

Progression of Knowledge and Skills in PE

Intent

Our aim at Patrington Primary Academy is to ensure that all of our children will be physically active and can flourish in a range of different physical activities.

Our PE curriculum aims are to develop pupils who:

- Are willing to practise skills in a range of different activities and situations, and to apply these skills in chosen activities to achieve high levels of performance;
- Are able to remain physically active for sustained periods of time and have an understanding of the importance of this in promoting long-term health and well-being;
- Take the initiative and become excellent young leaders, organising, officiating, and evaluating what needs to be done to improve. Motivating and instilling excellent sporting attitudes in others.
- Overall, we aim to provide our children with the skills, confidence and opportunity to be the best sportspeople they can be and be as healthy as they can be, ready for future life.



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Implement

At Patrington CE Primary Academy, we work in partnership with Hull FC, to teach and deliver a PE curriculum which both supports and challenges the learning of all of our pupils within the strands of:

- Developing a love of a wider range of sporting activities through a varied sporting and enriching curriculum. Children have opportunities to work with experts in the field and learn from their work ethic and demonstrations of good practice.
- Developing a love of a wider range of sporting activities by competing in intra and inter school tournaments.
- In order to ensure effective and efficient learning occurs, staff plan sequences of progressive lessons which build upon children's prior learning and promote the development of key skills. This planning and teaching is monitored regularly and informs additional CPD needs and action plans.
- Staff training is used to share effective practice, support teachers' confidence and develop their skills.

Impact

Our PE curriculum is inclusive, progressive and it allows all children the opportunity to acquire, develop and master fundamental skills, gain knowledge and understanding of key concepts and provide opportunities that will foster a life-long love and participation in Physical Activity and Sport.



Progression of Knowledge and Skills in PE

KS1

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Team Skills / Games



Progression of Skills

EYFS / Foundation	Year 1	Year 2	End of Expectation
<p>To understand working as a team and what this means.</p> <p>Being able to demonstrate team working skills in activities.</p> <p>Being able to keep scores and count these as a team when involved in activity.</p>	<p>Being able to introduce teamwork to activities and sessions.</p> <p>Being able to use trust and communication with each other. Use cooperation and teamwork whilst communicating.</p> <p>Applying problem solving as a team to an activity or activities.</p>	<p>Continue to introduce teamwork and understanding the importance of teamwork.</p> <p>Explore simple strategies and tactics as a team.</p> <p>Being able to explore simple strategies and tactics as a team to prevent an attacker or attackers to score their points.</p> <p>Being able to explore and use strategies to score points as a team.</p>	<p>Teamwork is a huge aspect for pupils to build. Pupils should be tasked with building communication skills and using this in a positive and teamworking way to build scores and apply these skills to activities to both prevent and score.</p>



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Ball Skills



Progression of Skills

EYFS / Foundation	Year 1	Year 2	End of Expectation
<p>Begin to explore pushing the ball. Begin to explorer rolling the ball.</p> <p>Begin to explore bouncing the ball. To explore bouncing a ball into space.</p> <p>To be able to understand and develop pushing and rolling. To be able to put together and combine rolling, bouncing, and pushing.</p>	<p>Begin to send the ball with control. Begin to aim and use accuracy.</p> <p>Introduce power and speed when sending a ball.</p> <p>Being able to combine both sending and receiving skills.</p> <p>Being able to apply stopping skills.</p>	<p>Begin to develop dribbling, as well as passing and receiving.</p> <p>Being able to combine dribbling, passing, and receiving, whilst keeping possession.</p> <p>Developing dribbling, passing, and receiving with the aim of scoring a point.</p> <p>Being able to apply these skills with a tactical approach.</p> <p>To be able to demonstrate a catch with clear control.</p>	<p>To explore and bring all ball skills together, with the progression through the years of applying development with speed, as well as combining and applying concentration through different skills.</p>



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Movement & Balance (Body Management)



Progression of Skills

EYFS / Foundation	Year 1	Year 2	End of Expectation
<p>Being able to create shapes, showing a basic level of stillness.</p> <p>Begin to take weight on different body parts.</p> <p>Display and show shapes in which stretch the body parts.</p> <p>Being able to link simple actions together.</p>	<p>Perform balances making their body stretch.</p> <p>Take body weight on their hands for a short period of time.</p> <p>Begin to demonstrate movements that challenge flexibility.</p> <p>Being able to remember and link repeated actions together.</p>	<p>Being able to display and perform balances on different body parts with control and balance.</p> <p>Being able to take body weight on different body parts.</p> <p>Show a display of awareness and extensions within flexibility.</p> <p>Being able to copy, remind and repeat simple actions, along with linking them with control and technique.</p>	<p>Being able to explore balances with creativity, along with building core stability and control of the body when balancing. Being able to display a good use and understanding of flexibility with their bodies.</p>



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Change of Direction Skills



Progression of Skills

EYFS / Foundation	Year 1	Year 2	End of Expectation
<p>Being able to walk and explore walking skills.</p> <p>Being able explore running for a short period of time.</p> <p>Being able to change direction to another space.</p>	<p>Being able to apply running skills for a longer period.</p> <p>Being able to change directions to multiple spaces, with speed. Being able to apply acceleration and speed.</p> <p>Being able to apply change of directions and running to a competition game.</p>	<p>Being able to build up to a speed from a walking pace.</p> <p>Being able to continuously change directions within a small space.</p> <p>Being able to locate and find space, with the ability to use speed and direction changes to move into the space.</p> <p>Being able to apply change of direction skills from both the right and left foot, whilst then applying acceleration and speed to this.</p> <p>Being able to apply and link acceleration, speed and change of directions to a competition game, to gather and prevent points.</p>	<p>Being able to explore different running speeds, whilst understanding how to apply change of directions too. Pupils should be able to demonstrate change of direction skills, along with building their running and speed skills alongside this, progressively taking these into games within KS2.</p>



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Throwing & Catching Skills



Progression of Skills

EYFS / Foundation	Year 1	Year 2	End of Expectation
<p>Being able to explore throwing overarm.</p> <p>Being able to explore throwing underarm.</p> <p>Explore rolling the ball.</p> <p>Being able to explore catching a ball with two hands.</p>	<p>Being able to introduce throwing and apply accuracy to this.</p> <p>Apply throwing with accuracy in a team-based activity.</p> <p>Introduce techniques to stopping a ball.</p> <p>Develop sending skills to score a point.</p> <p>Applying sending and receiving skills to stop and win a game.</p>	<p>Demonstrating a clear understanding of the underarm throwing technique.</p> <p>Applying and understand when to use an overarm and an underarm through to score points and in games.</p> <p>Applying the underarm and over arm throwing technique to beat an opponent.</p>	<p>Being able to explore and use the techniques of overarm and underarm throwing. The progression is to apply these skills to activities and competition activities to apply these skills under pressure.</p>



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Athletics



Progression of Skills

EYFS / Foundation	Year 1	Year 2	End of Expectation
<p>Being able to build core body strength and bodily coordination.</p> <p>Develop good running style with bent legs and use of the arms for movement.</p> <p>Being able to demonstrate skipping, hopping and jumping with two feet.</p> <p>Being able to move confidently in a range of ways, safely finding space.</p>	<p>Being able to use varying speeds when running.</p> <p>Explore and apply different methods of throwing.</p> <p>To explore footwork patterns.</p> <p>To explore arm mobility and movement.</p> <p>Practise short and longer distance running.</p>	<p>To be able to run with agility and confidence. Develop different techniques of jumping and for distance.</p> <p>Being able to throw different objects in a variety of ways.</p> <p>Being able to hurdle an obstacle and maintain an effective running style.</p> <p>Being able to push themselves physically when running over a long distance.</p> <p>Being able to complete an obstacle course with clear control, agility and balance.</p>	<p>Pupils should continue to apply and develop a range of skills. Pupils should be taught and gather an understanding of different movement techniques, involving running techniques, jumping, hopping, skipping, along with throwing techniques and being able to link skills together.</p>



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Progression of Knowledge and Skills in PE

KS2

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Tag Rugby



Progression of Skills

Year 3	Year 4	Year 5	Year 6	End of Expectation
<p>Move holding a rugby ball with two hands.</p> <p>Know where to score a try and how to position the ball to score a try.</p> <p>Move into spaces to avoid defenders.</p> <p>Make a backward pass to teammates, using the direction most comfortable.</p> <p>Know to tag teammates when to defend.</p> <p>Play small sided competitive games and activities.</p>	<p>Move with speed (and change of) with the ball and without</p> <p>Use speed and space to avoid defenders.</p> <p>Pass backwards and in both directions and sometimes on the move.</p> <p>Tag the person who has the ball but can mark a player who doesn't have the ball.</p> <p>Begin to make a high pop pass to avoid a defender.</p> <p>Play small sided competitive games.</p> <p>Understand basic rules of competition.</p>	<p>Be able to evade and tag opponents.</p> <p>Be able to pass and receive a pass at speed.</p> <p>Be able to pass and receive a pass at speed in a game situation.</p> <p>Refine attacking and defending skills.</p> <p>Develop tactics as a team.</p> <p>Apply learned skills in a game of tag rugby.</p> <p>Catch the ball with confidence.</p>	<p>Be able to evade and tag opponents.</p> <p>Running at speed, changing direction at speed.</p> <p>Play effectively in attack and defence.</p> <p>Score points against opposition, as a team</p> <p>Support player with the ball</p> <p>Play small sided competitive games.</p>	<p>Pupils should be taught to play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply basic principles suitable for attacking and defending.</p>



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Football



Progression of Skills

Year 3	Year 4	Year 5	Year 6	End of Expectation
<p>Begin to dribble a ball making small touches.</p> <p>Begin to pass a football to someone on the team.</p> <p>Being able to keep a ball under control.</p> <p>Know where space is and try to move into it.</p> <p>Mark another player and defend when needed.</p> <p>Know basic rules of a small, sided game.</p> <p>Play competitive games in a small sided environment.</p>	<p>Dribble with small touches into space.</p> <p>Pass a football to someone on the team, using different parts of foot.</p> <p>Keep a ball under control when receiving a range of passes from team.</p> <p>Understand where the space is and can move into it.</p> <p>Mark another player and begin to attempt interceptions of the ball from them.</p> <p>Play small sided competitive games.</p>	<p>Dribble making small touches into space with speed.</p> <p>Pass a football to someone on the team, using different parts of foot accurately.</p> <p>Use a range of ways to keep a ball under control (foot or knee) which one due to where ball is coming from).</p> <p>See space and use it effectively with control.</p> <p>Lose a defender to receive a pass and find space.</p> <p>Defend a player and make a or some successful interceptions for team.</p> <p>Play competitive games and successfully include rules.</p>	<p>Dribble making small touches into space with speed, to beat defenders.</p> <p>Make decisions regarding how and when to pass a football to someone in team.</p> <p>Use a range of ways to keep a ball under control (foot, or knee, which one due to where ball is coming from) when under pressure from a defender.</p> <p>Know how space changes within a game and when and how to move into changing spaces.</p> <p>Draw defender away to create space and change directions to areas of the pitch.</p> <p>Position the body to defend effectively, making successful interceptions.</p>	<p>Pupils should be taught to play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply basic principles suitable for attacking and defending.</p>



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Dodgeball



Progression of Skills

Year 3	Year 4	Year 5	Year 6	End of Expectation
<p>Developing change of direction to evade.</p> <p>Throwing a ball with accuracy. Catching a ball coming towards them.</p> <p>Developing moving and changing direction at speed.</p> <p>Beginning to combine dodging and throwing.</p>	<p>Introducing jumping movements and ducking.</p> <p>Develop throwing with accuracy and power over an increased distance.</p> <p>Develop catching with movement. Consolidate dodging, jumping and ducking skills into games.</p> <p>Combine dodging, throwing and catching.</p>	<p>Introduce blocking and blocking with a ball.</p> <p>Consolidate catching.</p> <p>Progressing catching and throwing under pressure</p> <p>Understand where we throw and why we need to throw with accuracy and power.</p> <p>Understanding and applying correct dodging techniques to the game. Explore basic attacking and defending tactics.</p>	<p>Understanding attacking and defending tactics</p> <p>Understanding transition between attacking and defending.</p> <p>Applying the rules of the game and understanding the officiating of the game.</p> <p>Managing and applying the use of tactics to the game.</p>	<p>Pupils should be taught to play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply basic principles suitable for attacking and defending.</p>



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Basketball



Progression of Skills

Year 3	Year 4	Year 5	Year 6	End of Expectation
<p>Use of dribbling and control with a ball</p> <p>Make a series of passes to teammates moving towards a scoring area.</p> <p>Know the correct technique and show some signs of using a chest pass and shoulder pass.</p> <p>Know where space is and try to move into it.</p> <p>Mark another player and defend when needed.</p> <p>Change direction easily.</p> <p>Develop simple attack/defensive skills in 3v1, 4v2, 3v3 games.</p>	<p>Use of dribbling and control with a ball at a further speed.</p> <p>Use a chest pass and shoulder pass to support team in scoring.</p> <p>Make decisions regarding which is the best type of pass to use.</p> <p>Begin to use a bounce pass, which only bounces once.</p> <p>Identify space to move into and show a clear target to receive a pass.</p> <p>Mark another player and begin to attempt interceptions.</p> <p>Know where positions are allowed on a court.</p> <p>Play competitive 3v3 or 4v4 games.</p>	<p>Use of dribbling and control with a ball at a further speed.</p> <p>Understanding when to dribble and when to pass.</p> <p>Use all three passes (chest, shoulder & bounce) correctly.</p> <p>Use a range of speeds within a game to support a team in scoring.</p> <p>Lose a defender to receive a pass.</p> <p>Defend a player and make some successful interceptions (snatch & catch) when playing as a team.</p> <p>Play competitive 4v4 matches with basic basketball rules.</p> <p>Know consequences of breaking game rules.</p>	<p>Use of dribbling and control with a ball at a further speed.</p> <p>Understanding when to dribble and when to pass and applying these to games.</p> <p>Know which pass is best to use and when in a game.</p> <p>Use change of direction to lose a defender.</p> <p>Draw defender away to create space for self or team.</p> <p>Position body to defend effectively, making successful interceptions.</p> <p>Apply tactics to outwit opponents successfully.</p> <p>Identify ways to improve their individual and team performance.</p>	<p>Pupils should be taught to play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply basic principles suitable for attacking and defending.</p>



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Benchball



Progression of Skills

Year 3	Year 4	Year 5	Year 6	End of Expectation
<p>Introduce passing, receiving, and creating space.</p> <p>Understanding the different types of passes that can be used in the sport.</p> <p>Develop passing and movement skills.</p> <p>Being able to combine movement with passing.</p> <p>Introduce the shooting areas. Developing passing into shooting.</p>	<p>Refine passing and receiving with added distance.</p> <p>Develop passing into space. Begin to find and create space for a pass.</p> <p>Combine passing and shooting at further speed.</p> <p>Introduce defending techniques.</p>	<p>Further progress passing and receiving with speed.</p> <p>Explore a range of different passing techniques.</p> <p>Further develop and progress defending techniques.</p> <p>Begin to combine passing, movement and creating space towards the target.</p> <p>Introduce quick shooting techniques over a defender.</p> <p>Begin to understand the officiating rules of the game.</p>	<p>Develop keeping possession from the defenders.</p> <p>Applying tactics to the game, both attacking and defending techniques.</p> <p>Apply defending tactics and techniques in game related situations.</p> <p>Apply the use of positive communication throughout game situations.</p> <p>Understand and apply attacking tactics to the game in a competitive situation.</p>	<p>Pupils should be taught to play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply basic principles suitable for attacking and defending.</p>



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Hockey



Progression of Skills

Year 3	Year 4	Year 5	Year 6	End of Expectation
<p>Understanding the core fundamentals of the hockey stick.</p> <p>Introduce control and dribbling techniques.</p> <p>Introduce and apply passing and receiving techniques.</p> <p>Applying dribbling and spatial awareness to move into a space.</p> <p>Develop passing and receiving, then applying dribbling as one motion.</p> <p>Understand and apply shooting techniques.</p>	<p>Understand and display a good grip and use of the hockey stick.</p> <p>Refine and continue dribbling and passing techniques.</p> <p>Combining and apply dribbling and movement into a shooting opportunity.</p> <p>Develop passing and dribbling from within a space.</p> <p>Creating an attacking opportunity through spatial awareness and dribbling.</p> <p>Develop shooting techniques.</p> <p>Introduce defending techniques, blocking, and tackling techniques.</p>	<p>Displaying a good understanding of how to hold the hockey stick with complete control when moving.</p> <p>Recap and refine further development on close control and dribbling techniques.</p> <p>Develop and create attacking opportunities.</p> <p>Creating space for shooting. Redevelop attacking skills, progressing into transition from defending to attacking.</p> <p>Develop shooting techniques from a further distance and angles.</p> <p>Understanding rules of the game and applying these within game situations.</p>	<p>Developing possession skills, aiming to keep possession away from the opposition.</p> <p>Further develop defending techniques.</p> <p>Applying the use of positive communication when both attacking and defending.</p> <p>Applying positive use of communication when wanting to receive the ball or locating space.</p> <p>Creating and understanding attacking and defending techniques.</p> <p>Applying tactical approaches to the game situations and displaying all skills in a controlled match involving opposition teams.</p>	<p>Pupils should be taught to play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply basic principles suitable for attacking and defending.</p>



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Netball



Progression of Skills

Year 3	Year 4	Year 5	Year 6	End of Expectation
<p>Introduce passing and receiving the ball.</p> <p>Introduce and applying spatial awareness when finding space.</p> <p>Being able to combine, develop and progress passing into space.</p> <p>Develop shooting technique within netball.</p>	<p>Refine passing and receiving skills whilst moving.</p> <p>Develop pivoting skills to locate another team member.</p> <p>Develop passing speed whilst moving.</p> <p>Combine passing and shooting skills into one motion.</p> <p>Introduce defending techniques.</p>	<p>Further develop passing and receiving skills from short and long distances.</p> <p>Applying passing, movement and shooting into one motion of activity.</p> <p>Apply defending techniques to small, sided activity and games. Introduce positive communication techniques required for the sport.</p> <p>Introduce rules and regulations within the sport and applying these to small-sided games.</p> <p>Explore different types of passing techniques valuable for the sport.</p>	<p>Introduce and apply possession-based skills, keeping possession away from the defenders.</p> <p>Begin to understand officiating rules of the sport.</p> <p>Combine attacking and defending tactics to small-sided games.</p> <p>Understand and use key communication techniques in aid of the game and apply these to assist with all skills.</p>	<p>Pupils should be taught to play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply basic principles suitable for attacking and defending.</p>



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Cricket



Progression of Skills

Year 3	Year 4	Year 5	Year 6	End of Expectation
<p>Understand the concept of batting and fielding.</p> <p>Understand and introduce underarm throwing techniques.</p> <p>Understand and introduce overarm throwing techniques.</p> <p>Introduce catching techniques when receiving a ball.</p> <p>Introduce grip of a cricket bat and the process of striking the ball.</p>	<p>Develop an understanding of fielding and batting.</p> <p>Introduce bowling and understand the concept of bowling the ball.</p> <p>Introduce the underarm bowling technique.</p> <p>Develop stopping and controlling the ball, before then linking to sending the ball back.</p> <p>Develop retrieving the ball and sending the ball back.</p> <p>Begin to strike the ball using the bat, from different speeds.</p>	<p>Displaying a good core understanding of holding a cricket bat and where to stand.</p> <p>Introduce the over arm bowling technique.</p> <p>Introduce fielding as a team. Understand the use of positive communication when working as a team.</p> <p>Combining bowling, with fielding the ball.</p> <p>Combine striking the ball and the use of decision making of when to run and stop.</p> <p>Introduce scoring and officiating of the sport.</p>	<p>Combine all skills together and successfully control a game of cricket using striking, fielding, and bowling.</p> <p>Create and understand attacking and defensive based techniques. Begin to organise around when fielding to ensure retrieving can happen.</p> <p>Apply tactical attacking approaches to the game. (Where to hit the ball to gain more points). Complete a game of cricket, using correct scoring techniques.</p>	<p>Pupils should be taught to play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply basic principles suitable for attacking and defending.</p>



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Rounders



Progression of Skills

Year 3	Year 4	Year 5	Year 6	End of Expectation
<p>Introduce the game of rounders. Introduce overarm throwing.</p> <p>Introduce underarm throwing.</p> <p>Apply the use of both overarm throwing and underarm throwing.</p> <p>Introduce stopping the ball. Introduce grip of the rounders bat.</p>	<p>Develop fielding and bowling skills towards a batter.</p> <p>Introduce the use of a back stop player and the role.</p> <p>Apply overarm and under arm throwing to both bowling and fielding.</p> <p>Introduce stopping the ball and sending the ball back to the target.</p> <p>Begin to develop striking the ball and batting the ball.</p>	<p>Develop fielding tactics and the use of all players when fielding.</p> <p>Understand the rules of the sport, and batting rules. (What happens if the batter misses the ball).</p> <p>Further develop fielding tactics, spatial awareness, where to stand and how to be effective when fielding.</p> <p>Applying attacking tactics to the game, where to hit the ball, which space is best for running.</p>	<p>Introduction to a full game of rounders, understanding all rules and regulations of the sport.</p> <p>Refine the decision making of what do when the ball is missed, or when it has hit a space.</p> <p>Understanding the use of positive communication when fielding to pass through players towards the intended target.</p> <p>Understanding and hitting the ball with one handed grip towards an area, before combining with running to bases.</p>	<p>Pupils should be taught to play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply basic principles suitable for attacking and defending.</p>



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Tennis



Progression of Skills

Year 3	Year 4	Year 5	Year 6	End of Expectation
<p>Introduction to tennis as a sport. Creating space and keeping on their toes when moving towards a ball.</p> <p>Introduction to the grip of a tennis racket.</p> <p>Understanding control of a ball and hand eye coordination of a small tennis ball.</p> <p>Introduction to the forehand hit.</p>	<p>Creating space and using movement on their toes, whilst displaying grip of a tennis racket.</p> <p>Developing the forehand hit further.</p> <p>Introduce the backhand hit using the tennis racket.</p> <p>Understand the importance of timing when hitting a tennis ball using the racket.</p> <p>Applying the forehand shot within a small, sided activity.</p> <p>Understand the rules of points scoring in tennis.</p>	<p>Moving towards a ball at speed, whilst holding the tennis racket. Further development on the forehand hit.</p> <p>Further development on the backhand hit.</p> <p>Completing a range of hits in succession without missing the ball. Applying points scoring to the activity.</p> <p>Hitting the ball over a net based target and onto the side of the opposition.</p>	<p>Compete in a small, sided tennis activity, involving hitting the ball using the forehand hit over a net target into space away from the opposition player.</p> <p>Understanding when the back hand hit is required and applying this to an activity.</p> <p>Understanding all rules involved in a game of tennis and applying this to activity and small sided games.</p>	<p>Pupils should be taught to play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply basic principles suitable for attacking and defending.</p>



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Athletics



Athletics

Year 3	Year 4	Year 5	Year 6	End of Expectation
<p>Explore running for speed. Introduce acceleration and understanding how to apply this.</p> <p>Introduce running for distance, involving relay-based activity.</p> <p>Developing throwing techniques involving under arm and over arm throwing.</p> <p>Developing throwing techniques into shorter and longer distances.</p> <p>Understanding accuracy and what this is.</p>	<p>Developing running at speed. Develop techniques of running, using the mechanics of the arms when moving to generate speed.</p> <p>Explore and further develop running at pace and over distances.</p> <p>Begin to understand jumping techniques, looking at the standing long jump and running long jump.</p> <p>Further develop throwing an object over a distance.</p>	<p>Beginning to incorporate skills into races and completing races. Introduction to movement over hurdles.</p> <p>Understanding and applying teamwork skills to relay based activities.</p> <p>Develop our standing long jump over a further distance.</p> <p>Develop our running long jump over a further distance.</p> <p>Develop throwing over distance of a heavier object, in relation to shot put based activities.</p>	<p>Progressing skills over competition and adding race-based competition to activities.</p> <p>Running races.</p> <p>Relay races.</p> <p>Throwing competitions</p> <p>Jumping competitions</p> <p>Obstacle based races and activities.</p>	<p>Pupils should be taught to play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply basic principles suitable for attacking and defending.</p>



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