



St Mary Magdalene Progression of skills

Love to learn, learn to love

Skill progression							
Year group	EYFS links	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Travel/ Movement	<p>Perform fast and slow movements</p> <p>Experiment with starting and stopping positions</p> <p>Develop take offs and landing positions</p> <p>Move through apparatus</p> <p>Recognise pathways and direction</p> <p>Link basic movements</p> <p>Use start and finish positions</p> <p>Show control to stop and perform actions</p>	<p>Perform landings</p> <p>Link movements</p> <p>Move on/ off and over</p>	<p>Use levels and speed</p> <p>Explore creative footwork</p> <p>Explore movement pathways</p>	<p>Show fluency in movement</p> <p>Create smooth transitions</p>	<p>Use footwork rules</p> <p>Demonstrate changes in speed</p> <p>Show flow when completing routines</p> <p>Use devices to manipulate movements</p>	<p>Show performing pathways</p> <p>Perform locomotor and non-locomotor movements</p>	<p>Practise dismounting from height</p> <p>Explore the use of space</p>
Jumping							



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<p>Sending</p> <p>Love to learn, learn to love</p>	<p>Make contact with ball with legs and feet</p>	<p>Send to targets</p> <p>Bounce ball to self</p> <p>Sliding a ball/beanbag</p> <p>Begin to start returning balls</p> <p>Attempt to hit a ball</p> <p>Basic rally with slow moving objects (balloon)</p> <p>Feeding the ball over a net</p> <p>Develop core strength to send objects from a sitting, kneeling, and standing position</p>	<p>Bounce ball to send it</p> <p>Throw into space to make it difficult for opponent to return</p> <p>Throw a variety of equipment</p> <p>Use basic serving rules in a game</p> <p>Able to self-feed a ball to a partner using a racquet</p>	<p>Use hard and soft hits</p> <p>Hit using direction</p> <p>Send and return over a net</p> <p>Serve using the forehand</p>	<p>Pass over large distances</p> <p>Underarm forehand shot</p> <p>Overhead/clearance shot</p> <p>Introducing backhand</p>		<p>Pass over longer distances/ quicker speeds</p> <p>Introduce the lob</p> <p>Two handed backhand shot</p>
<p>Receiving</p>	<p>Make contact with ball with legs and feet</p>	<p>Receiving a ball/beanbag</p> <p>Moving towards and returning balls</p> <p>Basic rally with slow moving objects (balloon)</p>	<p>Control a ball</p> <p>Develop the ready position to receive a ball</p>	<p>Return a shuttle</p> <p>Send and return over a net</p>		<p>Approach the ball and forehand and backhand</p>	



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<p>Attacking</p> <p>Love to learn, learn to love</p>		<p>Begin to catch</p> <p>Attack as a pair</p> <p>Scoring points against opposition</p>	<p>Pass and move</p> <p>Identify the dominant and non-dominant side</p>	<p>Pass in pairs</p> <p>Begin to build an attack</p> <p>Find space to receive a ball</p> <p>Use two handed shots</p> <p>Play using forehand shots, playing to boundaries</p>	<p>Use the bounce pass and jump shot</p> <p>Use the triple threat position</p>	<p>Combine basic skills with confidence (e.g. shooting)</p> <p>Use shooting in the attacking area</p> <p>Apply a range of shots/ passes in game situations</p> <p>Volley shots</p> <p>Clearing from the back of court</p>	<p>Create set plays for attacking</p> <p>Use space for successful attacking</p>
<p>Defending</p>		<p>Begin to intercept</p> <p>Defend a target</p> <p>Defend as a pair</p>	<p>Intercept in a game</p> <p>Play goalkeeper</p>	<p>Use defensive positioning</p>	<p>Use marking techniques</p> <p>Introduce defending principles</p>	<p>Use block tackles</p>	
<p>Dribbling</p>			<p>Kick with inside of foot and stop ball with feet</p> <p>Bounce a ball to begin to dribble</p>	<p>Begin to dribble</p>	<p>Explore cross over dribbling</p>		
<p>Agility</p>	<p>Demonstrate agility in variety of games</p>		<p>Develop agility in isolated challenges</p>				
<p>Body management/ Co-ordination</p>	<p>Develop basic co-ordination</p>	<p>Develop core strength to send objects from a sitting, kneeling,</p>	<p>Demonstrate body management in</p>	<p>Use contrasting shapes</p> <p>Show body control</p>			



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Love to learn, learn to love	Coordinate limbs to carry out defined movements and actions	and standing position	a range of actions	Demonstrate extension			
Communication/ Teamwork	Recognise and follow instructions Replicate actions in larger groups	Communicate with partner Move as a group	Perform solo and duet Able to self-feed a ball to a partner using a racquet	Use unison to create paired and group work Communicate ideas in a group Rally with a partner Apply feedback to own performance	Perform contact work as a group Identify strengths in own performance	Work collaboratively in groups Create own routines Different positioning for doubles games	Create group patterns Use a range of devices and describe their purpose Communication in doubles play
Competition/ Game play		Compete in basic matches	Play a variety of roles in a simple game		Explain different scoring scenarios	Select and apply appropriate skills and tactics in a game situation Conditioned games to encourage using different shot types	Use tactics to show when to do different skills/ choices Use full rules for modified tennis games Use doubles tactics and court positioning effectively in competition
Rolls/ balances	Experiment with rolls				Use skills such as shoulder rolls and stands Perform slides and rolls	Perform counterbalances	

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<p>Spins and turns</p> <p>Love to learn, learn to love</p>		Use spins and turns			Incorporate cartwheels	Link skills such as cartwheels and roundoffs	Prepare for vaulting
<p>Sequencing/formations</p>	Sequence work	<p>Use a start, middle and end</p> <p>Perform simple cannons</p>	<p>Use start and finish shapes</p> <p>Discuss development of routine</p> <p>Use freestyle to develop sequences</p>	Use unison to create paired and group work	<p>Use the STEP principle</p> <p>Create a 5-action routine</p> <p>Use formations</p>	<p>Use symmetry and asymmetry</p> <p>Complete flight in unison and cannon</p>	<p>Identify dynamics and formations</p> <p>Compose independent performances</p>