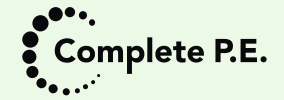


Progression Journey

Academic Year: 2026-2027



Reception

Locomotion Walking

- Explore/develop walking
- Explore walking in different pathways
- Sustain walking
- Explore marching
- Apply walking into a game

Learning through Play Playing through games

- Explore playing with equipment safely
- Playing with equipment safely: Taking Turns
- Learning to play with a partner
- Using equipment and other objects to travel
- Playing with equipment and other objects with a partner

Hands 1 Ball Skills Hands 1

- Explore pushing
- Explore rolling
- Explore bouncing
- Explore bouncing into space
- Combine pushing and rolling
- Combine rolling, pushing and bouncing

Health and Wellbeing Health and Wellbeing

- Understanding what we mean by movement and exercise
- Exploring our heartbeat/breathing when we exercise
- Understanding how exercise makes us feel
- Making exercise fun

Gymnastics High, Low, Over, Under

- Introduction to high, low, over and under
- Introduction to the apparatus
- Applying high and low on apparatus

Locomotion Jumping

- Explore/develop jumping
- Apply jumping into a game
- Jumping for distance
- Explore jumping high
- Explore hopping

Rackets, Bats and Balls Rackets, Bats, Balls and Balloons

- Explore pushing/hitting a balloon with control
- Explore hitting a balloon with power into space
- Explore hitting/pushing (sending) a balloon with accuracy
- Explore balancing an object on a racket/bat

Hands 2 Ball Skills Hands 2

- Explore throwing overarm
- Explore throwing underarm
- Explore rolling
- Explore stopping a ball
- Explore catching

Feet Ball Skills Feet

- Explore moving with a ball using our feet
- Develop moving with a ball using our feet
- Understand dribbling
- Develop dribbling against an opponent

Dance May Day Dancing

Dance Dinosaurs

- Moving with control
- Adding movements together
- Responding to rhythm in character
- Adding expression to our characters' movements
- Performing with a partner
- Exploring relationships

Attack v Defence Games For Understanding

- Taking turns
- Keeping the score
- Understanding and playing by the rules
- Avoiding a defender
- Preventing an attacker from scoring

Year One

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

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 May Day Dancing

Jumping Jumping

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

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

Team Building Team Building

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

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

Health and Wellbeing Health and Wellbeing

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

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

Dance Toys

- Perform movements with varying direction, levels, and pace
- To perform dances using simple movement patterns
- Movements to represent toys: Characterisation
- Using toys from the past as inspiration for movement

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 Two

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

Locomotion Dodging

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

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

Learning through Play Creating Games

- Creating games on our own and with a partner
- Creating games in groups and teams
- Understanding our roles and responsibilities when playing a game
- Exploring the role of the referee
- Playing and creating competitive games with a referee

Gymnastics Linking

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

Health and Wellbeing Health and Wellbeing

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

Dance Great Fire of London

- Creating movements that represent the Great Fire starting and spreading
- Creating freeze frames with control, levels and expression
- Transitions and flow between movements
- Perform, record and evaluate our dance sequences

Team Building Team Building

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

Locomotion Jumping

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

Dance May Day Dancing

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 Three

Athletics Athletics

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

Net/Wall Tennis

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

Striking & Fielding Rounders

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

Dance May Day Dancing

Invasion 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

Outdoor Adventure Activities

Problem Solving

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

Gymnastics Symmetry & Asymmetry

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

Outdoor Adventure Activities

Communication & 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

Invasion Handball

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

Health and Wellbeing 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

Invasion Basketball

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

Invasion Netball

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

Year Four

Invasion Basketball

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

Invasion Netball

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

Invasion Handball

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

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

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

Outdoor Adventure Activities Communication & 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

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

Striking & Fielding Rounders

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

Dance May Day Dancing

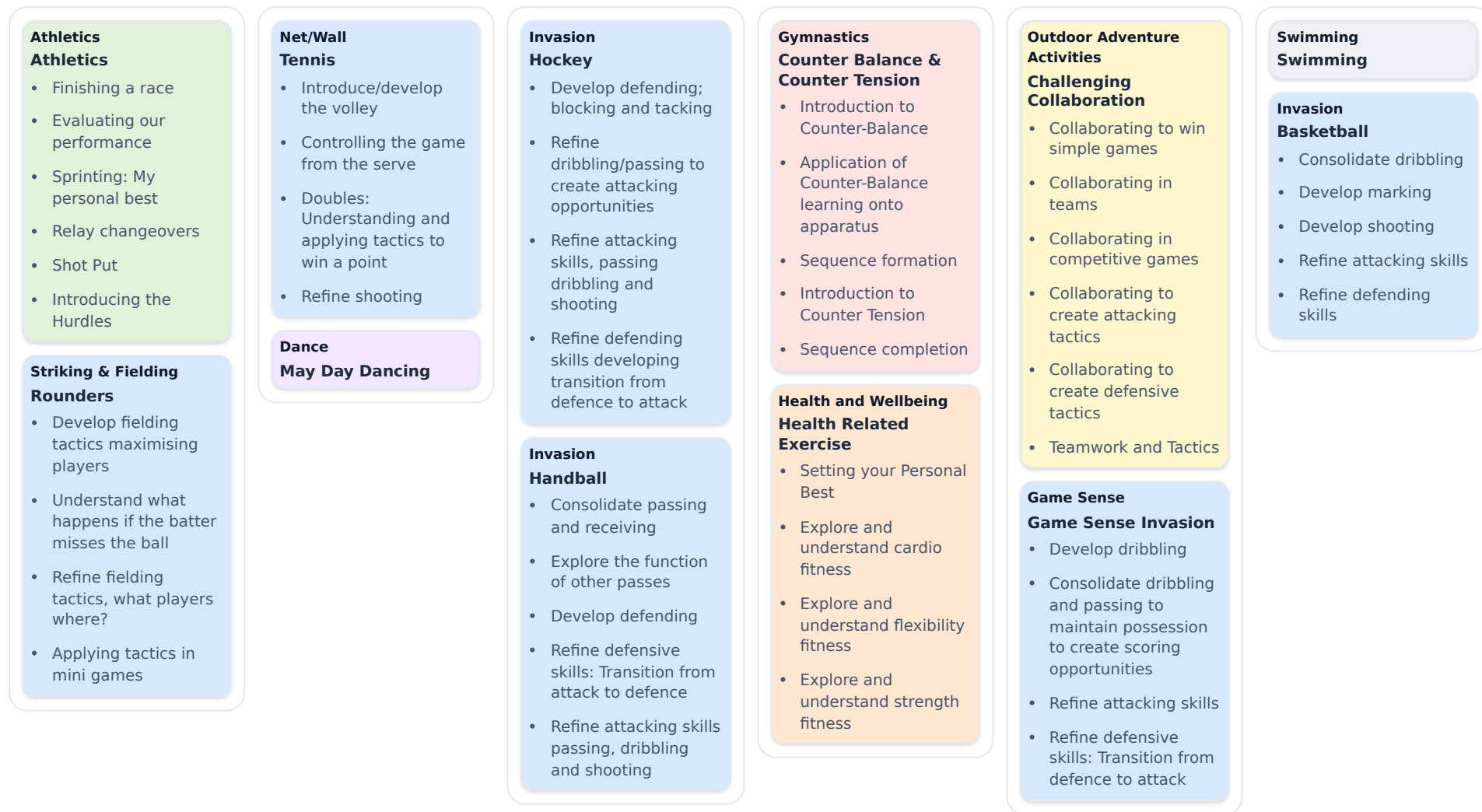
Athletics Athletics

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

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 Five



Year Six

Invasion Basketball

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

Striking & Fielding 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

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

Game Sense Game Sense Invasion

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

Gymnastics Creating Sequences

- Challenging creativity
- Sequence development
- Sequence performance

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 Hockey

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

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

Dance May Day Dancing

Dance May Day Dancing

Athletics Athletics

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

Striking & Fielding 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