




## PE Progression through Lancashire PE SOW: Years 3, 4, 5 and 6

During KS2 pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Developing Skills	Application of Attacking & Defending Strategies (Games Core Tasks)	Evaluating Success
<p><b>Year 3</b></p> <ul style="list-style-type: none"> <li>▶ Master most fundamental skills from KS1 and start to develop sport specific skills and perform them with some accuracy.</li> <li>▶ Invasion Games skills through:               <ul style="list-style-type: none"> <li>▶ Three touch ball (netball) – running, dodging, Chest pass, Bounce pass, Catching a ball</li> <li>▶ Three touch ball (rugby) – running, dodging, swing pass, Catching a ball</li> <li>▶ Three touch ball (handball) – running, dodging, one-handed pass, One handed Bounce pass, Catching a ball</li> <li>▶ Run the loop (rounders) – running, underarm throw (small ball), catching a small ball, bowling a ball underarm, striking a ball off a tee.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ Develop simple attacking skills in a 3V1 invasion game.</li> <li>▪ The ‘Three touch ball’ core task involves children trying to score as many goals as possible by passing a ball (netball, handball, rugby ball) at least three times before throwing it into a hoop.</li> <li>▪ Apply skills and tactics in a range of other games such as striking / fielding type activities.</li> <li>▪ The “Run the Loop” core task involves a team of four batters trying to score points by striking the ball and running and a team of four fielders trying to retrieve, throw and catch the ball quickly and accurately.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Identify what they do best and what they find difficult.</li> <li>▪ Make simple assessments of performance based on simple criteria given by the teacher.</li> </ul>
<p><b>Year 4</b></p> <ul style="list-style-type: none"> <li>▶ Master fundamental movement skills and start to develop sport specific skills performing them with consistency and accuracy.</li> <li>▶ Invasion Games skills through:               <ul style="list-style-type: none"> <li>▶ On the Attack (basketball) – running, chest pass, bounce pass, dribbling a ball.</li> <li>▶ On the attack (rugby) – running, dodging, swing pass, Catching a ball</li> <li>▶ On the attack (handball) – running, dodging, one-handed pass, One handed Bounce pass, Catching a ball, shooting a ball.</li> <li>▶ Run the loop (cricket) - running, underarm throw (small ball), catching a small ball, bowling a ball underarm, striking a ball (straight drive).</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ Develop attacking skills in a 4V2 invasion game.</li> <li>▪ The “On the attack” core task involves children Working in groups of six, the children create a playing area with two goals at one end and three at the other and play 4V2.</li> <li>▪ Apply skills and tactics in a range of other games such as net / wall or striking / fielding type activities.</li> <li>▪ The “Run the Loop” core task involves a team of four batters trying to score points by striking the ball and running between wickets, and a team of four fielders trying to retrieve, throw and catch the ball quickly and accurately.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Describe what is successful in their own performances.</li> <li>▪ Identify aspects of their game that needs improving and say how they could go about improving them.</li> </ul>
<p><b>Year 5</b></p> <ul style="list-style-type: none"> <li>▶ Continue to develop sport specific skills and perform with consistency, accuracy, confidence and control.</li> <li>▶ Invasion Games skills through               <ul style="list-style-type: none"> <li>▶ Year 5 core task (netball): - running, dodging, chest pass, bounce pass, catching, shoulder pass, shooting,</li> <li>▶ Year 5 core task (rugby): - – running, dodging, swing pass, Catching a ball, kicking a ball</li> <li>▶ Year 5 core task (hockey): - running, push pass, dribbling, receiving a pass, shooting.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ Collaborate as a team and develop defending skills through modified versions of 5V3 or 5V4 invasion games.</li> <li>▪ The year 5 core task games aim is to beat the opposition by scoring more goals. Play the game initially 5V3 and then 5V4.</li> <li>▪ Apply a range of skills and tactics in a range of other games such as net / wall or striking / fielding type activities.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Recognise their own and others strengths and explain why a performance is good using appropriate terminology when evaluating both their own and others performances.</li> </ul>
<p><b>Year 6</b></p> <ul style="list-style-type: none"> <li>▶ Continue to develop sport specific skills and perform them with consistency, accuracy, confidence, control and speed.</li> <li>▶ Invasion Games skills through:               <ul style="list-style-type: none"> <li>▶ Calling the shots’ (netball): - running, dodging, chest pass, bounce pass, catching, shoulder pass, shooting,</li> <li>▶ Calling the shots’ (rugby): - – running, dodging, swing pass, Catching a ball, kicking a ball</li> <li>▶ Calling the shots’ (hockey): - running, push pass, dribbling, receiving a pass, shooting.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ Apply attacking and defending skills through modified versions of 4V4 or 5V5 invasion games.</li> <li>▪ The ‘Calling the shots’ core task involves children setting up a 4 v 4 invasion game based on mini-versions of football, netball, basketball, hockey, or tag rugby.</li> <li>▪ Apply a range of skills and tactics in a range of other games such as net / wall or striking / fielding type activities.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Identify aspects of their own and others’ performances that need improvement and suggest how to improve them, i.e. which aspects were performed consistently, accurately, fluently and clearly.</li> <li>▪ Watch performances and games and use criteria to make judgements and suggest improvements.</li> </ul>

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During Key Stage 2 pupils should continue to apply and develop a broader range of skills to apply in invasion game activities. Pupils should play modified competitive invasion games and be able to think about how to use skills, strategies and tactics to outwit the opposition by applying basic principles of attacking and defending. The core tasks for each year group are designed to match the physical, mental and emotional maturity of the majority of pupils in an age group and provide a link with expectations in terms of skills, applying the skills and evaluating their own and others performances.

Year 3	Year 4	Year 5	Year 6
<p>The aim of this unit of work is aimed at continuing to develop pupils throwing and catching skills and their skills in finding space to keep the ball. They learn to develop simple attacking skills in a 3V1 invasion game.</p>	<p>The aim of this unit is to develop a broader range of skills using a range of equipment.. The children will learn simple attacking tactics with uneven sides i.e. 4V2</p>	<p>The aim of this unit is to learn how to work well as a team when attacking, and explore a range of ways to defend through modified mini-versions of invasion games., i.e. 5V3, 5V4</p>	<p>In this unit the pupils start to play even-sided mini-versions of invasion games In invasion games, they enter their opponent's territory with the 'ball' and try to get into good positions for shooting or reaching the 'goal'</p>
<p>The 'Three touch ball' core task involves children trying to score as many goals as possible by passing a ball at least three times before throwing it into a hoop. The core task is played in an area with two/three goals (hoops) at one end. The pupils work in groups of four, with three attackers and one defender. (3V1) They are given a <b>choice</b> of balls to play with and <b>select one</b> that they can <b>all</b> send and receive well</p> 	<p>The 'On the attack' core task involves children trying to score goals using throwing and catching, kicking or striking techniques. Working in groups of five/six, the children create a playing area with two goals at one end and three at the other. Play 4V2 or 3V2 Once a shot has been taken, the attackers return to the back line and play starts again. The aim is to score as many goals as possible.</p> 	<p>The aim of the game is to beat the opposition by scoring more goals. Play the game 5V3 and then 5V4. Position a hoop or goal at one end of the pitch. Use netball, football, hockey or rugby equipment. The team with five players attacks the hoop/goal and the team with fewer players try to pass the ball over the restart line. After each goal or whenever the ball goes out of play, the larger team starts with a free pass from the restart line.</p> 	<p>The aim of the game is to beat the opposition by scoring more goals. Play the game 4V4 at first without goalkeepers and then 5V5. Position one goal/hoop at either end of the pitch. Players are not allowed to mark an opponent player or intercept the ball in the middle third. Use netball, football, hockey or rugby equipment.</p> 