

Progression through Key Stage 2

Activity	Year Group			
	3	4	5	6
Gymnastics	Work on flexibility, strength, technique, control and balance	Develop flexibility, strength, technique, control and balance	Create routines and build upon flexibility, strength, technique, control and balance	Develop routines that apply extended control and balance Core strength Circuit training
Athletics	Take part in challenges Use skills singularly and in combination	Take part in challenges that involves precision, strength, skill and speed Use skills singularly and in combination	Take part in challenges Devise new challenges Compete against others Apply skills	Create challenges Compete against others Work as a team and singularly Understand how to improve
Games	Control a ball Passing (short distance) Copy and Talk about ideas	Defending Devising games Rules Passing (long distance) Remember skills Describe methods	Outwitting defenders Reading of the game Remember skills Describe methods Choose methods	Creating games Applying skills Describe methods Make links to other sports and compare
Dance	Copy movements Independent and group work	Independent and group work Creating movements	Choosing best movements to create a routine	Improving routines Linking best movements to music
OAA	Problem solving Discuss methods	Map reading Problem solving Compass skills	Team building Choosing the best method	Adventurous activity (sailing, surfing, wall climbing) Communication