

Progression in the Curriculum: P.E – GAMES

Year Group	Key Vocabulary	PE Strand: Emerging	PE Strand: Expected	PE Strand: Exceeding	Year Group	Wider Opportunities and Experiences
KS3	Expected to participate somewhat independently in small games. Warm ups more independent.					
6	Core games: Basketball, Netball, dodgeball Football, cricket, tennis, hockey.	<p>Year 6</p> <p>With more practice I will be able to shoot, pass and dribble with accuracy in some sports.</p> <p>I am practising accuracy when throwing</p> <p>I can catch large or modified objects</p> <p>I can jump in a range of ways</p> <p>I tire easily when running</p> <p>I understand my passes/ shots effect others around me in a game.</p> <p>I am beginning to attack and defend in games.</p> <p>I can select the right time to shoot or pass during the game.</p> <p>I listen to instructions and begin to improve passing and shooting.</p> <p>I understand and can explain effects of exercise- warm up the body.</p>	<p>Year 6</p> <p>I can aim accurately at a small target in a game under pressure</p> <p>I can attack and defend successfully.</p> <p>I can perform the triple jump with confidence and fluently</p> <p>I can perform sending and receiving skills whilst moving, under pressure, selecting the appropriate sending, receiving technique.</p> <p>I make the correct decisions when attacking or defending in a variety of games.</p> <p>I can watch and describe mine and others' performances and suggest practices to help.</p> <p>I can explain how different exercises contribute to my fitness and health.</p>	<p>Year 6</p> <p>I am using a wide range of throwing and catching techniques fluently whilst moving and under pressure.</p> <p>I can keep possession during a variety of games.</p> <p>I can move into and create space</p> <p>I can shoot pass and dribble with great accuracy in sports.</p> <p>I can combine skills techniques and ideas, I can apply them with precision control and fluently.</p> <p>I understand how to apply tactics to a competitive situation.</p> <p>I can identify strengths and weaknesses in others play and suggest ideas for improvement.</p> <p>I can explain how to prepare and recover from sporting activities.</p>	6	<ul style="list-style-type: none"> - Competitions against the borough. - Comps in school- class: class, year: year, house: house - Sports Day - The Olympics
5	Invasion	<p>Year 5</p> <p>I am practising sending and receiving balls.</p> <p>With help, my running, jumping, throwing techniques are slowly improving.</p> <p>I can play games at a slower pace using throwing and catching techniques.</p> <p>I can use basic tactics for attacking and defending.</p> <p>I am practising putting the techniques/ skills in to a small sided game.</p> <p>With help I can identify good practice.</p> <p>I am beginning to recognise the similarities with invasion games.</p>	<p>Year 5</p> <p>I am using a wide range of throwing and catching techniques well in a game, varying the pace, length and direction of throws.</p> <p>I can sustain some accuracy and technique in a range of throwing and jumping actions</p> <p>I can aim accurately at a small target in a game</p> <p>I can select the appropriate sending and receiving technique during a game.</p> <p>I find ways of attacking/ defending successfully</p> <p>I can use a range of techniques and apply them in competition</p> <p>I understand we need to defend and attack.</p> <p>I can explain ways to keep possession of the ball as a team.</p> <p>I understand the difference in invasion games but can identify differences- sending, receiving travelling techniques; dribbling, passing, running- jog, run, sprint, bball- chest pass, overhead, bounce</p> <p>I recognise games make me use my muscles- muscle memory takes at least 3 attempts.</p>	<p>Year 5</p> <p>I use a wide range of shots in games with consistency and accuracy.</p> <p>I can perform the triple jump with confidence and fluently</p> <p>I can perform sending and receiving skills whilst moving, under pressure, selecting the appropriate sending, receiving technique.</p> <p>I can attack and defend successfully.</p> <p>I can watch and describe mine and others' performances and suggest practices to help.</p> <p>I understand a wide range of rules and have begun to officiate small sided games.</p> <p>I can help officiate and organise mini games.</p>	5	<ul style="list-style-type: none"> - Competitions against the borough. - Comps in school- class: class, year: year, house: house - Sports Day - The Olympics
4	Pace Direction Possession Targets Accurately Outwit Opponents	<p>Year 4</p> <p>I can throw towards bigger target areas</p> <p>I can throw using the correct technique but not accurately</p> <p>I am trying to improve my running technique</p> <p>With support I can use different jumps.</p> <p>I am learning to use tactics in small games: when to pass, when to shoot, shooting, moving into a space.</p> <p>I am starting to use others performance to improve mine, teacher stops to model good performance, videos, comments</p> <p>I can talk about how games makes my body work.</p>	<p>Year 4</p> <p>I can use a range of throwing, catching, hitting skills on both sides of the body</p> <p>I am trying to change the pace, direction of my throws to outwit my opponent.</p> <p>I can begin to improve/ sustain my running technique.</p> <p>I can use a variety of jumps.</p> <p>I can aim accurately at a small target</p> <p>I can choose and use a range of tactics for sending the ball in different ways to make it difficult for the opponent.</p> <p>I can keep possession with some success when using equipment</p> <p>I can link a series of jumps- lay up, triple jump...</p> <p>I can talk about what I do well and recognise how to get better.</p> <p>I understand why my heart beats faster when I exercise (muscles need the blood, so heart pumps faster to transport blood to the working muscles)</p>	<p>Year 4</p> <p>I can explain how to use and interpret rules fairly</p> <p>I can suggest ideas to improve my performance</p> <p>I can follow warm up routines and lead simple warm ups.</p> <p>I can begin to referee with support.</p>	4	<ul style="list-style-type: none"> - Competitions against the borough. - Comps in school- class: class, year: year, house: house - Sports Day - The Olympics
3	How does PE help us in other subjects: Handwriting, art, maths, science, problem solving, history, geography, computing... Skills Tactics Jump/ take offs Performance Effective Support team Team work Space Transfer skills Decisions Accurately	<p>Year 3</p> <p>To be able to strike a ball with a stick, bat, racket a little more consistently.</p> <p>To use different jump take offs; one/ two footed jumps. (one footed to intercept, 2 footed for height)</p> <p>To be able to throw and catch whilst under pressure (small game 2:2 defenders).</p> <p>With support I can make decisions about passing, scoring (stopping games); what do you want to do? (pass- bounce, overhead/ score) which is your best option? (who's free, are you near the goal?) Why?</p> <p>With support I can explain my performance is similar to others/ how/ why...</p> <p>I use simple rules fairly</p>	<p>Year 3</p> <p>I can use a range of throwing, catching, hitting skills on both sides of the body</p> <p>I can change the pace length and direction of my throws and shots to outwit my opponent</p> <p>I can jump using different take offs.</p> <p>My running is relaxed and fluent</p> <p>I play effectively as part of a team, small and large, making quick decisions- pass, score.</p> <p>I can transfer my running/ jumping skills to other games.</p> <p>I can say why a player has moved to help others and use this in my own play.</p> <p>I can choose activities that warm up my body and gets me ready to play</p>	<p>Year 3</p> <p>I can control and catch a ball with movement.</p> <p>I can send and receive equipment with control to keep possession</p> <p>I can use a range of skills- racket, stick etc</p> <p>I can run at a speed appropriate to the distance</p> <p>I can take a running jump</p> <p>I can play effectively (keeping the ball, passing accurately in a game, scoring, defending) 4:4</p> <p>I can sprint, jog or run in games</p> <p>I can select the best jump for the task</p> <p>I can decide the best pass to make in a game.</p> <p>With help I can say why my performance is similar/ different to others</p> <p>I am beginning to understand rules of the game and follow them fairly.</p>	3	<ul style="list-style-type: none"> - Competitions against the borough. - Comps in school- class: class, year: year, house: house - Sports Day - The Olympics
2	Accuracy Anticipation Intercepting Defending. Outwit Teamwork Track Goal, basket, net How do we engage our least active pupils? Support/ peer mentoring, like ability, involve them in the process/ STEP, involve them in refereeing/ cognitive thinker, physical, success for them, model all abilities, varying sports- Paralympians, yoga	<p>--- To be able to throw and catch a ball with a partner.</p> <p>To be able to strike/control a ball with a stick, bat, racket</p> <p>E.g balance tennis ball on a racket, move whilst controlling a hockey ball with a stick</p> <p>To be able to send and receive an object with a bat to a partner (tennis ball and racket, hockey stick and ball)</p> <p>To be able to control a ball (dribble- football, basketball) whilst moving.</p> <p>To be able to hit a target (throw a bean bag into a hoop, throw a beanbag/ ball through a goal/ net, kick a ball into a goal.)</p> <p>To be able to play/ explore in a small game- 1:1, 2:1 sending the ball towards a person or target.</p> <p>I can explain which equipment I chose (easy/ hard)</p> <p>I can explain why I throw, catch, hit, strike or kick a ball that way)</p> <p>I can say what STEP is</p> <p>I can participate in warm ups explaining what's happening to my body</p>	<p>Year 2</p> <p>To be able to throw and catch ball with accuracy with a partner.</p> <p>To be able to send and receive an object with a bat to a partner (tennis ball and racket, hockey stick and ball) over a net/ cones.</p> <p>To be able to control a ball (dribble- football, basketball) whilst moving around/ through cones.</p> <p>To be able to aim a ball accurately at a target</p> <p>To run and jump with control.</p> <p>To choose a skill to outwit my partner (attack, defend) 2:2</p> <p>To be able to play a small competitive team game independently- intercepting/ tracking/ defending the ball 2:2/ 3:3 with simple rules- throwing, catching, footwork, travel, ?? Passes before scoring.</p> <p>With support I can make decisions about passing, scoring (stopping games); what do you want to do? (pass- bounce, overhead/ score) which is your best option? (who's free, are you near the goal?) Why?</p> <p>I can use and explain STEP</p> <p>I can describe simple tactics in a game or explain why I did something.</p> <p>I can describe why physical activity is good for me and how it makes me feel.</p>	<p>I begin to use skills in games (sending/ receiving accurately, passing towards target, passing to another teammate, anticipating moves)</p> <p>I begin to think of new ways to score...</p> <p>I begin to help others by explaining simple tactics for attacking and defence. Why did you pass to this player like that? Why did you move into that space?</p> <p>I realise how exercise keeps me healthy and can say how I feel during/ after, later on.</p>	2	<ul style="list-style-type: none"> - Competitions against the borough. - Comps in school- class: class, year: year, house: house - Sports Day - The Olympics
1	Strike Send/ throw Receive/ catch Control Direction Partner Intercepting Defending. Outwit Teamwork Track STEP	<p>To be able to throw and catch an object (balloon, beanbag, shuttlecock)</p> <p>To be able to hold a bat/ racket/ stick correctly.</p> <p>To be able to control a ball with a bat, stick, racket, (balance a beanbag on a racket, keep a large ball near with a hockey stick, ...)</p> <p>To be able to aim towards a target</p> <p>To be able to send and receive equipment with support</p> <p>I understand there are different ways to throw a ball/ send/ receive equipment.</p> <p>I am aware I have choices with regard to the equipment and activity</p> <p>I can participate in warm ups safely</p>	<p>Year 1</p> <p>To be able to throw and catch a ball (this may vary in size small, tennis ball medium, large basketball and texture: dodgeball is softer) independently and with a partner.</p> <p>To be able to strike/control a ball with a stick, bat, racket</p> <p>E.g balance tennis ball on a racket, move whilst controlling a hockey ball with a stick</p> <p>To be able to send and receive an object with a bat to a partner (tennis ball and racket, hockey stick and ball)</p> <p>To be able to control a ball (dribble- football, basketball) whilst moving.</p> <p>To be able to hit a target (throw a bean bag into a hoop, throw a beanbag/ ball through a goal/ net, kick a ball into a goal.)</p> <p>To be able to play/ explore in a small game- 1:1, 2:1 sending the ball towards a person or target.</p> <p>I can explain which equipment I chose (easy/ hard)</p> <p>I can explain why I throw, catch, hit, strike or kick a ball that way)</p> <p>I can say what STEP is</p> <p>I can participate in warm ups explaining whats happening to my body</p>	<p>- To be able to throw and catch a ball with a partner accurately</p> <p>To be able to send and receive an object with a bat to a partner (tennis ball and racket, hockey stick and ball)</p> <p>To be able to control a ball (dribble- football, basketball) whilst moving.</p> <p>To be able to aim a ball accurately at a target</p> <p>To run and jump with control.</p> <p>To choose a skill to outwit my partner (attack, defend)</p> <p>To be able to play a small game independently- piggy in the middle intercepting/ tracking/ defending the ball 2:2</p> <p>I can use and explain STEP</p> <p>I can describe simple tactics in a game or explain why I did something.</p> <p>I can describe why physical activity is good for me and say how it makes me feel.</p>	1	<ul style="list-style-type: none"> - Competitions against the borough. - Comps in school- class: class, year: year, house: house - Sports Day - The Olympics