

Understanding Physical Health progression KS2

*Progressions relate to individual skills, team skills and tactics and understanding.

<u>Year Group</u>	3	4	5	6
<u>Sports</u>	<p>Basketball All Dribble with one hand consistently with control. Passes with some accuracy in a game situation. Manage small sided games.</p> <p>Most Shoot towards a raised hoop. Can use different passing techniques to retain possession.</p> <p>Some Shoot with accuracy/ good technique. Make consistently good decisions about when to pass, dribble or shoot. Defend appropriately within a team. (Not chasing after the ball like a dog).</p>	<p>Basketball All Shoot with some accuracy. Dribble consistently with fluency. Pass accurately in games. Start to understand more advanced rules e.g. double dribble.</p> <p>Most Make consistently good decisions about when to pass, dribble or shoot. Defend appropriately within a team. (Not chasing after the ball like a dog).</p> <p>Some Consistently pass and shoot with accuracy and good control- using the right technique at appropriate times (bounce, chest, overhead pass). Understand basic tactics. Create space with quick movement.</p>	<p>Basketball All Dribble consistently with fluency. Make good decisions about when to dribble, pass or shoot. Shoot with good technique. Understand attacking and defensive tactics (marking).</p> <p>Most Apply different tactics to game situations. Defend appropriately within a team (Man marking). Create space with quick movement. Use and combine a range of skills in a game. Officiate games.</p> <p>Some Show consistency and accuracy in a range of skills within a game. Demonstrate good understanding of defensive and attacking tactics.</p>	<p>Basketball All Combine a range of skills- showing fluency and consistency. Understand and follow the rules consistently. Consistently involved in game play. Create space with quick movement.</p> <p>Most Demonstrate good understanding of defensive and attacking tactics. Follow all the rules consistently. Defend appropriately within a team (Man marking).</p> <p>Some High level of skill e.g. dribbling with both hands effectively and understanding of the game and all of the rules. Very accurate when shooting. Lead others and officiate</p>

		Start to officiate small sided games.	Lead others and officiate games with confidence-understanding all rules.	games with confidence.
	<p><u>Tag Rugby</u> All Be able to put on the tag belts and tags. Pass and catch the ball in a closed setting. Understand how to score a try. Tag an opponent with the ball. Score a try (Place the ball on the ground on or behind the try line).</p> <p>Most Pass and catch the ball accurately in a closed setting. Use basic evasion skills (Changing direction, running into space).</p> <p>Some Pass the ball accurately in a small sided game (holding the middle of the ball, starting at the hip and passing with sympathy) Uses advanced evasion skills. (Side step, spin, change of speed) Pass the ball backwards in a small sided game. Support the ball carrier by following them as they run with the ball.</p>	<p><u>Tag Rugby</u> All Pass and catch the ball accurately in a closed setting. Use basic evasion skills. Tag an opponent with the ball. Score a try. Support the ball carrier by following them as they run with the ball.</p> <p>Most Pass the ball accurately in a small sided game. Use basic evasion skills. Understand tagging rules (Tag the ball carrier and place the tag on the ground). Defend appropriately in a team (In a line across the pitch).</p> <p>Some Uses advanced evasion skills. (Side step, spin, change of speed) Pass the ball backwards in a small sided game. Understand and apply the offside rule (When a tag has been made, retreat to your side of the ball). Understands when to pass or run. Understands attacking</p>	<p><u>Tag Rugby</u> All Use basic evasion skills. Understand and apply the offside rule (When a tag has been made, retreat to your side of the ball). Pass backwards consistently in a game. Support the ball carrier by following them as they run with the ball.</p> <p>Most Uses advanced evasion skills. Catch the ball whilst moving. Understands when to pass or run. Passes over increasing distances and has variety in attacking positioning. Defend appropriately in a team (In a line across the pitch).</p> <p>Some Consistently makes good decisions about when to pass or run. Organise the teams defensive line (Spaced across the playing area in one flat line) Makes very little errors during games. Officiate games.</p>	<p><u>Tag Rugby</u> All Pass backwards consistently in a game. Understands all the rules (tagging, try scoring, passing). Support the ball carrier by following them as they run with the ball. Defend appropriately in a team (In a line across the pitch).</p> <p>Most Uses advanced evasion skills. Catch the ball whilst moving. Understands when to pass or run. Officiate games Passes over increasing distances and has variety in attacking positioning.</p> <p>Some Makes very little errors during games. Consistently makes good decisions about when to pass or run. Understands attacking positioning in a team (not just crowding around the ball, staying behind the ball carrier in a good space).</p>

		<p>positioning in a team (not just crowding around the ball, staying behind the ball carrier in a good space) Passes over increasing distances and has variety in attacking positioning.</p>	<p>Understands attacking positioning in a team (not just crowding around the ball, staying behind the ball carrier in a good space).</p>	
	<p><u>Dodgeball</u> All Throw with two hands. Catch in a closed situation. Can move with good spatial awareness. Understands basic rules (Direct hit= out, can't cross the middle line, head shots do not count).</p> <p>Most Throw with two hands with accuracy. Catch the ball at increasing speed.</p> <p>Some Throw confidently with one and two hands. Catch the ball at different heights in a closed situation. Make catches in a game. Shows good agility and evasion skills during games. Understands and applies all the rules (Catch= opposition player out and one of your team back in, you can deflect the ball using another ball).</p>	<p><u>Dodgeball</u> All Throw with two hands with accuracy. Catch with confidence in a closed situation. Understands and applies all the rules.</p> <p>Most Throw the ball with increasing power. Catch the ball at different heights in a closed situation. Can evade a ball being thrown. Understand some tactics (Moving forwards to throw and moving to the back when evading throws).</p> <p>Some Throw in different ways with power, control and accuracy. Make catches in a game. Shows good agility and evasion skills during games. Apply tactics within a team (when to throw, how to defend, positioning during the game).</p>	<p><u>Dodgeball</u> All Throw the ball with increasing power. Catch the ball at different heights in a closed situation. Can evade a ball being thrown. Understands and applies all the rules.</p> <p>Most Throw with power and accuracy using one or two hands. Apply tactics within a team. Make catches in a game.</p> <p>Some Shows a range of evasion skills (Spin, side step, change of speed, duck, dip, dive and dodge). Makes good decisions about when to try and make a catch and when to throw. Demonstrates different tactics. Can lead others within the team. Throw in different ways with</p>	<p><u>Dodgeball</u> All Catch the ball at different heights in a closed situation. Start to apply tactics within a team. Understands and applies all the rules. Throw with power and accuracy using one or two hands.</p> <p>Most Make catches in a game. Makes good decisions about when to try and make a catch and when to throw. Shows a range of evasion skills. Can demonstrate different tactics.</p> <p>Some Shows consistency and fluency with all skills- Accurate and powerful throw, good evasion skills and makes difficult catches. Can lead others within the team.</p>

			power, control and accuracy.	
	<p><u>Hockey</u> All Demonstrate how to attack and defend. Pass, receive and dribble with some control and accuracy. Start to use space effectively. Understand how to keep possession of the ball. Follow the basic rules.</p> <p>Most Use space effectively. Demonstrate how to win the ball back by tackling and intercepting. Pass, dribble and shoot with control. Understand how to keep possession of the ball. Use space well to pass and receive a ball.</p> <p>Some Use basic tactics within a team. Use some attacking and defending skills in a game. Understand when to pass and dribble the ball. Use space effectively. Work effectively as part of a team.</p>	<p><u>Hockey</u> All Pass, receive and dribble with some control and accuracy. Demonstrate how to win the ball back by tackling and intercepting. Use and create space to pass and receive the ball. Understand how to keep possession of the ball.</p> <p>Most Pass, dribble and shoot with control. Use basic tactics within a team. Keep possession of the ball in a small sided game. Tackle opponents and intercept the ball with success. Use space well to pass and receive a ball.</p> <p>Some Can use both a slap and push pass effectively. Control the ball confidently in different situations. Demonstrate tactical awareness in attack and defence. Use space effectively and consistently. Use a range of attacking and defending skills in a game.</p>	<p><u>Hockey</u> All Keep possession of the ball in a small sided game. Pass, dribble and shoot with control and accuracy. Understands how to create space. Demonstrate how to win the ball back by tackling and intercepting.</p> <p>Most Can pass accurately over varying distances. Can dribble at increasing speed. Use space well to pass and receive a ball in a game. Demonstrate tactical awareness in attack and defence.</p> <p>Some Can use both a slap and push pass effectively. Control the ball confidently in different situations. Adapt tactics within a game. Can dribble at speed with the ball close to the stick and knocking the ball into space. Combines skills consistently.</p>	<p><u>Hockey</u> All Pass, dribble and shoot with control and accuracy. Use space well to pass and receive a ball. Keep possession of the ball in a small sided game. Demonstrate tactical awareness in attack and defence.</p> <p>Most Make good decisions about when to pass, dribble and shoot. Can use both a slap and push pass effectively. Can dribble at increasing speed. Control the ball confidently in different situations.</p> <p>Some Moves with good agility to create space. Combines skills consistently. Can dribble at speed with the ball close to the stick and knocking the ball into space. High level of understanding for all the rules. Consistently adapts tactics for attacking and defending during a game.</p>

	<p><u>Athletics</u> All Run with control. Sprint over a short distance. Throw different objects with control and coordination-underarm and overarm. Jump using one and two feet and land with control.</p> <p>Most Run consistently and smoothly, being aware of others. Work within a team in a relay. Throw different objects consistently with accuracy. Combine different jumps.</p> <p>Some Run consistently and smoothly over different distances. Understand how to pace themselves over different distances. Use different throwing techniques. Use jumps with a short run up.</p>	<p><u>Athletics</u> All Understand how to pace themselves over different distances. React quickly to a stimulus. Run smoothly whilst being aware of others. Work in a team in a relay. Use different techniques for throwing. Jump quickly from side to side.</p> <p>Most Change direction quickly and with control. Sustain a pace/ jog for 4+ minutes. Understand different techniques for running, throwing and jumping and use them appropriately. Use jumps with a short run up.</p> <p>Some Run with a consistent speed over increasing distances. Demonstrate quick reactions with acceleration. Pass and receive a baton with control, whilst moving. Throw different objects with control and increasing power. Demonstrate a hop,step and jump (triple jump).</p>	<p><u>Athletics</u> All Change direction quickly and with control. Demonstrate quick reactions with acceleration. Sustain a pace/ jog for 4+ minutes.</p> <p>Most Pass and receive a baton with control, whilst moving. Understand different techniques for running, throwing and jumping and use them appropriately. Throw different objects with control and increasing power. Demonstrate a hop,step and jump (triple jump).</p> <p>Some Run with good technique, strength and speed across increasing distances. Throw some objects with good accuracy and power. Combine jumps at speed with balance. Hop over increasing distance.</p>	<p><u>Athletics</u> All Adjust speed in relation to distance. Run with speed over a short distance. Sustain a pace for 4+ minutes. Pass and receive a baton with control, whilst moving. Throw different objects with control and increasing power. Demonstrate different jumps with good control and distance.</p> <p>Most Run with high speed and good agility. Throw some objects with good accuracy and power. Perform a triple jump with good control. Demonstrate a hop,step and jump (triple jump). Hop over increasing distance. Combine jumps at speed with balance.</p> <p>Some Run with good technique, strength and speed across increasing distances. Throw all objects with accuracy and power, using good technique. Demonstrate different jumps with good technique and a fast paced run up.</p>
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	<p><u>Cricket</u> All Catch a ball accurately. Accurately throw or roll a ball at a target. Hit a stationary ball in an intended direction. Understand how to score runs.</p> <p>Most Hit a bowled ball in an intended direction. Field a ball using different techniques. When batting, make good decisions about when to run for points and when to not. Understand and apply simple tactics.</p> <p>Some Consistently hit a bowled ball with control and accuracy. Throw accurately over increasing distances. Field and catch the ball at different heights. Bowl with some accuracy.</p>	<p><u>Cricket</u> All Hit a bowled ball in an intended direction. Bowl with some accuracy. Field a ball using different techniques.</p> <p>Most Consistently hit a bowled ball with control and accuracy. Field and catch the ball at different heights. Understand and apply simple tactics.</p> <p>Some Understand and apply different tactics when fielding and batting. Bowl overarm with accuracy. When batting, make good decisions about when to run for points and when to not.</p>	<p><u>Cricket</u> All Consistently hit a bowled ball with control and accuracy. Bowl with good accuracy to reach the batter. Accurately throw a ball overarm and underarm in the right direction. Field and catch the ball at different heights.</p> <p>Most Understand and apply different tactics when fielding and batting. Bowl overarm with accuracy. When batting, make good decisions about when to run for points and when to not.</p> <p>Some Demonstrate different shots when batting. Bowl overarm with a run up and increasing speed. Catch and throw the ball with one hand over different distances. Take responsibility for their own skill progression by suggesting ways to make activities more challenging.</p>	<p><u>Cricket</u> All Consistently hit a bowled ball with control and accuracy and Bowl overarm with accuracy. Understand and apply different tactics when fielding and batting. When batting, make good decisions about when to run for points and when to not. Field and catch the ball at different heights.</p> <p>Most Demonstrate different shots when batting. Bowl overarm accurately with a short run up.</p> <p>Some Play and adapt and invent rules. Bowl overarm with a run up and increasing speed. Take responsibility for their own skill progression by suggesting ways to make activities more challenging. Field and throw with one hand, sometimes with their non-dominant hand.</p>
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