



Progression in PE

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Games Progression								
EYFS Objs			KS1 NC Objs			KS2 NC Objs		
<ul style="list-style-type: none"> Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively (ELG) 			<ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending 			<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best 		
Key Skills	Rec	Y1	Y2	Y3	Y4	Y5	Y6	End Point
Health & Fitness	Describe how the body feels when still and when exercising.	Carry and place equipment safely Describe how the body feels before, during and after exercise.	Recognise and describe how the body feels during and after different physical activities. Explain what they need to stay healthy	Explain why it is important to warm up and cool down. Know the importance of strength and flexibility for physical activity.	Explain why exercise is good for your health. Describe how the body reacts at different times and how this affects performance. Know some reasons for warming up and cooling down.	Explain some safety principles when preparing for and during exercise. Know and understand the reasons for warming up and cooling down. Organise their own warm up & cool down	Carry out their own warm-ups and cool-downs safely and effectively. Understand why exercise is good for health, fitness and wellbeing. Know ways they can become healthier.	To be able to explain how physical exercise plays a part in a healthy lifestyle. Know how to exercise safely, including how and why to warm up and cool down. Participate in exercised for enjoyment.
	Striking and Hitting a Ball	Hit a still ball with a bat or racquet. Hit a rolling ball with a bat or racquet Hit a large, moving ball with a bat or racquet.	Hit a large, moving ball with a bat or racquet. Watch and track a ball coming towards them Have a solid firm base (number 11 position)	Hit a small, still ball with a bat, racquet or stick at a target. Hit a large, moving ball with a bat or racquet at a target Keep head still at the point of contact with the ball	Hit a small, still ball with a bat & stick at a target. Cricket & tennis Hold a bat & stick with the correct grip cricket & tennis	Hit a small, moving ball with a racquet at a target. Tennis Accurately serve underarm. Tennis Use the forehand shot tennis	Direct the ball when striking it by positioning their feet and arms correctly Cricket, & tennis Use the backhand shot tennis	Use the volley shot tennis Perform the lob shot tennis Explore when different shots are best used. Tennis



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		<p>Use hitting skills in a game.</p> <p>Begin to control the ball (direction, speed) when hitting it</p>	<p>Strike or hit a ball with increasing control.</p> <p>Position the body to strike a ball.</p> <p>Begin to hold the bat/racquet/stick using the correct grip</p>	<p>Start to direct the ball when striking it by positioning their feet and arms correctly Cricket & tennis</p> <p>Hit a ball with increasing power Cricket & tennis</p>	<p>Build a rally /passing sequence with a partner. Tennis</p> <p>Use the backhand shot tennis</p> <p>Begin to direct the ball to score runs cricket</p>	<p>Hit a bowled ball over longer distances. Cricket</p> <p>Being to use a range of shots in a rally or game tennis, cricket,</p> <p>Explore when different shots are best used. Cricket</p> <p>Perform the lob shot tennis</p>	<p>Play a tennis game using an overhead serve. tennis</p>	
<h3>Throwing and Catching a Ball</h3>	<p>Roll a ball to a partner at on the floor with outstretched, V-shaped legs</p> <p>Catch a large ball (e.g. basketball) with 2 hands</p> <p>Throw a large ball towards a target</p>	<p>Throw a range of objects underarm and overarm at a target</p> <p>Bounce a ball and catch it.</p> <p>Watch & track the ball as it comes towards them</p> <p>Move hand to catch a ball</p> <p>Use rolling skills in a game.</p> <p>Begin to use cupped hands to catch a ball</p>	<p>Throw a small ball underarm and overarm at a target</p> <p>Throw and catch a large ball with a partner</p> <p>Use cupped hands to catch a ball</p> <p>Bounce a ball to a partner to catch.</p> <p>Use throwing and catching skills in a game.</p> <p>Begin to varying the direction and distance of ball throwing.</p>	<p>Throw and catch an accurate chest pass handball & basketball</p> <p>Throw and catch an accurate bounce pass handball & basketball</p> <p>Successfully catch a ball in a static rally handball & basketball</p> <p>Throw a small ball underarm and overarm to a partner to catch Cricket</p> <p>Begin to use the correct technique to throw & catch a rugby ball. Tag rugby</p> <p>Catch with increasing control and accuracy. handball, basketball, cricket</p>	<p>Throw and catch an accurate overarm pass netball & basketball, cricket</p> <p>Successfully catch a ball in a moving rally/game netball & basketball, cricket</p> <p>Use chest throws for short passes and overarm throws for long passes Netball & basketball</p> <p>Throw and catch with greater control and accuracy at targets and team mates. netball, basketball, tag rugby, cricket</p>	<p>Plan how to position feet and arms to direct the ball when throwing netball, cricket</p> <p>Develop a safe and effective overarm bowl. Cricket</p> <p>Use the V and L shape to over arm throw for distance Cricket</p> <p>Catch a ball one-handed cricket</p> <p>Perform backwards passes with a rugby ball tag rugby</p>	<p>Decide which pass is most effective to use in a game situation Netball</p> <p>Catch a rugby ball by intercepting a pass tag rugby</p>	<p>To be able to stand in the correct position in order to consistently & accurately throw different types of balls with speed & power. Catch a ball consistently in a game situation. Use a range of throws & catches across sports appropriately.</p>

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				<p>Throw a ball in different ways (e.g. high, low, fast or slow).</p> <p>Develop a safe and effective overarm bowl. Cricket Begin to catch a ball one-handed cricket</p>	<p>Use the correct technique to throw & catch a rugby ball. Tag rugby</p>	<p>Decide which pass is most effective to use in a game situation Cricket, netball</p>		
Travelling with a Ball	<p>Know that a ball can be moved in different ways: bouncing, kicking, rolling, and throwing.</p> <p>Use a range of equipment to control a ball and make it move.</p>	<p>Travel with a large ball by bouncing and catching it.</p> <p>Travel with a ball balanced on a racquet.</p> <p>Travel with a large ball at their feet.</p> <p>Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency.</p> <p>Begin to travel with a ball in small game situations</p>	<p>Travel with a ball (bouncing, on a racquet, at their feet) to a specific target and back</p> <p>Travel with a ball in small game situations</p> <p>Keep a ball under greater control (in control more times than it isn't) when practising</p>	<p>Dribble a ball at their feet in a straight line with control Football</p> <p>Dribble a ball with their hands in a straight line with control basketball</p> <p>Hold a rugby ball correctly (cute little pig) when travelling tag rugby</p> <p>Dribble a ball at their feet around a static obstacle with control Football</p> <p>Dribble a ball at their hands around a static obstacles with control basketball</p> <p>Travel with the ball under greater control (in control more times than it isn't) when in games basketball, Football & Tag rugby</p>	<p>Dribble a ball at their feet around a static obstacle with control Football</p> <p>Dribble a ball at their hands around a static obstacle with control basketball</p> <p>Travel with the ball under greater control (in control more times than it isn't) when in games basketball, Football & Tag rugby</p> <p>Experiment with carrying a rugby ball under both arms tag rugby</p> <p>Dribble a ball at their feet around a moving obstacle (a defender) Football</p> <p>Dribble a ball at their hands around a moving obstacle (a defender) basketball</p> <p>Experiment with using both hands and feet to travel with the ball basketball & Football</p>	<p>Dribble a ball at their feet around a moving obstacle (a defender) Football</p> <p>Experiment with using both hands and feet to travel with the ball & make a choice about which is their preferred foot Football</p> <p>Receive a pass while on the move and continue to travel tag rugby</p> <p>Receive a pass while on the move and continue to travel tag rugby</p>	<p>Dribble a ball at their feet at speed around a moving obstacle (a defender) Football</p> <p>Use both hands and feet appropriately in a game situation to travel with the ball Football</p> <p>Receive a pass while on the move and continue to travel tag rugby</p> <p>Travel with a ball with control and accuracy for a sustained period of time Football & Tag rugby</p>	<p>To be able to confidently and smoothly travel with a range of balls in a variety of sports.</p>
Kicking a Ball	<p>Kick a large ball with both feet.</p> <p>Say which feels better and why</p>	<p>Kick a ball in a straight line towards at target</p> <p>Kick a ball back and forth to a partner</p>	<p>Kick a ball back and forth to a partner</p> <p>Kick a ball accurately in a range of directions at a short distance</p>	<p>Kick a ball accurately in a range of directions at a long & short distance Football</p>	<p>Vary the force of their kick depending on the distance of the pass Football</p>	<p>Pass the ball with increasing speed, accuracy and success (more successful than not) in a game situation. Football</p>	<p>Experiment with kicking a ball high or low depending on the defender in front of them Football</p>	<p>To be able to kick a ball accurately and with power in order to advance play and score goals.</p>

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			Kick a ball accurately in a range of directions at a long distance	Vary the force of their kick depending on the distance of the pass Football	Pass the ball with increasing speed, accuracy and success in a game situation. Football	Experiment with kicking a ball high or low depending on the defender in front of them Football	Kick and receive the ball whilst on the move Football Punt a ball Rugby	
Possession			Know what the word possession means Demonstrate 'possession' in PE lessons	Understand why it is important to keep possession of the ball in a team game handball, basketball, football, & tag rugby Know how to keep and win back possession of the ball in a team game. handball, basketball, football, & tag rugby	Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game. netball, basketball, football & tag rugby	Keep and win back possession of the ball effectively in a team game. netball, football, & tag rugby	Know how to act as part of a team; know when it is best to possess the ball and when it is best for someone else to have it netball, football, & tag rugby	Know the importance of keeping possession of the ball in a team game. Apply their skills in order to keep possession.
Using Space	Move safely around the space and equipment. Travel in different ways, including sideways and backwards.	Use different ways of travelling in different directions or pathways. Run at different speeds. Begin to understand the concept of 'space' in a game situation.	Understand the concept of 'space' in a game situation. Move into a space from a crowded situation Begin to choose and use the best space in a game.	Know that crowded space is unhelpful in a team game handball, basketball, football & tag rugby Make the best use of space to pass and receive the ball. handball, basketball, football & tag rugby	Find a useful space and get into it to support teammates. netball, basketball, football & tag rugby Know attacking and defending spaces within the game netball, basketball, football, & tag rugby	Know attacking and defending spaces within the game netball, football, & tag rugby Begin to understand the concept of positions, the roles they play within a game netball, football, tag rugby & cricket (fielding)	Begin to understand the concept of positions, the roles they play within a game netball, football, & tag rugby Use space to their advantage in game situations to score points tennis	Know and perform some positions of team games. Use space effectively in order to gain possession and score goals.
Attacking and Defending	Play a range of chasing games. Understand when they are the 'chaser' of 'the one being caught'	Begin to use the terms attacking and defending. Understand what it means to mark a player Begin to understand the skill of dodging, transferring weight	Understand the terms attacking and defending. Know that you 'attack' a goal to win a game Know that you 'defend' your goal to stop others winning	Take shots on goals in team games handball, basketball, football, tag rugby Use their position and body to defend in a team game handball, basketball, football, tag rugby	Score goals in team games netball, basketball, football, & tag rugby Build a run sequence with a partner cricket Use tackling & blocking to defend in a team game netball, basketball, football, & tag rugby	Use tackling & blocking to defend in a team game netball, football, & tag rugby Use the long barrier to stop a ball from travelling past them. Cricket Know when to run & when not to Cricket	Think ahead and create a plan of attack or defence. netball, , football, & tag rugby Work as a team to develop fielding strategies to prevent the opposition from scoring. netball, football, & tag rugby	Know what the terms 'attack & defend' mean and demonstrate them in a range of invasion games.

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		from 1 foot to another to go around something	Use dodging to go around a static 'defender'	Score runs with a partner cricket Use fielding skills to stop a ball from travelling past them. Cricket	Begin to look for the best way of scoring goals which includes team mates netball, basketball, football, & tag rugby	Choose the best tactics for attacking and defending.		
Tactics and Rules	Follow simple rules.	Follow simple rules to play games, including team games. Begin to mark and dodge around partners in practices	Understand the importance of rules in games. Use simple attacking skills such as dodging to get past a defender. Use simple defensive skills such as marking a player or defending a space. Make up their own rules to a game they have designed	Apply and follow rules fairly. Understand and begin to apply the basic principles of invasion games. Make up their own rules to a game they have designed Suggest ways to be successful as a team	Suggest ways to be successful as a team Begin to make choices about the right use of a skill in a game situation	Know when it is best to travel and when it is best to pass in a game situation Devise and adapt rules to create their own game.	Communicate plans to others during a game. Lead others during a game.	Know & follow the rules fairly in a range of games. Apply tactics in order to improve performance.
Evaluate	Talk about what they have done. Experiment with ways of changing their dance. Talk about what others have done.	Watch and describe performances. Begin to say how they could improve.	Watch and describe performances and use what they see to improve their own performance. Talk about the differences between their work and that of others.	Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time. Begin to use skill specific vocabulary when evaluating	Watch performances giving ideas for improvements. Use skill specific vocabulary when evaluating Change parts of a performance as a result of self-evaluation.	Choose and use criteria to evaluate own and others' performances. Explain why they have used particular skills or techniques, and the effect they have had on their performance.	Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements that will improve performance	To understand the value of evaluation and see how it can make themselves and others improve. Give productive evaluations of their own and other's performances.

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