National Curriculum Statutory requirements Key Stage 2

Games

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games and apply basic principles suitable for attacking and defending
- compare their performances with previous ones and demonstrate improvement to achieve their personal best

Striking and Fielding Cricket	Striking and Fielding Rounders	Invasion Games Football	Invasion Games Tag Rugby	Invasion Games Netball/basketball	Invasion Games Hockey	Net/wall Tennis

Progression of skills - Year 3	Progression of skills - Year 4	Progression of skills - Year 5	Progression of skills - Year 6
• Can throw and catch various objects / balls with control and accuracy • Can follow rules of games and play fairly • Can maintain possession of a ball eg: feet, hockey stick, hands basketball • Can pass to teammates when appropriate	• Can strike a ball and field with control • Can choose appropriate tactics to cause problems for the opposition • Is an effective team member • Can lead a team effectively	• Can choose and combine techniques in games eg: running, throwing, catching, passing, jumping and kicking • Can work alone or with team mates in order to gain points or possession • Can strike a bowled or volleyed ball with some accuracy • Can choose appropriate tactics for a game	• Can strike a bowled or volleyed ball with increasing accuracy • Can field, defend and attack tactically by anticipating the direction of play • Can lead others when called upon. • Is a good role model to others

National Curriculum Statutory requirements Key Stage 2

Dance

- perform dances using a range of movement patterns
- compare their performances with previous ones and demonstrate improvement to achieve their personal best

Progression of skills - Year 3	Progression of skills - Year 4	Progression of skills - Year 5	Progression of skills - Year 6
• Can refine movements into sequences • Can change speed and level within a performance • Can develop suppleness through stretching • Can describe the need to warm up	• Can plan, perform and repeat sequences • Can move in a clear, fluent and expressive manner • Can create dances and movements that convey a clear idea • Can develop physical strength by practicing moves • Can understand why it is important to warm up	• Can compose creative and imaginative dance sequences • Can express an idea in original and imaginative ways	• Can perform expressively and hold a precise and strong body posture • Can create and perform complex sequences • Can perform with high energy, slow grace or other themes and maintain this throughout a performance • Can perform complex moves that combine strength and stamina gained through gymnastics, (e.g. cartwheels and handstands)

National Curriculum Statutory requirements Key Stage 2

Gymnastic

- develop balance, agility and co-ordination, and begin to apply these in a range of activities
- compare their performances with previous ones and demonstrate improvement to achieve their personal best

Progression of skills - Year 3	Progression of skills - Year 4	Progression of skills - Year 5	Progression of skills - Year 6
• Can refine movements into sequences • Can show changes of direction, speed and level during a performance • Can swing and hang from equipment safely using hands • Can know the importance of strength	• Can plan, perform and repeat sequences • Can move in a clear, fluent and expressive manner • Can travel in a variety of ways (eg: flight by transferring weight to generate power in movement) • Can understand centre and gravity and can use this to create interesting body shapes • Can know and understand the basic the principles of warming up	• Can create complex and well executed sequences that include a range of movements: - travelling - balances - swinging - bending - stretching - twisting – gestures - - linking shapes • Can link sequences of movements effectively • Can practice and refine gymnastic techniques • Can demonstrate good kinaesthetic awareness	• Can create complex and well executed sequences that include a range of movements: - springing - flight - vaults - inversions - rotations - hold shapes that are strong, fluent and expressive • Can vary speed, direction, level and body rotation during floor performances • Can practice and refine the gymnastic techniques listed above • Can use equipment to vault and to swing, remaining upright

National Curriculum Statutory requirements Key Stage 2

Outdoor adventure – Orienteering

- take part in outdoor and adventurous activity challenges both individually and within a team

Progression of skills - Year 3	Progression of skills - Year 4	Progression of skills - Year 5	Progression of skills - Year 6
• Can use simple maps in classroom/hall • Can locate points following routes • Can orientate a map • Can find a control point	• Can complete simple short star orienteering - return to base before setting out for the next control • Can complete simple short courses on school field/ playground with 3- 4 controls • Can set up routes for each other using simple plans	• Can interpret more complex maps • Star orienteering -relay • Can complete longer courses with more controls • Can set up courses for others using star orienteering and school plans/maps • Can discuss with each other	• Can use a compass to orientate a map • Can complete courses off site • Can work co-operatively with each other

National Curriculum Statutory requirements Key Stage 2

Athletics

- use running, jumping and throwing in isolation and in combination
- develop flexibility, strength, technique, control and balance
- compare their performances with previous ones and demonstrate improvement to achieve their personal best

Progression of skills - Year 3	Progression of skills - Year 4	Progression of skills - Year 5	Progression of skills - Year 6
• Can sprint over a short distance up to 60m • Can use a range of throwing techniques (underarm / overarm) • Can compete with others • Can jump from a standing start • Can improve personal best performances	• Can run over a longer distance 200m • Can throw with accuracy to hit a target or cover a distance • Can jump in a number of ways, using a run up if appropriate • Can compete with others and aim to improve personal best performances	• Can combine sprinting with low hurdles over 100m • Can run over a longer distance up to 300m • Can throw accurately and refine performance by analysing technique and body shape • Can compete with others and keep track of personal best performances, setting targets for improvement	• Can combine sprinting with low hurdles over 100m • Can run over a longer distance up to 400m • Can control in take-off and landing when jumping • Can compete with others and keep track of personal best performances, setting targets for improvement

National Curriculum Statutory requirements Key Stage 2

Swimming Hereford Leisure Pool Instructors

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations

Progression of skills: In line with Hereford Leisure Pool.

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