



Year 1/2

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<ul style="list-style-type: none"> Multi-skills Football 	<ul style="list-style-type: none"> Gymnastics Netball 	<ul style="list-style-type: none"> Dance Badminton 	<ul style="list-style-type: none"> Gymnastics Rugby tots 	<ul style="list-style-type: none"> Multi-skills (athletics) Tennis 	<ul style="list-style-type: none"> Dance Rounders

Year 3/4

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<ul style="list-style-type: none"> Tennis Hockey 	<ul style="list-style-type: none"> Gymnastics Basketball 	<ul style="list-style-type: none"> Dance Football 	<ul style="list-style-type: none"> Netball Cricket 	<ul style="list-style-type: none"> Athletics Badminton (Year 3) Swimming (Year 4) 	<ul style="list-style-type: none"> Athletics Rounders (Year 3) Swimming (Year 4)

Year 5/6

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<ul style="list-style-type: none"> Netball Football 	<ul style="list-style-type: none"> Dance Basketball 	<ul style="list-style-type: none"> Gymnastics Hockey 	<ul style="list-style-type: none"> Rounders Tag rugby 	<ul style="list-style-type: none"> Athletics Cricket 	<ul style="list-style-type: none"> Athletics Tennis

Skills to be taught:

Games (Invasion, net/wall, striking & fielding)	By the end of Year 2	By the end of Year 4	By the end of Year 6
Football	<ul style="list-style-type: none"> To practise basic movements including running and jumping. To experience opportunities to improve agility, balance and coordination. To explore sending a ball using feet. To explore receiving a ball using feet. To recall and link combinations of skills, e.g. dribbling and passing. To begin to engage in competitive 	<ul style="list-style-type: none"> To show basic control skills including sending and receiving the ball. To explore passing in different ways, including how to pass over greater distances To send the ball with some accuracy to maintain possession and build attacking play. To explore dribbling in different 	<ul style="list-style-type: none"> To explore passing in different ways e.g. with outside of the foot or lofted passes. To dribble in different directions using different parts of feet and explore 'dummies' and 'feints' to get past an opponent. To shoot at a target with increasing power and accuracy. To improve defensive skills (e.g.

	<p>activities.</p> <ul style="list-style-type: none"> To recognise rules and apply them in competitive and cooperative games / activities. 	<p>directions using different parts of feet.</p> <ul style="list-style-type: none"> To shoot at a target using the correct part of the foot ('laces') To know some defensive skills e.g. intercepting, how to tackle fairly To implement some basic rules of football. 	<p>intercepting, how to tackle fairly) and implement in game situations.</p> <ul style="list-style-type: none"> To become more skilful when performing movements at speed. To implement age-appropriate rules¹ of football. To observe, analyse and recognise good individual and team performances. To suggest, plan and lead simple drills for given skills and/or warm-ups.
Rugby tots / tag rugby	<ul style="list-style-type: none"> To practise basic movements including running, jumping, throwing and catching. To experience opportunities to improve agility, balance and coordination. To throw, roll and catch different-sized balls. To handle an age-appropriate rugby ball with confidence: <ul style="list-style-type: none"> ➤ To catch an age-appropriate rugby ball by clutching it into the chest. ➤ To travel with a ball in two hands and be able to change direction. To begin to engage in competitive activities. To recognise rules and apply them in competitive and cooperative games / activities. <p>https://www.rugbytots.co.uk/activities-five-to-seven-years</p>		<ul style="list-style-type: none"> To increase the accuracy and power of passes so the ball can be moved over greater distances. To evade defenders using footwork and body control. To consistently perform basic tag rugby skills and combine them e.g. catching and quickly passing in one movement. To be able to select and implement appropriate skills in a game situation. To choose and implement a range of strategies and tactics to attack and defend in competitive situations. To implement age-appropriate rules¹ of tag-rugby. To observe, analyse and recognise good individual and team performances. To suggest, plan and lead simple drills for given skills and/or warm-ups.
Hockey		<ul style="list-style-type: none"> To hold the hockey stick correctly. To confidently use push passes and explore other types of pass too e.g. hit/slap pass To show basic control skills including receiving and trapping the ball. To send the ball with some accuracy to maintain possession and build attacking 	<ul style="list-style-type: none"> To increase the accuracy and power of passes so the ball can be moved over greater distances. To be able to change direction by rotating the stick. To consistently perform basic hockey skills and combine them e.g. dribbling and push pass.

		<ul style="list-style-type: none"> play. To explore dribbling in different directions and begin to be able to rotate the stick to change direction. To shoot at a target and generate more power by safely increasing backswing. To know some defensive skills e.g. intercepting, how to tackle fairly To implement age-appropriate rules¹ of hockey (Quicksticks). 	<ul style="list-style-type: none"> To improve defensive skills (e.g. intercepting, how to tackle fairly) and implement in game situations. To combine and perform more complex skills at speed. To be able to select and implement appropriate skills in a game situation. To implement age-appropriate rules¹ of hockey (In2Hockey). To observe, analyse and recognise good individual and team performances. To suggest, plan and lead simple drills for given skills and/or warm-ups.
Netball	<ul style="list-style-type: none"> To practise basic movements including running, jumping, throwing and catching. To experience opportunities to improve agility, balance and coordination. To throw, roll and catch different-sized balls. To explore passing in different ways e.g. chest pass and bounce pass. To aim towards targets. To recall and link combinations of skills, e.g. running and catching To begin to engage in competitive activities. To recognise rules and apply them in competitive and cooperative games / activities. 	<ul style="list-style-type: none"> To confidently use chest and bounce passes and begin to use overhead passes. To catch a ball while moving, including balls thrown at different heights/angles, and stop to avoid breaking the footwork rule. To send the ball with some accuracy to maintain possession and build attacking play. To know how to pivot to change direction with the ball, understanding 'footwork'. To begin to use space efficiently to build attacking play. To be able to win possession by intercepting a moving ball. To begin to use marking in games / activities. To implement age-appropriate rules² of netball (Bee Netball - Fliers). 	<ul style="list-style-type: none"> To increase the accuracy and power of passes so the ball can be moved over greater distances. To confidently use chest, bounce and overhead passes and understand when they are used most effectively. To pivot to change direction with the ball, applying the 'footwork' rule. To win possession by intercepting or blocking a ball. To use marking in games / activities. To use space efficiently to build attacking play. To acquire and apply basic shooting techniques (into netball hoops if possible). To play efficiently in different positions on the court in both attack and defence. To implement age-appropriate rules² of netball (Bee Netball - Stingers). To observe, analyse and recognise good individual and team performances. To suggest, plan and lead simple drills for given skills and/or warm-ups.
Basketball		<ul style="list-style-type: none"> To keep the basketball under close 	<ul style="list-style-type: none"> To be able to use either hand to dribble,

		<p>control when dribbling i.e. near body, below the waist.</p> <ul style="list-style-type: none"> • To understand the double-dribble rule and how to avoid breaking it. • To dribble the ball correctly, using fingers - not palm. • To confidently use chest and bounce passes and begin to use overhead passes. • To catch a ball while moving, including balls thrown at different heights/angles. • To send the ball with some accuracy to maintain possession and build attacking play. • To begin to use space efficiently to build attacking play. • To be able to win possession by intercepting a moving ball. • To begin to use marking in games / activities. • To implement age-appropriate rules¹ of basketball. 	<p>keeping the ball under close control, and able to dribble at speed with the ball.</p> <ul style="list-style-type: none"> • To increase the accuracy and power of passes so the ball can be moved over greater distances. • To confidently use chest, bounce and overhead passes and understand when they are used most effectively. • To win possession fairly. • To use marking in games / activities. • To use space efficiently to build attacking play. • To acquire and apply basic shooting techniques (into basketball hoops if possible). • To play efficiently in different positions on the court in both attack and defence. • To implement age-appropriate rules¹ of basketball. • To observe, analyse and recognise good individual and team performances. • To suggest, plan and lead simple drills for given skills and/or warm-ups.
Tennis	<ul style="list-style-type: none"> • To practise basic movements including running, jumping, throwing and catching. • To experience opportunities to improve agility, balance and coordination. • To throw, roll and catch different-sized balls. • To grip a tennis racket appropriately. • To be able to send a ball with increased confidence using a racket. • To explore forehand hitting. • To aim a ball towards a target. • To begin to engage in games / activities. • To recognise rules and apply them in 	<ul style="list-style-type: none"> • To forehand serve to begin a game. • To confidently use forehand shots. • To explore other shots (backhand, double-backhand, volley etc.) • To adjust position to return a moving ball i.e. by moving forwards or backwards, side-to-side. • To increase accuracy of hits e.g. aiming at smaller targets. • To engage in mini-red¹ tennis games. • To implement age-appropriate rules¹ of tennis. 	<ul style="list-style-type: none"> • To have practised overhead shots and know that these can be used to start a game (serve). • To serve diagonally, either underarm or overarm, to start games. • To have practised lob shots and understand when best to use them. • To develop quality and consistency of backhand shots. • To be able to track the path of ball over a net and adjust position accordingly. • To apply a range of shots in game situations. • To engage in mini-orange¹ tennis games.

	competitive and cooperative games / activities.		<ul style="list-style-type: none"> To implement age-appropriate rules¹ of tennis. To suggest, plan and lead simple drills for given skills and/or warm-ups.
Badminton	<ul style="list-style-type: none"> To practise basic movements including running, jumping, throwing and catching. To experience opportunities to improve agility, balance and coordination. To begin to 'serve' using forehand and backhand, applying appropriate grips. To be able to send a shuttle with increased confidence using a racket. To explore forehand hitting. To hit a shuttle towards a target. To begin to engage in games - see KS1 badminton guidance & activities³ To recognise rules and apply them in competitive and cooperative games / activities. 	<ul style="list-style-type: none"> To confidently apply forehand and backhand serves. To confidently use forehand and backhand shots. To adjust position to return a moving shuttle i.e. by moving forwards or backwards, side-to-side. To increase accuracy of hits e.g. aiming at smaller targets. To engage in BIS1 badminton challenges⁴ 	
Cricket		<ul style="list-style-type: none"> To hold the cricket bat correctly. To hit a stationary ball with increasing accuracy. To develop a range of skills to use in isolation and a competitive context: <ul style="list-style-type: none"> ➤ To throw a ball with increasing accuracy. ➤ To track and retrieve a rolling ball. ➤ To begin to be able to bowl using the correct bowling technique. ➤ To use the correct technique to catch a ball with two hands. ➤ To begin to be able to strike a bowled ball. To begin to understand the meaning of vocabulary such as batting, fielding, innings, overs, bowled, caught, run out, stumped. 	<ul style="list-style-type: none"> To throw a ball with accuracy and over greater distances. To bowl using the correct bowling technique with increasing accuracy. To use the correct technique to catch a ball with two hands and practise catching with one hand. To strike a bowled ball with increasing accuracy and/or power. To understand the meaning of vocabulary such as batting, fielding, innings, overs, bowled, caught, run out, stumped. To use a range of tactics for attacking and defending in the role of bowler, batter and fielder. To implement kwik-cricket rules⁶. To suggest, plan and lead simple drills

		<ul style="list-style-type: none"> To engage in station-based cricket challenges⁵. 	for given skills and/or warm-ups.
Rounders	<ul style="list-style-type: none"> To practise basic movements including running, throwing and catching. To experience opportunities to improve agility, balance and coordination. To practise feeding/bowling skills. To hit stationary balls with a rounders bat. To hit moving balls with a hand or tennis racket. To track and retrieve a rolling ball. To throw and catch a variety of balls and objects. To begin to engage in games / activities. To recognise rules and apply them in competitive and cooperative games / activities. 	<ul style="list-style-type: none"> To throw a ball with increasing accuracy. To track and retrieve a rolling ball. To bowl using the correct underarm technique. To use the correct technique to catch a ball with two hands. To hold a rounders bat correctly in readiness to strike the ball. To begin to be able to strike a bowled ball using a rounders bat. To begin to work in teams to field. To understand the different positions in rounders (batter, fielder, bowler, wicket keeper). To implement rounders rules¹ with adult support. 	<ul style="list-style-type: none"> To throw a ball with accuracy and over greater distances. To bowl using the correct bowling technique with increasing accuracy. To use the correct technique to catch a ball with two hands and practise catching with one hand. To strike a bowled ball with increasing accuracy and/or power. To explore other ways to hit a bowled ball e.g. turning the body to hit a backhand shot. To work in teams to field effectively. To use a range of tactics for attacking and defending in the role of bowler, batter and fielder. To implement rounders rules¹. To suggest, plan and lead simple drills for given skills and/or warm-ups.

¹ See Leap competition framework for School Games

² See KS2 netball guidance

³ See KS1 badminton activities

⁴ See Y3/4 BISI badminton challenges

⁵ See Y3/4 cricket activities

⁶ See Y5/6 Kwik cricket rules

For gymnastics, dance, athletics (multi-skills for KS1), OAA, and swimming, see Milestones document.