


Forest Hall Primary School PE Skills Progression Map (Games)

Games Progression Grid		
		
Early Years Outcomes The main Early Years Outcomes covered in the Games units are: <ul style="list-style-type: none">• Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.• Develop overall body strength, balance, co-ordination and agility.• Further develop and refine a range of ball skills, including throwing, catching, kicking, passing, batting and aiming.• Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.• Negotiate space and obstacles safely, with consideration for themselves and others.• Demonstrate strength, balance and co-ordination when playing.• Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	KS1 National Curriculum Aims Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to: <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.	KS2 National Curriculum Aims Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to: <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 (for example, through athletics and gymnastics).• Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

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Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health & Fitness						
Describe how the body feels when still and when exercising.	Describe how the body feels before and after exercise. Carry and place equipment safely.	Recognise and describe how the body feels during and after different physical activities. Explain what they need to stay healthy.	Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool-down.	Describe how the body reacts at different times and how this affects performance. Explain why exercise is good for your health. Know some reasons for warming up and cooling down.	Know and understand the reasons for warming up and cooling down. Explain some safety principles when preparing for and during exercise.	Understand the importance of arming up and cooling down. Carry out warm ups and cool downs safely and effectively. Understand why exercise is good for health, fitness and wellbeing. Know ways they can become healthier.
Striking and hitting a ball						
Explore sending a ball to a partner. Explore tracking and stopping a rolling ball. Explore rolling, throwing and catching using a variety of equipment.	Explore striking a ball with their hands and equipment. Develop tracking and retrieving a ball. Explore technique when throwing overarm and underarm. Develop co-ordination and technique when catching. Kick towards a stationary target.	Develop striking a ball with their hand and equipment, with some consistency. Develop tracking a ball and decision making with the ball. Develop co-ordination and technique when throwing overarm and underarm. Catch with two hands with some co-ordination and technique.	Begin to strike a bowled ball after a bounce with different equipment. Explore bowling to a target and fielding skills to include a two-handed pick up. Use overarm and underarm	Develop batting technique with a range of equipment. Develop bowling with some consistency, abiding by the rules of the game. Use overarm and underarm throwing with increased	Explore defensive and driving hitting techniques and directional batting. Develop overall, and underarm bowling technique. Develop long and short barrier and two handed pick up.	Strike a bowled ball with increasing accuracy and consistency. Use a wider range of fielding skills with increasing control under pressure. Consistently demonstrate good technique in throwing skills under pressure.

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<p>Kick larger balls to space.</p> <p>Hit a ball with hands.</p>	<p>Strike a stationary ball using a racket.</p>	<p>Show balance when kicking towards a target.</p> <p>Strike a ball using a racket.</p>	<p>throwing in game situations.</p> <p>Catch with some consistency in game situations.</p> <p>Kick towards a partner in game situations.</p> <p>Strike a ball with varying techniques.</p>	<p>consistency in game situations.</p> <p>Begin to catch with one and two hands with some consistency in game situations.</p> <p>Kick with increasing success in game situations.</p> <p>Strike a ball using varying techniques with increasing accuracy.</p>	<p>Demonstrate good technique when using a variety of throws under pressure.</p> <p>Explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations.</p> <p>Use a variety of kicking techniques with some control under increased pressure.</p> <p>Strike a ball using a wider range of skills and apply these with some success under pressure.</p>	<p>Consistently demonstrate good technique in catching skills under pressure.</p> <p>Select and apply the appropriate kicking technique with control.</p> <p>Strike a ball using a wider range of skills to outwit an opponent and apply these with increasing control under pressure.</p>
Throwing and catching a ball						
<p>Explore throwing using a variety of equipment.</p> <p>Explore catching using a variety of equipment.</p> <p>Drop and catch with two hands.</p>	<p>Explore technique when throwing overarm towards a target.</p> <p>Explore technique when throwing underarm towards a target.</p> <p>Drop and catch a ball after one bounce and on the move.</p>	<p>Develop co-ordination and technique when throwing overarm towards a target.</p> <p>Develop co-ordination and technique when throwing underarm towards a target.</p> <p>Use a variety of throwing techniques in game situations.</p>	<p>Explore throwing a ball at a moving target.</p> <p>Begin to catch whilst on the move.</p>	<p>Throw with increasing accuracy at a target.</p> <p>Catch on the move with increasing accuracy.</p> <p>Use a variety of throwing</p>	<p>Demonstrate clear technique and accuracy when throwing at a target.</p> <p>Demonstrate good technique and consistency in catching skills.</p> <p>Use a variety of throwing</p>	<p>Throw with increasing control under pressure.</p> <p>Catch with increasing control in a game situation and under pressure.</p> <p>Use a variety of throwing techniques, including fake passes to outwit an opponent.</p>

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Throw and roll a variety of beanbags and larger balls to space.	Throw and roll towards a target with some varying techniques. Catch a beanbag and a medium sized ball.	Catch a ball passed to them using one and two hands with some success.		techniques with increasing success in game situations. Catch a ball passed to them using one and two hands with increasing success.	techniques with some control under increasing pressure. Catch and intercept a ball using one and two hands with some success in game situations.	Catch and intercept a ball using one and two hands and with increasing success in game situations.
Travelling with a ball						
Explore dropping and catching with two hands and moving a ball with their feet. Move a ball with their feet.	Explore dribbling with hands and feet. Move a ball using different parts of the foot.	Explore dribbling with hands and feet, with increasing control and on the move. Dribble a ball with two hands on the move. Dribble a ball with some success, stopping it when required.	Explore dribbling the ball, abiding by the rules of the game and under some pressure. Dribble the ball with one hand with some control in game situations. Dribble a ball with their feet with some control in game situations.	Link dribbling the ball with other actions. Change directions whilst dribbling with feet, with some control.	Dribble with some control under pressure. Use dribbling to change direction of play with some control and under pressure. Dribble with feet with some control, under increasing pressure.	Dribble consistently using a range of techniques, with increasing control under pressure. Use dribbling to change the direction of play, with control and under pressure. Use a variety of dribbling techniques to maintain possession under pressure.
Sending and Receiving						
Explore sending and receiving with hands and feet, using a variety of equipment	Explore sending and receiving with hands and feet to a partner. Look at their partner before sending the ball.	Develop sending and receiving with increased control. Control the ball before sending it.	Explore sending and receiving, abiding by the rules of the game.	Develop passing techniques appropriate to the game with increasing success.	Develop control when sending and receiving under pressure.	Send and receive a ball consistently using a range of techniques, with increasing control and under pressure.

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<p>Look at a target when sending a ball, and watch a ball to receive it.</p> <p>Stop a beanbag or a large ball sent to them using their hands.</p> <p>Attempt to stop a large ball sent to them using their feet..</p>	<p>Attempt to track balls and other equipment sent to them.</p>	<p>Move to track a ball and stop it using their feet with limited success.</p>	<p>Point hand/foot/stick towards target on release to send a ball accurately.</p> <p>Receive a ball sent to them using different parts of the foot.</p>	<p>Cushion a ball to help with control when receiving it.</p> <p>Receive a ball using different parts of the foot under pressure.</p>	<p>Receive a ball using different parts of the foot, under pressure and with increasing control.</p>	<p>Understand and make quick decisions about how, when and who to pass to.</p> <p>Receive a ball with consideration to the next move.</p>
Possession						
		<p>Keep their head up when dribbling to look out for and know where defenders are.</p>	<p>Use dribbling as an attacking skill to move towards a goal or away from a defender.</p>	<p>Protect and keep control of a ball when dribbling to maintain possession.</p>	<p>Dribble in different directions to maintain possession and lose a defender.</p>	<p>Choose the appropriate skill for the situation under pressure to maintain possession and keep the ball away from a defender.</p>
Using Space						
<p>Recognise their own space.</p> <p>Understand that being in space gives them room to play.</p> <p>Move around showing limited awareness of others.</p>	<p>Recognise good space when playing games.</p> <p>Understand that being in a good space helps when passing the ball.</p> <p>Recognise space in relation to others.</p>	<p>Explore moving into space away from others.</p> <p>Understand that moving into space away from defenders helps to pass and receive the ball.</p> <p>Move to space to help score goals or limit others scoring.</p>	<p>Develop using space as a team.</p> <p>Use space with some success in game situations.</p>	<p>Develop moving into space to help the team.</p> <p>Understand that moving into space will help keep possession and score goals.</p> <p>Create and use space with some success in game situations.</p>	<p>Explore moving to create space for themselves and others in their team.</p> <p>Understand that moving into space, even if not receiving the ball, will create space for a teammate.</p> <p>Create and use space for self and others with some success.</p>	<p>Move to the correct space when transitioning from attack to defence or defence to attack, and create and use space for self and others.</p> <p>Understand that transitioning quickly between attack and defence will help to maintain or gain possession.</p>

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						Effectively create and use space for self and others to outwit an opponent.
Attacking and Defending						
<p>Explore changing direction and tagging games.</p> <p>Run and stop when instructed.</p>	<p>Explore changing direction to move away from a partner.</p> <p>Explore tracking and moving to stay with a partner.</p> <p>Run, stop and change direction with some balance and control.</p>	<p>Develop moving into space away from defenders.</p> <p>Explore staying close to other players to try and stop them getting the ball.</p> <p>Run, stop and change direction with balance and control.</p>	<p>Develop movement skills to lose a defender.</p> <p>Explore shooting actions in a range of invasion games.</p> <p>Develop tracking opponents to limit their scoring opportunities.</p> <p>Change direction with increasing speed in game situations.</p>	<p>Change direction to lose an opponent with some success.</p> <p>Develop defending one on one and begin to intercept.</p> <p>Recognise when to pass and when to shoot.</p> <p>Know when to mark and when to attempt to win the ball.</p>	<p>Use a variety of techniques to lose an opponent, e.g. change of direction or speed.</p> <p>Develop tracking and marking with increased success.</p> <p>Explore intercepting a ball using one and two hands.</p>	<p>Confidently change direction to lose and outwit an opponent.</p> <p>Use a variety of defending skills, e.g. tracking and interception, in game situations.</p>
Tactics and Rules						
<p>Make simple decisions in response to a task or situation.</p> <p>Know that rules help us to stay safe.</p>	<p>Know that tactics can help us when playing games.</p> <p>Know that rules help us to play fairly.</p> <p>Begin to use simple tactics with guidance.</p>	<p>Understand and apply simple tactics for attack and defence.</p> <p>Know how to score points and follow simple rules.</p> <p>Use simple tactics.</p>	<p>Know that using simple tactics will help achieve an outcome, e.g. marking a player to gain possession.</p> <p>Know the rules of the game and</p>	<p>Know that applying attacking tactics will help to maintain possession and score goals.</p> <p>Know that applying defending tactics will help deny</p>	<p>Understand the need for tactics and identify when to use them in different situations.</p> <p>Understand and apply rules in a variety of invasion games whilst</p>	<p>Know how to create and apply a tactic for a specific situation or outcome.</p> <p>Understand, apply and use rules consistently in a variety of invasion games, whilst playing and officiating.</p>

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			<p>begin to apply them.</p> <p>Use simple tactics individually and within a team.</p>	<p>space, gain possession and score goals.</p> <p>Know and understand the rules to be able to manage our own game.</p> <p>Use simple tactics to help their team score or gain possession.</p>	<p>playing and officiating.</p>	<p>Work collaboratively to create tactics within their team and evaluate the effectiveness of these.</p>
Compete/Perform						
<p>Participate in simple games.</p>	<p>Engage in competitive activities and team games.</p>	<p>Compete against self and others.</p>	<p>Perform learnt skills and techniques with control and confidence.</p> <p>Compete against self and others in a controlled manner.</p>	<p>Take part in a range of competitive games and activities.</p>	<p>Consistently apply skills and techniques with accuracy and control.</p>	<p>Take part in competitive games with a strong understanding of tactics and composition.</p>
Evaluate						
<p>Talk about what they have done.</p> <p>Talk about what others have done.</p>	<p>Watch and describe performances.</p> <p>Begin to say how they could improve</p>	<p>Watch and describe performances, and use what they see to improve their own performance.</p> <p>Talk about the differences between their work and that of others.</p>	<p>Watch, describe and evaluate the effectiveness of a performance.</p> <p>Describe how their performance</p>	<p>Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</p> <p>Modify their use of skills or</p>	<p>Choose and use criteria to evaluate their own and others' performance. Explain why they have used particular skills or techniques, and the</p>	<p>Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements</p>

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			has improved over time.	techniques to achieve a better result	effect they have had on their performance	
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