

Key Stage 1 P.E Progression of Skills: Games

| | Year 1 | Year 2 |
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| Physical | <ul style="list-style-type: none"> • Play on their own and with others, keeping themselves safe by finding free space • Become a competent mover so that they can avoid others by controlling their body so they don't fall over i.e. move forward, sideways and backwards at different speeds with increasing control • Control equipment; carry and release into a target, roll, throw underarm into a target, throw a beanbag in the air and catch, strike a ball with a foot, hit a ball with a bat into a target • Move into a space or jump to stop a ball • Begin to join actions together e.g. throw then move | <ul style="list-style-type: none"> • Recap previous learning and vocabulary • Play co-operatively and competitively with a partner/team of 4 • Use space well e.g. move into a space or jump to stop catch or strike a ball • Be a competent mover so that they can avoid others by controlling their body so they don't fall over i.e. move forward, sideways and backwards at different speeds with control • Control and make decisions when playing with balls of various sizes & shapes; roll & throw underarm/overarm to a partner, receive balls of various sizes and shapes from a partner, bounce & catch on the spot and on the move, strike & receive the ball with a foot & hit a ball with a bat, a racquet or a stick when playing with a partner |
| Thinking | <ul style="list-style-type: none"> • Watch and copy others who are doing well • Choose the best equipment to enable them to play or move well • Make simple decisions of where and when to move to receive or defend a ball • Choose how to make it difficult for others to beat them • Understand that practise is needed in order to improve | <ul style="list-style-type: none"> • Adapt activities using their own ideas of how to make the game easier /harder/more enjoyable by using STEP i.e. changing the space/task/equipment/people • Make up simple rules with others to make the game enjoyable and challenging • Understand simple tactics to outwit a partner/small team when attacking or defending i.e. selecting an appropriate pass, looking one way passing the other, keeping on the move to mark a goal/target, moving into the pathway of a ball to intercept • Change their intended action in response to their opponent • Have the determination to practise to improve own skills |
| Strategy | <ul style="list-style-type: none"> • Join in games with others • Take turns • Stay within boundaries of games • Understand that if they don't play fairly others won't enjoy the activity • Understand that joining in activities gives them a good feeling | <ul style="list-style-type: none"> • Include others in their games • Begin to recognise what they and others can do well • Keep to rules so that they and others enjoy an activity • Begin to recognise how they and others feel when they find activities easy/difficult, when they win/lose |

Key Stage 2 P.E Progression of Skills: Games

| | Year 3 | Year 4 | Year 5 | Year 6 |
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| Physical | <ul style="list-style-type: none"> • Recap previous learning and vocabulary • Send and receive a ball with hands with increasing accuracy to a target, space or team mate • Pass in a straight line, a diagonal line and across a square • Variety of sending techniques eg over arm throwing, under arm throwing, bounce pass, rolling, kicking and hitting • Variety of receiving techniques eg catching, stopping with the foot, stopping with a stick • Call and signal to enable team mates to know where to pass the ball | <ul style="list-style-type: none"> • Recap previous learning and vocabulary • Keep games going because they have the skill and control to do so e.g. throw and catch in different ways, choosing the right time to pass, selecting the best place to pass to a team mate or to outwit an opponent, join actions together like move, receive, shoot • Send and receive a ball with hands, feet, racquet and bat with increasing accuracy to a target, space or team mate (football, hockey, basketball) • Use space well by finding and moving into a free space/passing to team mates when they are in a good space • Anticipation leading to interception • Have the confidence to try out new skills and recognise which skills they need to practise | <ul style="list-style-type: none"> • Recap previous learning and vocabulary • Pass, control, the ball with accuracy and fluency while on the move • Send and receive a ball with hands with accuracy to a target, space or team mate • Demonstrate increasing confidence and competence to successfully take part in the range of games as described above | <ul style="list-style-type: none"> • Recap previous learning and vocabulary • Pass, control, dribble and shoot with accuracy and fluency while on the move (netball, basketball, football, hockey) • Send and receive a ball with hands, feet, racquet and bat with accuracy to a target, space or team mate • Demonstrate the confidence and competence to successfully take part in the range of games as described above • Demonstrate the perseverance to improve • Show how to use feints and acceleration to outwit their opponents • Anticipate where to be and when to go there |

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| <p style="text-align: center;">Thinking</p> | <ul style="list-style-type: none"> • with others, decide and try out different ideas/tactics to outwit an opponent in defence and attack • talk about the skills needed • when using different types of equipment • variety of games 3v1 and 4v1 use a range of different equipment, footballs, hockey balls, rugby balls | <ul style="list-style-type: none"> • understand own and others' strengths and weaknesses and have the confidence to practise to improve • understand how to take responsibility for their own and others' safety when playing games • adapt and make up rules to suit the equipment /space /targets used • plan different team members roles • use hand signals as well as speech to signal where they want the ball | <ul style="list-style-type: none"> • understand own and others' strengths and weaknesses and how to choose the most competent person for a specific role within the team • make decisions quickly in a game • change tactics/roles as necessary for the success of the whole team • Start to develop a basic understanding of team formation | <ul style="list-style-type: none"> • Help to explore and use the principles of attack; width, speed and support • Help to explore and use the principles of defence; delay, denial of space, pressure and cover |
| <p style="text-align: center;">Strategy</p> | <ul style="list-style-type: none"> • Understand the term stamina and the ability to keep going | <ul style="list-style-type: none"> • keep possession of the ball • select different positions in the team based on strengths of players • agree on their own rules to suit the equipment keep to the rules so that they and others enjoy and are challenged • encourage team mates to do well accept winning and losing as part of games | <ul style="list-style-type: none"> • Shadowing a player • Back up and support rest of team • understand and keep to the rules of the games described above to enable the game to flow and keep players safe • control the feelings experienced e.g. nervousness /excitement / disappointment to help themselves and others enjoy the games | <ul style="list-style-type: none"> • understand and keep to the rules of the games described above to enable the game to flow and keep players safe • select different positions in the team based on strengths of players challenge and encourage each other to perform to the best of their ability |