



# PE KNOWLEDGE & SKILLS PROGRESSION - GAMES

## YEAR 4

### Striking and Hitting a Ball

I use a bat/racquet/stick to hit a ball or shuttlecock with accuracy and control.  
I accurately serve underarm.  
I build a rally with a partner.  
I use at least two different shots in a game situation.

I use hand-eye coordination to strike a moving/stationary ball.

### **Badminton & Tennis**

### Throwing and Catching a Ball

I have developed different ways of throwing and catching for various sports.

### **Netball & Quidditch**

### Travelling with a ball

I move with the ball using a range of techniques showing control and fluency.

### **Football & Hockey**

### Passing a ball

I pass a ball with increasing speed, accuracy and success in a game situation.

### Possession

I occasionally contribute to helping my team to keep and win back possession of the ball in a team game.

### Using space

I make the best use of space to pass and receive the ball.

### Attacking and Defending.

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.

### Tactics and Rules

I vary the tactics I use in & adapt rules to alter games.

### Performance

I perform & apply skills and techniques with control & accuracy.  
I take part in competitive games & activities.

## YEAR 5

### Striking and Hitting a Ball

I use different techniques to hit a ball.  
I can identify & apply techniques for hitting a tennis ball.  
I explore when different shots are best used.  
I have developed a backhand technique and use it in a game.

I practise techniques for all strokes and play a tennis game using an overhead serve.

### **Table Tennis & Tennis**

### Throwing and Catching a Ball

I have consolidated different ways of throwing and catching, and know when each is appropriate in a game.

### **Basketball & Lacrosse**

### Travelling with a ball

I use a variety of ways to dribble in a game with success.

I use ball skills in various ways & begin to link together.

### **Basketball & Rugby**

### Passing a ball

I pass a ball with speed and accuracy using appropriate techniques in a game situation.

### Possession

I can keep and win back possession of the ball effectively in a team game.

### Using space

I can demonstrate an increasing awareness of space.

### Attacking and Defending.

I choose the best tactics for attacking and defending. I can shoot in a game.  
I use fielding skills as a team to prevent the opposition from scoring.

### Tactics and Rules

I know when to pass & when to dribble in a game.  
I devise and adapt rules to create my own game.

### Performance

I consistently perform and apply skills and techniques with accuracy and control.  
I take part in competitive games with a strong understanding of tactics and composition.

## YEAR 6

### Striking and Hitting a Ball

I can hit a bowled ball over longer distances.  
I use good hand-eye coordination to be able to direct a ball when striking or hitting.  
I understand how to serve in order to start a game.

### **Cricket & Volleyball**

### Throwing and Catching a Ball

I can throw and catch accurately and successfully under pressure in a game.

### **Netball & Rugby**

### Travelling with a ball

I show confidence in using ball skills in various ways in a game situation, and link these together effectively.

### **Football & Hockey**

### Passing a ball

I can 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

I can keep and win back possession of the ball effectively and in a variety of ways in a team game.

### Using space

I can demonstrate a good awareness of space.

### Attacking and Defending.

I think ahead and create a plan of attack or defence.  
I apply my knowledge of skills for attacking and defending.  
I work as part of a team to develop fielding strategies to prevent the opposition from scoring.

### Tactics and Rules

I follow and create complicated rules to play a game successfully.  
I can communicate plans to others during a game.  
I lead others during a game.

### Performance

I can perform and apply a variety of skills and techniques confidently, consistently and with precision.  
I take part in competitive games with a strong understanding of tactics and composition.

*"Exercise not only changes your body, it changes your mind, your attitude and your mood."*

*~Anon*

