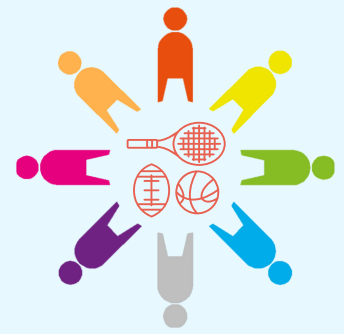
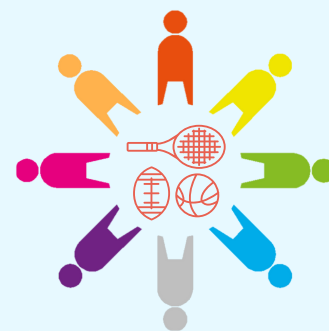


Physical Education Progression Grid



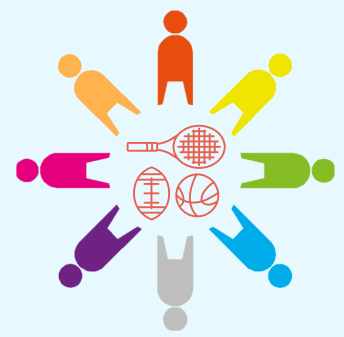
PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<p>Introduction to PE</p> <p>Follow instructions and stop safely.</p> <p>Change direction to avoid others.</p> <p>Look for space away from others.</p> <p>Stop safely in balanced position and develop control when using equipment.</p> <p>Keep ball close to you.</p> <p>Play safely as a group.</p> <p>Follow a path, looking in the direction you are travelling in.</p> <p>Work cooperatively with a partner, making sure they look at you before sending the ball.</p>	<p>Fundamentals</p> <p>Balance: Squeeze muscles and wide arms to balance.</p> <p>Develop running and stopping.</p> <p>Develop changing direction by bending knees and turn your body to face new direction.</p> <p>Develop jumping.</p> <p>Develop hopping.</p> <p>Explore different ways of travelling (jumping, crawl, march, slide).</p>	<p>Gymnastics</p> <p>Sequences: shapes, balances, travelling actions and on apparatus.</p> <p>Balance: squeeze muscles to stay still.</p> <p>Use apparatus safely.</p> <p>Rolls: Barrel, straight and forward roll progressions.</p> <p>Travelling: around, over and through apparatus.</p>	<p>Dance</p> <p>Copy, repeat and explore actions.</p> <p>Explore and remember actions considering level, shape and direction.</p> <p>Explore movement using a prop with control and coordination.</p> <p>Remember and repeat actions moving in time with music.</p> <p>Begin to use counts.</p>	<p>Ball Skills</p> <p>Develop rolling and tracking a ball.</p> <p>Develop accurately when throwing a target.</p> <p>Sending: throwing a ball to a partner keeping eyes on target.</p> <p>Catching: Use two hands to catch ball.</p> <p>Dribbling: Push ball with hands and keep ball close to feet.</p> <p>Kicking: Use inside of foot to kick ball.</p>	<p>Games</p> <p>Aiming: when throwing, point to where you want the ball to go.</p> <p>Playing safely: Find space when moving.</p> <p>Develop coordination.</p> <p>Explore striking a ball by using the middle of the racket.</p> <p>Work cooperatively as part of a team.</p>
Year 1	<p>Unit 1: Sending and Receiving</p> <p>Begin to send and receive a ball with their feet</p> <p>Catch a ball with some success</p> <p>Roll and throw a ball towards a target or partner</p> <p>Track a ball that is coming towards them</p> <p>Work co-operatively with a partner</p> <p>Unit 2: Fundamentals</p> <p>Attempt to run at different speeds showing an awareness of technique.</p> <p>Begin to link running and jumping movements with some control.</p> <p>Jump, leap, hop, and choosing which allows them to jump the furthest.</p> <p>Throw towards a target.</p> <p>Show some control and balance when travelling at different speeds.</p>	<p>Unit 1: Dance</p> <p>Copy, remember and repeat actions.</p> <p>Choose actions for an idea.</p> <p>Use changes of direction, speed and levels with guidance.</p> <p>Show some sense of dynamic and expressive qualities.</p> <p>Begin to use counts.</p> <p>Unit 2: Ball Skills</p> <p>Sending: roll and throw with some accuracy towards a target</p> <p>Catching: begin to catch with two hands. Catch after a bounce.</p> <p>Tracking: track a ball being sent directly.</p> <p>Dribbling: explore dribbling with hands and feet.</p>	<p>Unit 1: Gymnastics</p> <p>Shapes: explore basic shapes: straight, tuck, straddle and pike.</p> <p>Balances: perform balances making their body tense, stretched and curled.</p> <p>Rolls: explore barrel, straight and forward roll progressions.</p> <p>Jumps: explore shape and jumps, including jumping off low apparatus.</p> <p>Unit 2: Fitness</p> <p>Agility: change direction whilst running.</p> <p>Balance: explore balancing in more challenging activities with some success.</p> <p>Co-ordination: explore co-ordination when using equipment.</p> <p>Speed: demonstrate running at different speeds.</p> <p>Strength: explore exercises using my own body weight.</p> <p>Stamina: explore moving for longer periods of time and identify how it makes me feel.</p>	<p>Unit 1: Yoga</p> <p>Balance: perform balances and poses making their body tense, stretched and curled.</p> <p>Flexibility: explore poses and movements that challenge their flexibility.</p> <p>Strength: explore strength whilst transitioning from one pose to another.</p> <p>Mindfulness: recognise my own feelings in response to a task or activity.</p> <p>Unit 2: Invasion</p> <p>Sending and Receiving: explore with hands and feet to a partner.</p> <p>Dribbling: explore dribbling with hands and feet.</p> <p>Space: recognise good space when playing games.</p> <p>Attacking: explore changing direction to move away from a partner.</p> <p>Defending: explore tracking and moving to stay with a partner.</p>	<p>Unit 1: Athletics</p> <p>Running: explore running at different speeds.</p> <p>Jumping: develop balance whilst jumping and landing.</p> <p>Explore hopping, jumping and leaping for distance.</p> <p>Throwing: explore throwing for distance and accuracy.</p> <p>Unit 2: Net and Wall</p> <p>Hitting: explore hitting a dropped ball with a racket.</p> <p>Feeding: throw a ball over a net to land into the court area.</p> <p>Rallying: explore sending a ball with hands and racket.</p> <p>Footwork: use the ready position to move towards a ball.</p>	<p>Unit 1: Striking and Fielding</p> <p>Striking: explore striking a ball with their hand and equipment.</p> <p>Fielding: develop tracking and retrieving a ball.</p> <p>Throwing: explore technique when throwing over and underarm.</p> <p>Catching: develop co-ordination and technique when catching.</p> <p>Unit 2: Team Building</p> <p>Problem solving: suggest ideas in response to a task.</p> <p>Navigational skills: follow a path and lead others.</p> <p>Communication: communicate simple instructions and listen to others.</p>
Year 2	<p>Unit 1: Gymnastics</p> <p>Shapes: explore using shapes in different gymnastic balances.</p> <p>Balances: remember, repeat and link combinations of gymnastic balances.</p> <p>Rolls: explore barrel, straight, and forward roll and put it into sequence work.</p> <p>Jumps: explore shape, jumps and take off combinations.</p> <p>Unit 2: Invasion</p> <p>Sending and Receiving: developing sending and receiving with increasing control.</p> <p>Dribbling: explore dribbling with hands and feet with increasing control on the move.</p> <p>Space: explore moving into space away from others.</p> <p>Attacking: developing moving into space away from defenders.</p> <p>Defending: explore staying close to other players to try and stop them getting the ball.</p>	<p>Unit 1: Sending and Receiving</p> <p>Begin to trap and cushion a ball that is coming towards them</p> <p>Accurately throw and kick a ball to a partner</p> <p>Catch a ball passed to them, with and without a bounce</p> <p>Track a ball and stop it with their hands and feet</p> <p>Work safely to send a ball towards a partner using a piece of equipment</p> <p>Work co-operatively with a partner and small group</p> <p>Unit 2: Fundamentals</p> <p>Show balance and co-ordination when running at different speeds.</p> <p>Link running and jumping movements with some control and balance.</p> <p>Show hopping and jumping movements with some balance and control.</p> <p>Change technique to throw for distance.</p> <p>Show control and balance when travelling at different speeds.</p> <p>Demonstrates balance and co-ordination when changing direction.</p> <p>Perform actions with increased control when co-ordinating their body with and without equipment.</p>	<p>Unit 1: Dance</p> <p>Copy, remember and repeat a series of actions.</p> <p>Select from a wider range of actions in relation to a stimulus.</p> <p>Use pathways, levels, shapes, directions, speeds and timing with guidance.</p> <p>Use mirroring and unison when completing actions with a partner.</p> <p>Show a character through actions, dynamics and expression.</p> <p>Use counts with help to stay in time with the music.</p> <p>Unit 2: Ball Skills</p> <p>Sending: roll, throw and kick a ball to hit a target.</p> <p>Catching: develop catching a range of objects with two hands. Catch with and without a bounce.</p> <p>Tracking: consistently track and collect a ball being sent directly.</p> <p>Dribbling: explore dribbling with hands and feet with increasing control on the move.</p>	<p>Unit 1: Fitness</p> <p>Agility: demonstrate improved technique when changing direction on the move.</p> <p>Balance: demonstrate increased balance whilst travelling along and over equipment.</p> <p>Co-ordination: perform actions with increased control when co-ordinating my body with and without equipment.</p> <p>Speed: demonstrate running at different speeds.</p> <p>Strength: demonstrate increased control in body weight exercises.</p> <p>Stamina: show an ability to work for longer periods of time.</p> <p>Unit 2: Net and Wall</p> <p>Hitting: develop hitting a dropped ball over a net.</p> <p>Feeding: accurately underarm throw over a net to a partner.</p> <p>Rallying: explore underarm rallying with a partner, catching after one bounce.</p> <p>Footwork: consistently use the ready position to move towards a ball.</p>	<p>Unit 1: Striking and Fielding</p> <p>Striking: develop striking a ball with their hand and equipment with some consistency.</p> <p>Fielding: develop tracking a ball and decision making with the ball.</p> <p>Throwing: develop co-ordination and technique when throwing over and underarm.</p> <p>Catching: catch with two hands with some co-ordination and technique.</p> <p>Unit 2: Team Building</p> <p>Problem solving: begin to plan and apply strategies to overcome a challenge.</p> <p>Navigational skills: follow and create a simple diagram/map.</p> <p>Communication: work co-operatively with a partner and a small group.</p>	<p>Unit 1: Athletics</p> <p>Running: develop the sprinting action.</p> <p>Jumping: develop jumping, hopping and skipping actions. Explore safely jumping for distance and height.</p> <p>Throwing: develop overarm throwing for distance.</p> <p>Unit 2: Yoga</p> <p>Balance: remember, copy and repeat sequences of linked poses.</p> <p>Flexibility: show increased awareness of extension in poses.</p> <p>Strength: demonstrate increased control in performing poses.</p> <p>Mindfulness: explore controlling my focus and sense of calm.</p>

Physical Education Progression Grid



PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	<p>Unit 1: Fundamentals Y3/4</p> <ul style="list-style-type: none"> Show balance, co-ordination and technique when running at different speeds, stopping with control. Link running, hopping and jumping actions using different take offs and landing. Jump for distance and height with an awareness of technique. Throw a variety of objects, changing action for accuracy and distance. Demonstrate balance when performing other fundamental skills. Show balance when changing direction in combination with other skills. Can co-ordinate their bodies with increased consistency in a variety of activities. <p>Unit 2: Tag Rugby</p> <ul style="list-style-type: none"> Sending and receiving: explore sending and receiving by abiding by the rules of the game. Space: develop using space as a team. Attacking: develop movement skills to lose a defender. Defending: develop tracking opponents to limit their scoring opportunities. 	<p>Unit 1: Gymnastics</p> <ul style="list-style-type: none"> Shapes: explore matching and contrasting shapes. Balances: explore point and patch balances and transition smoothly into and out of them. Rolls: develop the straight, barrel and forward roll. Jumps: develop stepping into shape jumps with control. <p>Unit 2: OAA</p> <ul style="list-style-type: none"> Problem solving: discuss how to follow trails and solve problems. Work with others to select appropriate equipment for the task. Navigational skills: identify where I am on a simple map. Use and begin to create simple maps and diagrams and follow a trail. Communication: follow and give instructions and accept other peoples' ideas. 	<p>Unit 1: Netball</p> <ul style="list-style-type: none"> Sending and receiving: explore sending and receiving by abiding by the rules of the game. Space: develop using space as a team. Attacking: develop movement skills to lose a defender. Explore shooting actions in a range of invasion games. Defending: develop tracking opponents to limit their scoring opportunities. <p>Unit 2: Dance</p> <ul style="list-style-type: none"> Copy, remember and perform a dance phrase. Create short dance phrases that communicate an idea. Use canon, unison and formation to represent an idea. Match dynamic and expressive qualities to a range of ideas. Use counts to keep in time with a partner and group. 	<p>Unit 1: Fitness</p> <ul style="list-style-type: none"> Agility: show balance when changing direction. Balance: explore more complex activities which challenge balance. Co-ordination: co-ordinate my body with increased consistency in a variety of activities. Speed: explore sprinting technique. Strength: explore building strength in different muscle groups. Stamina: explore using my breath to increase my ability to work for longer periods of time. <p>Unit 2: Ball Skills</p> <ul style="list-style-type: none"> Sending: send a ball with accuracy and increasing consistency to a target. Catching: catch a range of objects with increasing consistency. Tracking: track a ball not sent directly. Dribbling: dribble a ball with hands and feet with control. 	<p>Unit 1: Rounders</p> <ul style="list-style-type: none"> Striking: begin to strike a bowled ball after a bounce with different equipment. Fielding: explore bowling to a target and fielding skills to include a two-handed pick up. Throwing: use overarm and underarm in throwing game situations. Catching: catch with some consistency in game situations. <p>Unit 2: Sports Hall Athletics</p> <ul style="list-style-type: none"> Chest Push: using the correct stance. Jumping: bending knees and using arms for distance. Speed Bounce: developing control over a mat. Skipping: with control and their head up. Vertical jump: standing side on, jumping up to the target and bending their knees. Running: individually, using a fast technique and developing relay change over techniques. 	<p>Unit 1: Cricket</p> <ul style="list-style-type: none"> Striking: begin to strike a bowled ball after a bounce with different equipment. Fielding: explore bowling to a target and fielding skills to include a two-handed pick up. Throwing: use overarm and underarm in throwing game situations. Catching: catch with some consistency in game situations. <p>Unit 2: Athletics</p> <ul style="list-style-type: none"> Running: develop the sprinting technique and apply it to relay events. Jumping: develop technique when jumping for distance in a range of approaches and take off positions. Throwing: explore the technique for a pull throw.
Year 4	<p>Unit 1: Dance</p> <ul style="list-style-type: none"> Copy, remember and adapt set choreography. Choreograph, considering structure, individually, with a partner and in a group. Use action and reaction to represent an idea. Change dynamics to express changes in character or narrative. Use counts when choreographing short phrases. <p>Unit 2: OAA</p> <ul style="list-style-type: none"> Problem solving: plan independently and in small groups, implementing a strategy with increased success. Navigational skills: identify key symbols on a map and follow a route. Communication: confidently communicate ideas and listen to others. <p>Swimming</p>	<p>Unit 1: Fitness</p> <ul style="list-style-type: none"> Agility: show balance when changing direction at speed. Balance: show control whilst completing activities which challenge balance. Co-ordination: explore increased speed when co-ordinating my body. Speed: demonstrate improved sprinting technique. Strength: develop building strength in different muscle groups. Stamina: demonstrate using my breath to maintain my work rate. <p>Unit 2: Tag Rugby</p> <ul style="list-style-type: none"> Sending and receiving: develop passing techniques appropriate to the game with increasing success. Catch a ball using one and two hands with increasing success. Space: develop moving into a space to help my team. Attacking: change direction to lose an opponent with some success. Defending: develop defending one on one and begin to intercept. <p>Swimming</p>	<p>Unit 1: Basketball</p> <ul style="list-style-type: none"> Sending and receiving: develop passing techniques appropriate to the game with increasing success. Catch a ball using one and two hands with increasing success. Dribbling: explore dribbling the ball abiding by the rules of the game whilst under some pressure. Space: develop moving into a space to help my team. Attacking: change direction to lose an opponent with some success. Defending: develop defending one on one and begin to intercept. <p>Unit 2: Sports Hall Athletics</p> <ul style="list-style-type: none"> Chest Push: using the correct height and distance. Jumping: bending their knees, using arms for distance and measuring with accuracy. Speed Bounce: increase speed and coordination over the speed bounce mat. Skipping: with rhythm and focus. Vertical Jump: lower into the squat position with feet hip width apart. Running: run and jump over hurdles with some speed and control. <p>Swimming</p>	<p>Unit 1: Netball</p> <ul style="list-style-type: none"> Sending and receiving: develop passing techniques appropriate to the game with increasing success. Catch a ball using one and two hands with increasing success. Space: develop moving into a space to help my team. Attacking: change direction to lose an opponent with some success. Defending: develop defending one on one and begin to intercept. <p>Unit 2: Gymnastics</p> <ul style="list-style-type: none"> Shapes: develop the range of shapes I use in my sequence. Inverted movements: develop strength in bridge and shoulder stand. Balances: develop control and fluency in individual and partner balances. Rolls: develop the straight, barrel, forward and straddle roll and perform them with increased control. Jumps: develop control in performing and landing rotation jumps. <p>Swimming</p> <p>Malham Cove</p>	<p>Unit 1: Cricket</p> <ul style="list-style-type: none"> Striking: develop batting technique with a range of equipment. Fielding: develop bowling with some consistency, abiding by the rules of the game. Throwing: use overarm and underarm throwing with increased consistency in game situations. Catching: begin to catch with one and two hands with some consistency in game situations. <p>Unit 2: Athletics</p> <ul style="list-style-type: none"> Running: develop an understanding of speed and pace in relation to distance. Develop power and speed in the sprinting technique. Jumping: develop technique when jumping for distance. Throwing: explore power and technique when throwing for distance in a pull and heave throw. <p>Swimming</p>	<p>Unit 1: Rounders</p> <ul style="list-style-type: none"> Striking: develop batting technique with a range of equipment. Fielding: develop bowling with some consistency, abiding by the rules of the game. Throwing: use overarm and underarm throwing with increased consistency in game situations. Catching: begin to catch with one and two hands with some consistency in game situations. <p>Unit 2: Tennis</p> <ul style="list-style-type: none"> Shots: explore returning shots such as the forehand and backhand. Rallying: explore rallying using a forehand. Footwork: consistently use and return to the ready position in between shots. <p>Swimming</p>

Physical Education Progression Grid



PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	<p>Unit 1: Fitness</p> <ul style="list-style-type: none"> -Agility: demonstrate improved body posture and speed when changing direction. -Balance: change my body position to maintain a controlled centre of gravity. -Co-ordination: demonstrate increased speed when co-ordinating my body. -Speed: apply the best pace for a set distance or time. -Strength: demonstrate increased technique in body weight exercises. -Stamina: use a steady pace to be able to move for sustained periods of time. <p>Unit 2: Tag Rugby</p> <ul style="list-style-type: none"> -Sending and receiving: develop control when sending and receiving under pressure. -Space: explore moving to create space for themselves and others in their team. -Attacking: use a variety of techniques to lose an opponent e.g. change of direction or speed. -Defending: develop tracking and marking with increased success. Explore intercepting a ball using one or two hands. <p>Swimming</p>	<p>Unit 1: Gymnastics</p> <ul style="list-style-type: none"> -Shapes: perform shapes consistently and fluently linked with other gymnastic actions. -Inverted movements: explore progressions of a cartwheel. -Balances: explore symmetrical and asymmetrical balances. -Rolls: develop control in the straight, barrel, forward, straddle and backward roll. -Jumps: select a range of jumps to include in sequence work. <p>Unit 2: OAA</p> <ul style="list-style-type: none"> -Problem solving: explore tactical planning within a team to overcome increasingly challenging tasks. -Navigational skills: develop navigational skills and map reading in increasingly challenging tasks. -Communication: explore a variety of communication methods with increasing success. <p>Swimming</p>	<p>Unit 1: Netball</p> <ul style="list-style-type: none"> -Sending and receiving: develop control when sending and receiving under pressure. -Space: explore moving to create space for themselves and others in their team. -Attacking: use a variety of techniques to lose an opponent e.g. change of direction or speed. -Defending: develop tracking and marking with increased success. Explore intercepting a ball using one or two hands. <p>Unit 2: Dance</p> <ul style="list-style-type: none"> -Accurately copy and repeat set choreography in different styles of dance showing a good sense of timing. -Choreograph phrases individually and with others considering actions, dynamics, space and relationships in response to a stimulus. -Confidently perform choosing appropriate dynamics to represent an idea. -Use counts accurately when choreographing to perform in time with others and the music. <p>Swimming</p>	<p>Unit 1: Basketball</p> <ul style="list-style-type: none"> -Sending and receiving: develop control when sending and receiving under pressure. -Dribbling: link dribbling the ball with other actions and change direction whilst dribbling with some control. -Space: explore moving to create space for themselves and others in their team. -Attacking: use a variety of techniques to lose an opponent e.g. change of direction or speed. -Defending: develop tracking and marking with increased success. Explore intercepting a ball using one or two hands. <p>Unit 2: Sports Hall Athletics</p> <ul style="list-style-type: none"> -Chest Push: bending knees with a good height and distance. -Jumping: perform a variety of standing jumps (long jump and triple jump) and measure for distance. -Speed Bounce: develop a good rhythm and control over the speed bounce mat. -Skipping: with rhythm, aiming to get 25 skips or more. -Vertical jump: use an arm swing movement to increase height. -Running: pass a relay baton with control and timing in a pair change over. <p>Swimming</p>	<p>Unit 1: Rounders</p> <ul style="list-style-type: none"> -Striking: explore defensive and driving hitting techniques and directional batting. -Fielding: develop over and underarm bowling technique. -Develop long and short barrier and two-handed pick up. -Throwing: demonstrate good technique when using a variety of throws under pressure. -Catching: explore catching skills (close/deep) and apply these with some consistency in game situations. <p>Unit 2: Tennis</p> <ul style="list-style-type: none"> -Shots: demonstrate technique when using shots playing co-operatively and beginning to execute this competitively. -Serving: develop the range of serving techniques appropriate to the game. -Rallying: develop rallying using both forehand and backhand with increased technique. -Footwork: begin to use appropriate footwork patterns to move around the court. <p>Swimming</p>	<p>Unit 1: Cricket</p> <ul style="list-style-type: none"> -Striking: explore defensive and driving hitting techniques and directional batting. -Fielding: develop over and underarm bowling technique. -Develop long and short barrier and two-handed pick up. -Throwing: demonstrate good technique when using a variety of throws under pressure. -Catching: explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations. <p>Unit 2: Athletics</p> <ul style="list-style-type: none"> -Running: apply fluency and co-ordination when running for speed in relay changeovers. Effectively apply speeds appropriate for the event. -Jumping: explore technique and rhythm in the triple jump. -Throwing: develop technique and power in javelin and shot put. <p>Swimming</p>
Year 6	<p>Unit 1: Sports Hall Athletics</p> <ul style="list-style-type: none"> -Chest Push: demonstrate accuracy and power, bending knees through to feet and extend arms to increase distance. -Jumping: perform a triple jump for distance, varying techniques to improve performance. -Speed Bounce: with speed, fluency and rhythm. -Skipping: with speed (30 skips or more) -Vertical Jump: push into the ground, lift with an explosive movement and focus on landing softly – keep core engaged. -Running: pass a relay baton in competitive situations (timed). <p>Unit 2: OAA</p> <ul style="list-style-type: none"> -Problem solving: pool ideas within a group, selecting and applying the best method to solve a problem. -Navigational skills: orientate a map efficiently to navigate around a course with multiple points. -Communication: inclusively communicate with others, share job roles and lead when necessary. 	<p>Unit 1: Fitness</p> <ul style="list-style-type: none"> -Agility: change direction with a fluent action and transaction smoothly between varying speeds. -Balance: show fluency and control when travelling, landing, stopping and changing direction. -Co-ordination: co-ordinate a range of body parts with a fluent action at a speed appropriate to the challenge. -Speed: adapt running technique to meet the needs of the distance. -Strength: complete body weight exercises for increased repetitions with control and fluency. -Stamina: use my breath to increase my ability to move for sustained periods of time. <p>Unit 2: Tag Rugby</p> <ul style="list-style-type: none"> -Sending and receiving: send and receive consistently using a range of techniques with increasing control under pressure. -Space: move to the correct space when transitioning from attack to defence or defence to attack and create and use space for self and others. -Attacking: confidently change direction to lose an opponent. -Defending: use a variety of defending skills (tracking interception, jockeying) in game situations. <p>Whitby + Go Ape Outdoors</p>	<p>Unit 1: Basketball</p> <ul style="list-style-type: none"> -Sending and receiving: send and receive consistently using a range of techniques with increasing control under pressure. -Dribbling: dribble consistently using a range of techniques with increasing control under pressure. -Space: move to the correct space when transitioning from attack to defence or defence to attack and create and use space for self and others. -Attacking: confidently change direction to lose an opponent. -Defending: use a variety of defending skills (tracking interception, jockeying) in game situations. <p>Unit 2: Gymnastics</p> <ul style="list-style-type: none"> -Shapes: combine and perform gymnastic shapes more fluently and effectively. -Inverted movements: develop control in progressions of a cartwheel and a headstand. -Balances: explore counter balance and counter tension. -Rolls: develop fluency and consistency in the straddle, forward and backward roll. -Jumps: combine and perform a range of gymnastic jumps more fluently and effectively. 	<p>Unit 1: Netball</p> <ul style="list-style-type: none"> -Sending and receiving: send and receive consistently using a range of techniques with increasing control under pressure. -Space: move to the correct space when transitioning from attack to defence or defence to attack and create and use space for self and others. -Attacking: confidently change direction to lose an opponent. -Defending: use a variety of defending skills (tracking interception, jockeying) in game situations. <p>Unit 2: Dance</p> <ul style="list-style-type: none"> -Perform dances confidently and fluently with accuracy and good timing. -Work creatively and imaginatively individually, with a partner and in a group to choreograph longer phrases and structure dance considering actions, space, relationship and dynamics in relation to a theme. -Improvise and combine dynamics demonstrating an awareness of the impact on performance. -Use counts when choreographing and performing to improve the quality of work. <p>Bikeability</p>	<p>Unit 1: Cricket</p> <ul style="list-style-type: none"> -Striking: strike a bowled ball with increasing accuracy and consistency. -Fielding: use a wider range of fielding skills with increasing control under pressure. -Throwing: consistently demonstrate good technique in throwing skills under pressure. -Catching: consistently demonstrate good technique in catching skills under pressure. <p>Unit 2: Athletics</p> <ul style="list-style-type: none"> -Running: demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique. -Jumping: develop power, control and technique in the triple jump. -Throwing: develop power, control and technique when throwing discus and shot put. 	<p>Unit 1: Rounders</p> <ul style="list-style-type: none"> -Striking: strike a bowled ball with increasing accuracy and consistency. -Fielding: use a wider range of fielding skills with increasing control under pressure. -Throwing: consistently demonstrate good technique in throwing skills under pressure. -Catching: consistently demonstrate good technique in catching skills under pressure. <p>Unit 2: Tennis</p> <ul style="list-style-type: none"> -Shots: demonstrate increased success and technique in a variety of shots. -Serving: serve accurately and consistently. -Rallying: successfully apply a variety of shots to keep a continuous rally. -Footwork: demonstrate a variety of footwork patterns relevant to the game I am playing. <p>West Leeds Activity Centre</p>