



WHOLE SCHOOL PROGRESSION DOCUMENT – PE - GAMES

	EYFS	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, during 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 warmup 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 warming 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 & HITTING A BALL	*Hit a ball with a bat or racquet.	*Use hitting skills in a game. *Practise basic striking, sending and receiving.	*Strike or hit a ball with increasing control. *Learn skills for playing striking and fielding games. *Position the body to strike a ball.	*Demonstrate successful hitting and striking skills. *Develop a range of skills in striking (and fielding where appropriate). *Practise the correct batting technique and use it in a game. *Strike the ball for distance.	*Use a bat, racquet or stick (hockey) to hit a ball or shuttlecock with accuracy and control. *Accurately serve underarm. *Build a rally with a partner. *Use at least two different shots in a game situation. *Use hand-eye coordination to strike a moving and a stationary ball.	*Use different techniques to hit a ball. *Identify and apply techniques for hitting a tennis ball. *Explore when different shots are best used. *Develop a backhand technique and use it in a game. *Practise techniques for all strokes. *Play a tennis game using an overhead serve.	*Hit a bowled ball over longer distances. *Use good hand-eye coordination to be able to direct a ball when striking or hitting. *Understand how to serve in order to start a game.
THROWING & CATCHING A BALL	*Roll equipment in different ways. *Throw underarm. *Throw an object at a target. *Catch equipment using two hands	*Throw underarm and overarm. *Catch and bounce a ball. *Use rolling skills in a game. *Practise accurate throwing and consistent catching.	*Throw different types of equipment in different ways, for accuracy and distance. *Throw, catch and bounce a ball with a partner. *Use throwing and catching skills in a game. *Throw a ball for distance. *Use hand-eye coordination to control a ball. *Vary types of throw used.	*Throw and catch with greater control and accuracy. *Practise the correct technique for catching a ball and use it in a game. *Perform a range of catching and gathering skills with control. *Catch with increasing control and accuracy. *Throw a ball in different ways (e.g. high, low, fast or slow). *Develop a safe and effective overarm bowl.	*Develop different ways of throwing and catching.	*Consolidate different ways of throwing and catching, and know when each is appropriate in a game.	*Throw and catch accurately and successfully under pressure in a game.
TRAVELLING WITH A BALL	*Move a ball in different ways, including bouncing and kicking. *Use equipment to control a ball.	*Travel with a ball in different ways. *Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency.	*Bounce and kick a ball whilst moving. *Use kicking skills in a game. *Use dribbling skills in a game.	*Move with the ball in a variety of ways with some control. *Use two different ways of moving with a ball in a game.	*Move with the ball using a range of techniques showing control and fluency.	*Use a variety of ways to dribble in a game with success. *Use ball skills in various ways, and begin to link together.	*Show confidence in using ball skills in various ways in a game situation, and link these together effectively.

PASSING A BALL	*Kick an object at a target.	*Pass the ball to another player in a game. *Use kicking skills in a game.	*Know how to pass the ball in different ways.	*Pass the ball in two different ways in a game situation with some success.	*Pass the ball with increasing speed, accuracy and success in a game situation.	*Pass a ball with speed and accuracy using appropriate techniques in a game situation.	*Choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move.
POSSESSION				*Know how to keep and win back possession of the ball in a team game.	*Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.	*Keep and win back possession of the ball effectively in a team game.	*Keep and win back possession of the ball effectively and in a variety of ways in a team game.
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 use space in a game.	*Use different ways of travelling at different speeds and following different pathways, directions or courses. *Change speed and direction whilst running. *Begin to choose and use the best space in a game.	*Find a useful space and get into it to support teammates.	*Make the best use of space to pass and receive the ball.	*Demonstrate an increasing awareness of space.	*Demonstrate a good awareness of space.
ATTACKING & DEFENDING	*Play a range of chasing games.	*Begin to use the terms attacking and defending. *Use simple defensive skills such as marking a player or defending a space. *Use simple attacking skills such as dodging to get past a defender.	*Begin to use and understand the terms attacking and defending. *Use at least one technique to attack or defend to play a game successfully.	*Use simple attacking and defending skills in a game. *Use fielding skills to stop a ball from travelling past them.	*Use a range of attacking and defending skills and techniques in a game. *Use fielding skills as an individual to prevent a player from scoring.	*Choose the best tactics for attacking and defending. Shoot in a game. *Use fielding skills as a team to prevent the opposition from scoring.	*Think ahead and create a plan of attack or defence. *Apply knowledge of skills for attacking and defending. *Work as a team to develop fielding strategies to prevent the opposition from scoring.
TACTICS & RULES	*Follow simple rules.	*Follow simple rules to play games, including team 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.	*Understand the importance of rules in games. *Use at least one technique to attack or defend to play a game successfully.	*Apply and follow rules fairly. *Understand and begin to apply the basic principles of invasion games. *Know how to play a striking and fielding game fairly.	*Vary the tactics they use in a game. *Adapt rules to alter games.	*Know when to pass and when to dribble in a game. *Devise and adapt rules to create their own game.	*Follow and create complicated rules to play a game successfully. *Communicate plans to others during a game. *Lead others during a game
COMPETE/PERFORM	*Control my body when performing a sequence of movements. *Participate in simple games.	*Perform using a range of actions and body parts with some coordination. *Begin to perform learnt skills with some control. *Engage in competitive activities and team games.	*Perform sequences of their own composition with coordination. *Perform learnt skills with increasing control. *Compete against self and others.	*Develop the quality of the actions in their performances. *Perform learnt skills and techniques with control and confidence. *Compete against self and others in a controlled manner.	*Perform and apply skills and techniques with control and accuracy. *Take part in a range of competitive games and activities.	*Consistently perform and apply skills and techniques with accuracy and control. *Take part in competitive games with a strong understanding of tactics and composition.	*Perform and apply a variety of skills and techniques confidently, consistently and with precision. *Take part in competitive games with a strong understanding of tactics and composition.
EVALUATE	*Talk about what they have done. *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.	*Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. *Modify their use of skills or techniques to achieve a better result.	*Choose and use criteria to evaluate own and others' performance. *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.