



Knowledge and Skills Progression – Sending and Striking, Team Games and Dance



	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Sending and striking	Throw, catch, pat, aim, bat and kick a large ball.	Pat, throw, kick, pass, aim, bat and catch different sized balls with increasing control.	Patting involves tapping a ball with open hands. Throwing involves sending a ball through the air using the hands and arms. Kicking involves sending a ball along the ground by striking it with a foot. Stopping a ball involves using a part of the body to prevent the ball from moving. Catching involves grasping a ball in two hands after it has been thrown or kicked. Pat, throw, kick, stop and catch a ball.	There are different ways to send an object from one place to another, such as patting, throwing, rolling and kicking. Confidently send or receive an object, such as a beanbag or ball.	Different techniques are used when passing, batting, dribbling, travelling with or striking a ball and are specific to an activity or a sport, such as hockey, football or rounders. Use different techniques to pass, bat, dribble, travel with and strike a ball with some control, coordination and accuracy.	Striking and fielding games are activities in which players strike an object and run to a particular area to score points. Fielders try to stop the other team from scoring by retrieving and returning the ball. Specific throwing, catching, striking and fielding skills are required in particular sports, such as bowling a ball overarm in cricket. Throw, catch, strike and field with control and accuracy.	Striking, fielding and racket skills are used when playing different sports, such as tennis, rounders and cricket. All of these are required to enable a player to score points. Use striking, fielding and racket skills confidently and consistently.	When engaged in a competitive game that involves sending and receiving a ball, there are some fundamental ball skills and some that are specific to the game. Precision can be demonstrated when sending the ball if it reaches the intended player or target. Precision can be demonstrated when receiving a ball by a player moving position or changing height to catch a ball that is intended for them. Use ball skills confidently and with some precision in a wide variety of competitive games.
Team games	Join in with games that include racing, chasing, balancing, riding (scooters,	Develop body strength, coordination, balance and agility and join in with or make up games that	Rules are instructions that guide how a game should be played. Everyone playing the game must	A tactic is an action, such as passing the ball to a team member who is closer to the net, that helps the team to achieve	Competing means trying to win or achieve something that others are also trying to achieve, such as scoring a goal. Competing	Competitive games, such as badminton, basketball and football, involve two players or teams playing against one	A range of rules and tactics are used in competitive games. Competitive games have rules for conduct,	Attack and defence tactics can be developed and refined in several ways, such as through practice and coaching,

	trikes and bikes) and ball skills.	involve energetic movements, such as jumping, skipping, hopping, running and climbing.	follow the rules to make it fair. Participate in simple playground games, following the rules.	something. Team members work together towards a shared goal, such as scoring points. Play simple team games, understanding the rules and developing basic tactics to score points.	effectively as a team involves listening to others, sharing personal ideas, encouraging each other and using appropriate tactics. Compete in a team game, communicating with others and using tactics.	another, where one player or team wins and the other loses. Competitive games require the use of different attack and defence tactics. Play a well-known or invented competitive game, communicating with others, and developing and using team tactics.	scoring, positioning, the number of players and equipment. Competitive games have tactics specific to the sport. Coordination is when the parts of the body work together effectively. Control is being able to direct the body to perform precise movements. Apply a variety of rules and tactics to play competitive team games with some skill, coordination and control.	watching competitive games being played by others, asking questions and listening to feedback. Develop and refine strategies and tactics for attacking and defending during competitive team games.
Dance	Experiment with different ways of moving the body and begin to remember sequences and patterns of movement related to music and rhythm. Uses large muscle movements to wave flags and streamers.	Move energetically and repeatedly, with improved fluency, control and grace when dancing and moving in time to music.	Different parts of the body can be used to create movements, such as stepping, stretching, skipping or crouching. Two or more movements can be ordered to create a movement pattern. Copy, create and remember simple movement patterns,	Movements can be performed along different pathways (straight, curved or zigzag), levels, speeds and directions. This can help performers to express different ideas, emotions or feelings. For example, if creating a dance about a storm, movements may be fast, with lots of changes of direction. Perform movements to	Improvising means making up movements while listening and performing to music. Different pieces of music have different rhythms and create a range of feelings that can be shown through movement. Move in time to music, beginning to improvise movements and motifs that express the meaning and mood of the piece.	Movement patterns can represent an important or recurring idea called a motif. They can be inspired by stimuli, such as music, a story, theme or topic. Compare, develop and adapt movements and motifs to create movement patterns in response to stimuli.	Improvisation is a creative and unplanned movement or set of movements that are performed in response to a stimulus. Precision means the movement is accurate and carefully performed. Control involves balance and awareness of the space. Fluency means movements flow smoothly.	In dance, dynamics means how the body moves, in terms of the speed, energy and flow of the movement. For example, the dynamics of a dance could be described as explosive or jerky. Vary dynamics of movements or dance, developing actions in time to music with a partner or as a part of a group.

			showing awareness of rhythm.	express ideas, emotions or feelings, varying level, speed and direction.			Improvise and move with precision, control and fluency in response to a range of stimuli.	
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