

## Upper Key Stage 2 – Curriculum and Progression of Skills (Tacolneston)

### Core Skills (to be covered throughout all units)

Year 5	Year 6
<ul style="list-style-type: none"><li>• Explain why it is important/necessary to warm up / cool down.</li><li>• Explain why physical exercise is good for health.</li><li>• Follow a set of advanced rules.</li><li>• Encourage good sportsmanship in others.</li><li>• Modify and refine skills to improve performance.</li></ul>	<ul style="list-style-type: none"><li>• Begin to effectively lead a warm up.</li><li>• Explain why regular, safe exercise is good for fitness and health.</li><li>• Follow a set of advanced rules competitively, but fairly.</li><li>• Encourage and model good sportsmanship for others.</li><li>• Evaluate, model and refine skills to improve performance.</li></ul>

### Cluster Events for UKS2

Girls Football (5+6)

Cross Country (5,6)

Swimming (5,6)

Tag Rugby (5+6)

Quad Athletics (5+6)

Netball (5+6)

Qwik Cricket (5+6)

SEN Panathlon

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	1	2	3	4	5
<b>Year A</b>	<u>Indoor Athletics</u> Select appropriate pace for running various distances. Performs specialised movement skills/techniques with precision. Demonstrate accurate control, technique, speed and stamina in running. Consistently performs specialised movement skills / techniques in practice and performance environments.	<u>Gymnastics</u> Use a range of jumps showing increasing height and distance. Perform counterbalances with a partner; demonstrate control. Demonstrates good postural control when performing balances. Demonstrates different jumps showing power, control and consistency in taking off and landing. Perform sequences of counterbalances with consistency, fluidity and good body tension.	<u>Dance</u> Express emotion and feeling through dance. Begin to perform with precision, control and fluency. Refine movements further to perform in sequence with a change in direction, level or speed. Plan and perform to an audience. Describe how one's self or others could improve an action or performance. Express a range of emotions and feelings through dance. Perform with precision, control and fluency. Devise complex sequences that include changes in direction, level and speed. Create, prepare and perform confidently and effectively for an audience. Demonstrate and model how an action or performance could be improved.	<u>Netball</u> Use a wide range of changes in speed, direction or height effectively and with control. Consistently accelerates quickly from a stationary position to contribute to successful performance. Work individually or as part of a team to exploit space and gain an advantage. Choose effective tactics to keep possession. Show consistency and control in team games: play with greater speed and flow. Choose different tactics to attack or defend accurately. Staying in control, change speed, height or direction to maintain advantage. Adopt tactics to create space and exploit space individually and as part of teams. Use a variety of tactics to keep possession and progress towards a goal. Use a range of tactics as part of a team to gain an advantage. Devise own tactics to attack or defend effectively.	<u>Outdoor Athletics</u> Select appropriate pace for running various distances. Performs specialised movement skills/techniques with precision. Demonstrate accurate control, technique, speed and stamina in running. Consistently performs specialised movement skills / techniques in practice and performance environments.

Year 5 objectives in red

Year 6 objectives in green

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<b>Year A</b>	<u>Tag Rugby</u> Use a wide range of changes in speed, direction or height effectively and with control. Consistently accelerates quickly from a stationary position to contribute to successful performance. Work individually or as part of a team to exploit space and gain an advantage. Choose effective tactics to keep possession. Show consistency and control in team games: play with greater speed and flow. Choose different tactics to attack or defend accurately. Staying in control, change speed, height or direction to maintain advantage. Adopt tactics to create space and exploit space individually and as part of teams. Use a variety of tactics to keep possession and progress towards a goal. Use a range of tactics as part of a team to gain an advantage. Devise own tactics to attack or defend effectively.	<u>Football</u> Use a wide range of changes in speed, direction or height effectively and with control. Consistently accelerates quickly from a stationary position to contribute to successful performance. Work individually or as part of a team to exploit space and gain an advantage. Choose effective tactics to keep possession. Show consistency and control in team games: play with greater speed and flow. Choose different tactics to attack or defend accurately. Staying in control, change speed, height or direction to maintain advantage. Adopt tactics to create space and exploit space individually and as part of teams. Use a variety of tactics to keep possession and progress towards a goal. Use a range of tactics as part of a team to gain an advantage. Devise own tactics to attack or defend effectively.	<u>Basketball</u> Use a wide range of changes in speed, direction or height effectively and with control. Consistently accelerates quickly from a stationary position to contribute to successful performance. Work individually or as part of a team to exploit space and gain an advantage. Choose effective tactics to keep possession. Show consistency and control in team games: play with greater speed and flow. Choose different tactics to attack or defend accurately. Staying in control, change speed, height or direction to maintain advantage. Adopt tactics to create space and exploit space individually and as part of teams. Use a variety of tactics to keep possession and progress towards a goal. Use a range of tactics as part of a team to gain an advantage. Devise own tactics to attack or defend effectively.	<u>OAA</u> <i>OAA curriculum currently under development to be ready for teaching this academic year.</i>	<u>Strike and Field</u> Consistently use eye/hand and eye/foot coordination as part of skilful performance. Throw with greater control, accuracy and efficiency. Catch a small ball accurately with one or two hands (e.g. a tennis ball). Use a variety of techniques to throw for accuracy and distance Catch a small ball with one or two hands and return it efficiently.
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Year B	<u>Handball</u>	<u>Gymnastics</u>	<u>Dance</u>	<u>Netball</u>	<u>Athletics</u>
	<p>Use a wide range of changes in speed, direction or height effectively and with control. Consistently accelerates quickly from a stationary position to contribute to successful performance.</p> <p>Work individually or as part of a team to exploit space and gain an advantage.</p> <p>Choose effective tactics to keep possession.</p> <p>Show consistency and control in team games: play with greater speed and flow.</p> <p>Choose different tactics to attack or defend accurately.</p> <p>Staying in control, change speed, height or direction to maintain advantage.</p> <p>Adopt tactics to create space and exploit space individually and as part of teams.</p> <p>Use a variety of tactics to keep possession and progress towards a goal.</p> <p>Use a range of tactics as part of a team to gain an advantage.</p> <p>Devise own tactics to attack or defend effectively.</p>	<p>Use a range of jumps showing increasing height and distance. Perform counterbalances with a partner; demonstrate control. Demonstrates good postural control when performing balances.</p> <p>Demonstrates different jumps showing power, control and consistency in taking off and landing.</p> <p>Perform sequences of counterbalances with consistency, fluidity and good body tension.</p>	<p>Express emotion and feeling through dance.</p> <p>Begin to perform with precision, control and fluency.</p> <p>Refine movements further to perform in sequence with a change in direction, level or speed.</p> <p>Plan and perform to an audience.</p> <p>Describe how one's self or others could improve an action or performance.</p> <p>Express a range of emotions and feelings through dance.</p> <p>Perform with precision, control and fluency.</p> <p>Devise complex sequences that include changes in direction, level and speed.</p> <p>Create, prepare and perform confidently and effectively for an audience.</p> <p>Demonstrate and model how an action or performance could be improved.</p>	<p>Use a wide range of changes in speed, direction or height effectively and with control. Consistently accelerates quickly from a stationary position to contribute to successful performance.</p> <p>Work individually or as part of a team to exploit space and gain an advantage.</p> <p>Choose effective tactics to keep possession.</p> <p>Show consistency and control in team games: play with greater speed and flow.</p> <p>Choose different tactics to attack or defend accurately.</p> <p>Staying in control, change speed, height or direction to maintain advantage.</p> <p>Adopt tactics to create space and exploit space individually and as part of teams.</p> <p>Use a variety of tactics to keep possession and progress towards a goal.</p> <p>Use a range of tactics as part of a team to gain an advantage.</p> <p>Devise own tactics to attack or defend effectively.</p>	<p>Select appropriate pace for running various distances.</p> <p>Performs specialised movement skills/techniques with precision.</p> <p>Demonstrate accurate control, technique, speed and stamina in running.</p> <p>Consistently performs specialised movement skills / techniques in practice and performance environments.</p>

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Year B	<u>Tag Rugby</u>	<u>Hockey</u>	<u>Basketball</u>	<u>Cricket</u>	<u>Rounders</u>
	<p>Use a wide range of changes in speed, direction or height effectively and with control. Consistently accelerates quickly from a stationary position to contribute to successful performance.</p> <p>Work individually or as part of a team to exploit space and gain an advantage.</p> <p>Choose effective tactics to keep possession.</p> <p>Show consistency and control in team games: play with greater speed and flow.</p> <p>Choose different tactics to attack or defend accurately.</p> <p>Staying in control, change speed, height or direction to maintain advantage.</p> <p>Adopt tactics to create space and exploit space individually and as part of teams.</p> <p>Use a variety of tactics to keep possession and progress towards a goal.</p> <p>Use a range of tactics as part of a team to gain an advantage.</p> <p>Devise own tactics to attack or defend effectively.</p>	<p>Use a wide range of changes in speed, direction or height effectively and with control. Consistently accelerates quickly from a stationary position to contribute to successful performance.</p> <p>Work individually or as part of a team to exploit space and gain an advantage.</p> <p>Choose effective tactics to keep possession.</p> <p>Show consistency and control in team games: play with greater speed and flow.</p> <p>Choose different tactics to attack or defend accurately.</p> <p>Staying in control, change speed, height or direction to maintain advantage.</p> <p>Adopt tactics to create space and exploit space individually and as part of teams.</p> <p>Use a variety of tactics to keep possession and progress towards a goal.</p> <p>Use a range of tactics as part of a team to gain an advantage.</p> <p>Devise own tactics to attack or defend effectively.</p>	<p>Use a wide range of changes in speed, direction or height effectively and with control. Consistently accelerates quickly from a stationary position to contribute to successful performance.</p> <p>Work individually or as part of a team to exploit space and gain an advantage.</p> <p>Choose effective tactics to keep possession.</p> <p>Show consistency and control in team games: play with greater speed and flow.</p> <p>Choose different tactics to attack or defend accurately.</p> <p>Staying in control, change speed, height or direction to maintain advantage.</p> <p>Adopt tactics to create space and exploit space individually and as part of teams.</p> <p>Use a variety of tactics to keep possession and progress towards a goal.</p> <p>Use a range of tactics as part of a team to gain an advantage.</p> <p>Devise own tactics to attack or defend effectively.</p>	<p>Consistently use eye/hand and eye/foot coordination as part of skilful performance.</p> <p>Throw with greater control, accuracy and efficiency.</p> <p>Catch a small ball accurately with one or two hands (e.g. a tennis ball).</p> <p>Use a variety of techniques to throw for accuracy and distance</p> <p>Catch a small ball with one or two hands and return it efficiently</p>	<p>Consistently use eye/hand and eye/foot coordination as part of skilful performance.</p> <p>Throw with greater control, accuracy and efficiency.</p> <p>Catch a small ball accurately with one or two hands (e.g. a tennis ball).</p> <p>Use a variety of techniques to throw for accuracy and distance</p> <p>Catch a small ball with one or two hands and return it efficiently.</p>

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