



Understanding our Progression of Skills – KS2 Sequenced Units of Work

- Our sequenced units of work are designed to build progressively throughout KS2, supporting pupils' development year by year. Rather than viewing these units as fixed to specific year groups, they should be seen as part of a continuous learning journey made up of progressive building blocks.
- Wherever possible, pupils should follow the suggested sequence to avoid gaps in learning. For example, if a Year 5 class has limited prior experience in a particular area, we recommend beginning with the Year 3 unit and moving through the sequence at a pace appropriate to the needs of the class.
- You will also notice clear links between units, such as Handball and Basketball. This flexibility allows schools to alternate between units while still maintaining the intended progression pathway. For example, schools may choose to teach Year 3 Handball, Year 4 Netball, Year 5 Basketball and Year 6 Game Sense (Invasion).

Athletics KS2 Year 3

Athletics

- Explore running for speed
- Explore acceleration
- Introduce/develop relay: Running for speed in a team
- Throwing: Accuracy vs distance
- Standing Long Jump



Athletics KS2 Year 4

Athletics

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



Athletics KS2 Year 5

Athletics

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



Athletics KS2 Year 6

Athletics

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



Net/Wall KS2 Year 5

Badminton

- Exploring different forehand/backhand shots
- Applying different forehand/ backhand shots to win a point
- Consolidate outwitting an opponent
- Doubles: Understanding and applying tactics to win a point

*We have not created Badminton units for year 3 and year 4.



Net/Wall KS2 Year 6

Badminton

- Introduction to badminton: Outwitting an opponent
- Introduce the forehand and backhand
- Applying the forehand and backhand: Creating space to win a point
- Controlling the game from the serve



Invasion KS2 Year 3

Basketball

- Introduce dribbling;
- Introduce passing and receiving
- Combine dribbling and passing to create space
- Develop passing, receiving and dribbling
- Introduce shooting



Invasion KS2 Year 4

Basketball

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



Invasion KS2 Year 5

Basketball

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



Striking and Fielding KS2 Year 6

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



Striking and Fielding KS2 Year 3



Cricket

- Understand the concept of batting and fielding
- Introduce throwing overarm
- Introduce throwing underarm
- Introduce catching
- Striking with intent

Striking and Fielding KS2 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 angles and speeds

Striking and Fielding KS2 Year 5



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

Striking and Fielding KS2 Year 6



Cricket

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

Invasion KS2 Year 3



Dodgeball

- Developing changing direction
- Introduce throwing with accuracy
- Introduce catching
- Develop moving, changing direction at speed

Invasion KS2 Year 4



Dodgeball

- Introduce jumping and ducking
- Develop throwing with accuracy and power over an increased distance
- Develop catching
- Consolidate dodging, jumping and ducking

Invasion KS2 Year 5



Dodgeball

- Introduce blocking
- Consolidate catching
- Understand where we throw and why we need to throw with accuracy and power
- Explore basic attacking and defending tactics

Invasion KS2 Year 6



Dodgeball

- Consolidate/understanding attacking and defending tactics
- Transition between attack and defence
- Applying the rules: Officiating games
- Managing tactics and officiate games

Invasion KS2 Year 3



Football

- Introduce/develop dribbling keeping control
- Introduce passing and receiving
- Combine dribbling and passing to create space
- Develop passing, receiving and dribbling

Invasion KS2 Year 4



Football

- Refine dribbling
- Turning
- Refine passing and receiving
- Develop passing and dribbling creating space
- Introduce shooting

Invasion KS2 Year 5



Football

- Refine dribbling and passing to maintain possession
- Introduce and develop defending
- Develop shooting
- Refine attacking skills, passing, dribbling and shooting, introduce officiating

Invasion KS2 Year 6



Football

- Consolidate keeping possession
- Consolidation of possession skills, develop officiating
- Consolidate defending
- Organise formations and manage teams
- Organise formations, decide tactics, manage teams and officiate games

Invasion KS2 Year 3



Game Sense (Invasion)

- Introduce passing and receiving
- Introduce passing and creating space
- Develop passing and moving
- Introduce scoring and the concept of shooting
- Combine passing and moving to creating shooting opportunities

Invasion KS2 Year 4



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 KS2 Year 5



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

Invasion KS2 Year 6



Game Sense (Invasion)

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

Net/Wall KS2 Year 3



Game Sense (Net/Wall)

- Throwing with accuracy
- Developing throwing with accuracy
- Outwitting an opponent: Wall/Net
- Game Play: Wall/Net

Net/Wall KS2 Year 4



Game Sense (Net/Wall)

- Creating space to win a point on a court with a net/wall
- Introduce forehand (underarm shots) using our hands
- Introduce forehand (underarm shots) using rackets

Net/Wall KS2 Year 5



Game Sense (Net/Wall)

- Introduce backhand shots with a racket and a net
- Applying using both hands/backhands and forehand shots in game situations
- Introduce the volley
- Controlling the game from the serve

Net/Wall KS2 Year 6



Game Sense (Net/Wall)

- Game application: Outwitting an opponent
- Game application: Power Plays
- Doubles: Understanding and applying tactics to win a point
- Game application: Doubles

Striking and Fielding KS2 Year 3



Game Sense (Striking and Fielding)

- Introduction to Striking and Fielding
- Develop throwing underarm with accuracy
- Introduce throwing overarm
- Apply throwing overarm and underarm
- Focus on the batter

Striking and Fielding KS2 Year 4



Game Sense (Striking and Fielding)

- Develop an understanding of batting and fielding through different contexts
- Introduce underarm bowling
- Develop batting from a bowled ball
- Develop returning the ball
- Introduce stopping the ball

Striking and Fielding KS2 Year 5



Game Sense (Striking and Fielding)

- Develop an understanding of game play through Cricket/Rounders
- Consolidate batting/fielding skills in game play
- Refine batting and fielding skills in game play: Judging runs and preventing runs
- Develop attacking and defensive tactics and strategies through a Cricket/Rounders context

Striking and Fielding KS2 Year 6



Game Sense (Striking and Fielding)

- Refine batting in game play through a Cricket/Rounders context
- Apply fielding tactics through a Cricket/Rounders context
- Application of 'powers' into game play to challenge tactical thinking through Cricket/Rounders



Striking KS2 Year 3



Golf

- Develop the underarm throw/roll for accuracy
- Combine throwing and rolling with accuracy to beat an opponent
- Introduce striking: Using Rollers (Putters)
- Develop striking for accuracy using Rollers (Putters)

Striking KS2 Year 4



Golf

- Introduce striking with Launchers
- Develop striking with accuracy with Launchers
- Develop striking for distance and accuracy with Launchers
- Combine striking with Rollers and Launchers to beat an opponent 1v1

Striking KS2 Year 5



Golf

- Consolidate striking for accuracy with Rollers
- Consolidate striking for accuracy with Launchers
- Introduce playing with hazards
- The Class "Championship" 1v1 and 2v2

Striking KS2 Year 6



Golf

- Consolidate playing against an opponent
- Consolidate playing against an opponent in teams
- Team Better Ball: Introducing 'Power Play'
- The Little Sticks Cup

Invasion KS2 Year 3



Handball

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

Invasion KS2 Year 4



Handball

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

Invasion KS2 Year 5



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 KS2 Year 6



Handball

- Consolidate keeping possession, develop officiating
- Understand and apply defending tactics in game situations
- Consolidate defensive tactics; understand and apply defensive tactics in game scenarios

Invasion KS2 Year 3

Hockey

- Introduce dribbling
- Introduce passing and receiving
- Combine dribbling and passing to create space
- Develop passing, receiving and dribbling
- Introduce shooting

Invasion KS2 Year 4

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

Invasion KS2 Year 5

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

Invasion KS2 Year 6

Hockey

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

Health and Wellbeing KS2 Year 3

Mindfulness

- Exploring relaxation techniques
- Applying relaxation techniques and using them effectively
- Performing balanced meditative poses
- Using props to help us balance in our meditative poses

Health and Wellbeing KS2 Year 4

Mindfulness

- Creating movements to help express ourselves and our emotions.
- Using mime to manage positive and negative emotions
- Using meditative poses to help control and manage our emotion

Health and Wellbeing KS2 Year 5

Health Related Exercise

- Explore and understand cardio fitness
- Explore and understand flexibility fitness
- Explore and understand strength fitness

Invasion KS2 Year 6

Health Related Exercise

- Develop a secure understanding of cardio fitness
- Develop a secure understanding of flexibility fitness
- Develop a secure understanding of strength fitness

Invasion KS2 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

Invasion KS2 Year 4

Netball

- Develop passing and receiving
- Develop passing, moving and shooting
- Develop footwork
- Introduce defending and the concept of marking

Invasion KS2 Year 5

Netball

- Refine passing and receiving
- Explore the function of other passes
- Develop defending and marking the player with the ball
- Tactical Play

Invasion KS2 Year 6

Netball

- Consolidate attacking
- Consolidate defending
- Understand and apply attacking tactics to game scenarios
- Understand and apply defending tactics in game situations

Invasion KS2 Year 3

Quidditch

- Introduce throwing with accuracy
- Develop passing and receiving
- Combine passing and moving to keep possession
- Introduce shooting

Invasion KS2 Year 4

Quidditch

- Develop the role of the Beater (defender)
- Develop the role of the Chaser (attacker)
- Refine dodging
- Introduce the role of the Keeper

Invasion KS2 Year 5

Quidditch

- Refine the role of the Chaser
- Refine the role of the Beater
- Refine shooting
- Refine the role of the Keeper
- Introduce the Snitch and the Seekers

Invasion KS2 Year 6

Quidditch

- Consolidate attacking
- Consolidate defending
- Application of 'powers' into game play to challenge tactical thinking

Invasion KS2 Year 3

Rounders

- Introduce to rounders
- Introduce overarm throwing
- Apply overarm and underarm throwing
- Introduce stopping the ball
- Application of stopping the ball in a game

Striking and Fielding KS2 Year 4

Rounders

- Develop fielding bowling with a backstop
- Introduce batting; how
- Develop batting; where and why
- Introduce and apply basic fielding tactics

Striking and Fielding KS2 Year 5

Rounders

- Develop fielding tactics maximising players
- Understand what happens if the batter misses the ball
- Refine fielding tactics, what players where?
- Applying tactics in mini games

Striking and Fielding KS2 Year 6

Rounders

- Introduction to full rounders
- Consolidate fielding tactics
- Refine our understanding of what happens if the batter misses or hits the ball backwards
- Batting considerations

Invasion KS2 Year 3

T1 Rugby

- Moving with the ball
- Passing and Catching
- Passing backwards
- Making a touch tackle and staying in front of the attack
- Creating space to score tries

Invasion KS2 Year 4

T1 Rugby

- Develop passing and moving
- Introducing offside
- Scoring a try
- Tagging the ball carrier and ripping the ball
- Evading a defender

Invasion KS2 Year 5

T1 Rugby

- Refining ripping the ball and passing to maintain possession
- Tagging and forming a tackle triangle
- Introducing lineouts
- Introduce kicking in open play and introduce kicking to start a game

Invasion KS2 Year 6

T1 Rugby

- Scrums in game play
- Consolidate Attacking
- Consolidate defending
- Application of 'powers' into Game Play, to challenge tactical thinking

Invasion KS2 Year 3

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

Invasion KS2 Year 4

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

Invasion KS2 Year 5

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

Invasion KS2 Year 6

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

Net/Wall KS2 Year 3

Tennis

- Introduction tennis, outwitting an opponent
- Creating space to win a point
- Consolidate how to win a game introduce rackets
- Introduce the forehand

Net/Wall KS2 Year 4

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

Net/Wall KS2 Year 5

Tennis

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

Net/Wall KS2 Year 6

Tennis

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



Understanding our Progression of Skills – Non-Sequenced Units

- The units in this section do not follow a fixed sequence of progression
- They are standalone units that can be assigned to any KS2 year group.
- While they build on prior KS1 learning, they are designed to support a broad and balanced PE curriculum across all KS2 classes.

Invasion KS2 Non-Sequenced



Boccia - Part 1

- Exploring sending
- Understand why we need to be accurate when sending the ball
- Develop our sending technique and understanding of accuracy
- Sending the ball: Applying accuracy in teams
- Introduce scoring in Boccia

Invasion KS2 Non-Sequenced



Boccia - Part 2

- Consolidating sending with accuracy in Boccia: Sending with pace and speed
- Applying accuracy into our Boccia games
- Defending in Boccia
- Creating and applying basic tactics: Coaching and officiating Boccia games
- Pairs Boccia and Team Boccia

Invasion KS2 Non-Sequenced



Foot Golf

- Develop sending the ball (kicking) with accuracy
- Consolidate sending the ball (kicking) with accuracy. Introduce tactical thinking
- Develop striking the ball (kicking) with power/over a distance
- Introducing hazards

Invasion KS2 Non-Sequenced



Kin Ball

- Introducing Kin-Ball: Developing our communication skills to trap and catch a ball
- Developing our catching skills: Working as a team to catch the ball
- Introduce defending: Tracking and moving
- Develop aiming and hitting skills
- Refine catching: Using the correct technique for catching in Kin-Ball

Invasion KS2 Non-Sequenced



Tchoukball

- Introduce passing and receiving
- Develop passing and moving to create shooting opportunities
- Develop shooting towards a target
- Defending and catching rebounds
- Outwitting opponents in small-sided games

Multi Discipline KS2 Non-Sequenced



Triathlon

- Running: Understanding pacing and maintaining pace as a team
- Cycling: Learning to balance and manoeuvre our bike with confidence
- Land-based Swimming: Develop our strength and power for swimming
- Exploring Transition

Invasion KS2 Non-Sequenced



Ultimate Frisbee

- Introduce throwing (backhand)
- Develop throwing (backhand) and introduce catching
- Combining throwing, moving and catching skills
- Cutting (the forward cut) and clearing
- Marking, blocking and intercepting





Understanding our Progression of Skills – Outdoor Adventures Activities (OAA) Units

- Our OAA units are designed to be used across all KS2 year groups.
- Rather than increasing in difficulty year by year, each unit develops key skills such as problem solving, teamwork, and resilience through a range of challenges and activities.
- This flexibility allows schools to select the units that best meet the needs of their pupils and support the most effective learning experience.
- Our only recommendation is that our Leadership unit is taught to year 5 or year 6.

OAA KS2 Non-Sequenced



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

OAA KS2 Non-Sequenced



Communication and Tactics

- Creating and applying simple tactics
- Developing leadership
- Develop communication as a team
- Communicating as a team
- Communicating to collaborate effectively
- Communicating to create tactics as a team

OAA KS2 Non-Sequenced



Leadership

- Understanding what makes an effective leader
- Communicating as a leader
- Introducing the STEP principle:
 - Space
 - Focusing on the task
 - Organising 'people'
 - Using equipment to adapt a task

OAA KS2 Non-Sequenced



Orienteering

- Face orienteering
- Cone orienteering
- Point and return
- Timed course
- Orienteering competition

Invasion KS2 Non-Sequenced



Problem Solving

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



Understanding our Progression of Skills – Dance Units

- Our dance units are sequenced progressively throughout KS2, with learning building year by year.
- There is no fixed pathway in terms of themes, meaning schools can select any Year 3 unit as a starting point, as all Year 3 units progress naturally into the Year 4 units, and so on.
- Although each unit explores a different theme, the core skills, movement concepts, and creative development remain aligned throughout the progression

Dance KS2 Year 3



Witches and Wizards

- Responding to stimuli
- Developing characters and extending the story
- Creating motifs with a partner in character
- Developing characterisation

Dance KS2 Year 4



World War II

- Explore the behaviours of people in 1939
- Creating sequences in small groups that show character emotion
- Creating movements that interconnect

Dance KS2 Year 5



Street Art

- Using movement to create Street Artists' 'Tags'
- Using a variety of concepts/relationships to change and develop our Street Art movements
- Combining Breakdance with Street Art

Dance KS2 Year 6



Carnival

- Performing with technical control and rhythm in a group
- Creating rhythmic patterns using our body
- Experiencing dance from a different culture
- Experiencing dance from a different culture and consolidating choreography

Dance KS2 Year 3



Wild Animals

- Responding to a stimulus with effort and expression
- Developing character dance into a pair motif
- Developing sequences with a partner in character that show relationships
- Using props to challenge creativity
- Creating alternative character sequences

Dance KS2 Year 4



Cats

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

Dance KS2 Year 5



The Circus

- Develop character movements linked to prejudices
- Create movements that represent different characters and performers in a circus
- Extending our performance incorporating props and apparatus linked to the variety of performers

Dance KS2 Year 6



The Titanic

- Creating rhythmic patterns using our body
- Extend choreography through controlled movements, character emotion and expression
- Explore the relationships between characters applying character emotion and expression

Dance KS2 Year 3



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

Dance KS2 Year 4



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

Dance KS2 Year 5



The Greeks

- Exploring the Greeks using compositional principles
- Extending sequences with a partner using compositional principles
- Creating movement using improvisation where movement is reactive

Dance KS2 Year 6



Prejudice and Discrimination

- Exploring Prejudice and Discrimination
- Exploring Sexism/Classism through dance
- The power of unity through Dance: Tackling Prejudices



Understanding our Progression of Skills – Gymnastics Units

- Our gymnastics units are sequenced progressively throughout KS2, with learning building year by year.
- There is no fixed pathway in terms of themes, meaning schools can select any Year 3 unit as a starting point, as all Year 3 units progress naturally into the Year 4 units, and so on
- Although each unit explores a different theme, the core skills, movement concepts, and creative development remain aligned throughout the progression

Gymnastics KS2 Year 3



Canon and Unison

- Introduction to Unison
- Introduction to Canon
- Application of sequences in 'Unison' and 'Canon' onto apparatus
- Combining Canon and Unison in groups

Gymnastics KS2 Year 4



Levels and Directions

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

Gymnastics KS2 Year 5



Flight

- Introduction to Flight: Developing Jumping
- Developing Flight: Jumping and Turning
- Application of 'Jumping,' learning, onto apparatus
- Combining jumping on apparatus with Canon and Unison

Gymnastics KS2 Year 6



Matching and Mirroring

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

Gymnastics KS2 Year 3



Symmetry and Asymmetry

- Introduction to symmetry
- Introduction to asymmetry
- Application of learning onto apparatus
- Sequence formation
- Sequence completion

Gymnastics KS2 Year 4



Bridges

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

Gymnastics KS2 Year 5



Counter-Balance and Counter Tension

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

Gymnastics KS2 Year 6



Creating Sequences

- Challenging creativity
- Sequence development
- Sequence performance