

UKS2 PE Progression of Skills and Knowledge

Unit Year A	Physical Skills	Social Skills	Emotional Skills	Thinking Skills
Basketball	Throwing and catching, dribbling, intercepting, shooting.	Communication, collaboration.	Perseverance, honesty and fair play.	Planning strategies and using tactics, observing and providing feedback.
Swimming	Rotation, sculling, treading water, gliding, front crawl, backstroke, breaststroke, surface dives, floating, H.E.L.P and huddle positions.	Communication, supporting and encouraging others.	Determination.	Creating, decision making, using tactics.
Dance	Performing a variety of dance actions, using canon, unison, formation, dynamics, character, structure, space, emotion, matching, mirroring, transitions.	Collaboration, consideration and awareness of others, inclusion, respect, leadership.	Empathy, confidence.	Creating, observing and providing feedback, using feedback to improve, selecting and applying skills.
Badminton	Ready position, grip, forehand, backhand, serve, footwork.	Communication, respect, supporting and encouraging others.	Confidence, perseverance, honesty.	Using tactics, selecting and applying skills, identifying strengths and areas for development.
Gymnastics	Symmetrical and asymmetrical balances, straight roll, forward roll, straddle roll, backward roll, cartwheel, bridge, shoulder stand.	Responsibility, collaboration, communication, respect.	Confidence.	Observing and providing feedback, selecting and applying actions, evaluating and improving sequences.
Yoga	Balance, flexibility, strength, co-ordination.	Leadership, sharing ideas, working safely.	Confidence, working independently.	Creating, selecting and applying actions, observing and providing feedback.
Tag Rugby	Throwing, catching, running, dodging, scoring.	Communication, collaboration.	Perseverance, confidence, honesty and fair play.	Planning strategies and using tactics, observing and providing feedback, decision making.
Athletics	Pacing, sprinting, jumping for distance, push throwing for distance, fling throwing for distance.	Negotiating, collaborating with others.	Perseverance, determination.	Observing and providing feedback.
Cricket	Underarm and overarm throwing, catching, over and underarm bowling, long and short barrier, batting.	Collaboration and communication, respect.	Honesty.	Observing and providing feedback, selecting and applying strategies.
Golf	Accuracy, balance, coordination, striking.	Taking turns, supporting and encouraging others. respect,	Challenging myself, perseverance, honesty, being of proud of their work.	Selecting and applying skills, identifying strengths and

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		communication, sharing and agreeing on ideas.		areas for development, creativity.
Tennis	Forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve.	Collaboration, communication, respect.	Honesty.	Using tactics, Selecting and applying skills.

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6		
Basketball	Put you non-dribbling arm out to protect the ball from your opponent. Turn your body to create a barrier between the defender and the ball.	Look to move into a space that will make it easier for your team to score. Use a change of pace and change od direction to lose your opponent.	Dribble if you have space to do so. Pass if you can get the ball close to the goal. Pass if you cannot beat the defender.	Bend your knees so that you can change direction at speed. Stay between the basket and the person with the ball.	Balance with your feet shoulder width apart. Elbow under the ball. Eyes look at the target. Follow through with your hand.	Be clear and fair when refereeing. Use the rules to play fairly and help the game to flow.		
Swimming								
Dance	Copy and repeat a set dance phrase showing confidence in movements.	Work collaboratively with a partner to explore and develop the dance idea.	Use changes in level and speed when choreographing.	Copy and create actions using a prop as a dance stimulus.	Use choreographing devices to improve how the performance looks.	Select actions and dynamics to convey different characters.	Choreograph a dance that shows contrasting characters.	Communicate a story through dance.
Badminton	Develop footwork and the forehand and backhand grip.	Develop the backhand serve over a net. Develop rallying using an overhead forehand clear.	Develop the forehand serve over a net.	Learn how to score points and play in competitive games.	Develop backhand clear and apply this to game situations.	Show respect, honesty and fair play when competing against an opponent.		
Gymnastics	Be able to perform symmetrical and	Develop the straight, forward, straddle and	Be able to explore different methods of travelling , linking	Be able to perform progressions of	Explore matching and mirroring using actions both on the	Be able to create a partner sequence using		

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	asymmetrical balances.	backward roll.	actions in both canon and synchronisation.	inverted movements.	floor and on apparatus.	apparatus.		
Yoga	Develop an understanding of yoga. To develop flexibility through the sun salutation flow.	Develop strength through yoga flows.	Create your own flow showing quality in control, balance and technique.	Develop balance through yoga flows.	Work collaboratively to create a controlled paired yoga flow.	Create your own yoga flow that challenges technique, balance and control.		
Tag Rugby	Develop attacking principles, understanding when to run and when to pass.	Be able to use the forward pass and offside rules.	Be able to play games using tagging rules.	Develop dodging skills to lose a defender.	Develop drawing defence and understanding when to pass.	Be able to apply the rules and tactics you have learnt to play in a tag rugby tournament.		
Athletics	Work collaboratively with a partner to set a steady pace.	Develop your own and others sprinting technique.	Develop power, control and technique for the triple jump.	Develop power, control and technique when throwing for distance.	Develop throwing with force and accuracy for longer distances.	Work collaboratively in a team to develop the officiating skills of measuring, timing and recording.		
Cricket	Develop throwing accuracy and catching skills.	Develop batting accuracy and directional batting.	Develop catching skills (close/deep catching and wicket keeping).	Develop overarm bowling technique and accuracy.	Develop a variety of fielding techniques and to use them within a game.	Develop long and short barriers and apply them to a game situation.		
Golf	Develop putting technique and accuracy.	Develop the technique for chipping.	Develop the technique for a short game.	Develop the technique for a long game.	Select the appropriate shot for the situation.	Design a course and select the appropriate shot for the situation.		
Tennis	Develop returning the ball using a forehand groundstroke.	Develop returning the ball using a backhand groundstroke.	Work cooperatively with a partner to keep a continuous rally.	Develop underarm serve and understand the rules of serving.	Develop the volley and understand when to use it.	Use a variety of strokes to outwit an opponent.		