

Lower Key Stage 2 – Curriculum and Progression of Skills

Core Skills (to be covered throughout all units)

Year 3	Year 4
<ul style="list-style-type: none">• Begin to explain why it is important to warm up.• Explain how to stay safe when exercising.• Follow a set of rules and engage in 'fair play'.• Begin to demonstrate good sportsmanship.• Describe differences between own and others' performances.	<ul style="list-style-type: none">• Explain why it is important to warm up and the effect it has on the body.• Explain how to stay safe when exercising, applying basic safety principles.• Follow rules competitively, but fairly and appropriately.• Demonstrate good sportsmanship.• Compare own performance with others' performance.

Cluster events

Girls Football (3+4)

Cross Country (3,4)

Sportshall Athletics (3,4)

Swimming (4)

Mini Tennis (3+4)

Tag Rugby Festival (3+4)

Tri Golf (3+4)

SEN Panathlon

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	1	2	3	4	5
Year A	<p><u>Indoor Athletics</u> Sprint over a short distance and conserve energy for a longer distance. Begins to perform specialised movement skills / techniques. Use a different style for running short and long distances Performs specialised movements skills / techniques.</p>	<p><u>Gymnastics</u> Demonstrate different types of jumps with one and two feet take-offs and landings. Holds individual and partner balances with control. Describes what the core is and demonstrates how it supports the body. Demonstrate a number of basic jumps showing control when taking off and landing. Combine partner balances with linking movements. Explains and demonstrates how to make a balance more stable.</p>	<p><u>Dance</u> Choose movements to communicate a mood or feeling. Perform dance sequences with control, coordination and rhythm. Move in time to music. Create dance sequences using a variety of steps and actions. Suggest ways that others could improve their actions or performances. Choose and combine movements to communicate mood or feeling. Refine movements to create and perform a sequence. Perform dance sequences effectively and in time with music. Evaluate and compare other people’s work to improve own performance.</p>	<p><u>Netball</u> Use changes in speed, direction or height effectively. Accelerates quickly from a stationary position. Move into appropriate spaces to pass and receive. Use tactics to keep possession. Work as part of a team, communicating to gain advantages. Copy tactics to attack or defend effectively. Use a range of changes in speed, direction or height effectively. Accelerates from a stationary position in response to movement challenges e.g. moves quickly to close down opponent. Work as part of a team to create space. Use a range of tactics to keep possession.</p>	<p><u>Outdoor Athletics</u> Sprint over a short distance and conserve energy for a longer distance. Begins to perform specialised movement skills / techniques. Use a different style for running short and long distances Performs specialised movements skills / techniques.</p>

Year 3 objectives in red

Year 4 objectives in blue

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Year A	<p><u>Football</u></p> <p>Use changes in speed, direction or height effectively.</p> <p>Accelerates quickly from a stationary position</p> <p>Move into appropriate spaces to pass and receive</p> <p>Use tactics to keep possession</p> <p>Work as part of a team, communicating to gain advantages.</p> <p>Copy tactics to attack or defend effectively.</p> <p>Use a range of changes in speed, direction or height effectively.</p> <p>Accelerates from a stationary position in response to movement challenges e.g. moves quickly to close down opponent.</p> <p>Work as part of a team to create space</p> <p>Use a range of tactics to keep possession</p>	<p><u>Hockey</u></p> <p>Use changes in speed, direction or height effectively.</p> <p>Accelerates quickly from a stationary position</p> <p>Move into appropriate spaces to pass and receive</p> <p>Use tactics to keep possession</p> <p>Work as part of a team, communicating to gain advantages.</p> <p>Copy tactics to attack or defend effectively.</p> <p>Use a range of changes in speed, direction or height effectively.</p> <p>Accelerates from a stationary position in response to movement challenges e.g. moves quickly to close down opponent.</p> <p>Work as part of a team to create space</p> <p>Use a range of tactics to keep possession</p>	<p><u>Handball</u></p> <p>Use changes in speed, direction or height effectively.</p> <p>Accelerates quickly from a stationary position</p> <p>Move into appropriate spaces to pass and receive</p> <p>Use tactics to keep possession</p> <p>Work as part of a team, communicating to gain advantages.</p> <p>Copy tactics to attack or defend effectively.</p> <p>Use a range of changes in speed, direction or height effectively.</p> <p>Accelerates from a stationary position in response to movement challenges e.g. moves quickly to close down opponent.</p> <p>Work as part of a team to create space</p> <p>Use a range of tactics to keep possession</p>	<p>OAA</p> <p><i>OAA curriculum currently under development to be ready for teaching this academic year.</i></p>	<p><u>Strike and Field</u></p> <p>Demonstrates eye/hand and eye/foot co-ordination to execute movement skills, e.g. striking a ball with a bat.</p> <p>Throw a ball overarm</p> <p>Catch a ball accurately with one or two hands.</p> <p>Moves efficiently into suitable spaces.</p> <p>Use eye/hand and eye/foot co-ordination as part of skilful performance.</p> <p>Throw with accuracy to hit a target.</p> <p>When throwing for distance, throw accurately.</p> <p>Catch a ball accurately with one hand.</p> <p>Uses space effectively to improve performance.</p>

Year 3 objectives in red

Year 4 objectives in blue

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Year B	<p><u>Indoor Athletics</u> Sprint over a short distance and conserve energy for a longer distance. Begins to perform specialised movement skills / techniques. Use a different style for running short and long distances Performs specialised movements skills / techniques.</p>	<p><u>Gymnastics</u> Demonstrate different types of jumps with one and two feet take-offs and landings. Holds individual and partner balances with control. Describes what the core is and demonstrates how it supports the body. Demonstrate a number of basic jumps showing control when taking off and landing. Combine partner balances with linking movements. Explains and demonstrates how to make a balance more stable.</p>	<p><u>Dance</u> Choose movements to communicate a mood or feeling. Perform dance sequences with control, coordination and rhythm. Move in time to music. Create dance sequences using a variety of steps and actions. Suggest ways that others could improve their actions or performances. Choose and combine movements to communicate mood or feeling. Refine movements to create and perform a sequence. Perform dance sequences effectively and in time with music. Evaluate and compare other people’s work to improve own performance.</p>	<p><u>Basketball</u> Use changes in speed, direction or height effectively. Accelerates quickly from a stationary position Move into appropriate spaces to pass and receive Use tactics to keep possession Work as part of a team, communicating to gain advantages. Copy tactics to attack or defend effectively. Use a range of changes in speed, direction or height effectively. Accelerates from a stationary position in response to movement challenges e.g. moves quickly to close down opponent. Work as part of a team to create space Use a range of tactics to keep possession</p>	<p><u>Outdoor Athletics</u> Sprint over a short distance and conserve energy for a longer distance. Begins to perform specialised movement skills / techniques. Use a different style for running short and long distances Performs specialised movements skills / techniques.</p>

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Year B	<p><u>Korfball</u></p> <p>Use changes in speed, direction or height effectively.</p> <p>Accelerates quickly from a stationary position</p> <p>Move into appropriate spaces to pass and receive</p> <p>Use tactics to keep possession</p> <p>Work as part of a team, communicating to gain advantages.</p> <p>Copy tactics to attack or defend effectively.</p> <p>Use a range of changes in speed, direction or height effectively.</p> <p>Accelerates from a stationary position in response to movement challenges e.g. moves quickly to close down opponent.</p> <p>Work as part of a team to create space</p> <p>Use a range of tactics to keep possession</p>	<p><u>Dodgeball</u></p> <p>Use changes in speed, direction or height effectively.</p> <p>Accelerates quickly from a stationary position</p> <p>Work as part of a team, communicating to gain advantages.</p> <p>Use a range of changes in speed, direction or height effectively.</p> <p>Accelerates from a stationary position in response to movement challenges e.g. moves quickly to close down opponent.</p>	<p><u>Tag Rugby</u></p> <p>Use changes in speed, direction or height effectively.</p> <p>Accelerates quickly from a stationary position</p> <p>Move into appropriate spaces to pass and receive</p> <p>Use tactics to keep possession</p> <p>Work as part of a team, communicating to gain advantages.</p> <p>Copy tactics to attack or defend effectively.</p> <p>Use a range of changes in speed, direction or height effectively.</p> <p>Accelerates from a stationary position in response to movement challenges e.g. moves quickly to close down opponent.</p> <p>Work as part of a team to create space</p> <p>Use a range of tactics to keep possession</p>	<p>OAA</p> <p><i>OAA curriculum currently under development to be ready for teaching this academic year.</i></p>	<p><u>Strike and Field</u></p> <p>Demonstrates eye/hand and eye/foot co-ordination to execute movement skills, e.g. striking a ball with a bat.</p> <p>Throw a ball overarm</p> <p>Catch a ball accurately with one or two hands.</p> <p>Moves efficiently into suitable spaces.</p> <p>Use eye/hand and eye/foot co-ordination as part of skilful performance.</p> <p>Throw with accuracy to hit a target.</p> <p>When throwing for distance, throw accurately.</p> <p>Catch a ball accurately with one hand.</p> <p>Uses space effectively to improve performance.</p>

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