

# Sports Curriculum Progression Overview

Year Group	Autumn Term 1	Autumn Term 2	Spring Term 3	Spring Term 4	Summer Term 5	Summer Term 6
EYFS	<b>Movement Concepts</b> <i>Spatial Awareness, Tempo, Cross-Lateral Movement, Gallop &amp; Slide, Direction &amp; Cognitive Development</i>	<b>Functional Movement</b> <i>Gait, Skip &amp; Jump, Lunge &amp; Leap &amp; Push &amp; Pull</i>	<b>Functional Movement</b> <i>Squat &amp; Roll, Bend &amp; Stretch &amp; Rotate &amp; Balance</i>	<b>Aesthetic Movement</b> <i>Direction, Dynamic &amp; Flow &amp; Rhythm</i>	<b>Aesthetic Movement</b> <i>Isolated Body Parts, Body Shapes &amp; Levels</i>	<b>Manipulative Skills</b> <i>Rolling &amp; Trapping, Catching, Releasing, Rolling, Kicking &amp; Dribbling</i>
Year 1	<b>Fundamental Skills</b> <i>Spatial Awareness, Co-Ordination &amp; Balance</i>	<b>Gymnastics</b> <i>Shapes, Rolls, Strength, Flexibility, Balance &amp; Control, Routines</i>	<b>Dance</b> <i>Developing a range of movement patterns</i>	<b>Attacking &amp; Defending</b> <i>Game tactics &amp; Teamwork</i>	<b>Net &amp; Wall Games</b> <b>Tennis</b> <i>Striking a ball, Ball Control &amp; Co-Ordination</i>	<b>Invasion Games</b> <b>Hockey</b> <i>Dribbling, Passing, Stopping, Striking, Attacking &amp; Defending</i>
	<b>Health &amp; Fitness/OAA</b> <b>Circuits &amp; Team Games</b> <i>Healthy Lifestyles, Fitness, Teamwork, Problem Solving</i>	<b>Fundamental Skills</b> <i>Ball Handling, Throwing &amp; Catching</i>	<b>Fundamental Skills</b> <i>Agility &amp; Co-Ordination</i>	<b>Fundamental Skills</b> <i>Multi-Skills</i>	<b>Athletics</b> <b>Personal Best</b> <i>Strength, Technique &amp; Fitness</i> <i>Running, Throwing, Jumping</i> <i>Invasion Games</i>	<b>Striking &amp; Fielding</b> <b>Cricket</b> <i>Striking a ball, bowling &amp; catching, stopping &amp; fielding</i>
Year 2	<b>Health &amp; Fitness/OAA</b> <b>Circuits &amp; Team Games</b> <i>Healthy Lifestyles, Fitness, Teamwork, Problem Solving</i>	<b>Invasion Games</b> <b>Tag Rugby</b> <i>Throwing &amp; Catching in isolation &amp; combination, Attacking &amp; Defending</i>	<b>Gymnastics</b> <i>Shapes, Rolls, Strength, Flexibility, Balance &amp; Control, Routines</i>	<b>Invasion Games</b> <b>Attacking &amp; Defending</b> <i>Game tactics &amp; Teamwork</i>	<b>Net &amp; Wall Games</b> <b>Tennis</b> <i>Striking a ball, Ball Control &amp; Co-Ordination</i>	<b>Striking &amp; Fielding</b> <b>Rounders</b> <i>Striking a ball, bowling &amp; catching, &amp; fielding</i>
	<b>Invasion Games</b> <b>Hockey</b> <i>Dribbling, Passing, Stopping, Striking, Attacking &amp; Defending</i>	<b>Invasion Games</b> <b>Football</b> <i>Dribbling, Passing, Stopping, Striking, Attacking &amp; Defending</i>	<b>Gymnastics</b> <i>Shapes, Rolls, Strength, Flexibility, Balance &amp; Control, Routines</i>	<b>Invasion Games</b> <b>Netball</b> <i>Throwing &amp; Catching, Attacking &amp; Defending, Game Tactics</i>	<b>Athletics</b> <b>Personal Best</b> <i>Strength, Technique &amp; Fitness</i> <i>Running, Throwing, Jumping</i> <i>Invasion Games</i>	<b>Striking &amp; Fielding</b> <b>Cricket</b> <i>Striking a ball, bowling &amp; catching, stopping &amp; fielding</i>
Year 3	<b>Health &amp; Fitness/OAA</b> <b>Circuits, Cross Country, Orienteering</b> <i>Healthy Lifestyles, Fitness, Map Skills, Teamwork</i>	<b>Invasion Games</b> <b>Tag Rugby</b> <i>Throwing &amp; Catching in isolation &amp; combination, Attacking &amp; Defending</i>	<b>Gymnastics</b> <i>Shapes, Rolls, Strength, Flexibility, Balance &amp; Control, Routines</i>	<b>Invasion Games</b> <b>Attacking &amp; Defending</b> <i>Game tactics &amp; Teamwork</i>	<b>Net &amp; Wall Games</b> <b>Tennis</b> <i>Striking a ball, Ball Control &amp; Co-Ordination</i>	<b>Striking &amp; Fielding</b> <b>Rounders</b> <i>Striking a ball, bowling &amp; catching &amp; fielding</i>
	<b>Invasion Games</b> <b>Hockey</b> <i>Dribbling, Passing, Stopping, Striking, Attacking &amp; Defending</i>	<b>Invasion Games</b> <b>Football</b> <i>Dribbling, Passing, Stopping, Striking, Attacking &amp; Defending</i>	<b>Dance</b> <i>Developing a range of movement patterns</i>	<b>Invasion Games</b> <b>Netball</b> <i>Throwing &amp; Catching, Attacking &amp; Defending, Game Tactics</i>	<b>Athletics</b> <b>Personal Best</b> <i>Strength, Technique &amp; Fitness</i> <i>Running, Throwing, Jumping</i> <i>Invasion Games</i>	<b>Striking &amp; Fielding</b> <b>Cricket</b> <i>Striking a ball, bowling &amp; catching, stopping &amp; fielding</i>
Year 4	<b>Health &amp; Fitness/OAA</b> <b>Circuits, Cross Country, Orienteering</b> <i>Healthy Lifestyles, Fitness, Map Skills, Teamwork</i>	<b>Invasion Games</b> <b>Tag Rugby</b> <i>Throwing &amp; Catching in isolation &amp; combination, Attacking &amp; Defending</i>	<b>Gymnastics</b> <i>Shapes, Rolls, Strength, Flexibility, Balance &amp; Control, Routines</i>	<b>Invasion Games</b> <b>Attacking &amp; Defending</b> <i>Game tactics &amp; Teamwork</i>	<b>Net &amp; Wall Games</b> <b>Tennis</b> <i>Striking a ball, Ball Control &amp; Co-Ordination</i>	<b>Striking &amp; Fielding</b> <b>Rounders</b> <i>Striking a ball, bowling &amp; catching &amp; fielding</i>
	<b>Invasion Games</b> <b>Hockey</b> <i>Dribbling, Passing, Stopping, Striking, Attacking &amp; Defending</i>	<b>Invasion Games</b> <b>Football</b> <i>Dribbling, Passing, Stopping, Striking, Attacking &amp; Defending</i>	<b>Dance</b> <i>Developing a range of movement patterns</i>	<b>Invasion Games</b> <b>Netball</b> <i>Throwing &amp; Catching, Attacking &amp; Defending, Game Tactics</i>	<b>Athletics</b> <b>Personal Best</b> <i>Strength, Technique &amp; Fitness</i> <i>Running, Throwing, Jumping</i> <i>Invasion Games</i>	<b>Striking &amp; Fielding</b> <b>Cricket</b> <i>Striking a ball, bowling &amp; catching, stopping &amp; fielding</i>
Year 5	<b>Health &amp; Fitness/OAA</b> <b>Circuits, Cross Country, Orienteering</b> <i>Healthy Lifestyles, Fitness, Map Skills, Teamwork</i>	<b>Invasion Games</b> <b>Tag Rugby</b> <i>Throwing &amp; Catching in isolation &amp; combination, Attacking &amp; Defending</i>	<b>Gymnastics</b> <i>Shapes, Rolls, Strength, Flexibility, Balance &amp; Control, Routines</i>	<b>Invasion Games</b> <b>Attacking &amp; Defending</b> <i>Game tactics &amp; Teamwork</i>	<b>Net &amp; Wall Games</b> <b>Tennis</b> <i>Striking a ball, Ball Control &amp; Co-Ordination</i>	<b>Striking &amp; Fielding</b> <b>Rounders</b> <i>Striking a ball, bowling &amp; catching &amp; fielding</i>
	<b>Invasion Games</b> <b>Hockey</b> <i>Dribbling, Passing, Stopping, Striking, Attacking &amp; Defending</i>	<b>Invasion Games</b> <b>Football</b> <i>Dribbling, Passing, Stopping, Striking, Attacking &amp; Defending</i>	<b>Dance</b> <i>Developing a range of movement patterns</i>	<b>Invasion Games</b> <b>Netball</b> <i>Throwing &amp; Catching, Attacking &amp; Defending, Game Tactics</i>	<b>Athletics</b> <b>Personal Best</b> <i>Strength, Technique &amp; Fitness</i> <i>Running, Throwing, Jumping</i> <i>Invasion Games</i>	<b>Striking &amp; Fielding</b> <b>Cricket</b> <i>Striking a ball, bowling &amp; catching, stopping &amp; fielding</i>
Year 6	<b>Health &amp; Fitness/OAA</b> <b>Circuits, Cross Country, Orienteering</b> <i>Healthy Lifestyles, Fitness, Map Skills, Teamwork</i>	<b>Invasion Games</b> <b>Tag Rugby</b> <i>Throwing &amp; Catching in isolation &amp; combination, Attacking &amp; Defending</i>	<b>Gymnastics</b> <i>Shapes, Rolls, Strength, Flexibility, Balance &amp; Control, Routines</i>	<b>Invasion Games</b> <b>Attacking &amp; Defending</b> <i>Game tactics &amp; Teamwork</i>	<b>Net &amp; Wall Games</b> <b>Tennis</b> <i>Striking a ball, Ball Control &amp; Co-Ordination</i>	<b>Striking &amp; Fielding</b> <b>Rounders</b> <i>Striking a ball, bowling &amp; catching &amp; fielding</i>
	<b>Invasion Games</b> <b>Hockey</b> <i>Dribbling, Passing, Stopping, Striking, Attacking &amp; Defending</i>	<b>Invasion Games</b> <b>Football</b> <i>Dribbling, Passing, Stopping, Striking, Attacking &amp; Defending</i>	<b>Dance</b> <i>Developing a range of movement patterns</i>	<b>Invasion Games</b> <b>Netball</b> <i>Throwing &amp; Catching, Attacking &amp; Defending, Game Tactics</i>	<b>Athletics</b> <b>Personal Best</b> <i>Strength, Technique &amp; Fitness</i> <i>Running, Throwing, Jumping</i> <i>Invasion Games</i>	<b>Striking &amp; Fielding</b> <b>Cricket</b> <i>Striking a ball, bowling &amp; catching, stopping &amp; fielding</i>