Learning pathway
supporting the personal development of the
whole child

Year 3: Athletics
Explore running for speed
Explore acceleration
Introduce /develop relay: Running for speed in a team
Throwing: Accuracy vs distance
Standing long jump

Year 4: Athletics
Develop running at speed
Exploring our stride pattern
Exploring running at pace
Understand and apply tactics when running for distance
Javelin
Standing triple jump

Year 5: Athletics
Finishing a race
Evaluating our performance
Sprinting: My personal best
Relay changeovers
Shot Put
Introducing the hurdles

Year 6: Athletics
Running for speed competition
Running for distance competition
Throwing competition
Jumping competition

Beyond KS2
Pupils are inspired, physically competent and confident
Pupils understand and succeed when implementing a broad range of skills
Pupils choose to seek healthy, active lifestyles

Foundation: Jumping*
Explore/develop jumping
Apply jumping into a game
Jumping for distance
Explore jumping high
Explore hopping

Year 1: Locomotion (running)*
Explore running
Apply running into a game
Explore running at different speeds
Running for speed: Acceleration
Explore running in a team
Consolidate running, apply running into a competitive game

Year 2: Jumping*
Consolidate jumping
Apply jumping into a game
Linking jumping
Explore jumping combinations
Develop jumping combinations

Pupils can collaborate and work as a team

Pupils can evaluate their peers

Pupils can support others when there is a competitive element

Pupils try their hardest when involved with a team

Pupils can play fairly in their teams

Pupils continued to try hard even when they are challenged

Pupils can travel with confidence

Pupils have developed their character and personal life skills

Learning Pathway: Foundation/KS1 Locomotion and KS2 Athletics

Complete P.E.™ INSPIRE LEARN SUCCEED

YOUTH SPORT TRUST

Learning pathway
supporting the personal development of the
whole child

Year 3: Athletics
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Running for speed: Acceleration
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Learning Pathway: Foundation/KS1 Locomotion and KS2 Athletics

Complete P.E.™ INSPIRE LEARN SUCCEED

YOUTH SPORT TRUST

Learning pathway
supporting the personal development of the
whole child

Foundation: Ball Skills Hands
Explore pushing
Explore rolling
Explore bouncing
Explore bouncing into space
Combine pushing and rolling
Combine rolling, pushing and bouncing

Year 1: Ball Skills Hands
Introduce sending (bouncing) with control
Introduce aiming with accuracy
Introduce power and speed when sending a ball
Introduce/develop stopping, combining sending skills
Combine sending and receiving skills

Year 2: Ball Skills Hands
Develop dribbling/passing and receiving
Combine dribbling, passing and receiving, keeping possession
Develop dribbling/passing and receiving to score a point
Combine dribbling, passing and receiving to score a point

Year 3: Basketball
Introduce dribbling, keeping control
Introduce passing and receiving
Combine dribbling and passing to create space
Develop passing, receiving and dribbling
Introduce shooting

Year 4: Basketball
Refine dribbling
Refine passing and receiving
Refine passing and dribbling creating space
Refine passing and dribbling creating shooting opportunities
Introduce marking

Year 5: Basketball
Refine dribbling
Refine passing and receiving
Refine passing and dribbling creating space
Refine passing and dribbling creating shooting opportunities
Introduce marking

Year 6: Basketball
Refine dribbling
Refine passing and receiving
Refine passing and dribbling creating space
Refine passing and dribbling creating shooting opportunities
Introduce marking

Beyond KS2
Pupils are inspired, physically competent and confident
Pupils understand and succeed when implementing a broad range of skills
Pupils choose to seek healthy, active lifestyles

Pupils can follow the rules and instructions of the game

Pupils can take turns and play fairly

Pupils can keep the score score honestly

Pupils can collaborate as a team

Pupils respect the rules of the game

Pupils can mange the games themselves

Pupils can officiate and apply the rules

Pupils have developed their character and personal life skills

Learning Pathway: Foundation/KS1 Ball Skills Hands and KS2 Basketball

Complete P.E.™ INSPIRE LEARN SUCCEED

YOUTH SPORT TRUST

Learning pathway
supporting the personal development of the
whole child

Year 1: Ball Skills Hands

Introduce sending (bouncing) with control

Introduce aiming with accuracy

Introduce power and speed when sending a ball

Introduce/develop stopping, combining sending skills

Combine sending and receiving skills

Year 2: Locomotion (dodging)

Explore dodging

Develop dodging

Apply dodging:
Explore attacking and defending

Apply dodging in teams

Consolidate dodging

Year 3: Dodgeball

Developing changing direction

Introduce throwing with accuracy

Introduce catching

Develop moving, changing direction at speed

Combine throwing and dodging

Year 4: Dodgeball

Introduce jumping and ducking

Develop throwing with accuracy and power over an increased distance

Develop catching

Consolidate dodging, jumping and ducking into games

Combine dodging, catching and throwing

Year 5: Dodgeball

Introduce blocking

Consolidate catching

Understand where we throw and why we need to throw with accuracy and power

Explore basic attacking and defending tactics

Year 6: Dodgeball

Consolidate attacking and defending, understand and apply attacking/defending tactics

Transition between attack and defence

Applying the rules:
Officiating games

Managing tactics and officiate games

Beyond KS2

Pupils are inspired, physically competent and confident

Pupils understand and succeed when implementing a broad range of skills

Pupils choose to seek healthy, active lifestyles

Foundation:
Games For Understanding

Taking Turns

Keeping the Score

Understanding and playing by the rules

Avoiding a defender

Preventing an attacker from scoring

Applying attacking and defending into a game

Pupils can collaborate as a team

Pupils can collaborate and apply the rules of a game

Pupils understand why they need to dodge

Pupils can help each other

Pupils can travel/ move with confidence

Pupils can mange the games themselves

Pupils can officiate and apply the rules

Pupils have developed their character and personal life skills

Learning Pathway: Foundation/KS1 Ball Skills Hands/Locomotion and KS2 Dodgeball

Complete P.E.™ INSPIRE LEARN SUCCEED

YOUTH SPORT TRUST

Learning pathway
supporting the personal development of the
whole child

Year 3: Football
Introduce/develop dribbling keeping control
Introduce passing and receiving
Combine dribbling and passing to create space
Develop passing, receiving and dribbling

Year 4: Football
Refine dribbling
Turning
Refine passing and receiving
Develop passing and dribbling creating space
Introduce shooting

Year 5: Football
Recap and refine dribbling and passing to maintain possession
Introduce and develop defending
Develop shooting
Refine attacking skills, passing, dribbling and shooting, introduce officiating

Year 6: Football
Consolidate keeping possession, develop officiating
Consolidate defending
Organise formations and mange teams
Organise formations decide tactics, manage reams and officiate games

Beyond KS2
Pupils are inspired, physically competent and confident
Pupils understand and succeed when implementing a broad range of skills
Pupils choose to seek healthy, active lifestyles

Foundation: Ball Skills Feet
Explore moving with a ball using our feet
Develop moving with a ball using our feet
Understand dribbling
Develop dribbling against an opponent

Year 1: Ball Skills Feet
Develop moving the ball using the feet
Apply dribbling into games
Consolidate dribbling
Explore kicking (passing)
Apply kicking (passing) to score a point

Year 2: Ball Skills Feet
Develop dribbling/passing/receiving, keeping possession
Combine dribbling, passing and receiving, keeping possession/to score a point
Apply dribbling, passing and receiving as a team to score a point

Pupils can collaborate as a team

Pupils respect the rules of the game

Pupils can work together in pairs

Pupils understand their role in their team

Pupils can count their own score

Pupils can officiate and apply the rules

Pupils can follow the rules and instructions of the game

Pupils have developed their character and personal life skills

Learning Pathway: Foundation/KS1 Ball Skills Feet and KS2 Football

Complete P.E.™ INSPIRE LEARN SUCCEED

YOUTH SPORT TRUST

Learning Pathway: Foundation/KS1 Ball Skills Hands/Locomotion and KS2 Handball

Complete P.E. INSPIRE LEARN SUCCEED

YOUTH SPORT TRUST

Learning pathway
supporting the personal development of the
whole child

Year 3: Hockey

Introduce dribbling; keeping control

Introduce passing and receiving

Combine dribbling and passing to create space

Develop passing, receiving and dribbling

Introduce shooting

Year 4: Hockey

Refine dribbling and passing

Develop shooting; combine passing and dribbling to create shooting opportunities

Develop passing and dribbling creating space for attacking opportunities

Introduce defending; blocking and tackling

Year 5: Hockey

Develop defending; block and tacking

Recap and refine dribbling and passing to create attacking opportunities

Refine attacking skills, passing dribbling and shooting

Refine defending skills developing transition from defence to attack

Year 6: Hockey

Consolidate keeping possession, develop officiating

Consolidate defending

Create, understand and apply attacking/defending tactics in game situations

Beyond KS2

Pupils are inspired, physically competent and confident

Pupils understand and succeed when implementing a broad range of skills

Pupils choose to seek healthy, active lifestyles

Foundation: Games For Understanding

Taking turns/keeping the Score

Understanding and playing by the rules

Avoiding a defender

Preventing an attacker from scoring

Applying attacking and defending into a game

Year 1: Games For Understanding

Understanding the principles of attack/defence

Applying attacking/ defending principles into a game

Consolidate attacking/defending

Year 2: Games For Understanding

Attacking/defending as a team

Understanding the transition between defence and attack

Create and apply attacking/ defensive tactics

Pupils can collaborate as a team

Pupils can collaborate and apply the rules of a game

Pupils can work against other teams

Pupils can mange the games themselves

Pupils can play fairly in their teams

Pupils can officiate and apply the rules

Pupils can travel/ move with confidence

Pupils have developed their character and personal life skills

Learning Pathway: Foundation/KS1 Games For Understanding and KS2 Hockey

Complete P.E.™ INSPIRE LEARN SUCCEED

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Learning Pathway: Foundation/KS1 Ball Skills Hands and KS2 Netball

Complete P.E. INSPIRE LEARN SUCCEED

YOUTH SPORT TRUST

Learning Pathway: Foundation/KS1 Locomotion and KS2 Tag Rugby

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YOUTH SPORT TRUST

Learning Pathway: Foundation/KS1 Ball Skills Hands and KS2 Cricket

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YOUTH SPORT TRUST

Learning pathway
supporting the personal development of the
whole child

Foundation: Ball Skills Hands
Explore throwing
Explore throwing (underarm)
Explore throwing (overarm)
Explore rolling
Explore stopping a ball (small ball)
Explore catching

Year 1: Ball Skills Hands
Introduce throwing with accuracy
Apply throwing with accuracy in a team
Extend throwing with accuracy
Introduce stopping a ball
Develop sending (rolling) skills to score a point
Consolidation of sending (rolling) and stopping skills to win a game

Year 2: Ball Skills Hands
Develop/consolidate pupils application and understanding of underarm throwing
Applying the underarm throw to win a game/beat an opponent
Introduce overarm throwing:
Applying overarm throwing to win a game

Year 3: Rounders
Introduce to rounders
Introduce overarm throwing
Apply overarm and underarm throwing
Introduce stopping the ball
Application of stopping the ball in a game

Year 4: Rounders
Develop fielding bowling with a backstop
Introduce batting; how
Develop batting; where and why
Introduce and apply basic fielding tactics

Year 5: Rounders
Develop fielding tactics maximising players
Understand what happens if the batter misses the ball
Refine fielding tactics, what players where?
Applying tactics in mini games

Year 6: Rounders
Introduction to full rounders
Consolidate fielding tactics
Refine our understanding of what happens if the batter misses or hits the ball backwards
Batting considerations

Beyond KS2
Pupils are inspired, physically competent and confident
Pupils understand and succeed when implementing a broad range of skills
Pupils choose to seek healthy, active lifestyles

Pupils have developed their character and personal life skills

Pupils can count their score

Pupils can keep their score honestly

Pupils can collaborate and take turns

Pupils can organise themselves as a team fairly

Pupils keep trying even when learning new skills

Pupils can keep the score of the game

Pupils can umpire and score a game confidently

Learning Pathway: Foundation/KS1 Ball Skills Hands and KS2 Rounders

Complete P.E.™ INSPIRE LEARN SUCCEED

YOUTH SPORT TRUST

Learning pathway
supporting the personal development of the
whole child

Foundation: Ball Skills Hands
Explore throwing
Explore throwing (underarm)
Explore throwing (overarm)
Explore rolling
Explore stopping a ball (small ball)
Explore catching

Year 1: Ball Skills Hands
Introduce throwing with accuracy
Apply throwing with accuracy in a team
Extend throwing with accuracy
Introduce stopping a ball
Develop sending (rolling) skills to score a point
Consolidation of sending (rolling) and stopping skills to win a game

Year 2: Ball Skills Hands
Develop/consolidate pupils application and understanding of underarm throwing
Applying the underarm throw to win a game/beat an opponent
Introduce overarm throwing:
Applying overarm throwing to win a game

Year 3: Tennis
Introduction tennis, outwitting an opponent
Creating space to win a point
Consolidate how to win a game introduce rackets
Introduce the forehand

Year 4: Tennis
Developing the forehand
Creating space to win a point using a racket
Introduce the backhand
Applying the forehand and backhand in game situations
Applying the forehand and backhand creating space to win a point

Year 5: Tennis
Introduce/develop the volley
Controlling the game from the serve
Doubles, understanding and applying tactics to win a pint

Year 6: Tennis
Game application
Game application, mixed ability doubles, round robin games

Beyond KS2
Pupils are inspired, physically competent and confident
Pupils understand and succeed when implementing a broad range of skills
Pupils choose to seek healthy, active lifestyles

Pupils have developed their character and personal life skills

Pupils can umpire and score a game confidently

Pupils can keep the score of the game

Pupils can continue to develop even if they find things challenging

Pupils can collaborate and keep the score

Pupils can collaborate and take turns

Pupils can keep their score honestly

Pupils can count their score

Learning Pathway: Foundation/KS1 Ball Skills Hands and KS2 Tennis

Complete P.E.™ INSPIRE LEARN SUCCEED

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Learning Pathway: Foundation/KS1 Team Building and KS2 OAA

Complete P.E. INSPIRE LEARN SUCCEED

YOUTH SPORT TRUST

Learning Pathway: Foundation, KS1 and KS2 Gymnastics

Complete P.E.™ INSPIRE LEARN SUCCEED

YOUTH SPORT TRUST

Learning Pathway: Foundation, KS1 and KS2 Health and Well being

Complete P.E. INSPIRE LEARN SUCCEED

YOUTH SPORT TRUST