

Buttsbury Junior School PE Progression

Year 3	Acquiring and developing skills	Applying skills and using tactics	Evaluating and improving performance	Swimming
	<p>Consolidate their learning and improve the basic skills taught (Hockey, Basketball, Football, Dodgeball, Tag Rugby, Netball, Tennis, Kwik Cricket)</p> <p>Use running, jumping, throwing and catching in isolation (Athletics)</p> <p>Improvise freely on their own and also with a partner creating different movement patterns (Cheer Dance)</p>	<p>Vary skills, actions and ideas and link these in different ways to suit different activities (Hockey, Basketball, Football, Dodgeball, Tag Rugby, Netball, Tennis, Kwik Cricket)</p> <p>Vary his/her responses to simple tactics, strategies and sequences used (Hockey, Basketball, Football, Dodgeball, Tag Rugby, Netball, Tennis, Kwik Cricket)</p> <p>To perform a short routine with an awareness of rhythm, dynamic and expressive qualities on their own, with a partner or in a small group (Cheer Dance)</p> <p>To use simple compositional ideas (Gymnastics)</p>	<p>Compare, contrast and describe his/her performance with others</p> <p>Recognise how their own performance has improved</p>	<p>N/A</p>

Year 3 Brain Busters	Hockey	Basketball	Cheer Dance	Netball	Athletics	Tennis
BB1: Players can only hit the ball with the flat side of their stick.	BB1: You cannot double dribble in Basketball.	BB1: Cheerleaders use pom poms.	BB1: The three passes in Netball are Chest, Bounce and Shoulder.	BB1: Standing Long Jump – the measurement is taken from the back foot.	BB1: Andy Murray is a famous tennis player.	
BB2: Hockey is an invasion game.	BB2: You can move with the ball when dribbling.	BB2: The cheerleaders' purpose is to excite the	BB2: We use the 'W' hand position on the ball when shooting.	BB2: Standing High Jump – the measurement is taken	BB2: Tennis can be played on different surfaces.	

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			crowd and support the team.		between your starting and finishing point.	
	BB3: Hockey is a non-contact sport.	BB3: There are three types of passes in basketball	BB3: Anyone can be a cheerleader.	BB3: Double dodge to outwit your opponents.	BB3: The most effective way to throw a tennis ball is overarm.	BB3: You can hit the ball with your forehand or backhand.
	BB4: You can only score a goal from inside the 'striking circle'.	BB4: You can perform a layup in Basketball to shoot.	BB4: 'Chest Pop' and 'Pump It' are two types of cheerleading moves.	BB4: GS and GA are the only positions that can shoot.	BB4: Pump your arms in time with your legs to go faster.	BB4: A player must serve to begin a game.
	BB5: The aim is to push a small ball into an opposition's net.	BB5: Use the backboard to help you aim at the target.	BB5: Cheerleaders must be precise in their timing.	BB5: You cannot run with the ball in Netball.	BB5: You must get the baton around the track without dropping it.	BB5: A rally is when the ball is hit back and forth.

Year 3 Vocabulary	Hockey	Basketball	Cheer Dance	Netball	Athletics	Tennis
	Dribble Rotation Control Stability Follow through Push pass Accuracy Possession Non-contact Interception Attackers Defenders 1m away	Dribble Double Dribble Dominant Non-dominant Chest Pass Bounce Pass Overhead Pass Rotation Backboard Basket Jump Stop Layup	Combination Routine Sequence	Pass Shoot Attack Overarm Score Defend Possession Rules	Jump Line Sprint Vertical Baton Overarm	rally tennis ball backhand racket court forehand

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Year 4	Acquiring and developing skills	Applying skills and using tactics	Evaluating and improving performance	Swimming
	<p>Develop the range and consistency of the skills being taught (Tag Rugby, Netball, Hockey, Football, Dodgeball, Kwik Cricket, Rounders)</p> <p>Perform the basic skills more accurately and consistently (Tag Rugby, Netball, Hockey, Football, Dodgeball, Kwik Cricket, Rounders)</p> <p>Use running, jumping, throwing and catching techniques with increasing accuracy in isolation (Athletics)</p> <p>Explore and create characters and narratives in response to a range of stimuli (Dance)</p> <p>Develop flexibility and strength (Fitness/Circuits)</p>	<p>Devise and use basic rules and tactics (Tag Rugby, Netball, Hockey, Football, Dodgeball, Kwik Cricket, Rounders)</p> <p>To perform more complex dances (Dance)</p> <p>Use compositional devices (Gymnastics)</p> <p>Apply skills and tactics in combination with a partner or as part of a group / team (Tag Rugby, Netball, Hockey, Football, Dodgeball, Kwik Cricket, Rounders)</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p>	<p>Comment on skills and techniques applied in his/her own and others' work and use this understanding to improve performance</p> <p>Recognise where improvements maybe needed</p>	<p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Perform safe self-rescue in different water-based situations</p>

Year 4 Brain Busters	Tag Rugby	Hockey	Netball	Football	Athletics	Rounders
	BB1: Tag Rugby is a team sport played by children wearing tags.	BB1: Hockey is a non-contact sport.	BB1: There are 3 passes: chest, shoulder and bounce pass.	BB1: Place your foot on top of the ball to stop and receive it.	BB1: A standing long jump requires a two footed take off and landing.	BB1: Rounders is a striking and fielding team game.
	BB2: To tag an opponent you pull their tag from their belt.	BB2: There are 11 players on a team.	BB2: Pivoting is rotating on one foot, keeping the other foot on the floor.	BB2: Use the sides of your feet to pass the ball.	BB2: Swing your arms to generate force.	BB2: An overarm throw is used for longer distances.

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	BB3: You must pass the ball backwards or sideways in tag rugby.	BB3: Players can only score a goal from inside the 'striking circle' in front of the opponent's goal.	BB3: To defend, you extend your arms to intercept the ball .	BB3: Use small taps with your feet when dribbling a football.	BB3: Use an overarm throw for greater distance.	BB3: The bowler must bowl the ball using an underarm throw.
	BB4: To gain the possession of the ball, tag the person carrying the ball.	BB4: Players can only hit the ball with the flat side of their stick.	BB4: To shoot, flick the ball with the wrist towards the target.	BB4: Tackle the ball, not the legs of your opponent.	BB4: A good sprinting technique requires a high knee action.	BB4: A rounder is scored when the batter hits the ball and runs around all 4 posts.
	BB5: A try is scored by placing the ball over your opponent's line.	BB5: Players (other than the goalkeeper) are not allowed to use their feet, or any other parts of the body, to control the ball at any time.	BB5: Netball is a non-contact sport.	BB5: Apply more force when passing to a greater distance.	BB5: A correct baton grip is essential.	BB5: A fielder's role is to help stop a rounder being scored.

Year 4 Vocabulary	Tag Rugby	Hockey	Netball	Football	Athletics	Rounders
	throw pass rules attack possession defend score	Dribble non-contact control Strike opponent defending strategies tackling	Pivot Intercept Non-contact D Wing Shooter Defence Goalkeeper Goal shooter	Pass Shoot Control Instep Laces Tackle dribble	Force Height Take off Overarm Stride Drive Baton	Rounder Bat Underarm Overarm Bowler High ball Low ball Field Score Out

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Year 5	Acquiring and developing skills	Applying skills and using tactics	Evaluating and improving performance	Swimming
	<p>Develop a broader range of skills (Netball, Football, Hockey, Basketball, Tennis, Kwik Cricket, Tag Rugby)</p> <p>Explore and improvise movements, on their own, with a partner and within a small group (Dance)</p> <p>Perform skills consistently and fluently (Netball, Football, Hockey, Basketball, Tennis, Kwik Cricket, Tag Rugby)</p> <p>Use running, jumping, throwing and catching techniques in isolation with an increased focus on distance and time (Athletics)</p>	<p>Participate in recognised activities and games with skill and precision showing creativity with tactics and strategy (Netball, Football, Hockey, Basketball, Tennis, Kwik Cricket, Tag Rugby)</p> <p>To perform dances expressively using a range of performance skills (Dance)</p> <p>When performing in an activity, draw upon previous knowledge and experiences of tactics, strategies and composition (Gymnastics)</p> <p>Develop interest in participating in sports activities and events at a competitive level</p> <p>Adapt the skills/techniques learnt to new situations</p>	<p>Identify different levels of performance and use subject specific vocabulary</p> <p>Evaluate their performance specifically based on the skill that has been taught</p>	<p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p>

Year 5 Brain Busters	Netball	Football	Hockey	Basketball	Athletics	Tennis
	BB1: There are 4 types of pass in Netball: chest, shoulder, bounce and overhead.	BB1: Dribbling means having the ability move up and down the pitch with full control of the ball.	BB1: Hockey is an invasion game played by two teams of 11 players.	BB1: Basketball is a 5v5 invasion game.	BB1: Standing Long Jump – the measurement is taken from the back foot.	BB1: Tennis is a net game.
	BB2: High Fives rotates positions on and off the court.	BB2: When dribbling, keep the ball close to your feet.	BB2: In hockey you only use one side of the stick.	BB2: You can only move with the ball when dribbling.	BB2: Standing High Jump – the measurement is taken	BB2: A forehand shot is played when the front of the hand is moved in

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					between your starting and finishing point.	the direction of the ball.
	BB3: The positions in High Fives: centre, goal shooter, goal keeper, goal attack and goal defence.	BB3: When passing in football, you use the inside of your foot.	BB3: In hockey you cannot handle or kick the ball.	BB3: Double-dribbling is an illegal move when a player stops moving and then restarts.	BB3: To throw a ball you need to adopt the correct stance.	BB3: A backhand shot is played when the back of the hand is moved in the direction of the ball.
	BB4: Time keeper and scorer are roles children take off the court.	BB4: When receiving the ball, open your body to the direction the ball is coming from.	BB4: In hockey you can only score a goal from inside the D.	BB4: A shot from inside the key is worth 2 points	BB4: Coordinate your opposite legs and arms to move faster.	BB4: Tennis can be played in singles or doubles.
	BB5: Players are only allowed in certain parts of the court depending on their position.	BB5: Football is a contact sport.	BB5: Players must not play the ball dangerously or in a way which leads to dangerous play.	BB5: A shot from outside is worth 3 points.	BB5: You must begin to jog at the baton change over.	BB5: Using a variety of shots helps you to move the opposition player around the court

Year 5 Vocabulary	Netball	Football	Hockey	Basketball	Athletics	Tennis
	chest pass shoulder pass bounce pass centre goal shooter goal attack goal keeper goal defence	Fluency Accuracy Precision precise	Accuracy Precision precise Pace, stamina, Tactics Striking Shield Mark Marking Intercept repossession	Accuracy Precision Tactics Marking Intercept	jump line overarm vertical sprint baton	Backhand Rally Volley Tactics Net shot Smash Serve

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Year 6	Acquiring and developing skills	Applying skills and using tactics	Evaluating and improving performance	Swimming
	<p>Strike a ball with a range of bats for accuracy and distance (Hockey, Kwik Cricket, Rounders)</p> <p>Performing skills more fluently and effectively (Netball, Hockey, Basketball, Tennis, Kwik Cricket, Tag Rugby, Dodgeball)</p> <p>Explore, improvise and combine movement ideas fluently and effectively (Street Dance)</p> <p>Adapt their technique of running, jumping, throwing and catching in isolation in relation to the event they are performing and equipment used (Athletics, Cross Country)</p>	<p>When planning activities and actions, take into account a range of strategies, tactics and routes to success, considering his/her strengths and weaknesses and the strengths and weaknesses of others (Netball, Hockey, Basketball, Kwik Cricket, Tag Rugby, Dodgeball)</p> <p>Understand and apply attacking and defending strategies more consistently (Netball, Hockey, Basketball, Tennis, Kwik Cricket, Tag Rugby, Dodgeball)</p> <p>Use compositional principles (flexibility, strength, control and balance) when creating a dance/gym routine (Street Dance and Gymnastics)</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team. Use running, jumping, throwing and catching in combination (Athletics)</p>	<p>Analyse, modify and refine skills and techniques and how these are applied</p> <p>Consider how specific aspects of an activity or performance can influence the outcome and suggest the best possible strategy</p> <p>Evaluate and develop their own and others work and suggest ways to improve</p>	NA

Year 6 Brain Busters	Cross Country	Basketball	Netball	Dodgeball	Athletics'	Rounders
	BB1: Your start is key.	BB1: Dribbling advances the ball.	BB1: Once a player catches the ball – either in air or on the ground – they can take one	BB1: 6 - 10 players on a team.	BB1: Standing Long Jump – the measurement is taken from the back foot.	BB1: A player is out if a fielder catches the ball.

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			step, pivoting on their landing foot.			
	BB2: Breathing correctly enhances performance.	BB2: No double dribbling.	BB2: You must stand 3 feet away from the person with the ball when defending.	BB2: Players are out if the ball hits them or they are caught out.	BB2: Standing High Jump – the measurement is taken between your starting and finishing point.	BB2: ‘No ball’ = When the ball is above the head, below the knee or bounces.
	BB3: Maintaining a steady pace is key	BB3: You can only hold the ball for up to 5 seconds.	BB3: You cannot hold the ball for more than 3 seconds.	BB3: ‘Ball blocking’ = defensive tactic.	BB3: To throw a ball you need to adopt the correct stance.	BB3: Maximum of 15 players in rounders.
	BB4: Stretching prevents injury.	BB4: The main rule for the defensive player is not to foul (no physical contact).	BB4: There are 7 positions in netball.	BB4: Dodgeball is a fast-paced game that requires strategic thinking.	BB4: Coordinate your opposite legs and arms to move faster.	BB4: The back-stop must stand behind the ‘live’ batter.
	BB5: A sprint finish is key.	BB5: Only five players on the court at any one time.	BB5: Each player is only allowed to play in specific parts of the court.	BB5: Teams need to plan their offensive and defensive play.	BB5: You must begin to jog at the baton change over.	BB5: A rounder is scored for hitting the ball and running to base four without stopping.

Year 6 Vocabulary	Cross Country	Basket Ball	Netball	Dodgeball	Athletics	Rounders
	Technique Pace Stamina Breathing Lactic Acid	accuracy dribble marking precision backboard tactics	Offside Shield Mark Intercept Repossession Release	Offensive Coordination Dodging Defensive Strategy Tactics	jump line overarm vertical sprint baton	Striking Fielding Back-Stop Tactics Base Opponent