

## Progression of Skills at SMC



|                                             | <b>Invasion Games</b>                                                                                                                                                                                                                                                                                                                                                                                                          | <b>Gymnastics</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>Dance</b>                                                                                                                                                                                                                                                                                    | <b>Net + Wall</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>Striking and Fielding</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>Athletics</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| <b>Year 1<br/>'Pupil can...' statements</b> | <p>Change direction and speed.</p> <ul style="list-style-type: none"> <li>-Send and receive equipment with control</li> <li>-Underarm throw towards a target.</li> <li>-Learn and develop techniques of sending different equipment.</li> <li>-Trap equipment with control and various body parts.</li> <li>-Develop catching skills with learning aids.</li> <li>-Begin blocking by using their bodies.</li> <li>-</li> </ul> | <p>Can travel with control and co-ordination.</p> <ul style="list-style-type: none"> <li>-Use imagination to travel like various animals on different body parts.</li> <li>-Perform simple shapes; Tuck, Pike, Straddle, Pencil, Star.</li> <li>-Perform controlled 1-4 point balances and different body parts.</li> <li>-Perform basic gym rolls; Pencil, Egg, Forward.</li> <li>-Can use shape top aid jumps to a safe landing.</li> <li>-Begin combining Jumps and balances.</li> <li>-Perform simple balance and jump on apparatus.</li> </ul> | <ul style="list-style-type: none"> <li>-To explore basic body patterns and movements to music.</li> <li>-To use a variety of moves that change speed and direction.</li> <li>-To link together dance moves with gestures.</li> <li>-To practise taking off from different positions.</li> </ul> | <p>Strike a static ball with two hands.</p> <ul style="list-style-type: none"> <li>-Strike static ball towards a target.</li> <li>- Strike a rolling ball with control.</li> <li>-Able to stand in correct form of being side on.</li> <li>-Step into shots to increase power.</li> <li>-Return a ball to a partner which is coming towards them.</li> <li>-Begin to place shots with control of power and direction.</li> <li>-Travel towards a moving ball to return to a partner.</li> <li>-Introduce points for accurate shots.</li> </ul> | <ul style="list-style-type: none"> <li>-Can travel at different speeds to chase equipment.</li> <li>-Trap equipment with use of their bodies.</li> <li>-Throw equipment underarm whilst aiming towards a target.</li> <li>- Begin to judge use of power accurately whilst throwing.</li> <li>-Standing side on to a ball before striking with two hands on equipment.</li> <li>-Understand a sideways, step, strike technique when striking a ball.</li> <li>-Can strike a static ball towards a partner.</li> </ul> | <p>Run at different speeds and distances.</p> <ul style="list-style-type: none"> <li>-Change direction whilst running, up and down a lane.</li> <li>- Perform basic jump patterns 1-1, 1-2, 2-2, and 2-1 for height and distance.</li> <li>-Engage different body parts to increase height and distance.</li> <li>-Perform different throwing techniques of overarm and underarm both thrown for distance.</li> <li>-Introduce different body parts to increase power.</li> </ul> |

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|                                     | Invasion Games                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Gymnastics                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Dance                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Net + Wall                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Striking and Fielding                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Athletics                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
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| Year 2<br>'Pupil can...' statements | <p>Change speed and direction with control and co-ordination.</p> <ul style="list-style-type: none"> <li>-Send and receive equipment whilst controlling accuracy and power.</li> <li>-Correct form for both overarm and underarm throwing.</li> <li>-Send equipment in various ways using different body parts.</li> <li>-Develop understand of aiming and power when throwing.</li> <li>-Throw and catch at close range.</li> <li>- Develop passing and moving skills in pairs or small teams.</li> </ul> | <p>Travel with control and creativity.</p> <ul style="list-style-type: none"> <li>-Perform dynamic movements in pairs.</li> <li>-Remember and repeat shapes with control and correct form (Tuck, Pike, Pencil, Straddle, and Star.)</li> <li>-Perform Controlled safe jumps from a small height to safe landing.</li> <li>- Roll with control and correct form (Pencil, Egg, Forward.)</li> <li>-Hold balances on varied body parts.</li> <li>-Combine simple skills together with smooth transitions between each skills.</li> <li>-Copy and mirror a partner's short combination of skills.</li> <li>-Apply skills to apparatus with control.</li> </ul> | <p>Can link moves together.</p> <ul style="list-style-type: none"> <li>-Can use a variety of moves.</li> <li>-Can explore basic body patterns and movements to music.</li> <li>-Can use a variety of moves that change speed and direction.</li> <li>-Can link together dance moves with gestures and changing direction in time to music.</li> <li>-Can develop taking off from different positions.</li> <li>-Can demonstrate and explore different levels and speeds of movement.</li> <li>-Can perform simple dance phrases.</li> <li>-Can develop a range of dance movements and improve timing.</li> <li>-To work to music, creating movements that show rhythm and control.</li> </ul> | <p>Confidently strike a static ball using correct form.</p> <ul style="list-style-type: none"> <li>-Strike equipment with accuracy and control.</li> <li>-Judge distances before swing.</li> <li>-Return a bouncing ball to partner with control.</li> <li>-Strike using both sides of a racket.</li> <li>-Become accurate with forehand and back hand shots.</li> <li>-Move their bodies to correct positions to play forehand and backhand shots.</li> <li>-Begin playing floor rally's with a partner.</li> <li>-Strike over a net to a safe zone.</li> <li>-Move confidently whilst handling the equipment.</li> </ul> | <p>Can travel at speed to return equipment.</p> <ul style="list-style-type: none"> <li>-Identify space and move into it.</li> <li>-Confidently trap equipment with their hand before returning it to the batsmen.</li> <li>-Accurately throw equipment underarm towards a target whilst aiming.</li> <li>-Follow and adapt the sideways, step, strike technique with control.</li> <li>- Strike a ball which is rolling towards them confidently.</li> <li>-Strike equipment in different directions with power.</li> <li>-Begin action towards striking a bouncing ball with control.</li> <li>-Discuss how they are using their bodies.</li> </ul> | <ul style="list-style-type: none"> <li>-Run at different speeds dependant on how much the distance they are cover.</li> <li>- Change directions with ease.</li> <li>-Perform standing long jumps with correct form and use of arms.</li> <li>-Confident when performing basic jumping sequences.</li> <li>-Change jumping technique to jump for height or distance.</li> <li>-Follow simple steps towards a pushed shotput throw.</li> <li>-Take steps towards a javelin throw.</li> <li>-Show understand personal best distances and or times.</li> <li>-Can describe how they are using their body parts and why.</li> </ul> |

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|                                                             | <b>Invasion Games</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>Gymnastics</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>Dance</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Net + Wall</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>Striking and Fielding</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>Athletics</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| <b>Year 3</b><br><b>'Pupil can...'</b><br><b>statements</b> | <p>Learn and perform passing and moving skills in pairs or small groups.</p> <ul style="list-style-type: none"> <li>-Develop knowledge and skills in keeping possession in teams.</li> <li>-Find space to move into to receive a pass.</li> <li>- Learn basic shooting techniques.</li> <li>- Apply skills in small game based activities.</li> <li>- Develop team skills of communication and fair play.</li> <li>-Basic defending and tackling skills in possession based games.</li> <li>-Game related rules applied in matches.</li> </ul> | <p>Travel and change direction of both hand at feet with control.</p> <ul style="list-style-type: none"> <li>-Can perform all shapes with correct form and consistency.</li> <li>- Able to travel into and come out of 1-4 point balances smoothly.</li> <li>-Combine 3-5 skills with smooth transitions between each skill.</li> <li>-Perform quality (shape) jumps from apparatus into safe landing.</li> <li>-Can create short sequences in pairs to be perform with control.</li> <li>- Able to mirror skills in small groups.</li> <li>-Describe their actions and how they could improve their short sequences.</li> </ul> | <p>To explore dance movements and create patterns of movement.</p> <ul style="list-style-type: none"> <li>-To work with a partner to create dance patterns.</li> <li>-To perform a dance with rhythm and expression.</li> <li>-To use knowledge of dance to create a story in small groups.</li> <li>-To develop precision of movement.</li> <li>-To work co-operatively with a group to create a dance piece.</li> <li>-To perform in front of others with confidence.</li> </ul> | <p>Handle equipment with correct form for both forehand and back hand shots.</p> <ul style="list-style-type: none"> <li>-Gain confidence in using backhand shots for both static and moving balls.</li> <li>-Strike a moving ball confidently to a partner.</li> <li>-Look at the beginning actions for a serve to a partner.</li> <li>-Move left and right to return a ball to the other side.</li> <li>- Accurately place shots into a space.</li> <li>- Begin steps to playing rally's with a partner.</li> <li>- Start serving underarm to a partner over a net.</li> <li>- Return shots with both backhand and forehand techniques.</li> </ul> | <p>Begin understanding the two roles of batting team and fielding team.</p> <ul style="list-style-type: none"> <li>-Identify space and return equipment quickly.</li> <li>-Confidently trap a ball coming towards them with speed (short and long barrier.)</li> <li>-Use correct form when attempting to catch balls after being struck.</li> <li>-Striking static balls accurately with power and control.</li> <li>-Strike moving balls into space to score points.</li> <li>-Continue to step into shots and strike with power and accuracy.</li> <li>- protect a stump/wicket when striking a ball.</li> <li>-Begin making decision to help them score highly.</li> </ul> | <p>Can run with speed whilst showing control of body and direction, can confidently change speed and direction consistently.</p> <ul style="list-style-type: none"> <li>-Understand running techniques such as right angle arms, straight hands, and lean forward on toes.</li> <li>-Able to run further distances without stopping (pacing the run)</li> <li>-Perform correct handovers during relay races.</li> <li>-Can perform a standing long jump with power and control in the take-off and landing.</li> <li>-Use both upper and lower body to enhance jumping distance and height.</li> <li>-Throw shotput and javelin equipment with correct form and accuracy.</li> </ul> |

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|                                                   | <b>Invasion Games</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>Gymnastics</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Dance</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>Net + Wall</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>Striking and Fielding</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>Athletics</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| <b>Year 4</b><br><b>'Pupil can...' statements</b> | <p>Change direction and speed easily.</p> <ul style="list-style-type: none"> <li>-Identify space and move into it.</li> <li>-Pass and move effectively in pairs or small teams.</li> <li>- Develop simple transferable attack and defending skills.</li> <li>-Begin traveling with equipment into spaces.</li> <li>-Show strong teamwork within match play.</li> <li>-Begin marking the opposition to prevent.</li> <li>- Uses the full range of passes at the right time.</li> <li>- Simple tactic and strategy skills.</li> <li>-Begin shooting from different distances.</li> <li>-Identify their own strength and weakness in performance.</li> <li>-Abide and adhere to rules during match play.</li> </ul> | <p>Manipulate movements across floor or on apparatus with control.</p> <ul style="list-style-type: none"> <li>-Confidently perform shapes at different heights with correct form and posture.</li> <li>-Begin looking into actions of counter balancing.</li> <li>-Execute jumps with Precision and safe landing.</li> <li>-Combine series of skills together in pairs and small groups.</li> <li>- Perform both floor sequences and sequence on apparatus both individually and in pairs.</li> <li>-Improve quality and control between rolls.</li> <li>- Begin backwards roll actions.</li> <li>- Self/peer assess sequences.</li> <li>-Critical feedback given to groups.</li> </ul> | <p>To identify and practise the patterns and actions of chosen dance style.</p> <ul style="list-style-type: none"> <li>-To demonstrate an awareness of the music's rhythm and phrasing when improvising.</li> <li>-To create an individual dance that reflects the chosen dancing style.</li> <li>-To create partnered dances that reflect the dancing style and apply the key components of dance.</li> <li>-To perform dance using a range of movement patterns.</li> <li>-To perform and evaluate own and others' work.</li> </ul> | <p>Strike back hand and forehand shots to a partner confidently.</p> <ul style="list-style-type: none"> <li>-Play short rally's with a partner over a net.</li> <li>-Serve underarm away from partners with power.</li> <li>-Begin serving actions for overarm serve.</li> <li>-Travel across the court whilst showing agility when changing directions and speeds.</li> <li>-Begin playing shots to move your opponent around the court.</li> <li>-Play small 1vs 1 to match rules.</li> <li>-Play manipulate matches in pairs against other pairs.</li> <li>- Review own performance, recommend steps to improve.</li> </ul> | <p>Clear understand of two roles of batting and fielding teams.</p> <ul style="list-style-type: none"> <li>-Begin bowling towards a target from a close distance underarm.</li> <li>-Confidently trap and return equipment at speed.</li> <li>-Become more consistent when catch balls out the air.</li> <li>-Work more effectively as a fielding team.</li> <li>-Strike a moving ball confidently into space with power and accuracy.</li> <li>-Begin positioning shots to create chances to run and score points.</li> <li>-Work in batting pairs to score highly for their teams.</li> <li>-Make more correct decisions when to or not to run.</li> <li>-Communicating clearly as a team.</li> </ul> | <p>Clearer understanding of techniques to use in long or short distance running events.</p> <ul style="list-style-type: none"> <li>-Beginning actions of starting a sprinting event.</li> <li>-Pace accurately during long distance runs.</li> <li>-Can participate in team events such a relay race and understand the teamwork involved.</li> <li>-Can utilised their body part to enhance jump distances and heights.</li> <li>-Can begin performing a hop, skip and jump for distance.</li> <li>- Can clearly demonstrate the difference in throwing events and techniques used.</li> <li>-Explain techniques use and why they are effective.</li> <li>-Can identify errors in others techniques and correct form.</li> </ul> |

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|                                     | Invasion Games                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Gymnastics                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Dance                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Net + Wall                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Striking and Fielding                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Athletics                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| Year 5<br>'Pupil can...' statements | <p>Change speed and direction in order to outwit their opponent.</p> <ul style="list-style-type: none"> <li>-Pass and move with attacking intent (directional.)</li> <li>-Choose the right type of pass to play at the right time.</li> <li>-Defend against an overload.</li> <li>-Show accuracy when shooting from different distances and angles.</li> <li>-Develop strong tactic and strategy knowledge to implement in games.</li> <li>-Begin making regular correct decisions in a match.</li> <li>-Recognise own and other strengths and weaknesses.</li> <li>-Identify/explain and review their team's performance.</li> </ul> | <p>Perform symmetrical and asymmetrical shapes and balances using different body parts.</p> <ul style="list-style-type: none"> <li>-Match and mirror a partner's short sequence.</li> <li>- Perform counter balances in pairs and small groups with body parts on the floor.</li> <li>-Combine a number of rolls together with control including a backwards roll.</li> <li>-Vaulting onto small apparatus with legs straight.</li> <li>-Perform jumps from high apparatus, show correct form in air and land safely.</li> <li>-Perform longer sequences of contrasting speeds and heights.</li> <li>-Identify areas of improvement in own performance.</li> </ul> | <p>To identify and practise the patterns and actions of the chosen dance style.</p> <ul style="list-style-type: none"> <li>-To demonstrate an awareness of the music's rhythm and phrasing when improvising.</li> <li>-To create and perform an individual dance that reflects the chosen dance style.</li> <li>-To create partnered dances that reflect the chosen dancing style and apply the key components of dance.</li> <li>-To create group dances that reflect the dance style.</li> <li>-To perform a dance using a range of movement patterns.</li> <li>-To perform and evaluate own and others' work.</li> <li>-To add depth to dance routines and performances by adding elements such as cannons/unison/mirror.</li> </ul> | <p>Agile movement in all directions when striking and returning shots.</p> <ul style="list-style-type: none"> <li>-Play 1 vs 1's and 2 vs 2's to match rules.</li> <li>-Strike with power and accuracy to score highly.</li> <li>-Serve accurately underarm to a partner to start a game.</li> <li>- Serve confidently overarm to begin a match.</li> <li>-Begin officiating others matches and abide by match rules.</li> <li>-Self and peer assess performance in competitive environments.</li> <li>- Identify and exploit opposition's weakness.</li> <li>-Work co-operatively to compete in doubles matches.</li> </ul> | <p>Can describe what make a good batting or fielding team, what skills that team possess.</p> <ul style="list-style-type: none"> <li>-Begin following simple steps to an overarm bowl towards a stump or wicket.</li> <li>-Consistently catch and trap balls from different distances.</li> <li>-Work effectively in teams to field and bat, understand what make and effective team.</li> <li>-Strike a moving ball to any direction they please in order to score runs.</li> <li>-Work closely in batting pairs to become successful in scoring highly.</li> <li>-Begin officiating small games by abiding by match rules.</li> <li>-Develop knowledge of the transferable skills between cricket and rounder's.</li> </ul> | <p>Can understand and explain importance of pacing during longer runs.</p> <ul style="list-style-type: none"> <li>-Can explain the most effectively technique during a sprint and why.</li> <li>-Show efficient teamwork during relay races.</li> <li>-Sprint then jump over hurdles with control on take-off and landing.</li> <li>-Begin to measure own jumping distances and understand importance of controlled landings.</li> <li>-Triple jump sequences become more controlled and are travelling further.</li> <li>-Can throw with greater power and accuracy.</li> <li>- Understands what makes a good performance in each event.</li> <li>-Can identify others strengths.</li> </ul> |

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| Year 6<br>'Pupil can...' statements | <p>Change direction and speed with equipment in order to outwit opposing team.</p> <ul style="list-style-type: none"> <li>-Begin making impactful movements during game based activities.</li> <li>-Consistently accurate passes within a team to retain possession.</li> <li>-Accurately shoot from different distances.</li> <li>-Develop stronger defensive skills (player, Space, Ball, Goal)</li> <li>- Attack with pace, power and precision.</li> <li>-Strong understanding of tactics and effective strategies.</li> <li>-Review personal + team performance and suggest ways in which to improve.</li> <li>-Begin working to others strengths and weaknesses.</li> </ul> | <p>Synchronise movements in pairs, use both symmetrical and asymmetrical shapes to assist.</p> <ul style="list-style-type: none"> <li>-Improve quality of rolls (Forwards, Backwards, and Teddy bear.) during longer sequences to combine skills.</li> <li>-Vaulting onto and over apparatus, perform jumps from height with correct shape mid-air.</li> <li>-Create contrasting sequences to perform in small groups.</li> <li>-Improved sequence fluidity and pace individually and in pairs.</li> <li>-Describe planning and preparation that went into making the sequence.</li> <li>-Evaluate own and others performances using correct terminology to describe technique.</li> </ul> | <p>To demonstrate an awareness of the music's rhythm and phrasing when improvising.</p> <ul style="list-style-type: none"> <li>-To create a dance that represents a specific theme or style.</li> <li>-To create a dance as a group, using moves that link to a specific theme.</li> <li>-To distinguish the difference between a dance routine and an act/play. EG use of repetition/cannons etc.</li> <li>-To create a dance with limited teacher support that works to the timing/rhythm, uses components of dance.</li> <li>-To perform and analyse own and others performance.</li> <li>-To add depth to dance routines and performances by adding elements such as cannons/unison/mirror.</li> </ul> | <p>Agile movement in all directions when striking and returning shots.</p> <ul style="list-style-type: none"> <li>-Compete fairly in both 1 vs 1's and 2 vs 2's.</li> <li>-Strike with power accuracy and control consistently.</li> <li>-Begin playing more sport specific shots in game based situations.</li> <li>-Serve with power, accuracy and control both over and underarm.</li> <li>-Officiate matches pricelessly whilst abiding by match rules.</li> <li>- Identify and exploit opposition's weakness.</li> <li>-Reflect on performance and adapt match plan to score highly.</li> </ul> | <p>Demonstrate good to outstanding teamwork as both a member of a fielding team and a batting team.</p> <ul style="list-style-type: none"> <li>-Bowl overarm both accurately and confidently towards a wicket/stump.</li> <li>- Catch consistently from different distances and heights.</li> <li>-Field and return rapidly as a team.</li> <li>-Strike with accuracy and consistency to scoring highly in pairs and individually.</li> <li>-Understand batting and bowling order and the impact they can have.</li> <li>-Develop strong understand of officiating larger games and how to abide by all rules.</li> <li>-Can clearly identify own teams and oppositions strengths and weaknesses to exploit during batting and fielding.</li> </ul> | <p>Can identify running lines when taking part in long distance events.</p> <ul style="list-style-type: none"> <li>-Can effectively use a sprint start position to affect their power on take-off.</li> <li>-Consistently pass baton with correct form and control.</li> <li>-Show speed and rhythm throughout a hurdle race.</li> <li>-Use body effectively to generate maximum power when jumping for height and distance.</li> <li>-Record times and scores in each event accurately.</li> <li>-Can triple jump confidently ensuring distance is main priority.</li> <li>-Can throw javelin and shotput with maximum power and accuracy using correct form and showing control throughout.</li> </ul> |