

SKILL PROGRESSIONS

The SPIRALPE curriculum develops important transferable skills and increases the challenge level year on year within the keystages. The progressions are not always entirely linear; it is more of a development of the different components of a skill at appropriate age milestones to embedded a well rounded understanding and application of the skill by the end of year 6.

Keystage

1

Focus Area

agility



Skill Area: body awareness

Year	Can I...	Learning Objective	Lesson ref.
Reception	assume different positions - stand, sit & crouch	Improve the control of my body	1
Reception	identify part of the body - knees, head, arms, hands, legs, back	Improve understanding of parts of the body to help me follow physical instructions	17
Year 1	take my own pulse to check my heart rate - recognise what happens when I am tired	Improve my understanding of how my body works	40
Year 1	identify right and left hand and right and left foot	Learn left and right	56
Year 2	recover my breathing and lower my heart rate after exercise	Improve my understanding of how my body works and how to recover	79
Year 2	turn to the left and right quickly in a fluid movement	improve my ability to change direction quickly and smoothly	95

agility



Skill Area: dodging and evading

Year	Can I...	Learning Objective	Lesson ref.
Reception	zig zag from one side of a zone to another	Improve my ability to change direction	7
Reception	travel safely from one zone to another	improve travelling skills	13
Year 1	travel using side steps on both sides	Improve my ability to push off from either foot with equal force	46
Year 1	anticipate, dodge and evade others coming in opposite direction	improve the ability to change direction quickly	52
Year 2	demonstrate when to change direction whilst running	Improve my ability to change direction to move into space	85
Year 2	anticipate, dodge and evade others coming in multiple directions	improve agility and control of movements by exploring the ability to react quickly to others	91

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agility

8

Skill Area: flexibility of movement

Year	Can I...	Learning Objective	Lesson ref.
Reception	touch right hand to right foot, and left hand to left foot	Improve my understanding of left and right	2
Reception	jump up on the spot and land on two feet	Improve my ability to perform a secure jump and landing	35
Year 1	touch opposite hand to foot (both sides)	Improve my understanding of opposites and demonstrate flexibility	41
Year 1	jump off two feet and land on one foot (both left and right)	Improve my ability to perform a co-ordinated jump and one footed landing	74
Year 2	mirror the actions of a partner	Improve my speed of movement to mimic actions	80
Year 2	speed bounce for 1 minute	Improve my ability to co-ordinate multiple jumps and landings over a sustained period	113

agility

8

Skill Area: reaction

Year	Can I...	Learning Objective	Lesson ref.
Reception	receive a rolling ball?	To improve reactions by working with ball catching skills	15
Reception	Follow a simple instruction, run to a line and STOP.	Improve my ability to react quickly to commands	28
Year 1	receive a bean bag?	To improve agility through different catching skills	54
Year 1	Get body in a start position and start running on command, ready; steady; go	Improve my ability to react quickly to commands	67
Year 2	receive a bouncing ball?	To improve agility through different catching and reaction tasks	93
Year 2	jump over a hurdle when running at pace	Improve my ability to react quickly to obstacles	106

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agility

8

Skill Area: rotation

Year	Can I...	Learning Objective	Lesson ref.
Reception	move both arms at the same time in a circular motion	Improve my ability to rotate my arms (and when I would use it)	21
Reception	take a ball passed into one hand and put into the other hand to pass it on	Improve my ability to perform rotation of various parts of my body	34
Year 1	throw a ball over arm with both left and right hand	Improve my ability to throw with both hands	60
Year 1	pass a ball to someone behind me, by swivelling at the waist	Improve the control and rotation of my hips	73
Year 2	hit a moving tennis ball with a racket - with both hands	Improve the smoothness of my rotation when striking a tennis ball	99
Year 2	pivot on one foot to pass and receive a ball	Improve the control and rotation of my body	112

agility

8

Skill Area: travelling

Year	Can I...	Learning Objective	Lesson ref.
Reception	identify different equipment rugby ball, basketball, hockey stick, football etc.	Improve my understanding of different types of PE and Sporting equipment	8
Reception	run in a straight-line from one zone to another	Improve my understanding of how to travel safely	27
Year 1	carry a rugby ball, basketball, hockey stick, football, safely and appropriately	Improve my understanding of how my body shape changes when travelling within different sports	47
Year 1	run continuously for 30 seconds	Improve my ability to run continuously	66
Year 2	dribble a rugby ball, basketball, hockey stick, football, safely and appropriately	Improve my ability to navigate through obstacles with different sports equipment	86
Year 2	run a continuous relay with a partner 2 minutes	Improve my stamina and my understanding of the importance of rest opportunities	105

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Focus Area

balance



Skill Area: balancing equipment

Year	Can I...	Learning Objective	Lesson ref.
Reception	balance a beanbag on a plastic tennis racket and walk 5m	improve balancing skills and hand to eye co-ordination	10
Reception	balance a beanbag on your head and walk 5m	Improve my ability to hold my head still whilst moving my limbs	22
Year 1	balance a beanbag on a plastic tennis racket, right and left hand and walk 10m	improve balance through hand to eye co-ordination and interaction with equipment	49
Year 1	balance a beanbag on your head and a bean bag on a plastic racket and walk 5m	Improve my balance and control	61
Year 2	balance a beanbag on a plastic tennis racket, right and left hand and run through a 15m zig zag circuit	improve balance through hand to eye co-ordination and interaction with equipment	88
Year 2	balance a beanbag on your head and a bean bag on a plastic racket in both hands at the same time and walk through a 15 m zig zag circuit	Improve my balance and control	100

balance



Skill Area: dynamic balance

Year	Can I...	Learning Objective	Lesson ref.
Reception	bounce from one foot to the other and back	Improve my dynamic balance - hopping skills	4
Reception	walk along a straight line on the floor (heel to toe - like a tightrope)	Improve my balance and control of my limbs	23
Year 1	hop on 1 leg on the spot 10 times (both sides)	Improve my dynamic balance - hopping skills	43
Year 1	catch a bean bag standing on one leg (both sides)	Improve my balance (and my understanding of balance)	62
Year 2	hop 5m on right leg, and 5m on left leg	Improve my dynamic balance - hopping skills	82
Year 2	catch a bouncing ball standing on one leg (both sides)	Improve my balance (and my understanding of balance)	101

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balance



Skill Area: generating force through transfer of weight

Year	Can I...	Learning Objective	Lesson ref.
Reception	kick a ball off a cone	Improve my kicking technique	9
Reception	move weight from one foot to the other (with both feet on the floor)	Improve my understanding of balance and how to make adjustments	30
Year 1	run and kick a ball from a cone with right and left foot 10m	Improve my balance as I move at various speeds and use either side	48
Year 1	perform a standing jump off two feet and land on two feet	Improve my ability to perform a balanced take off and landing	69
Year 2	kick a moving ball with both feet 10m	Improve my ability to generate force through momentum and swing	87
Year 2	perform standing two foot jump and use arms and legs to gain momentum	Improve my ability to perform a balanced take off and landing	108

balance



Skill Area: points of contact

Year	Can I...	Learning Objective	Lesson ref.
Reception	balance on 1 leg for 3 seconds	Improve my core balance (and being 'still') abilities	3
Reception	set off running from a sitting down position	Improve my understanding of balance	29
Year 1	balance on all fours for 10 seconds	Improve my core balance and 'holding a position' abilities	42
Year 1	set off running from an all fours position	Understand balancing and how points of contact affects balance	68
Year 2	stay in a 2 arm press up position for 5 seconds	Improve my understanding of the roles points of contact play in balance	81
Year 2	chose the best position to set off running	Understand when different points of contact can be used in sport	107

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balance



Skill Area: static balance

Year	Can I...	Learning Objective	Lesson ref.
Reception	balance a beanbag on my head and/or on a plastic tennis racket held straight out in front for 10 seconds	improve balancing skills and control of your body	20
Reception	stand on one leg for 5 seconds (on both sides)	Improve my balance	36
Year 1	kneeling down, balance a beanbag on your head and on a plastic tennis racket in each hand, with a straight arm for 10 seconds	Improve the ability to control the body and hold a position	59
Year 1	stand on one leg for 5 seconds (on both sides) with eyes closed and finger on nose	Improve my balance	75
Year 2	standing on one leg, balance a beanbag on your head and on a plastic tennis racket in each hand, with a straight arm for 10 seconds	Improve the ability to control the body and hold a position for a sustained period	98
Year 2	stand on one leg (both sides) for 10 seconds and change position of other limbs - controlling balance i.e. bend knees, rotate arms etc.	Improve my ability to make small movements to maintain my balance	114

balance



Skill Area: understanding base

Year	Can I...	Learning Objective	Lesson ref.
Reception	understand what happens when I lean too far	Improve my understanding of the different parts of my body and how they affect balance	16
Reception	stand on one leg pushing a hula hoop with a partner (both legs)	Understand why I fall over sometimes	37
Year 1	bring my arms up when balancing	Improve my balance in various positions	55
Year 1	exert power through pushing/throwing an object	Improve my ability to understand what happens to balance when I face a force	76
Year 2	widen my base to maintain stability	Improve my ability to generate force through momentum and swing	94
Year 2	exert power to pull an object from an opponent	Improve my ability to understand what happens to balance when I face contrasting forces	115

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Focus Area

co-ordination

Skill Area: combination of skills

Year	Can I...	Learning Objective	Lesson ref.
Reception	bounce a large ball and catch it with two hands	Improve catching skills	24
Reception	run from one zone to another zone jumping over cones as you move	Improve my ability to combine movements	31
Year 1	catch a bounced tennis ball	Improve catching skills	63
Year 1	run and jump over a number of hurdles/obstacles in a relay race	Improve my co-ordination through combining skills	70
Year 2	throw a tennis ball up, clap twice and catch it with one hand (both sides)	Improve catching skills and hand to eye co-ordination	102
Year 2	run and jump over a number of low obstacles in a relay race whilst travelling with a variety of balls	Improve my co-ordination through combining skills	109

co-ordination

Skill Area: differentiating force

Year	Can I...	Learning Objective	Lesson ref.
Reception	change how you throw a beanbag at targets 2m, 4m, 6m away	Improve my understanding of distances	6
Reception	understand how to slide a bean bag along the floor to a partner at different speeds	Improve my understanding of different power	32
Year 1	understand how to roll a ball to a partner at different speeds	Improve my understanding of controlling power	45
Year 1	change how you throw a ball at targets 2m, 4m, 6m away	Improve my understanding of how and when to adjust throwing styles	71
Year 2	understand how to change the power I use to throw a bean bag to different targets (all underarm)	Improve my understanding of when to use different types of throw	84
Year 2	understand the power needed to throw a shuttlecock, a tennis ball and a beanbag the same distance	Improve my understanding of the relationships between power and weight	110

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co-ordination

Skill Area: organising limbs

Year	Can I...	Learning Objective	Lesson ref.
Reception	understand how to move to a rhythm	improve my understanding of rhythm	18
Reception	move to get in line to receive a bean bag	Improve my ability to receive objects	39
Year 1	increase the tempo of my dancing in time with a change in speed of a rhythm	improve my understanding of rhythm and how it effects my movements	57
Year 1	move to get in line to receive a rolled ball	Improve my ability to receive objects	78
Year 2	create a short individual dance sequence to music	improve the way I link a sequence of movements	96
Year 2	run to get in line to receive a bounced ball	Improve my ability to make adjustments based on my judgement when receiving	117

co-ordination

Skill Area: receiving

Year	Can I...	Learning Objective	Lesson ref.
Reception	catch a beanbag at waist height	Improve my catching skills	12
Reception	receive a bean bag and hold my hands ready in a cup position	Improve my catching technique	38
Year 1	catch a beanbag at a variety of heights, feet, waist, above head etc.	Improve my ability to adjust my hand position for a range of catches	51
Year 1	move to receive a thrown beanbag and hold my hands ready in the cup position	Improve my catching technique	77
Year 2	catch a bouncing ball at a variety of heights and angles	Improve my ability to track and adjust my body position for a range of catches	90
Year 2	run to receive a bounced ball and get my hands ready using cup position or inverted cup position	Improve my catching technique	116

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co-ordination

Skill Area: sending

Year	Can I...	Learning Objective	Lesson ref.
Reception	kick a static football (with both feet) to a partner 3m away	Improve the co-ordination of my feet	5
Reception	roll a ball to a partner	Improve the accuracy and technique of my rolling skills	11
Year 1	kick a static football (with both feet) to a partner 5m away	Improve the co-ordination of my feet	44
Year 1	throw a ball to a partner using an underarm throw	Improve the accuracy and technique of my throwing skills	50
Year 2	kick a static football (with both feet) to a partner 7m away	Improve the co-ordination of my feet	83
Year 2	bounce pass a large bouncy ball to a partner	Improve the accuracy and technique of my passing skills	89

co-ordination

Skill Area: timing

Year	Can I...	Learning Objective	Lesson ref.
Reception	stop and start a simple movement action to music	improve my control and reactions to a cue	19
Reception	throw and catch a sponge ball - 1 bounce - to a partner	Improve the timing of my catching skills	25
Year 1	perform claps in time with a musical beat	improve my control of rhythm	58
Year 1	strike a bouncing sponge ball with my hand (both sides)	Improve my timing when striking an object	64
Year 2	follow musical cues	improve my ability to perform a dance movement on a cue	97
Year 2	strike a bouncing ball with a racket with a forehand (both sides)	Improve my timing when striking an object	103

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Keystage

2

Focus Area

cognitive



Skill Area: anticipation

Year	Can I...	Learning Objective	Lesson ref.
Year 3	catch a ball whilst travelling	Improve my ability to anticipate actions	136
Year 3	build up my readiness and complete a sprint start on 'Ready, Steady, Go' command	Improve my ability to anticipate and react to a command	146
Year 4	defend appropriately when a direct opponent is shooting	Improve my ability to read fakes and focus on the ball	168
Year 4	successfully compete in a 4 man relay team, with a smooth baton handover	Improve my ability to react to others	185
Year 5	understand how to anticipate and perform an interception	Improve my ability to predict opponents play	207
Year 5	pace my self over a 400m run.	Improve my ability to anticipate and predict the actions of others and adapt my own performance accordingly	224
Year 6	read the play - I can predict where the ball will go next when I am not in possession	Improve my ability to predict opponents play	246
Year 6	successfully complete a 40m hurdle course with hurdles spaced out intermittently	To improve my ability to judge space and distance - improving my anticipation	263

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cognitive



Skill Area: evaluation

Year	Can I...	Learning Objective	Lesson ref.
Year 3	award points in a small dance competition	improve my ability to judge the performance of others	144
Year 3	identify my own sporting strengths and weaknesses	Improve evaluation of my own techniques	152
Year 4	Observe others and get ideas to take into my own performances	Improve my ability to observe and learn from others	183
Year 4	measure my own performance against that of my peers	Improve my ability to measure my score and obtain my position in the group	191
Year 5	observe others and identify areas for improvement	Improve my communication skills through teaching	222
Year 5	complete a fitness circuit forwards and backwards and identify reasons for variations in performance on each station	Improve my understanding of the things that affect performance	230
Year 6	lead and help others to improve	Improve my creativity and leadership skills	261
Year 6	create a programme of practices to help me to improve my weaker areas	Improve my ability to improve my own performance	269

cognitive



Skill Area: peer mentoring

Year	Can I...	Learning Objective	Lesson ref.
Year 3	identify good and bad technique in others	Improve my observation skills	119
Year 3	Work with a small team to follow a simple map	Improve my ability to give instructions.	136
Year 4	communicate suggestions for improvements to others	Improve my observation and communication skills	158
Year 4	help a 'blindfolded' team mate navigate a course with clear instructions	improve my understanding of how maps work	175
Year 5	observe, review and feedback to others	Improve my observation and communication skills	197
Year 5	devise, understand and execute a team plan	Improve my ability to work with team mates	214
Year 6	organise and manage a team in a game situation	Improve my leadership skills	236
Year 6	build team relationships and create sub teams to solve multiple problems	improve my team working skills to solve problems	253

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cognitive



Skill Area: tactical variation

Year	Can I...	Learning Objective	Lesson ref.
Year 3	demonstrate a block, a dodge, and a catch and understand their roles in dodge ball	Improve my understanding of different movements and their place in sports	121
Year 3	understand the role each player has in cricket (batter, bowler, fielder, wicket keeper)	Improve my understanding of the roles of different positions in sport	138
Year 4	demonstrate an understanding of the difference between an attacking and a defensive approach	Improve the way that I approach game situations based on the circumstances	160
Year 4	demonstrate that I can vary my shots to hit into the space	Improve my understanding of shot placement	177
Year 5	demonstrate good decision making	Improve my decision making based on a variety of in-games situations	199
Year 5	set the field to predict or restrict play	Improve my understanding of positions and tactics	216
Year 6	suggest formations/tactics in a dodge ball game	Improve my understanding of how to lead a team and dictate tactics	238
Year 6	demonstrate tactical understanding within a game situation	Improve my application of positions and tactics	255

cognitive



Skill Area: team work

Year	Can I...	Learning Objective	Lesson ref.
Year 3	identify the elements of good team work and why they are important	Improve my understanding of teamwork	123
Year 3	co-operate with team mates	Improve my ability to watch and communicate with others	134
Year 4	demonstrate good team work skills	Improve my ability to work as part of a team	162
Year 4	be part of an effective team	Improve my ability to watch and communicate with others	173
Year 5	use teamwork to solve problems	Improve my participation as part of a team	201
Year 5	perform a synchronised gymnastics phrase with a team	Improve my ability to communicate and lead a group	212
Year 6	work with team mates to solve problems in a competitive situation	Improve my ability to work with teammates to make and execute a plan	240
Year 6	select and lead a short gymnastics performance routine	Improve my leadership skills	251

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cognitive



Skill Area: understanding rules

Year	Can I...	Learning Objective	Lesson ref.
Year 3	maintain a two handed grip on my hockey stick	Improve my ability to concentrate and focus on a basic task	125
Year 3	listen and follow instructions	Improve my ability to listen to and follow new instructions	135
Year 4	understand the importance rules play in the safety of sport	Improve my understanding of why rules exist in sports	164
Year 4	create a task and explain the rules to others	Improve my understanding of rules and how to explain them	174
Year 5	play a small sided game of uni hock to the rules I have learned	Learn to react appropriately to refereeing decisions	203
Year 5	Think flexibly and creatively as part of a team	Improve my ability to work with others within a set of rules.	213
Year 6	referee a small sided game of uni hoc	Improve my leadership skills	242
Year 6	work as a team to plan and manage a competition for others	Improve my ability to work as a team member to establish and enforce competition rules	252

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Focus Area

manipulation 

Skill Area: accuracy

Year	Can I...	Learning Objective	Lesson ref.
Year 3	accurately throw a dodge ball at a static target from 3m (with either hand)	Improve accuracy in passing, shooting and aiming at targets	137
Year 3	demonstrate a good javelin technique from a standing position	Improve my throwing technique with a javelin	149
Year 4	accurately throw a dodge ball at a static target from 5m (with either hand)	Improve accuracy and power when aiming at targets - both hands will be tested	176
Year 4	demonstrate a good shot put technique	Improve my throwing technique with a shot put	188
Year 5	accurately throw a dodge ball at moving targets (with either hand)	Improve accuracy in passing, shooting and aiming at targets - both hands will be tested even the best	215
Year 5	throw a tennis ball further than 15m	Improve my throwing technique	227
Year 6	Accurately throw a dodge ball at moving targets (with either hand) from the back of the dodge ball court	Improve accuracy by increasing range of shot	254
Year 6	demonstrate a good javelin technique incorporating a run up	Improve my understanding of and manipulation of a javelin	266

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manipulation 

Skill Area: dribbling

Year	Can I...	Learning Objective	Lesson ref.
Year 3	understand the different techniques of dribbling a basketball	Improve my dribbling skills with a basketball	120
Year 3	dribble a hockey ball around a cone 5m away and back, keeping the ball under control	Improve my dribbling skills	155
Year 4	understand the correct technique of dribbling with a hockey stick	Improve my dribbling skills with a hockey stick	159
Year 4	outwit an opponent by using fakes and dummies when dribbling a basketball	Improve my dribbling skills and use fakes and disguises	194
Year 5	demonstrate an understanding of when to dribble and when to pass	Improve my understanding of dribbling opportunities	198
Year 5	dribble a football at pace, incorporating some tricks (step over, chop, cruyff turn etc.).	Increase the speed of my dribbling skills	233
Year 6	incorporate dribbling techniques into game situations	Improve the effectiveness of dribbling in competitive situations	237
Year 6	competently demonstrate that I have good transferable dribbling skills in hockey, basketball and football	Improve my ability to demonstrate good dribbling techniques across a range of invasion games	272

manipulation 

Skill Area: fielding and catching

Year	Can I...	Learning Objective	Lesson ref.
Year 3	repeatedly and successfully perform upward facing basket catches	Improve my catching skills for deep fielding	141
Year 3	use the correct technique to catch a bean bag at a variety of heights	Improve my catching technique	156
Year 4	catch a ball at a variety of heights and speeds	Improve my catching skills for a variety of fielding	180
Year 4	use the correct technique to catch a soft ball at a variety of heights	Improve my catching technique	195
Year 5	demonstrate that I can get in line with the ball and use the long barrier technique	Improve my fielding skills	219
Year 5	use the correct technique to catch a variety of balls at a variety of heights	Improve my catching technique and make adjustments as required	234
Year 6	perform a catch, turn and throw back to a wicket	Improve my fielding skills to perform a run out	258
Year 6	perform catches and accurate throws in quick succession	Improve my catching technique and manipulation of the ball	273

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manipulation 

Skill Area: passing

Year	Can I...	Learning Objective	Lesson ref.
Year 3	accurately throw a ball to a partners hands, aiming between their shoulders and their waist	Improve my throwing technique	122
Year 3	perform the technique of a chest pass, a lob pass and a bounce pass over 5m	Improve my control of objects and my ability to use items in different ways to achieve different results	128
Year 4	understand the different techniques of passing a rugby ball, football, hockey ball and a basketball over 3m	Improve my understanding of the different passing techniques in sport	161
Year 4	understand how to create a passing opportunity	Improve my timing and reading of game situations	167
Year 5	understand the different techniques of passing over a variety of distances	Improve my understanding of how to pass over different distances	200
Year 5	perform a range of passes to children in different positions - understand passing for retention and passing for attack	Improve my understanding of when to pass and when not to pass	206
Year 6	incorporate passing techniques into game situations	Improve my use of passing techniques in competitive situations	239
Year 6	select the correct pass in a game situation	Improve understanding of pass selection	245

manipulation 

Skill Area: shooting

Year	Can I...	Learning Objective	Lesson ref.
Year 3	kick a static ball through a gate that is 5m away and is 2m wide (with both feet)	Improve the relationship between body position and accuracy	126
Year 3	hit a range of static targets with a bean bag	Introduce shooting techniques - which sports do we shoot in?	130
Year 4	kick a moving ball through a gate that is 7m away and is 2m wide	Improve the relationship between body position and accuracy (increase in difficulty on Y3)	165
Year 4	hit a static target with a dodge ball from 3m away	Improve understanding of the relationship between accuracy and distance and power	169
Year 5	turn and shoot into two alternating targets, changing feet and body position as appropriate	Improve my ability to repeat accuracy and power on both sides	204
Year 5	hit a moving target with a dodge ball from 3m away	Improve anticipation and tracking in shooting activities	208
Year 6	react to balls served at different heights to get a first time shot	Improve my combination of skills to capitalise on opportunities to shoot early	243
Year 6	use a variety of thrown shots, incorporating fakes, delays and aiming for legs/ feet	Improve decision making in terms of shot choice	247

SKILL PROGRESSIONS

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manipulation 

Skill Area: striking

Year	Can I...	Learning Objective	Lesson ref.
Year 3	strike a bouncing ball with a racket on my forehand and backhand (both sides)	Improve my timing and power when striking an object	142
Year 3	hit a ball off a tee with a cricket bat	Improve my ability to strike a ball off a tee	153
Year 4	perform a rally with a partner using my hands to strike a soft ball (both hands)	Improve my ability to adjust my position to complete a rally	181
Year 4	throw a ball up and hit it with a cricket bat (no bounce)	Improve my ability to strike a moving ball with a bat	192
Year 5	perform a 4 shot tennis rally with a partner using tennis rackets	Improve my ability to maintain racket control	220
Year 5	kick a range of balls out of my hands (both feet)	Improve my ability to strike moving balls with my feet	231
Year 6	demonstrate that I can strike the ball using a number of different tennis shots in a match	Improve my shot selection to win a game	259
Year 6	demonstrate a good range of transferable striking skills - tennis/football/cricket/rounders	Demonstrate that I have transferable striking skills	270

Focus Area

physical 

Skill Area: agility

Year	Can I...	Learning Objective	Lesson ref.
Year 3	demonstrate a sidestep technique off both sides whilst carrying a rugby ball	Build on previous learning and demonstrate sidestepping technique	124
Year 3	perform a 5m shuttle run	Improve my ability to move at speed	151
Year 4	catch a rugby ball arriving at a variety of heights	Improve the speed at which I can change positions	163
Year 4	demonstrate a controlled change of direction on command	Improve my reaction times to execute a turn	190
Year 5	pass a rugby ball to children on either side of me	Improve my passing on both sides	202
Year 5	perform a variety of 'fast feet' drills	Improve my speed of thought and my co-ordination to increase speed	229
Year 6	use swerves, dodges and sidesteps within a game situation	Improve range of movements to deceive an opponent and capitalise on situations	241
Year 6	change from an attacking run to a defensive position quickly in a game situation	Improve my performance of tactical agility	268

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physical



Skill Area: control

Year	Can I...	Learning Objective	Lesson ref.
Year 3	perform a controlled volley (forehand and backhand)	Improve the control children are able to exert - does their body do what their brains tell it to do?	127
Year 3	catch a football passed to me at a variety of heights	Improve my ability to control my movements	154
Year 4	perform a drop shot	Improve the understanding of what a drop shot is and the control needed to play one	166
Year 4	control and retain possession of a hockey ball which is passed to me	Improve how I use my body to control the ball in hockey	193
Year 5	alternate between a long shot (baseline) and a short shot (drop shot)	Improve the ability to change power for each shot	205
Year 5	demonstrate an understanding of the tension of a surface in control	Improve my ability to use cushion control	232
Year 6	perform a range of different shots with different power and target areas	Improve understanding of when and why to choose a certain shot	244
Year 6	understand how to control a football with various parts of my body to set up my next movement	Improve my ability to use control a football into the next position	271

physical



Skill Area: physical processing

Year	Can I...	Learning Objective	Lesson ref.
Year 3	adjust my body position to catch a netball whilst travelling?	To improve how quickly the brain tells the body what to do - decision making	132
Year 3	quickly process information and mirror a partners actions	Improve my ability to react and mimic	145
Year 4	catch and pass a netball in one fluid movement?	To improve the speed of thought to benefit game play	171
Year 4	work with a partner on a sequence of movements	Improve my ability to work with a partner to create a simple sequence of movements	184
Year 5	react quickly to a number of moving objects?	To improve the speed of thought and reduce reaction time to benefit game play	210
Year 5	remember and perform a 5 move dance routine in a small group	Improve my ability to send messages from my brain to my body	223
Year 6	assess and select the best option in a fast paced game situation?	To improve decision making and opportunity taking	249
Year 6	remember and perform an 8 piece dance routine in a small group	Improve my ability to perform a sequence of dance movements to music	262

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physical



Skill Area: power

Year	Can I...	Learning Objective	Lesson ref.
Year 3	perform 5 sit ups	Improve my understanding of my own physical strength	118
Year 3	throw a ball 10 yards (with both arms)	Improve my throwing power by being explosive	139
Year 4	perform 5 press ups, keeping my back straight	Improve my understanding of how to improve my own physical strength	157
Year 4	throw a ball from 1st base to 4th base (with both arms)	Improve my throwing power by being explosive	178
Year 5	throw a basketball over 6m using a chest pass	Improve my understanding of the importance of combining technique and power	196
Year 5	strike a ball with a bat so that the ball goes beyond a rounders square	Improve my striking power by being explosive	217
Year 6	use power to pull a ball out of an opponents grip	Improve my determination, power and physicality	235
Year 6	demonstrate powerful play (throwing/running/hitting) in a game of rounders	Improve my transferable power	256

physical



Skill Area: speed

Year	Can I...	Learning Objective	Lesson ref.
Year 3	perform 4 x 10m shuttles in under 10 seconds	Improve my running technique to increase my speed	140
Year 3	perform a running jump, take off from one foot and land on two feet, using arms and legs to gain momentum	Improve my understanding of how to use different parts of my body to create speed	147
Year 4	run 60m in a straight line in under 12 seconds	Improve my running technique to increase my speed	179
Year 4	run 10m stepping/jumping over a cone at 1m intervals	Improve the Speed, Agility and Quickness of my feet	186
Year 5	run a full rounder at full speed	Improve my running technique in a sporting situation	218
Year 5	run 60m jumping over hurdles at 5m intervals	Improve my core speed	225
Year 6	demonstrate speed of running and speed of throwing in a game	Learn about transferable speed	257
Year 6	perform a triple jump (run up, hop, skip, jump & landing)	Improve my ability to perform complex co-ordination at speed	264

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physical



Skill Area: **strength**

Year	Can I...	Learning Objective	Lesson ref.
Year 3	hold a strong body position for 1 minute with two feet together and arms wide apart	Improve my ability to hold my body still and in tension in a fixed position	133
Year 3	understand the roles arms and legs play in good sprint/jumping technique	Improve my understanding of explosive strength	148
Year 4	hold a strong body position for 1 minute with two feet together and arms straight up, pointing up	improve my strength and stamina to hold a position	172
Year 4	perform a vertical standing jump to a height above my own knees	Improve my explosive strength	187
Year 5	hold a strong body position for 1 minute with one foot on the floor, and other 3 limbs extended with the torso tipped forwards.	improve my ability to be still in a position with tension in my body	211
Year 5	perform a vertical standing jump to a height above my own waist	Improve my explosive strength	226
Year 6	hold a strong body position for 1 minute, parallel to the floor, feet together, with one arm stretched upwards	improve my ability to be still in a position with tension in my body	250
Year 6	perform a running jump of 1.5m in height	Improve my explosive strength	265



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