

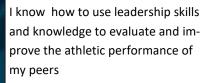
#### 'Curriculum is the Progression Model'FUNdamental movement skills > Athletics

I know how to refine techniques to enable me to compete and develop in shotput, triple jump and middle distance events

I know how to adopt basic techniques to help me run faster and

jump and throw further.

I know how to use my skills and knowledge to evaluate and improve my own athletic performance



I know how to use subtle tactics to gain an advantage in competition.

I know how to sprint, jog, hop, change direction, jump, stop throw with accuracy, place weight on hands demonstrating agility and control.

I know how to participate in organised competition fairly, sportingly whilst trying my best. I know how to refine techniques to enable me to compete and develop in relay, hurdles and javelin.



targets)

### 'Curriculum is the Progression Model' FUNdamental movement skills > Basketball

I know the strengths and weaknesses of attacking tactics in Basketball and when to select which approach and why. (Prog. Pointers - Height to play inside, good shooters? Play on the outside I can select and apply subject specific movements and utilise them in varied environments. I understand when and why to alter tactics.

> I know how to use leadership skills and my skills and knowledge to ensure my team make effective decisions during conditioned games

I know the strengths and weaknesses of defensive tactics in Basketball and when to select which approach and why. (Prog. Pointers - Full court press, screen to weaker hand etc)

I know how to throw and catch in pairs without variables (Prog. Pointers—list teaching points, increase distance, reduce size/ predictability of object)

I know how to throw overarm to stationary targets (Prog. Pointers—list teaching points, increase distance, reduce targets) I know how to throw under-arm to stationary targets (Prog. Pointers—increase distance, list teaching points, reduce

I know how to and when to use a javelin, chest and bounce pass (Prog. Pointers—Increase distance, add defender) I understand the rules of Basketball sufficiently to make effective attacking decisions (Travelling, Double dribble, 24 Shot clock etc)

I know how and when to adapt shooting technique for success (set shot, lay up etc)



# 'Curriculum is the Progression Model'FUNdamental movement skills > Cricket



I know how to hold a cricket bat in stance correctly and can hit a moving ball with relative accuracy (Prog. Pointers—increase speed of bowl) I know how different tactics to use in striking and fielding to outwit their opponents

I can begin to use racquets, sticks and bats from a stationary position to manoeuvre others objects sharing basic control (bean bags > large balls > small balls) I know how to use my skills and knowledge to select and apply decisions independently. (Reacting to change in the field when batting, bowling for batters weakness)

I know how to perform a legal cricket bowl with increasing accuracy (Prog. Pointers— fingers each of side of seem, straight arm, brush past ear)

I know how to throw underarm to stationary targets (Prog. Pointers—increase distance, list teaching points, reduce targets)



I know how to throw over-arm to stationary targets (Prog. Pointers—list teaching points, increase distance, reduce targets) I know how to and when to throw and catch in pairs/groups with increased variables (Under—arm/Over-arm throws with opponent/variables. Reduce/Increase Space/Ball)



# 'Curriculum is the Progression Model'FUNdamental movement skills > Dance

I know how to work as a group to

I know how to use listening skills and knowledge to follow choreography led by

I know how to lead a group to create a dance routine without the support of an adult

I know how to move my body to music and follow simple and direct instruction

an adult

I know how to use my knowledge and skills to create a dance routine individually relating to a stimulus

I know how to sprint, jog, hop, change direction, place weight on hands, climb basic structures demonstrating agility & control

I know that moving my body to music is really fun!

I know key dance terminology and can explain what each term means.



#### 'Curriculum is the Progression Model' FUNdamental movement skills > Football

I know how and when to use dribbling and passing techniques to evade opponents (3 v 1—reduce advantage as skill develops) I know the strengths and weaknesses of defensive/offensive tactics in football also when and why to select these tactics (low block, width in attack, high press)

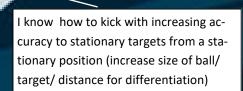


I know how to use leadership skills and my skills and knowledge to ensure my team make effective decisions during conditioned games

I can select and apply subject specific movements and utilise them in varied environments. I understand when and why to change techniques (curling the ball, shielding to wait for a team mate, side foot placement or laces of the boot for power?)

I can use different parts of my foot to move whilst maintaining control of the football whilst maintaining balance

I know how to sprint, jog, hop, change direction, jump and stop demonstrating agility and control.



I know how to pass to team mates in a range of ways effectively (from stationary > moving whilst passing (T.P—Consider weight of pass, playing to run onto)



# 'Curriculum is the Progression Model' FUNdamental movement skills > Gymnastics

I know how to use mirror and match to create an engaging routine when working as a pair (Prog. Pointers—Stretch M/A by asking for multiple level changes and lots of travelling)

I know how to hold myself in a range of patch and point balances demonstrating control and extension.

I know how to sprint, jog, hop, change direction, place weight on hands, climb basic structures demonstrating agility and control.



I know how to travel safely in a range of ways, in different speeds and levels including on apparatus (run, jump, crawl, pencil roll etc)

I know how to effectively perform a variety of partner balances whilst demonstrating control, extension and fluency.



I can use my gymnastics and knowledge and skill to lead a group when creating a routine.

I know how to travel in a range of ways, balance with control, demonstrate mirror/match, canon/ unison, perform partner balances and use apparatus effectively whilst participating in a mediumlarge sized group.

I know how to use canon and unison effectively when participating in a routine as a part of a medium-large sized group.

I know how to link a combination of balances and travels to create a routine. (Prog. Pointers—Increase independence, difficulty of travel/balances, ensure fluency between skills)



#### 'Curriculum is the Progression Model' FUNdamental movement skills > Handball

I know the strengths and weaknesses of attacking tactics in Handball and when to select which approach and why. (Prog. Pointers -Depth/Width, Overload) I can select and apply subject specific movements and utilise them in varied environments. I understand when and why to alter tactics.



I know how to use leadership skills and my skills and knowledge to ensure my team make effective decisions during conditioned games

I know the strengths and weaknesses of defensive tactics in Handball and when to select which approach and why. (Prog. Pointers - Compact in defence, Wall, Double marking)

I know how to throw and catch in pairs without variables (Prog. Pointers—list teaching points, increase distance, reduce size/ predictability of object)

I know how to throw overarm to stationary targets (Prog. Pointers—list teaching points, increase distance, reduce targets) I know how to throw under-arm to stationary targets (Prog. Pointers—increase distance, list teaching points, reduce

targets)

I know how to and when to throw and catch in pairs/groups with increased variables (Under—arm/Over-arm throws with opponent/variables. Reduce/Increase Space/Ball) I know how and when to adapt throwing technique to be effective when shooting (Unopposed to opposed)



# 'Curriculum is the Progression Model'FUNdamental movement skills > Hockey

I know how and when to use dribbling and passing techniques to evade opponents (3 v 1—reduce advantage as skill develops)

I can use open/closed stick whilst maintaining control of the football

whilst maintaining balance

I know the strengths and weaknesses of defensive/offensive tactics in Hockey also when and why to select these tactics (low block, width in attack, high press)



I know how to use leadership skills and my skills and knowledge to ensure my team make effective decisions during conditioned games

I can select and apply subject specific movements and utilise them in varied environments. I understand when and why to change techniques

I know how to sprint, jog, hop, change direction, jump and stop demonstrating agility and control.



I know how to use the stick to push the ball with increasing accuracy to stationary targets from a stationary position (increase size of ball/target/ distance for differentiation) I know how to pass to team mates in a range of ways effectively (from stationary > moving whilst passing (T.P—Consider weight of pass, playing to run onto)



#### 'Curriculum is the Progression Model' FUNdamental movement skills > Health Related Exercise

I know there are multiple sub-genres of fitness and can list some of these (CV Endurance, muscular endurance etc) I know how to adapt routines effectively to ensure progress can be made in various sub-genres of fitness



I know how to use my social skills, my knowledge of nutrition and how the body adapts to act effectively as a personal trainer for peers.

I know which foods help or hinder my body to function (protein & fibre over sugar and fat)

I know how to sprint, jog, hop, change direction, place weight on hands, climb basic structures demonstrating agility and control.



I notice the basic changes that occur when my body participants in exercise (heart beats faster, I get hotter, sweat) I know how to identify areas of fitness where I am strong and areas that I could improve

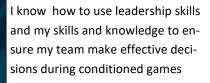
I know the process of muscular hypertrophy (maybe not my name, repetitive exercise results in muscle growth) and can demonstrate effort/activity levels that will achieve this



targets)

# 'Curriculum is the Progression Model' FUNdamental movement skills > Netball

I know the strengths and weaknesses of attacking tactics in Netball and when to select which approach and why. (Prog. Pointers - Height to play—Move the ball fast to exploit space, pass to hand furthest away from defender) I can select and apply subject specific movements and utilise them in varied environments. I understand when and why to alter tactics.



I know how to throw and catch in pairs without variables (Prog. Pointers—list teaching points, increase distance, reduce size/ predictability of object)

I know how to throw overarm to stationary targets (Prog. Pointers—list teaching points, increase distance, reduce targets) I know how to throw under-arm to stationary targets (Prog. Pointers—increase distance, list teaching points, reduce

I understand the rules of Netball sufficiently to make effective attacking decisions (Footwork rules, 3 second rule, feet inside shooting circle)

I know how and when to adapt shooting technique for success (increased power for larger distances, larger angle to shoot over GD) I know the strengths and weaknesses of defensive tactics in Netball and when to select which approach and why. (Prog. Pointers - 'Forcing in', loud communication, full/half press)

I know how to and when to use a javelin, chest and bounce pass (Prog. Pointers—Increase distance, add defender)



#### 'Curriculum is the Progression Model' FUNdamental movement skills > Rounders

I know how to hold a rounders bat in stance correctly and can hit a moving ball with relative accuracy (Prog. Pointers—increase speed of bowl)

I know how different tactics to use in striking and fielding to outwit their opponents

I can begin to use racquets, sticks and bats from a stationary position to manoeuvre others objects sharing basic control (bean bags > large balls > small balls)

I know how to use my skills and knowledge to select and apply decisions independently. (Reacting to change in the field when batting, bowling for batters weakness)

I know how to perform a legal rounders bowl with increasing accuracy (Prog. Pointers- Smooth under arm action, into batters square at the right height)

I know how to throw underarm to stationary targets (Prog. Pointers—increase distance, list teaching points, reduce targets)



I know how to throw over-arm to stationary targets (Prog. Pointers—list teaching points, increase distance, reduce targets)

I know how to and when to throw and catch in pairs/groups with increased variables (Under—arm/Over-arm throws with opponent/variables. Reduce/Increase Space/Ball)



### 'Curriculum is the Progression Model' FUNdamental movement skills > Tag Rugby

I know how and when to use ball carrying skills and passing techniques to evade opponents (3 v 1 reduce advantage as skill develops)

I know how to move efficiently whilst carrying the ball to evade an

opponent (change of speed,

change of direction)

I know the strengths and weaknesses of defensive/offensive tactics in Rugby—also when and why to select these tactics (low block, width in attack, double up when close to your own try line)



I know how to use leadership skills and my skills and knowledge to ensure my team make effective decisions during conditioned games

I understand the rules of the game and use this to make effective decisions (3 second rule after tagging, no forward pass)

I know how to sprint, jog, hop, change direction, jump and stop demonstrating agility and control.

I know how to sprint, jog, change direction and stop whilst carrying the rugby ball. I know how to pass to team mates in a range of ways effectively (from stationary > moving whilst passing (T.P—Consider weight of pass, playing to run onto, can't pass forwards)



#### 'Curriculum is the Progression Model' FUNdamental movement skills > Types of Training

I know there are multiple sub-genres of fitness and can list some of these (CV Endurance, muscular endurance etc)

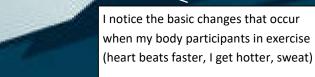
I know how to adapt routines effectively to ensure progress can be made in various sub-genres of fitness



I know the strengths and weaknesses of various types of training and can suggest which type to employ when faced with a related dilemma

I know which foods help or hinder my body to function (protein & fibre over sugar and fat)

I know how to sprint, jog, hop, change direction, place weight on hands, climb basic structures demonstrating agility and control.



where I am strong and areas that I could improve

I know how to identify areas of fitness

I know the process of muscular hypertrophy (maybe not my name, repetitive exercise results in muscle growth) and can demonstrate effort/activity levels that will achieve this