

## Key Stage 2 Physical Skills

	Year 3	Year 4	Year 5	Year 6
Running	<ul style="list-style-type: none"> <li>Able to run with control and fluency</li> <li>Able to run at different paces</li> <li>Beginning to show the correct technique for running</li> </ul>	<ul style="list-style-type: none"> <li>Able to use the correct technique for running</li> <li>Beginning to adjust pace when running over longer distances</li> <li>Able to run for sustained periods of time at a pace suitable for their fitness levels.</li> </ul>	<ul style="list-style-type: none"> <li>Able to run using the correct technique (legs and arms working in combination) consistently</li> <li>Able to vary pace fluently</li> <li>Beginning to show increasing stamina when running over longer distances</li> </ul>	<ul style="list-style-type: none"> <li>Able to vary and change pace fluently</li> <li>Show increasing stamina when running over longer distances</li> <li>Be able to use the 3-point start technique</li> </ul>
Jumping	<ul style="list-style-type: none"> <li>Perform a straight, star and tuck jump with control</li> <li>Shows a good understanding of the basic technique for jumping (using arms, looking forward, bending knees for take-off and landing)</li> <li>Able to perform with control and distinguish between jumping, hopping and leaping</li> </ul>	<ul style="list-style-type: none"> <li>Able to perform a 'standing long jump' with control</li> <li>Beginning to refine their technique when jumping for distance</li> <li>Beginning to refine their technique when jumping for height</li> </ul>	<ul style="list-style-type: none"> <li>Able to perform a 'standing long jump' with control and increasing power</li> <li>Able to use jumping in combination with other skills (e.g. jumping to catch a ball)</li> <li>Able to perform the basic 'triple jump' technique</li> </ul>	<ul style="list-style-type: none"> <li>Able to perform the 'triple jump' with control</li> </ul>
Throwing	<ul style="list-style-type: none"> <li>Throwing using an underarm and overarm throw with accuracy</li> <li>Chest pass/ Bounce pass/ Overhead pass with some accuracy</li> <li>Able to throw a rugby ball with some accuracy</li> <li>Able to perform a 'push throw' in athletics with the correct technique</li> </ul>	<ul style="list-style-type: none"> <li>Throwing using an underarm and overarm throw with consistent accuracy</li> <li>Able to perform a: Chest pass/ Bounce pass/ Overhead pass with good control and accuracy</li> <li>Able to throw a rugby ball with good accuracy</li> <li>Able to bowl effectively (rounders and cricket)</li> <li>Able to perform a 'push throw' in athletics with the correct technique and increasing power</li> </ul>	<p><i>Able to use the following skills while moving/ as part of a game situation:</i></p> <ul style="list-style-type: none"> <li>Throwing using an underarm and overarm throw consistently and fluently</li> <li>Chest pass/ Bounce pass/ shoulder pass with basketball/ netball with good control and accuracy</li> <li>Able to throw a rugby ball with good accuracy as part of a sequence of movement</li> <li>Able to bowl effectively (rounders and cricket)</li> <li>To perform the shot putt technique with some consistency and control.</li> <li>To know the technique and the safety aspects of the javelin throw.</li> </ul>	<p><i>Able to use the following skills while moving/ as part of a game situation:</i></p> <ul style="list-style-type: none"> <li>Confidently able to use a range of passes in basketball and netball</li> <li>Able to bowl effectively (rounders and cricket) and understand how a bowl can influence the game and the shot played</li> <li>To perform the shot putt technique with consistency, fluency and control.</li> <li>To understand and apply the correct technique for the javelin and throw with consistency and increasing power.</li> </ul>
Catching	<ul style="list-style-type: none"> <li>Able to catch a small ball or bean bag with two hands</li> <li>Able to catch a basketball as part of dribbling</li> <li>Able to catch a bouncing basketball</li> <li>Able to catch a rugby ball</li> <li>Able to pick up a rugby ball using correct hand placement</li> <li>Able to retrieve a rolling ball</li> </ul>	<ul style="list-style-type: none"> <li>Able to catch with one or two hands consistently</li> <li>Able to catch a bouncing basketball at various heights (above head/ to the side of body)</li> <li>Able to catch a rugby ball while moving</li> <li>Able to pick up a rugby ball with correct hand placement when running at speed</li> <li>Able to dribble a basketball using one hand with good control and fluidity</li> </ul>	<p><i>Able to use the following skills while moving/ as part of a game situation:</i></p> <ul style="list-style-type: none"> <li>Able to catch a bouncing basketball at various heights (above head/ to the side of body/ while bending knees)</li> <li>Able to catch a rugby ball while moving</li> <li>Able to retrieve a rolling ball and link with other actions effectively</li> </ul>	<p><i>Able to use the following skills while moving/ as part of a game situation:</i></p> <ul style="list-style-type: none"> <li>Able to select and perform the best type of catch when catching a small ball</li> <li>Consistently shows good hand and body positioning when catching</li> <li>Able to retrieve a rolling ball and link with other actions effectively and with accuracy</li> </ul>
Kicking	<ul style="list-style-type: none"> <li>Able to pass a football accurately using the side foot technique</li> <li>To pass and then move into space to receive the ball again.</li> <li>Able to dribble a football using small touches with two feet changing speed and direction</li> </ul>	<ul style="list-style-type: none"> <li>Able to kick a football using the side foot technique</li> <li>Able to pass a football to a target with some accuracy</li> <li>Able to kick a football over a longer distance and with increasing power</li> <li>Able to dribble a football using small touches with two feet with increasing fluidity</li> </ul>	<p><i>Able to use the following skills while moving/ as part of a game situation:</i></p> <ul style="list-style-type: none"> <li>Able to pass a football to a target with increasing accuracy</li> <li>Beginning to be able to dribble a football to evade an opponent</li> <li>Beginning to be able to dribble a football using one foot (outside and inside of foot)</li> </ul>	<p><i>Able to use the following skills while moving/ as part of a game situation:</i></p> <ul style="list-style-type: none"> <li>Able to confidently and consistently pass a ball to a target</li> <li>Able to dribble a football using one foot (outside and inside of foot) and is able to select when to use each one</li> <li>Able to dribble a football to evade an opponent</li> </ul>



Agility	<ul style="list-style-type: none"> <li>• Able to change direction quickly when running</li> <li>• To perform simple dodging movements successfully to receive a pass and use signalling to communicate to team members.</li> </ul>	<ul style="list-style-type: none"> <li>• Able to follow and respond quickly to more complex instructions when moving (e.g., change direction,</li> </ul>	<ul style="list-style-type: none"> <li>• Able to evade an opponent in a game by changing direction quickly</li> <li>• Able to evade an opponent in a game by using more than one tactic (e.g. faking in different directions)</li> </ul>	<ul style="list-style-type: none"> <li>• Able to change direction as part of a game in a variety of different ways to evade an opponent</li> </ul>
Balance	<ul style="list-style-type: none"> <li>• Able to adopt some basic standing positions when preparing to hit a ball</li> </ul>	<ul style="list-style-type: none"> <li>• Able to adopt a range of standing positions when preparing to hit a ball</li> </ul>		
Co-ordination (Striking)	<ul style="list-style-type: none"> <li>• Can hold a tennis racket using the correct grip, describing the key points.</li> <li>• Able to push a tennis ball along the floor to a partner with some accuracy</li> <li>• To know the difference between a forehand and backhand shot and perform each with some control and accuracy.</li> <li>• Can hold a hockey stick correctly</li> <li>• Can move a small ball successfully using a hockey stick</li> <li>• Beginning to be able to use a hockey stick to pass a small ball to a stationary target</li> <li>• Able to hit a tennis ball using a range of bats (Rounders, cricket, tennis) when using a tee</li> </ul>	<ul style="list-style-type: none"> <li>• Able to push a tennis ball along the floor to a partner with accuracy and correct forehand technique</li> <li>• Able to push a tennis ball along the floor to a partner with accuracy and correct backhand technique</li> <li>• Beginning to hit a bouncing tennis ball with some accuracy using the forehand technique</li> <li>• Can dribble a ball using a hockey stick with control</li> <li>• Able to use a hockey stick to pass a small ball to a stationary target with accuracy</li> </ul>	<ul style="list-style-type: none"> <li>• Able to hit a tennis ball to a partner with accuracy and correct forehand technique</li> <li>• Able to hit a tennis ball to a partner with accuracy and correct backhand technique</li> <li>• Be able to serve using the correct underarm technique</li> <li>• Can dribble a ball using a hockey stick with control and fluency</li> <li>• Able to use a hockey stick to pass a small ball to both a stationary and moving target with accuracy</li> <li>• Able to confidently hit a tennis ball using a range of equipment (Rounders, cricket, tennis)</li> </ul>	<ul style="list-style-type: none"> <li>• Able to successfully return a tennis ball as part of a rally using both forehand and backhand</li> <li>• Be able to serve using the correct overhead technique</li> <li>• Able to confidently hit a tennis ball using a range of equipment (Rounders, cricket, tennis) with an increasing understanding of how the shot they play will influence the game/ the opposition</li> </ul>
Dance	<ul style="list-style-type: none"> <li>• To explore and perform creative movements which represent a theme</li> <li>• To perform choreography in unison.</li> <li>• To know what the term Canon is and plan a short routine which incorporates this.</li> <li>• To create movements which are performed at different speeds.</li> <li>• To create movements which are performed at different levels.</li> </ul>	<ul style="list-style-type: none"> <li>• To know and perform a range of movements in the style of a given theme, demonstrating good use of actions to portray meaning.</li> <li>• To create and perform a short dance phase using different dynamics (levels, speeds) and expression to help communicate the theme.</li> </ul>	<ul style="list-style-type: none"> <li>• To perform a traditional style of dance, focusing on key movements linked to this.</li> <li>• To choreograph a short dance phrase using different speeds, levels and formations to enhance their performance.</li> </ul>	<ul style="list-style-type: none"> <li>• To know what Unison is and how it enhances a performance.</li> <li>• To know what Canon is and how it enhances a performance.</li> <li>• To understand the different ways speed can be used in dance to help convey a message or portray an emotion.</li> <li>• To know when to use different speeds, levels and emotions to help convey the meaning of the dance</li> </ul>
Gymnastics	<ul style="list-style-type: none"> <li>• To develop a range of standing and lying shapes</li> <li>• To adapt travelling movements when moving on floor or apparatus.</li> <li>• To develop a high quality of movement when performing a range of jumping actions.</li> <li>• To link and move between different balances, showing control.</li> <li>• To perform rocking actions with control.</li> <li>• To perform a range of sideways rolls with good control and body tension.</li> <li>• To perform a forward roll with the correct technique.</li> </ul>	<ul style="list-style-type: none"> <li>• To use a combination of support shapes in a sequence.</li> <li>• To change between different ways of travelling to make a sequence more exciting.</li> <li>• To take off and land with control and precision using a range of jumping actions.</li> <li>• To use large body parts to perform a well-controlled balance.</li> <li>• To perform a range of rolls with increasing control and body tension</li> <li>• To perform a backwards roll safely and with good control.</li> </ul>	<ul style="list-style-type: none"> <li>• To select and use a range of sitting, standing, support and lying shapes in a sequence.</li> <li>• To use rotations to increase the difficulty of a jump.</li> <li>• To use large body parts (head) to perform a well-controlled balance.</li> <li>• To be able to take their weight on their hands safely and with increasing confidence.</li> <li>• To change the starting and finishing positions of a backwards and/or forwards roll.</li> </ul>	<ul style="list-style-type: none"> <li>• To adapt and link a range of shapes in a sequence.</li> <li>• To perform a range of jumps, including rotations, as part of a sequence.</li> <li>• To use large body parts to perform a well-controlled balance.</li> <li>• To perform a well-coordinated and controlled circle roll which can be used as part of a sequence.</li> <li>• To perform a cartwheel safely and with control.</li> </ul>