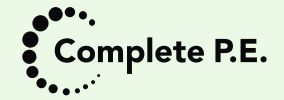
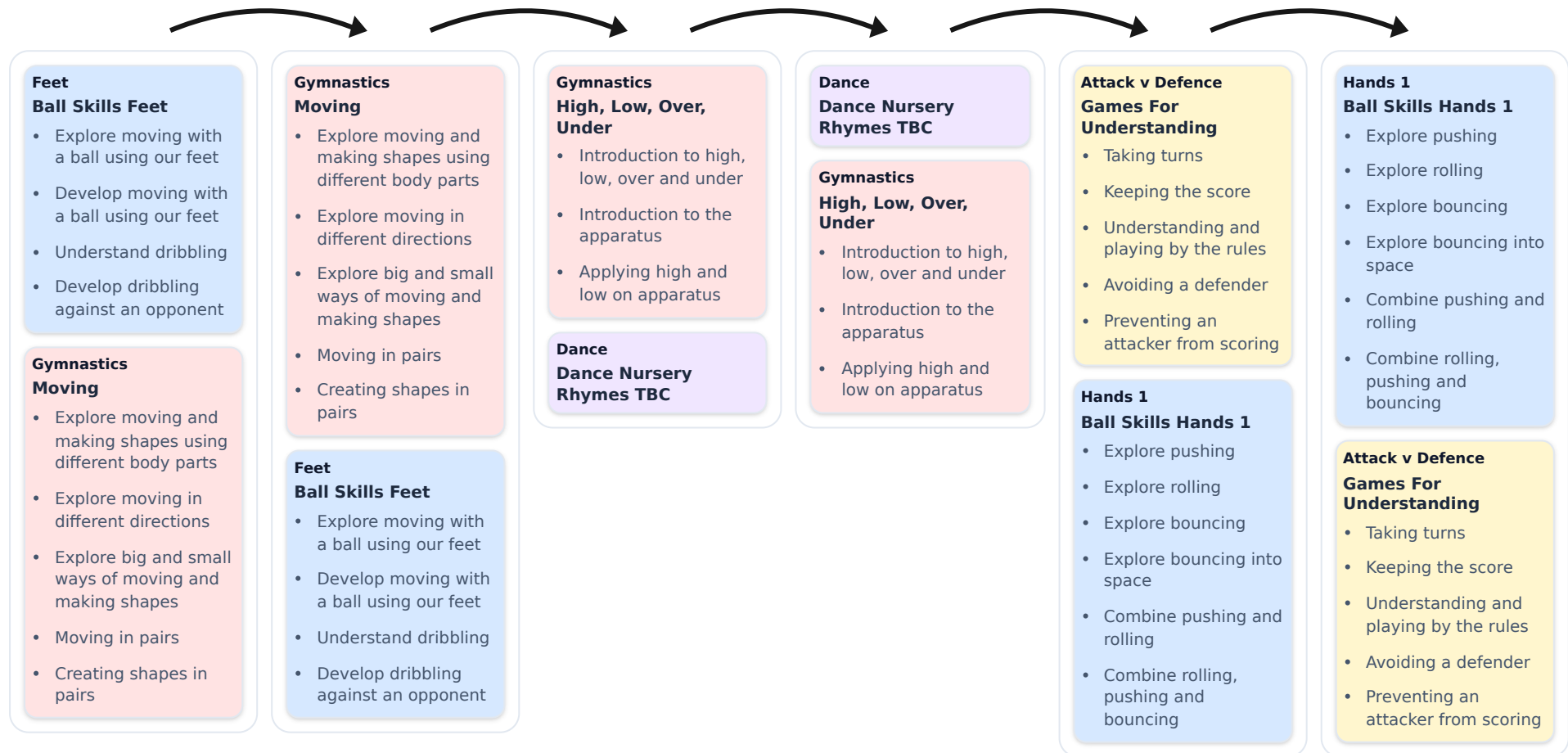


Progression Journey

Academic Year: 2026-2027



Reception



Year 1

Attack v Defence Games For Understanding

- Understanding the principles of attack
- Understanding the principles of defence
- Applying attacking/defending principles into a game
- Consolidate attacking/defending

Hands 2 Ball Skills Hands 2

- 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

Rackets, Bats and Balls Rackets, Bats and Balls

- Develop pushing (dribbling) a ball with a racket: Introducing control
- Explore hitting and develop pushing a ball (with a racket) towards a target
- Explore hitting a ball (with a racket) with accuracy and power

Hands 1 Ball Skills Hands 1

- 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

Dance Heroes

- Performing movements in sequence
- Creating movements that represent superpowers
- Creating movements that represent a superhero rescuing/saving, someone/something
- Exploring character movements

Health and Wellbeing Health and Wellbeing

- Introduce and explore agility
- Introduce and explore balance
- Introduce and explore coordination: Bouncing, rolling and throwing

Feet 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

Gymnastics Wide, Narrow, Curled

- Introduction to wide, narrow and curled
- Exploring the difference between wide, narrow and curled
- Transitioning between wide, narrow and curled movements
- Linking two movements together

Gymnastics Body Parts

- Introduction to big/small body parts
- Combining big and small with wide, narrow and curled
- Transition between wide narrow and curled using big and small body parts
- Adding (linking) movements together

Team Building Team Building

- Developing listening skills
- Using simple strategies
- Creating strategies
- Explore teamwork
- Communication, encouragement and strategy

Running Running

- 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

Gymnastics Wide, Narrow, Curled

- Introduction to wide, narrow and curled
- Exploring the difference between wide, narrow and curled
- Transitioning between wide, narrow and curled movements
- Linking two movements together

Year 2

Team Building Team Building

- Introducing teamwork
- Consolidate teamwork
- Building trust and developing communication
- Cooperation and communication
- Explore simple strategies
- Problem solving: Consolidate teamwork

Gymnastics Pathways

- Explore/develop zig-zag pathways/on apparatus
- Explore/develop curved pathways/on apparatus
- Creation of pathway sequences
- Completion of pathways sequences and performance

Locomotion Dodging

- Explore dodging
- Develop dodging
- Apply dodging: Explore attacking to beat an opponent
- Apply dodging in teams

Gymnastics Linking

- Developing linking
- Linking on apparatus
- Jump, roll, balance sequences/on apparatus
- Creation of sequences
- Completion of sequences and performance

Dance Water

- The Water Cycle
- Water: Responding to stimuli: changes in effort
- Rivers: Changes in space and effort
- Creating sequences
- Rivers: Changes in space and relationships
- The Sea: Changes in levels, direction and effort

Feet 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

Hands 1 Ball Skills Hands 1

- 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

Health and Wellbeing Health and Wellbeing

- Consolidate agility
- Consolidate balancing: Explore balancing on apparatus
- Introduce and explore coordination: Dribbling and kicking

Dance Explorers

- Responding to stimuli
- Developing our motif with expression and emotion
- Applying choreography in our motifs
- Extending our motifs
- Sequences, relationships and performance

Hands 2 Ball Skills Hands 2

- Develop pupils' application and understanding of underarm throwing
- Consolidate pupils' application and understanding of underarm throwing
- Applying the underarm throw to win a game
- Applying the underarm throw to beat an opponent
- Develop overarm throwing: Applying overarm throwing to win a game
- Overarm and underarm throwing competition

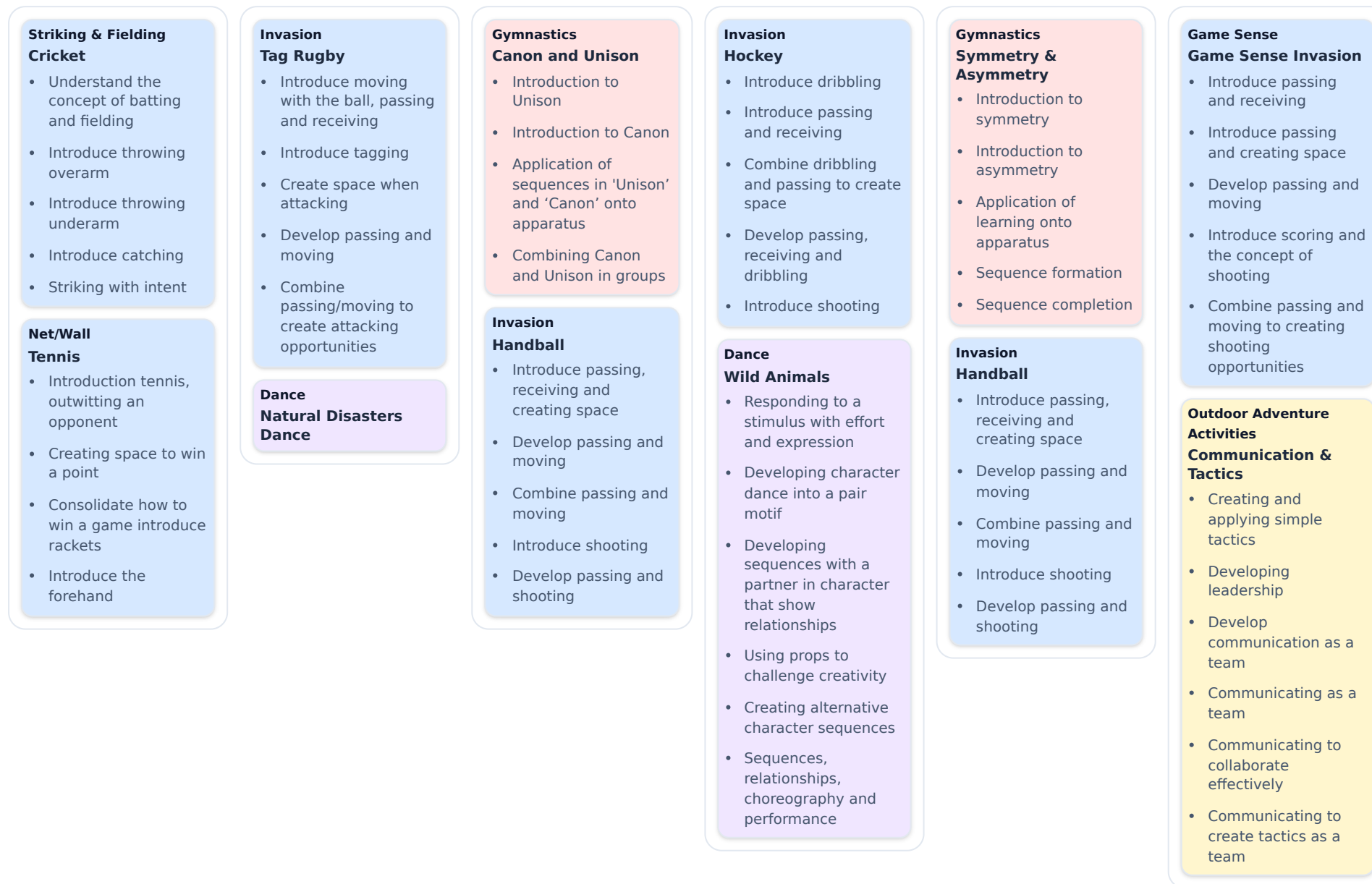
Attack v Defence Games For Understanding

- Attacking as a team
- Defending as a team
- Understanding the transition between defence and attack
- Create and apply attacking/defensive tactics

Rackets, Bats and Balls Rackets, Bats and Balls

- Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent
- Introduce hitting (sending/striking) a ball into a space: Where and why?
- Striking the ball (with a bat) into space with intent

Year 3



Year 4

Game Sense Game Sense Invasion

- Develop passing and creating space
- Combine passing, moving and shooting
- Introduce dribbling: Keeping control
- Introduce defending and the concept of marking

Invasion Basketball

- Refine dribbling
- Refine passing and receiving
- Refine passing and dribbling creating space
- Combine passing and dribbling to create shooting opportunities
- Introduce marking

Gymnastics Bridges

- Introduction to bridges
- Application of bridge learning onto apparatus
- Develop sequences with bridges
- Sequence formation
- Sequence completion

Invasion Hockey

- Refine dribbling and passing
- Combine passing and dribbling to create shooting opportunities
- Develop passing and dribbling creating space for attacking opportunities
- Introduce defending; blocking and tackling

Dance Cats

- Responding to stimuli working together
- Extending sequences with a partner in character
- Exploring two contrasting Relationships and interlinking dance moves

Gymnastics Levels and Direction

- Exploring changes in 'Level'
- Exploring changes in 'Direction'
- Application of learning onto apparatus to include changes in 'Level' and 'Direction'
- Sequence completion and performance

Invasion Tag Rugby

- Develop passing, moving and creating space
- Apply learning to 3v3 mini games
- Develop defending in game situations
- Combine passing and moving to create an attack and score

Outdoor Adventure Activities Problem Solving

- Benches and mats challenge
- Round the clock card challenge
- The pen challenge
- The river rope challenge
- Caving challenges

Invasion Handball

- Refine passing and receiving
- Develop passing and creating space
- Develop passing, moving and shooting
- Combine passing and shooting
- Introduce defending

Athletics Athletics

- Develop running at speed
- Exploring our stride pattern
- Exploring running at pace
- Running for distance
- Javelin
- Standing Triple Jump

Striking & Fielding 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 angles and speeds

Net/Wall 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

Year 5

Net/Wall Tennis

- Introduce/develop the volley
- Controlling the game from the serve
- Doubles: Understanding and applying tactics to win a point
- Refine shooting

Striking & Fielding Cricket

- Refine batting, batting and bowling tactics
- Refine fielding stopping, catching and throwing
- Combine bowling and fielding creating and applying tactics
- Introduce umpiring and scoring

Outdoor Adventure Activities Challenging Collaboration

- Collaborating to win simple games
- Collaborating in teams
- Collaborating in competitive games
- Collaborating to create attacking tactics
- Collaborating to create defensive tactics
- Teamwork and Tactics

Athletics Athletics

- Finishing a race
- Evaluating our performance
- Sprinting: My personal best
- Relay changeovers
- Shot Put
- Introducing the Hurdles

Gymnastics Counter Balance & Counter Tension

- Introduction to Counter-Balance
- Application of Counter-Balance learning onto apparatus
- Sequence formation
- Introduction to Counter Tension
- Sequence completion

Invasion Handball

- Consolidate passing and receiving
- Explore the function of other passes
- Develop defending
- Refine defensive skills: Transition from attack to defence
- Refine attacking skills passing, dribbling and shooting

Invasion Basketball

- Consolidate dribbling
- Develop marking
- Develop shooting
- Refine attacking skills
- Refine defending skills

Dance Streetdance 1

Invasion Hockey

- 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

Health and Wellbeing Health Related Exercise

- Setting your Personal Best
- Explore and understand cardio fitness
- Explore and understand flexibility fitness
- Explore and understand strength fitness

Invasion Tag Rugby

- 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

Game Sense Game Sense Invasion

- Develop dribbling
- Consolidate dribbling and passing to maintain possession to create scoring opportunities
- Refine attacking skills
- Refine defensive skills: Transition from defence to attack

Year 6

Invasion Tag Rugby

- Consolidate attacking
- Consolidate defending
- Create, understand and apply attacking/defending tactics in game situations
- Application of 'powers' into Game Play, to challenge tactical thinking

Game Sense Game Sense Invasion

- Consolidate attacking: Possession scenarios
- Consolidate defending: Defensive scenarios
- Application of 'powers' into game play to challenge tactical thinking

Invasion Hockey

- Consolidate keeping possession, develop officiating
- Consolidate defending
- Create, understand and apply attacking/defending tactics in game situations

Invasion Basketball

- Consolidate attacking: Possession scenarios
- Consolidate defending: Defensive scenarios
- Consolidate attacking tactics: Understand and apply attacking tactics to game scenarios
- Consolidate defending: Understand and apply defensive tactics in game situation

Gymnastics Matching & Mirroring

- Introduction to matching/mirroring
- Application of matching mirroring learning onto apparatus
- Sequence development

Invasion Handball

- Consolidate keeping possession, develop officiating
- Consolidate attacking tactics: Understand and apply attacking tactics into games
- Consolidate defensive tactics; understand and apply defensive tactics in game scenarios
- Application of 'powers' into game play to challenge tactical thinking

Dance Streetdance 2

Athletics Athletics

- Running for speed competition
- Running for distance competition
- Throwing competition
- Jumping competition
- Level 1 Athletics Competition

Outdoor Adventure Activities Leadership

- Understanding what makes an effective leader
- Communicating as a leader
- Introducing the STEP principle

Net/Wall Tennis

- Consolidate doubles
- Game application
- Game application, mixed ability doubles, round robin games

Striking & Fielding Cricket

- Consolidate batting, fielding and bowling
- Create, understand and apply attacking and defensive tactics in game situations