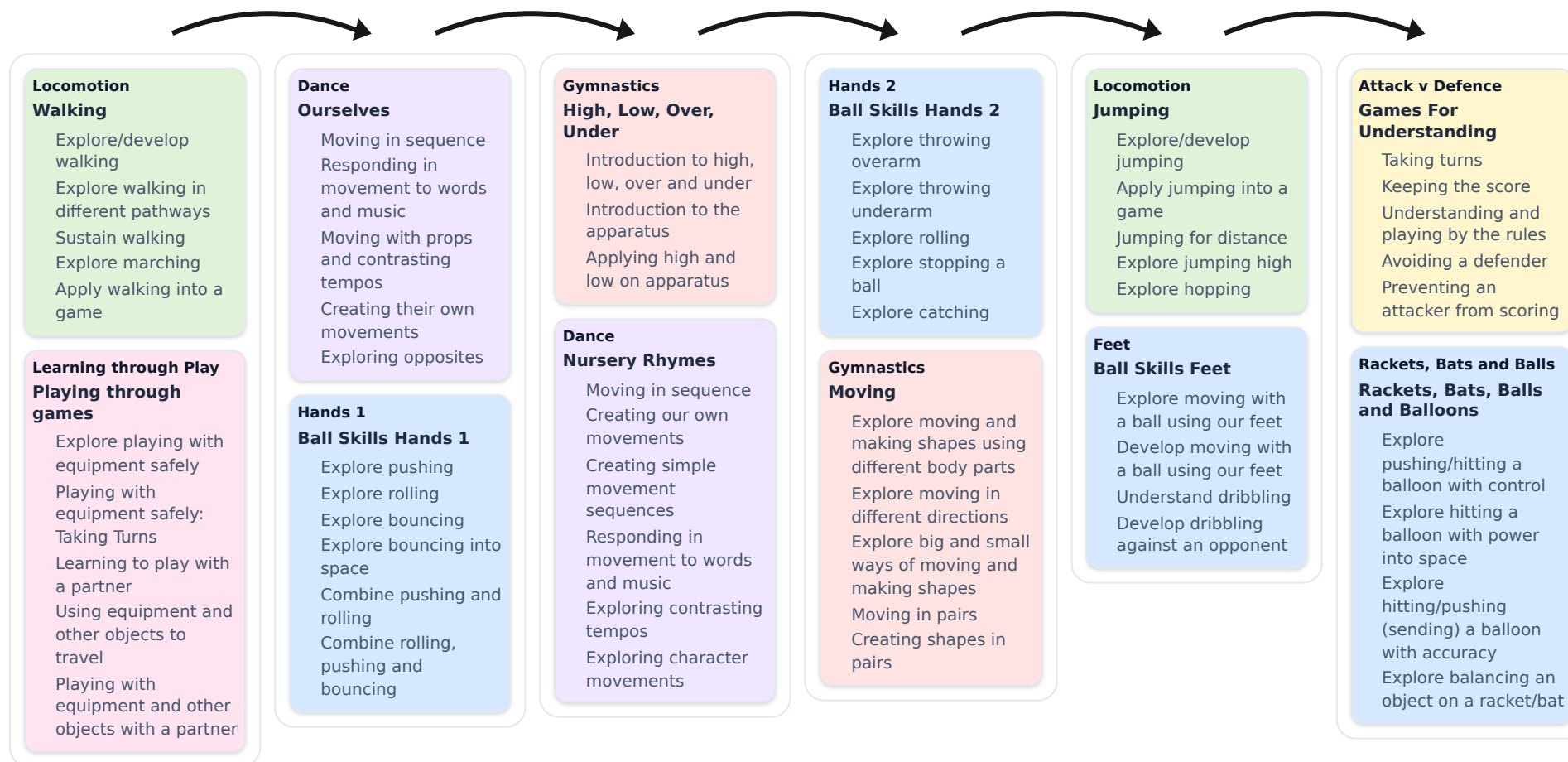


Progression Journey

Academic Year: 2026-2027



Foundation



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

Dance Growing

Responding to a poem with actions
Developing the growing plant 'dance'
Introduction to movement patterns
Creating movement patterns
Creating flower movement patterns
Relationships and performance

Jumping Jumping

Develop jumping
Explore how jumping affects our bodies
Explore skipping
Apply skipping and jumping into a game

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

Health and Wellbeing Health and Wellbeing

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

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

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

Dance Heroes

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

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

Learning through Play Playing Games

Following instructions when playing games
Keeping count (the score) when playing games
Taking turns when playing games
Competing against myself
Competing against others
Playing competitive games

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

Year 2

Hands 1 Ball Skills Hands 1

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

Gymnastics Linking

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

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

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

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

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

Locomotion Jumping

Consolidate jumping
Apply jumping into a game
Linking jumping
Explore jumping combinations
Develop jumping combinations

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

Sticks Ball Skills Sticks

Develop dribbling
Develop passing
Introduce sending a ball accurately (shooting) to score points
Introduce blocking or intercepting

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

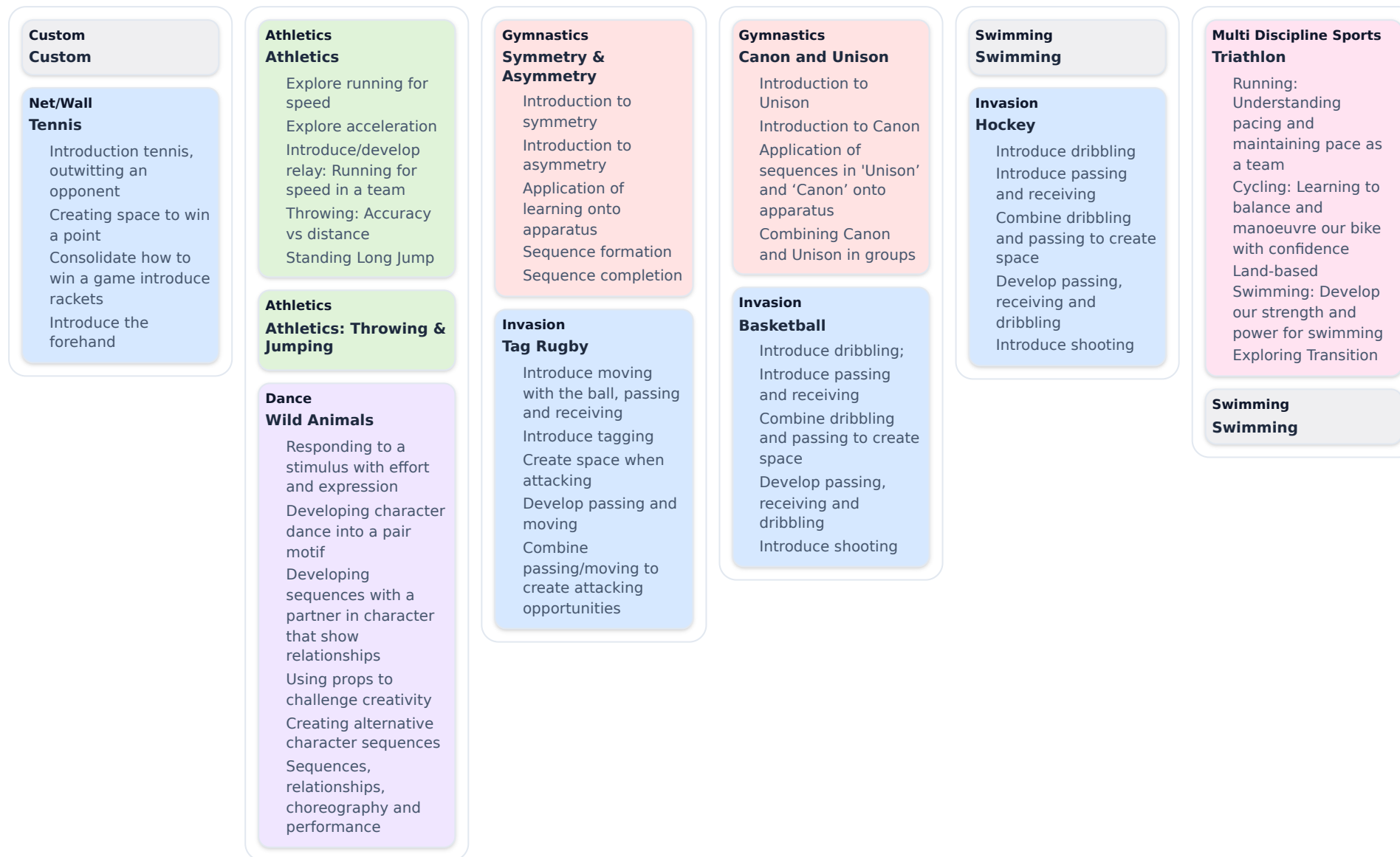
Locomotion Dodging

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

Team Building Team Building

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

Year 3



Year 4

Health and Wellbeing 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

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 Netball

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

Swimming Swimming

Invasion Basketball

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

Swimming Swimming

Dance 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

Striking 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

Athletics Athletics: Throwing & Jumping

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

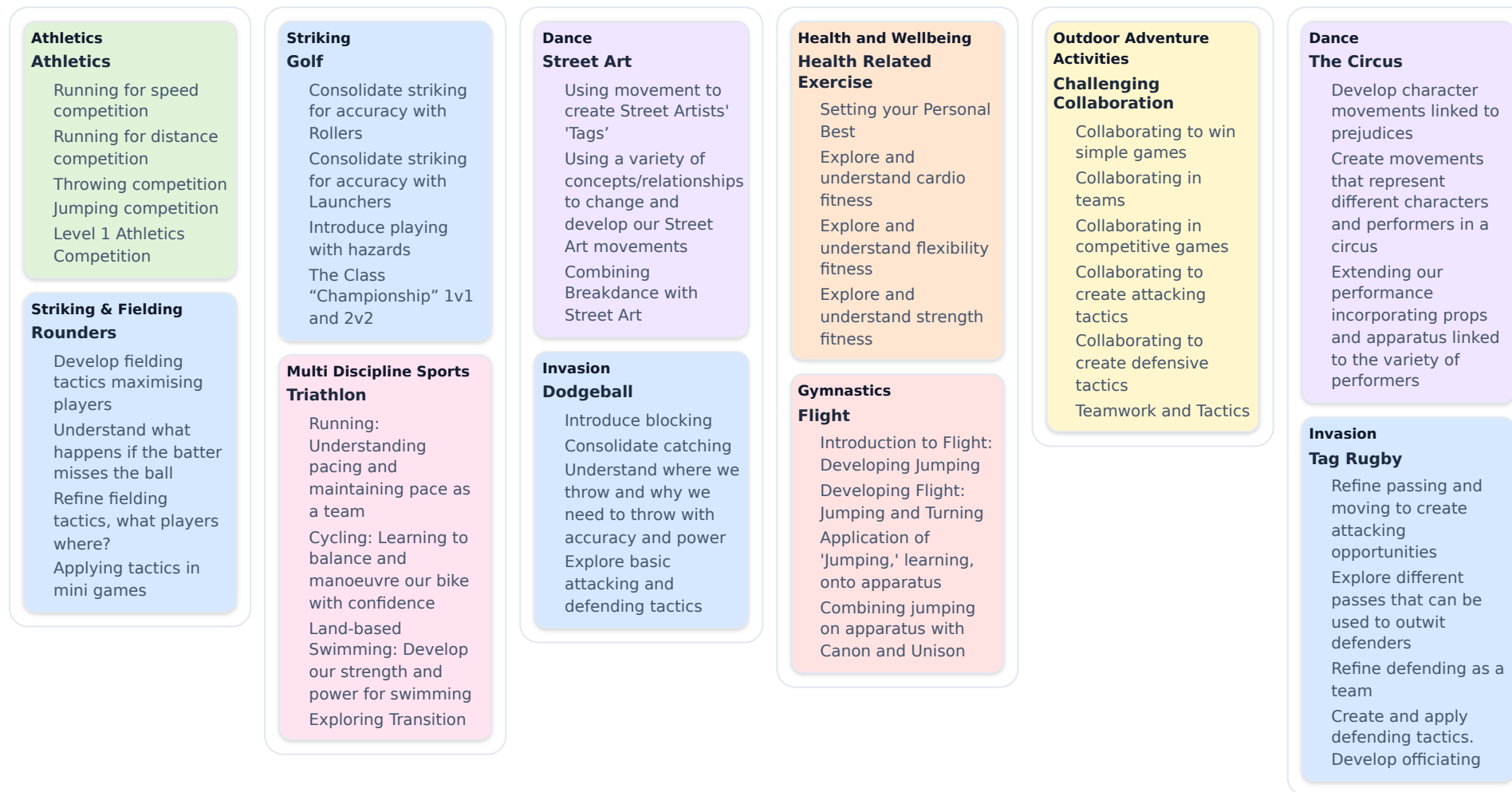
Striking & Fielding Cricket

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

Athletics Athletics

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

Year 5



Year 6

Game Sense Game Sense Invasion

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

Outdoor Adventure Activities Leadership

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

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

Gymnastics Creating Sequences

Challenging creativity
Sequence development
Sequence performance

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

Athletics Running

Swimming Swimming

Invasion Football

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

Outdoor Adventure Activities Orienteering

Face orienteering
Cone orienteering
Point and return
Timed course
Orienteering competition

Health Related Exercise Health Related Exercise

Athletics Athletics

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

Striking & Fielding Cricket

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