



# PE KNOWLEDGE & SKILLS PROGRESSION - GAMES

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



YEAR 1	YEAR 2	YEAR 3
<p><u>Striking &amp; Hitting a Ball</u> I can use hitting skills in a game. I can practise basic striking, sending &amp; receiving.</p> <p><u>Throwing &amp; Catching</u> I can throw underarm &amp; overarm. I can catch &amp; bounce a ball. I can use rolling skills in a game. I can practise accurate throwing &amp; consistent catching.</p> <p><u>Travelling with a ball</u> I can travel with a ball in different ways. I can travel with a ball in different directions (side to side, forwards &amp; backwards) with control and fluency.</p> <p><u>Passing a ball</u> I can pass a ball to another player in a game. I can use kicking skills in a game.</p> <p><u>Using space</u> I use different ways of travelling in different directions or pathways. I can run at different speeds and begin to use space in a game.</p> <p><u>Attacking and Defending</u> I can begin to use the terms attacking &amp; defending. I 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.</p> <p><u>Tactics and Rules</u> I follow simple rules to play team games. I use simple attacking skills such as dodging to get past a defender. I use simple defensive skills such as marking a player.</p> <p><u>Performance</u> I can perform using a range of actions and body parts with some coordination. I am beginning to perform learnt skills with some control. I engage in competitive activities and team games.</p>	<p><u>Striking &amp; Hitting a Ball</u> I strike or hit a ball with increasing control. I am learning skills for playing striking &amp; fielding games. I position my body to strike a ball.</p> <p><u>Throwing &amp; Catching</u> I can throw different types of equipment in different ways, for accuracy/distance. I can throw, catch &amp; bounce a ball with a partner. I use throwing &amp; catching skills in a game. I throw a ball for distance. I can use hand-eye coordination with control. I vary the types of throw used.</p> <p><u>Travelling with a ball</u> I can bounce &amp; kick a ball whilst moving. I use kicking &amp; dribbling skills in a game.</p> <p><u>Passing a ball</u> I know how to pass the ball in different ways.</p> <p><u>Using space</u> I use different ways of travelling at different speeds &amp; following different pathways, directions or courses. I can change speed &amp; direction whilst running. I am beginning to choose &amp; use space in a game.</p> <p><u>Attacking and Defending</u> I am beginning to use &amp; understand the terms attacking &amp; defending. I use at least one technique to attack or defend to play a game successfully.</p> <p><u>Tactics and Rules</u> I understand the importance of rules. I use at least one technique to attack or defend to play a game successfully.</p> <p><u>Performance</u> I perform sequences of my own composition with coordination &amp; perform learnt skills with increasing control. I can compete against self &amp; others.</p>	<p><u>Striking and Hitting a Ball</u> I demonstrate successful hitting &amp; striking skills. I use a range of skills in striking and fielding. I practise the correct batting technique &amp; use it in a game. I strike the ball for distance. <b>Cricket &amp; Hockey</b></p> <p><u>Throwing &amp; Catching a Ball</u> I throw &amp; catch with greater control and accuracy. I use the correct technique for catching a ball &amp; use it in a game. I use a range of catching &amp; gathering skills with control. I catch with increasing control and accuracy. I throw a ball in different ways (high/low/fast/slow). I have developed a safe and effective overarm bowl. <b>Cricket &amp; Rugby</b></p> <p><u>Travelling with a ball</u> I move with the ball in a variety of ways with some control. I use two different ways of moving with a ball. <b>Basketball &amp; Rugby</b></p> <p><u>Passing a ball</u> I pass the ball in two different ways in a game situation with some success.</p> <p><u>Possession</u> I know how to keep and win back possession of the ball in a team game.</p> <p><u>Using space</u> I find a useful space and get into it to support teammates.</p> <p><u>Attacking and Defending</u> I use simple attacking and defending skills in a game. I use fielding skills to stop a ball from travelling.</p> <p><u>Tactics and Rules</u> I apply &amp; follow rules fairly. I understand &amp; begin to apply basic principles of invasion games. I know how to play a striking and fielding game fairly.</p> <p><u>Performance</u> I develop the quality of my actions in my performances. I perform learnt skills &amp; techniques with control and confidence. I compete against self &amp; others in a controlled manner.</p>