Learning Theme Progression & connections

Understanding Learning Theme Progression & connections

A well-designed curriculum ensures that learning is **carefully sequenced, coherently connected, and progressively developed over time**. The information within this document illustrates how our learning themes are intentionally designed to support pupils in becoming **Masterful Movers, Skilful Solvers and Confident Connectors**, developing both the *knowledge of movement* and the *ability to apply it effectively* in different contexts.

Each page highlights the **vertical progression** of knowledge across key stages. This progression shows how pupils build upon prior learning so that knowledge, skills and understanding are **revisited, deepened and applied with increasing complexity** as they move through the curriculum.

Alongside this progression, each unit also includes **Connected Units** within the same key stage. These connections demonstrate how learning is not developed in isolation, but is reinforced and applied across different units and learning contexts. Through these deliberate connections, pupils revisit key ideas such as **movement control, spatial awareness, cooperation, tactical thinking and creativity**, strengthening understanding through varied experiences.

This approach reflects key principles of effective curriculum design highlighted by Ofsted. The Education Inspection Framework emphasises that:
"A well-constructed curriculum is coherently planned and sequenced so that new knowledge and skills build on what has been taught before."

By identifying both **vertical progression and horizontal connections**, this document demonstrates how the curriculum supports pupils to **secure foundational knowledge while transferring learning across different physical contexts**.
For example, pupils may develop agility and spatial awareness within one learning theme and then apply those same principles when avoiding defenders in invasion games or when creating movement sequences in dance or gymnastics. These connections help pupils to recognise **patterns in learning**, supporting deeper understanding and greater confidence when approaching new challenges.

By carefully designing both **progression and connections**, the curriculum supports pupils to move from **developing fundamental movement competence in the early years**, to **applying tactical awareness, creativity and leadership in more complex activities** by Upper Key Stage 2.

Ultimately, the purpose of this structure is to ensure that every pupil experiences a **rich, ambitious and coherent physical education curriculum**, enabling them to develop the confidence, competence and motivation to engage in physical activity both within school and beyond.

Learning Theme Progression & connections

EYFS Foundational Learning Themes
Play Move Explore – introducing simple rules, shared spaces and fair participation in games. **Search Steal Share –** developing cooperation, turn taking and sharing within activities. **Hands Feet Equipment –** encouraging cooperation and positive interactions during physical activities.

Key Stage 1 – Fair Share Dare		
Masterful Mover	**Skilful Solver**	**Confident Connector**
Know what fundamentals of movement we are developing.	Know what it means to play fairly in different games.	Know what characteristics make a good friend and teammate.
Know how to play games with maximum effort to allow me to achieve the best I can.	Know how to play fairly and take turns in games.	Know how to express their feelings about fairness in a respectful way.
Connected Units in Key Stage 1 **Duel Win Lose –** applying fairness, respect and emotional control within simple competitive games. **Send Receive Return –** developing object control in small group collaborative and competitive games		

Lower Key Stage 2 – Fair Share Dare		
Masterful Mover	**Skilful Solver**	**Confident Connector**
Know what the advantages of participating in physical activity are.	Know what fair play is and when to identify when rules are not being followed.	Know what fair play looks like and model these behaviours.
Know how to use team games and activities to develop my personal fitness.	Know how to implement characteristics of fair play in game situations.	Know how to respond to set backs and decisions I may not agree with.
Connected Units in Lower Key Stage 2 **Pass Position Patience –** demonstrating fair play and teamwork while making decisions within team invasion games. **Duel Win Lose -** applying fairness, respect and emotional control within simple competitive games.		

UKS2 – Fair Share Dare		
Masterful Mover	**Skilful Solver**	**Confident Connector**
Know what fundamentals of movement can be developed through team activities.	Know what the importance of rules are and how these contribute to fair play.	Know what emotional responses and social interactions contribute to a positive and supportive environment.
Know how to participate in activities with a consistent effort, ensuring they do not dominate others, and can take turns with peers.	Know how follow basic rules and strategies that promote fair play and participation.	Know how to manage their emotions and interactions to support fair play, sharing, and courage in accepting challenges.
Connected Units in Upper Key Stage 2 **Lend Move Score –** applying fairness and teamwork while working together to score within invasion games. **Block Guard Support –** demonstrating respect, communication and sportsmanship when defending as a team.		

Learning Theme Progression & connections

EYFS Foundational Learning Themes
Play Move Explore – exploring fundamental movements such as running and jumping. **Agility Balance Coordination –** developing body control needed for running and jumping actions. **Crawl Climb Collect –** building strength, coordination and confidence in movement.

Key Stage 1 – Run Jump Throw		
Masterful Mover	**Skilful Solver**	**Confident Connector**
I know what the fundamental movements of running, jumping, and throwing are.	I know different ways to run, jump and throw in different situations.	I know what it means to try my best and to show determination when learning new skills.
I know how to use my arms, legs, and body to run, jump and throw with greater control.	I know how to make simple adjustments to my movements depending on the task I face.	I know how to encourage others to do their best in different challenges.
Connected Units in Key Stage 1 **Agility Balance Coordination –** developing body control and coordination needed for effective movement. **Jump Shape Create –** exploring jumping actions and body control within creative movement tasks.		

Lower Key Stage 2 – Run Jump Throw		
Masterful Mover	**Skilful Solver**	**Confident Connector**
I know what techniques help improve my running, jumping, and throwing.	I know what techniques I can use and adjust them based on the activity.	I know what it means to show resilience and determination when practicing and competing.
I know how to use different body movements to run efficiently, jump with power and control, and throw accurately over different distances.	I know how to apply running, jumping and throwing movements within different game situations.	I know how to stay motivated, support my peers, and challenge myself to improve.
Connected Units in Lower Key Stage 2 **Accuracy Power Distance –** applying throwing techniques with increasing power and control. **Space Chase Dodge –** applying running speed and directional changes within game situations.		

Upper Key Stage 2 – Run Jump Throw		
Masterful Mover	**Skilful Solver**	**Confident Connector**
I know what key techniques improve speed, power, and accuracy in running, jumping and throwing.	I know what factors influence my performance in running, jumping, and throwing.	I know what it means to demonstrate resilience and self-motivation to improve my own performance.
I know how to apply these techniques to increase efficiency and adapt my movements for different activities.	I know how to evaluate my own performance and make adjustments to improve my technique and efficiency.	I know how to set personal challenging goals and practice to achieve them.
Connected Units in Upper Key Stage 2 **Speed Distance Strength –** applying athletic techniques to improve performance in speed and power activities. **Watch Move Connect –** applying movement efficiency and tracking skills when responding to moving objects.		

Learning Theme Progression & connections

EYFS Foundational Learning Themes
Move Match Magic – responding to stimuli and matching movements creatively. **Play Move Explore –** exploring movement ideas through imaginative play. **Crawl Climb Collect –** experimenting with different ways of moving the body.

Key Stage 1 – Inspire Create Perform		
Masterful Mover	**Skilful Solver**	**Confident Connector**
Know what basic dance actions are, such as jumps, turns, and gestures.	Know what actions and movements can be used to match a theme.	Know what I can do to support others in performing at their best.
Know how to perform these actions in a simple dance routine.	Know how to link actions together to make a dance flow smoothly.	Know how to share and perform different ideas to create a simple dance routine.
Connected Units in Key Stage 1 **Jump Shape Create –** exploring body shapes and linking movements to create simple sequences. **Fair Share Dare –** cooperating and supporting others when creating and playing games.		

Lower Key Stage 2 – Inspire Create Perform		
Masterful Mover	**Skilful Solver**	**Confident Connector**
Know what different dance actions and techniques are used in individual and paired performances.	Know what the process of creating a dance involves and that movement can express a theme or emotion.	Know what it means to work collaboratively to create and perform a dance.
Know how to perform actions independently and in a pair which link to a specific theme.	Know how to use their and others' bodies to perform actions and movements linked to a theme or emotion.	Know how to inspire and support their peers throughout the creative and performance process.
Connected Units in Lower Key Stage 2 **Jump Shape Create –** sequencing movements and shapes to build creative routines. **Fair Share Dare** – working collaboratively with others to achieve shared success.		

Upper Key Stage 2 – Inspire Create Perform		
Masterful Mover	**Skilful Solver**	**Confident Connector**
Know what fundamental dance techniques are, including posture, alignment, and movement quality.	Know what the key elements of pair and group choreography are.	Know what it means to perform with expression, conveying a narrative or emotion through dance.
Know how to apply these techniques effectively in their dance routines, ensuring their movements are controlled, precise, and expressive.	Know how to use these elements creatively to develop a cohesive and engaging dance piece that reflects a given theme or inspiration.	Know how to channel their emotions to enhance the overall performance experience and connect with the audience.
Connected Units in Upper Key Stage 2 **Symmetry Balance Travel –** applying body control and shape to enhance movement quality in performance. **Explore Solve Challenge –** collaborating and leading others during group performance tasks.		

beyond the physical

Learning Theme Progression & connections

EYFS Foundational Learning Themes
Explore Evade Escape – navigating space and avoiding people and obstacles.
Search Steal Share – moving safely around others during games.
Play Move Explore – understanding space and simple game structures.

Key Stage 1 – Look Run Avoid

Masterful Mover	Skilful Solver	Confident Connector
Know what fundamental movement skills we are developing in the unit.	Know what an effective space is within a game.	Know what the characteristics of a simple invasion game are.
Know how to use running and turning skills within a game.	Know how my movement skills can be used to find effective space.	Know how to set up and play a simple invasion game.

Connected Units in Key Stage 1
Hands Feet Equipment – using dribbling and movement skills to navigate space and avoid defenders.
Agility Balance Coordination – developing agility and body control needed to change direction quickly.

Lower Key Stage 2 – Space Chase Dodge

Masterful Mover	Skilful Solver	Confident Connector
Know what the purpose is of changing speed and direction within a game.	Know what strategies to use to avoid a defender.	Know what being ambitious looks like within our activities.
Know how to apply changes in speed and direction to avoid a defender.	Know how to apply effective strategies to avoid a defender within a game.	Know how to adapt games to provide suitable levels of challenge.

Connected Units in Lower Key Stage 2
Hands Feet Equipment - applying evasive movement and ball control to avoid defenders.
Pass Position Patience – finding space and positioning effectively within invasion games.

Upper Key Stage 2 – Evade Invade Capture

Masterful Mover	Skilful Solver	Confident Connector
Know what fundamental movement and tactical skills are needed for invasion games, including dodging, marking, and positioning.	Know what the key strategies and rules of invasion games are, including attacking and defending tactics.	Know what I need to demonstrate to be a confident and competent team member within invasion games.
Know how to execute these skills with precision and control, using agility, coordination, and spatial awareness.	Know how to apply these strategies effectively, making quick decisions and adjusting tactics based on the dynamics of the game.	Know how to communicate, cooperate and show a determination to succeed for others within team games.

Connected Units in Upper Key Stage 2
Lend Move Score – applying attacking strategies to move the ball and create scoring opportunities.
Block Guard Support – understanding the relationship between attacking and defending strategies.

beyond the physical

Learning Theme Progression & connections

EYFS Foundational Learning Themes
Agility Balance Coordination – developing the core movement qualities needed in KS1.
Crawl Climb Collect – improving stability and body positioning when navigating space.
Play Move Explore – exploring a variety of movement patterns.

Key Stage 1 – Agility Balance Coordination

Masterful Mover	Skilful Solver	Confident Connector
Know what the definitions of agility, balance and coordination are.	Know what activities require good agility, balance and coordination.	Know what the benefits of developing agility, balance, and coordination are and how these skills contribute to their success in various sports and daily activities.
Know how to perform basic movements and exercises that improve agility, balance, and coordination.	Know how to improve their skills within agility, balance and coordination activities.	Know how to demonstrate perseverance when faced with challenging agility, balance, and coordination tasks.

Connected Units in Key Stage 1
Run Jump Throw – developing movement coordination needed for running and jumping actions.
Look Run Avoid – applying agility and balance when changing direction in games.

Lower Key Stage 2 – Agility Balance Coordination

Masterful Mover	Skilful Solver	Confident Connector
Know what the definitions of agility, balance and coordination are and to explain what sporting activities they can be applied to.	Know what agility, balance and coordination skills are needed in a range of situations.	Know what the importance of resilience is to allow them to achieve their personal best.
Know how to perform a range of exercises and activities that improve agility, balance, and coordination.	Know how to transfer the skills they have learnt in isolation to games based activities.	Know how to model resilience to help others achieve their personal best.

Connected Units in Lower Key Stage 2
Space Chase Dodge – using agility and coordination to evade defenders.
Jump Shape Create – applying body control when performing shapes and jumps.

Upper Key Stage 2 – Speed Distance Strength

Masterful Mover	Skilful Solver	Confident Connector
Know what the key components of speed, distance, and strength are in relation to athletics-based events.	Know what parts of their form or technique can impact performance.	Know what the importance of setting personal goals, staying motivated, and supporting peers in achieving their targets is.
Know how to perform with and improve different techniques to maximise performance within athletics-based events.	Know how to analyse their movements and make adjustments to improve their performance.	Know how to encourage themselves and others, showing resilience and a positive attitude to achieving personal bests.

Connected Units in Upper Key Stage 2
Run Jump Throw – applying athletic techniques to improve speed and power in performance tasks.
Symmetry Balance Travel – Developing and embedded strength, technique, control and balance.

beyond the physical

Learning Theme Progression & connections

EYFS Foundational Learning Themes

Hands Feet Equipment – introducing object control using hands, feet and equipment.
Play Move Explore – exploring simple games using equipment.
Search Steal Share – cooperating with others during shared activities.

Key Stage 1 – Send Receive Return

Masterful Mover	Skilful Solver	Confident Connector
Know what fundamentals of movement we are developing.	Know what rules and strategies apply to sending and receiving games.	Know what the role of patience and persistence is when learning new skills in sending and receiving.
Know how to send, receive and return an object towards a target or partner.	Know how to decide the best way to send or return a ball in different situations.	Know how to work cooperatively with others when sending, receiving, and returning an object.

Connected Units in Key Stage 1

Throw Prepare Catch – developing accuracy and coordination when sending and receiving objects.
Target Control Combine – applying sending skills to hit or reach specific targets.

Lower Key Stage 2 – Strike React Rally

Masterful Mover	Skilful Solver	Confident Connector
Know what skills are required to effectively strike, react and rally in a game.	Know what techniques to use in a range of striking and rallying activities.	Know what attitudes and behaviours are important to be successful in striking and rallying games.
Know how to strike, react and rally with a range of equipment and techniques.	Know how to anticipate and react quickly to a moving ball during a game.	Know how to maintain focus and attention during a range of games.

Connected Units in Lower Key Stage 2

Aim Track Catch – tracking and reacting to moving objects during striking activities.
React Roll Retrieve – anticipating and responding to the movement of objects.

Upper Key Stage 2 – Serve Set Slam

Masterful Mover	Skilful Solver	Confident Connector
Know what the fundamental techniques are needed for success within net/wall-based activities including striking with hands and equipment.	Know what strategies and rules are essential for success in net/wall games, including positioning, timing, and shot selection.	Know what is required to create and compete in fair competitions against others in a range of activities.
Know how to execute these techniques effectively, using proper form and coordination.	Know how to apply these strategies in game situations, making quick decisions to outmanoeuvre opponents and win games.	Know how to compete fairly and respectfully against others using a range of agreed upon scoring systems.

Connected Units in Upper Key Stage 2

Aim Strike Retrieve – applying striking techniques and tactical decision-making in competitive situations.
Watch Move Connect – tracking and positioning to successfully return objects.

beyond the physical

Learning Theme Progression & connections

EYFS Foundational Learning Themes
Move Match Magic – matching movements and responding to stimuli creatively.
Agility Balance Coordination – developing balance and body control needed for shapes and jumps.
Crawl Climb Collect – exploring different body positions and ways of moving.

Key Stage 1 – Jump Shape Create

Masterful Mover	Skilful Solver	Confident Connector
Know what the basic techniques for jumping and creating shapes with their bodies are.	Know what jumping and shape actions can be created and performed well to match a theme.	Know what ways they can cooperate with others to enjoy shared success.
Know how to perform jumps and create various body shapes combining their movements smoothly.	Know how to link a series of jumps or shape actions to create small sequences of movement.	Know how to encourage and motivate themselves and their peers to achieve success.

Connected Units in Key Stage 1
Inspire Create Perform – linking shapes and actions to create expressive movement sequences.
Agility Balance Coordination – developing control and stability when performing shapes and jumps.

Lower Key Stage 2 – Jump Shape Create

Masterful Mover	Skilful Solver	Confident Connector
Know what different types of jumps and shapes are, including basic positions like tuck, pike, and straddle.	Know what the principles of body positioning, extension and control are, and how they affect performance.	Know what it means to self and peer assess and look for improvements in creative performance.
Know how to perform various jumps and create different shapes with their bodies, demonstrating proper technique and control.	Know how to plan and sequence movements to create a routine that incorporates jumps and shapes.	Know how to express themselves creatively through their movements and show perseverance in refining their skills.

Connected Units in Lower Key Stage 2
Inspire Create Perform – applying sequencing and creativity within movement routines.
Agility Balance Coordination – demonstrating body control during complex jumps and shapes.

Upper Key Stage 2 – Symmetry Balance Travel

Masterful Mover	Skilful Solver	Confident Connector
Know what effective balance feels like when performing balances.	Know what the characteristics of effective symmetrical and asymmetrical balances are.	Know what it means to display a positive attitude when working with others.
Know how to create symmetrical shapes and how to travel between balances.	Know how to analyse their own performance in order to improve.	Know how to demonstrate supportive behaviour including giving and receiving feedback on performances.

Connected Units in Upper Key Stage 2
Inspire Create Perform – applying balance and body control to enhance performance quality.
Explore Solve Challenge – cooperating with others to create balanced and controlled movement solutions.

beyond the physical

Learning Theme Progression & connections

EYFS Foundational Learning Themes
Hands Feet Equipment – controlling objects using hands and equipment.
Play Move Explore – using equipment within simple games.
Search Steal Share – cooperating when sharing equipment.

Key Stage 1 – Throw Prepare Catch

Masterful Mover	Skilful Solver	Confident Connector
Know what fundamental movement skills we are developing.	Know what type of throwing and catching to use in a game.	Know what the importance of helping others is.
Know how to use a range of throwing and catching skills in different activities.	Know how to make changes to the type of throw I use dependent on the activity and equipment.	Know how to share ideas to adapt the games we play.

Connected Units in Key Stage 1
Send Receive Return – developing object control through sending and receiving activities.
Target Control Combine – applying throwing accuracy to reach targets.

Lower Key Stage 2 – Aim Track Catch

Masterful Mover	Skilful Solver	Confident Connector
Know what throwing and catching techniques I can use.	Know what type of throwing and catching to apply in different situations.	Know what the importance of sharing thoughts and feelings is.
Know how to apply a range of throwing and catching skills in different activities.	Know how to decide which techniques work best for me and why.	Know how to explain my thinking to others.

Connected Units in Lower Key Stage 2
Strike React Rally – tracking and reacting quickly to moving balls.
React Roll Retrieve – anticipating object movement and adjusting positioning.

Upper Key Stage 2 – Watch Move Connect

Masterful Mover	Skilful Solver	Confident Connector
Know what fundamentals of movement are required to be successful within this unit.	Know what factors influence the movement of an object such as force and speed.	Know what the role of confidence is when tracking and catching objects.
Know how how to track an object to catch, strike or collect effectively.	Know how to move efficiently to be able to catch or intercept an object.	Know how to effectively set up my own working space to provide adequate level of challenge.

Connected Units in Upper Key Stage 2
Serve Set Slam – tracking and positioning effectively to return objects.
Aim Strike Retrieve – intercepting and collecting objects during striking and fielding situations.

beyond the physical

Learning Theme Progression & connections

EYFS Foundational Learning Themes
Hands Feet Equipment – controlling and manipulating objects.
Search Steal Share – solving simple problems when retrieving objects.
Play Move Explore – exploring movement responses during games.

Key Stage 1 – React Roll Retrieve

Masterful Mover	Skilful Solver	Confident Connector
Know what a controlled roll is and how to retrieve a rolling object using successful techniques.	Know what to look for when anticipating the movement of a rolling ball, understanding the direction and speed it will take.	Know what it feels like to participate confidently and stay focused while in a game or activity.
Know how to react quickly to a rolling ball, using good body positioning to roll it with accuracy and retrieve it efficiently.	Know how to think ahead and plan their actions to successfully roll the ball to a target and retrieve it by considering distance and speed.	Know how to manage their emotions, staying positive and encouraging others, even if they make a mistake during the activity.

Connected Units in Key Stage 1
Throw Prepare Catch – applying rolling and retrieval skills within object control tasks.
Send Receive Return – reacting to objects being sent to me or in my space by others.

Lower Key Stage 2 – React Roll Retrieve

Masterful Mover	Skilful Solver	Confident Connector
Know what effective body positioning and technique look like when reacting to, rolling, and retrieving a ball.	Know what strategies can be used to retrieve a ball efficiently in different scenarios and how to adjust their movements accordingly.	Know what it feels like to stay motivated and persistent, even when the tasks are difficult or require repeated attempts.
Know how to perform a controlled roll and retrieve the ball with precision, adjusting their technique based on the distance and speed of the roll.	Know how to to analyse the situation and choose the best approach to retrieve the ball, thinking ahead to plan their movements and actions.	Know how to encourage themselves and their peers to show resilience and a positive attitude throughout the activity.

Connected Units in Lower Key Stage 2
Strike React Rally – reacting quickly to moving objects in game situations.
Aim Track Catch – tracking object movement and adjusting positioning.

Upper Key Stage 2 – Aim Strike Retrieve

Masterful Mover	Skilful Solver	Confident Connector
Know what physical techniques are necessary for accurate aiming, powerful striking, and efficient retrieving in various game situations.	Know what factors influence successful aiming, striking, and retrieving in different gameplay scenarios.	Know what the impact of teamwork, communication, and sportsmanship is on personal and team performance during striking and fielding activities.
Know how to execute appropriate body positioning, grip, and movements to effectively aim, strike, and retrieve during a striking and fielding game.	Know how to apply strategic thinking when deciding where to aim, when to strike, and how to retrieve based on the game's context.	Know how to maintain focus, motivation, and a positive attitude when aiming, striking, and retrieving, especially in challenging situations.

Connected Units in Upper Key Stage 2
Serve Set Slam – applying striking and retrieval skills during competitive play.
Watch Move Connect – tracking and collecting objects efficiently in game situations.

beyond the physical

Learning Theme Progression & connections

EYFS Foundational Learning Themes
Play Move Explore – understanding simple game structures and rules.
Search Steal Share – cooperating and competing with others in shared activities.
Explore Evade Escape – moving around others within a shared space.

Key Stage 1 – Duel Win Lose

Masterful Mover	Skilful Solver	Confident Connector
Know what fundamentals of movement we are developing.	Know what rules and scoring systems can be applied to a game.	Know what values contribute to healthy competition.
Know how to perform the necessary physical skills to compete effectively.	Know how to apply my problem solving skills when playing competitively.	Know how to manage emotions during both winning and losing scenarios.

Connected Units in Key Stage 1
Look Run Avoid – competing in simple invasion-style activities that require quick decisions.
Hands Feet Equipment – applying dribbling and control when competing against others.

Lower Key Stage 2 – Duel Win Lose

Masterful Mover	Skilful Solver	Confident Connector
Know what the key fundamental movement skills required for competitive invasion based activities are.	Know what strategies and tactics are needed to compete successfully with and against others.	Know what the importance is of sportsmanship and handling both winning and losing gracefully.
Know how to apply fundamental movement skills effectively to compete both with and against others.	Know how to think strategically during competitive activities, using tactics to outwit opponents.	Know how to demonstrate good sportsmanship by showing respect to opponents, and maintaining a positive attitude.

Connected Units in Lower Key Stage 2
Hands Feet Equipment – applying strategies to outwit opponents in competitive situations.
Space Chase Dodge – using evasive movement to succeed in competitive games.

UKS2 – Fair Share Dare

Masterful Mover	Skilful Solver	Confident Connector
Know what fundamentals of movement can be developed through team activities.	Know what the importance of rules are and how these contribute to fair play.	Know what emotional responses and social interactions contribute to a positive and supportive environment.
Know how to participate in activities with a consistent effort, ensuring they do not dominate others, and can take turns with peers.	Know how follow basic rules and strategies that promote fair play and participation.	Know how to manage their emotions and interactions to support fair play, sharing, and courage in accepting challenges.

Connected Units in Upper Key Stage 2
Lend Move Score – applying fairness and teamwork while working together to score within invasion games.
Block Guard Support – demonstrating respect, communication and sportsmanship when defending as a team.

beyond the physical

Learning Theme Progression & connections

EYFS Foundational Learning Themes
Hands Feet Equipment – controlling objects using hands and equipment.
Play Move Explore – using equipment within games.
Search Steal Share – cooperating and sharing equipment during activities.

Key Stage 1 – Target Control Combine

Masterful Mover	Skilful Solver	Confident Connector
Know what fundamentals of movement we are developing.	Know what types of throw and catch can be used in different activities.	Know what the importance of being able to throw and catch is and how this can be used in cooperative games.
Know how to perform a range of throwing and catching techniques.	Know how to adjust their throwin and catching techniques depending on the equipment they use.	Know how to collaborate with others, offering constructive feedback and encouraging a positive, supportive environment.

Connected Units in Key Stage 1
Send Receive Return – applying object control skills to hit or reach targets.
Throw Prepare Catch – developing throwing accuracy and control.

Lower Key Stage 2 – Target Control Combine

Masterful Mover	Skilful Solver	Confident Connector
Know what accurate aiming and controlled movement are when performing tasks that involve hitting or reaching a target.	Know what strategies and tactics are for effective target-based activities, such as understanding angles, timing, and coordination.	Know what the importance of perseverance is when practicing target-based activities.
Know how to apply these skills by adjusting their body position, force, and technique to consistently hit a target or control an object with precision.	Know how to plan their actions, combining different skills and techniques to achieve success in target-based games.	Know how to encourage themselves and their peers, maintaining focus even when tasks are challenging or require multiple attempts to succeed.

Connected Units in Lower Key Stage 2
Accuracy Power Distance – applying different throwing techniques for accuracy and power.
Aim Track Catch – adjusting technique based on distance and direction.

Upper Key Stage 2 – Watch Move Connect

Masterful Mover	Skilful Solver	Confident Connector
Know what fundamentals of movement are required to be successful within this unit.	Know what factors influence the movement of an object such as force and speed.	Know what the role of confidence is when tracking and catching objects.
Know how how to track an object to catch, strike or collect effectively.	Know how to move efficiently to be able to catch or intercept an object.	Know how to effectively set up my own working space to provide adequate level of challenge.

Connected Units in Upper Key Stage 2
Serve Set Slam – tracking and positioning effectively to return objects.
Aim Strike Retrieve – intercepting and collecting objects during striking and fielding situations.

Learning Theme Progression & connections

EYFS Foundational Learning Themes
Hands Feet Equipment – developing early object control skills. **Agility Balance Coordination –** manipulating and controlling the body and objects simultaneously. **Search Steal Share –** sharing equipment and cooperating with others.

Key Stage 1 – Hands Feet Equipment		
Masterful Mover	**Skilful Solver**	**Confident Connector**
Know what fundamentals of movement we are developing.	Know what dribbling techniques can applied to a range of sporting activities.	Know what the importance of resilience is when trying new skills.
Know how to dribble in a range of sporting activities.	Know how to use dribbling skills to avoid obstacles and defenders.	Know how to share my ideas and thoughts with others in my class.
Connected Units in Key Stage 1 **Look Run Avoid –** moving into space while controlling an object. **Send Receive Return –** developing coordination when manipulating equipment.		

Lower Key Stage 2 – Hands Feet Equipment		
Masterful Mover	**Skilful Solver**	**Confident Connector**
Know what the key characteristics of dribbling are and how they can be applied to a range of activities.	Know what strategies and techniques can be used to effectively dribble and control the ball or equipment while avoiding defenders or obstacles.	Know what strategies can be used to adapt activities to ensure a suitable level of challenge.
Know how to perform dribbling and control techniques using hands, feet, and equipment.	Know how to select the appropriate techniques depending on the activity.	Know how to maintain focus, confidence, and sportsmanship while practicing and applying dribbling and control skills in individual and group activities.
Connected Units in Lower Key Stage 2 **Space Chase Dodge –** using dribbling to evade defenders. **Pass Position Patience –** controlling the ball before making decisions in invasion games.		

Upper Key Stage 2 – Block Guard Support		
Masterful Mover	**Skilful Solver**	**Confident Connector**
Know what fundamental skills are used to defend in invasion games.	Know what strategies and tactics can be utilised for defensive play in invasion games.	Know what effective communication can be used to support others within games.
Know how to execute these skills effectively to prevent opponents from scoring.	Know how to implement key strategies, analysing game situations to make informed decisions that benefit their team.	Know how to support others within games through different forms of communication.
Connected Units in Upper Key Stage 2 **Evade Invade Capture –** applying defensive tactics to stop attacking play. **Lend Move Score –** understanding the defensive strategies required to prevent scoring.		

beyond the physical

Learning Theme Progression & connections

EYFS Foundational Learning Themes
Hands Feet Equipment – controlling objects using hands and equipment.
Play Move Explore – using equipment within simple games.
Search Steal Share – cooperating when sharing equipment.

Key Stage 1 – Throw Prepare Catch

Masterful Mover	Skilful Solver	Confident Connector
Know what fundamental movement skills we are developing.	Know what type of throwing and catching to use in a game.	Know what the importance of helping others is.
Know how to use a range of throwing and catching skills in different activities.	Know how to make changes to the type of throw I use dependent on the activity and equipment.	Know how to share ideas to adapt the games we play.

Connected Units in Key Stage 1
Send Receive Return – developing object control through sending and receiving activities.
Target Control Combine – applying throwing accuracy to reach targets.

Lower Key Stage 2 – Pass Position Patience

Masterful Mover	Skilful Solver	Confident Connector
Know what basic skills are required to attack as a team within simple invasion games.	Know what attacking strategies can be applied to simple invasion games.	Know what characteristics are needed within a team to be successful within games.
Know how to execute accurate passes, find strategic positions to be in, and maintain control and patience under pressure.	Know how to apply strategies to make smart decisions during gameplay, such as when to pass and where to move.	Know how to show positive behaviours through being patient with themselves and others.

Connected Units in Lower Key Stage 2
Space Chase Dodge – moving into effective space to receive passes.
Hands Feet Equipment – maintaining possession before passing.

Upper Key Stage 2 – Lend Move Score

Masterful Mover	Skilful Solver	Confident Connector
Know what the key principles of an invasion game are.	Know what strategies and tactics are effective for scoring goals/points in invasion games.	Know what it means to be an effective team-mate in a game.
Know how to effectively pass and move in invasion games to create scoring opportunities.	Know how to analyse our team's performance in order to improve.	Know how to work effectively as part of a team to achieve common goals.

Connected Units in Upper Key Stage 2
Evade Invade Capture – applying attacking tactics to create scoring opportunities.
Serve Set Slam – applying teamwork and decision making within competitive play.

Learning Theme Progression & connections

EYFS Learning Themes		
Key Stage 1 –		
Masterful Mover	**Skilful Solver**	**Confident Connector**
Connected Units in Key Stage 1		

Lower Key Stage 2 –		
Masterful Mover	**Skilful Solver**	**Confident Connector**
Connected Units in Lower Key Stage 2		

Upper Key Stage 2 – Explore Solve Challenge		
Masterful Mover	**Skilful Solver**	**Confident Connector**
Know what physical skills are required for success within outdoor adventure activities.	Know what problem-solving strategies and critical thinking skills are necessary for overcoming challenges.	Know what constitutes effective communication, collaboration and leadership.
Know how to use physical skills such as navigation and orienteering.	Know how to use these strategies to analyse situations, plan their approach, and solve problems efficiently.	Know how to collaborate with and lead others effectively and efficiently in problem solving challenges.
Connected Units in Upper Key Stage 2 **Fair Share Dare –** demonstrating teamwork and collaboration during shared challenges. **Symmetry Balance Travel –** applying body control and teamwork during physical challenges.		

Learning Theme Progression & connections

EYFS Learning Themes		
Key Stage 1 –		
Masterful Mover	**Skilful Solver**	**Confident Connector**
Connected Units in Key Stage 1		

Lower Key Stage 2 – Accuracy Power Distance		
Masterful Mover	**Skilful Solver**	**Confident Connector**
Know what fundamental movement skills we are developing.	Know what type of throw to select for accuracy, power and distance.	Know what the importance of collaboration is.
Know how to use a range of throwing skills in different activities.	Know how to make changes to the type of throw I use, dependent on the activity and equipment.	Know how to share ideas to help others improve.
Connected Units in Lower Key Stage 2 **Run Jump Throw –** applying throwing techniques with different levels of power and accuracy. **Target Control Combine –** controlling force and direction to reach targets.		

Upper Key Stage 2 –		
Masterful Mover	**Skilful Solver**	**Confident Connector**
Connected Units in Upper Key Stage 2		