p> <p>Work effectively in a small group to refine skills</p> <p>Practice sending and receiving a variety of balls using strong and weak side</p> <p>Send and receive a variety of balls using different techniques</p> <p>Stop a ball using either side</p> <p>Jog with a ball using both feet</p> <p>Consistently find a space to receive a ball</p> <p>Play games/a sport understanding rules and use simple attacking and defending tactics</p> <p>Play games/a sport understanding how to be successful and evaluating own performance</p> <p>Play a variety of sports showing high levels of team work and resilience</p>	<p>Year 5</p> <p>Work effectively in a variety of group sizes to refine key skills</p> <p>Accurately send and receive a variety of balls</p> <p>Effectively send and receive a variety of balls using strong and weak side</p> <p>Effectively control a ball</p> <p>Effectively run with a ball</p> <p>Start to choose when to run with the ball, pass or shoot.</p> <p>Effectively find and defend space.</p> <p>Play sports using effective attacking and defending tactics</p> <p>Effectively identify successes and next steps within a team</p> <p>Motivate members of a team</p>
		<p>Year 2</p> <p>Develop increased hand eye co-ordination</p> <p>Work effectively in a pair/small group to refine skills</p> <p>Send and receive a ball (throw and catch) with weaker side</p> <p>Stop a ball using weak side</p> <p>Travel with a ball using both feet</p> <p>Travel with a ball balanced on weaker side</p> <p>Find space considering effective positioning in a defined area</p> <p>Play small games understanding rules and use simple tactics</p> <p>Play small games understanding how to be successful and evaluating performance</p> <p>Play a variety of new games showing a high level of team work and resilience</p>	<p>Year 4</p> <p>Show fluent hand eye co-ordination</p> <p>Work effectively in a larger group to refine skills</p> <p>Practice sending and receiving a variety of balls using strong and weak side</p> <p>Send and receive a variety of balls using increasing accuracy</p> <p>Stop a ball using either side with increasing accuracy</p> <p>Run with a ball using both feet</p> <p>Consistently find space to receive a ball</p> <p>Play games/a sport understanding rules and use attacking and defending tactics</p> <p>Play games/a sport understanding how to be successful evaluating own and others performance</p> <p>Play a variety of sports showing high levels of team work and resilience whilst motivating others.</p>	<p>Year 6</p> <p>Highly effectively work in a variety of group sizes to refine key skills</p> <p>Send and receive a variety of balls with a high level of accuracy</p> <p>Effectively send and receive a variety of balls using strong and weak side</p> <p>Fluently control a ball</p> <p>Fluently run with a ball</p> <p>Choose when to run with the ball, pass or shoot</p> <p>Find and defend space with high levels of effectiveness</p> <p>Play sports using highly effective attacking and defending tactics responding to the tactics of the other team</p> <p>Be highly effective at identifying successes and next steps within a team</p> <p>Be highly effective motivating members of a team</p>

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OAA	<p>Begin to develop confidence working with a partner</p> <p>Begin to experience activities in outdoor settings</p> <p>Begin to enjoy participating in activities that provide challenge</p> <p>Begin to discuss simple ways of completing a task</p> <p>Experience a range of turn taking tasks with a partner/small group</p> <p>Enjoy trying to problem solve individually and with a partner</p>	<p>Year 1</p> <p>Develop decision making skills individually and part of a group</p> <p>Develop thinking and creativity in actions</p> <p>Develop more complex fundamental movement skills to overcome a challenge</p> <p>Continues to work independently and a part of a team/small group/partner</p> <p>Continue to develop communication skills when discussing how to overcome a challenge/how they overcame a challenge</p> <p>Enjoy trying to problem solve individually and in a small team</p>	<p>Year 3</p> <p>Continue to consolidate teamwork and communication skills, beginning to place trust in the ability of others</p> <p>Continue to develop problem solving skills in a range of scenarios</p> <p>Begin to explore map reading, symbols and basic orienteering skills through fun activities</p> <p>Recognise and describe the ability of others and how they contributed to the success of the group/team</p> <p>Develop creativity when setting up and developing new games and strategies</p> <p>Enjoy working with and collaborating with teammates</p>	<p>Year 5</p> <p>Develop knowledge and understanding of orienteering showing greater understanding of map and compass reading skills</p> <p>Introduction to a range of problem-solving activities</p> <p>Participate in competitive orienteering activities, designed to consolidate basic skills</p> <p>Create short loop orienteering courses for partners</p> <p>Enjoy working with others collaboratively solve problems</p>
		<p>Year 2</p> <p>Continue to work effectively within a small group/part of a team</p> <p>Explore different ways of setting up competitive activities</p> <p>Effectively negotiate space in group activities/ challenges</p> <p>Continue to develop thinking and creativity in activities</p> <p>Explore rulemaking in game, activities and challenges</p> <p>Continue to develop confidence when communicating ideas and participating in different roles within a small team</p>	<p>Year 4</p> <p>Develop knowledge and understanding of orienteering, showing greater understanding of map and compass reading skills</p> <p>Create and participate in a range of simple courses, working on own with a partner or in a small group</p> <p>Choose and apply suitable strategies to overcome problems and challenges</p> <p>Continue to develop effective verbal communication in challenging situations within a group task</p> <p>Enjoy creating and completing problem solving tasks others.</p>	<p>Year 6</p> <p>Achieve increased success in problem solving activities as an individual and as part of a team</p> <p>Continue competitive orienteering activities attempting developed challenges demonstrating a range of skills e.g. map reading, compass orientation, problem solving etc.</p> <p>Continue to demonstrate developed communication and co-operation whilst in the outdoors and challenging environments</p> <p>Review, analyse and evaluate individual roles/ performances in problem solving activities</p> <p>Enjoy taking a leadership role when solving problems being able to take on other people's opinions</p>

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Racquet	<p>Begin to develop confidence using basic equipment</p> <p>Begin to explore different ways of striking and object</p> <p>Continue to develop hand eye co-ordination</p> <p>Begin to explore distance by try to aim past or towards and object</p> <p>Experience striking a stationary and moving ball</p> <p>Begin to develop agility and balancing skills when moving</p> <p>Enjoy using equipment to strike different objects</p> <p>Follow simple rules</p>	<p>Year 1</p> <p>Begin to aim and strike towards an object/set target</p> <p>Develop confidence using a range of bats/ racquets</p> <p>Begin to attempt to strike a ball over/beyond a target</p> <p>Experience striking a ball stationary, moving and whilst on the move</p> <p>Develop confidence in forearm technique</p> <p>Continue to be aware of space and distancing when striking</p> <p>Enjoy using equipment when striking objects at a target</p> <p>Enjoy trying to beat their best score during activities.</p> <p>Play small games understanding basic rules</p> <p>Play small games understanding how to be successful</p> <p>Play a variety of new games</p>	<p>Year 3</p> <p>Begin to identify rules and scoring when it comes to different net games</p> <p>Consolidate basic serving and return techniques</p> <p>Explore forehand and backhand striking</p> <p>Begin to move towards a ball or object before striking it (isolated and in competitive scenarios)</p> <p>Explore different shots/strikes understanding how and when to use them</p> <p>Continue to consolidate spatial awareness and tactics in striking and fielding activities</p> <p>Enjoy working with and against partners to gain points</p> <p>Play games/a sport understanding rules and use simple tactics</p> <p>Enjoy working harder to better themselves</p> <p>Play a variety of sports showing high levels of team work and resilience</p>	<p>Year 5</p> <p>Continue to develop range, direction and consistency of skills when striking a ball</p> <p>Continue to explore the theme f space when attacking and defending (shots/strokes/striking)</p> <p>Vary the shot selection when maintaining a rally with a partner or in pairs</p> <p>Consolidate agility and movement to help positional play</p> <p>Effectively identify successes and next steps</p> <p>Consolidate forehand/backhand/smash/lob techniques in game play</p> <p>Develop competitive actions/movements/shots during game play</p> <p>Enjoy developing striking techniques to allow you to put pressure onto a opponent</p> <p>Effectively identify successes and next steps</p> <p>Consolidate forehand/backhand/smash/lob techniques in game play</p> <p>Develop competitive actions/movements/shots during game play</p> <p>Enjoy developing striking techniques to allow you to put pressure onto a opponent</p>

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Racquet		<p>Year 2</p> <p>Explore aiming, striking and follow through when striking a ball towards a target</p> <p>Demonstrate varying power when striking a ball/object</p> <p>Demonstrate accuracy when striking a ball/object to a partner</p> <p>Continue to explore different types of bats and racquets when striking a ball/object</p> <p>Continue to develop the forearm technique and introduce back hand technique</p> <p>Understand when to use different techniques and when they should be utilised</p> <p>Enjoy working with and against partners</p> <p>Enjoy gaining points and working hard to better themselves</p> <p>Play small games understanding rules and use simple tactics</p> <p>Play small games understanding how to be successful and evaluating performance</p> <p>Play a variety of new games showing a high level of team work and resilience</p>	<p>Year 4</p> <p>Continue to develop tactical awareness in striking and net based games, attacking space and understanding where gaps are</p> <p>Continue to develop techniques when performing a range of shots and understanding their purposes</p> <p>Continue to develop positional and spatial awareness on the court</p> <p>Maintain competitive rallying with a partner</p> <p>Develop the fore hand and backhand striking techniques using a racquet</p> <p>Explore overhead smash and lob techniques</p> <p>Enjoy learning and developing striking techniques</p> <p>Enjoy working as a team and individually to strike equipment over a net to win a point</p> <p>Play games/a sport understanding rules and use tactics</p> <p>Play games/a sport understanding how to be successful evaluating own and others performance</p>	<p>Year 6</p> <p>Continue to develop communication and collaboration as a team</p> <p>Demonstrate control and techniques when striking a ball/shuttlecock cleanly</p> <p>Continue to explore developed technique using dominant and weaker sides</p> <p>Demonstrate effective, controlled and accurate serve and return techniques</p> <p>Enjoy and understand what striking technique is best suited to different situations</p> <p>Understand and implement scoring systems and rules into competitive play</p> <p>Demonstrate competitive play and evaluate performance and technique</p> <p>Understand and implement scoring systems and rules into competitive play</p> <p>Demonstrate competitive play and evaluate performance and technique</p>

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Striking and fielding	<p>Begin to develop confidence using basic equipment</p> <p>Begin to explore different ways of striking and object</p> <p>Develop hand eye co-ordination</p> <p>Begin to explore distance by try to aim past or towards and object</p> <p>Begin to develop basic understanding of catching techniques</p> <p>Being to explore simple throwing techniques</p> <p>Enjoy handling equipment safely</p> <p>Follow simple rules</p>	<p>Year 1</p> <p>Begin to aim and strike towards an object/set target</p> <p>Develop confidence using a range of striking techniques with equipment</p> <p>Begin to attempt to strike a ball over/beyond a target</p> <p>Experience striking ball stationary, moving and whilst on the move</p> <p>Develop catching techniques and understand what technique/skill is best to used when</p> <p>Develop throwing techniques and understanding of power and accuracy</p> <p>Continue to be aware of space and distancing when striking/fielding</p> <p>Enjoy hitting objects with different pieces of equipment</p> <p>Enjoy trying to gain points</p> <p>Play small games understanding basic rules</p> <p>Play small games understanding how to be successful</p> <p>Play a variety of new games</p>	<p>Year 3</p> <p>Consolidate aiming, striking and follow through when striking a ball towards a target</p> <p>Understand how much power to use when striking a ball/object</p> <p>Continue to develop striking technique when using different types of bats and racquets</p> <p>Continue to develop knowledge of space and awareness of space when striking and ball/object</p> <p>Develop throwing techniques and understand what technique to use when</p> <p>Develop catching techniques and an understanding of what technique to use when</p> <p>Enjoy striking equipment with power and accuracy</p> <p>Enjoy catching a ball/object with good technique</p> <p>Play games/a sport understanding rules and use simple tactics</p> <p>Play games/a sport understanding how to be successful and evaluating own performance</p> <p>Play a variety of sports showing high levels of team work and resilience</p>	<p>Year 5</p> <p>Develop communication through speaking and listening when working within a group</p> <p>Introduction to a range of tactics such as positional play when fielding and communication from base to base</p> <p>Consolidate striking balls/objects using different bats</p> <p>Increase understanding and knowledge of different catching techniques for different size balls/objects</p> <p>Participate in competitive striking and fielding games</p> <p>Enjoy creating simple tactics when fielding</p> <p>Enjoying playing striking and fielding games competitively</p> <p>Effectively identify successes and next steps within a team</p> <p>Motivate members of a team</p>

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