

Games Progression

Areas	Reception	Year One	Year Two
<p><u>Throwing and Catching</u></p> <p>chest pass roll bounce pass overhead pass under arm pass over arm pass shoulder pass</p>	<ul style="list-style-type: none"> To shows increasing control over an object in pushing, patting, throwing, catching or kicking it. To develop throwing and catching skills Use basic underarm, rolling and hitting skills with some accuracy Hit and kick a ball in a variety of ways 	<ul style="list-style-type: none"> Perform basic techniques of catching and throwing with basic control when standing still. I can send a ball in the direction of another person. I can take part in sending and receiving balls and small equipment. I can track, intercept, stop and catch balls and small equipment with some consistency. 	<ul style="list-style-type: none"> Perform basic techniques of catching and throwing to a good level of consistency when moving and standing still. I can accurately pass the ball to someone else.
<p><u>Running</u></p>	<ul style="list-style-type: none"> I can run and change speeds 	<ul style="list-style-type: none"> I can run at different speeds. 	<ul style="list-style-type: none"> I can change speed and direction whilst running with good technique.
<p><u>Attacking and defending</u></p>	<ul style="list-style-type: none"> To negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. To show awareness of space and the actions of others To work as part of a group or class, and understand and follow rules To compete in small sided game To track, intercept, stop and catch balls and small equipment with some accuracy 	<ul style="list-style-type: none"> I can take part in sending and receiving balls and small equipment. I can track, intercept, stop and catch balls and small equipment with some consistency. I can describe some basic rules, simple tactics, and the ways to score. I can show awareness of space and the actions of others. <p>I can work with a partner or compete in small sided game.</p> <p><u>Dodgeball: Throwing</u></p>	<ul style="list-style-type: none"> I can take part in opposed conditioned games. I know different ways to attack and defend and can apply these in different games. I can use a variety of simple tactics in a small sided game and follow the rules. I can show a good awareness of space, opponents and team mates during games. I am confident working with a partner, small group or playing in team games

		<p>Attacking - one direction in a controlled zone.</p> <p>Defending – one direction in a controlled zone. No opponent marking. Awareness of space and others</p> <p><u>Benchball: Throwing and Catching</u></p> <p>Defending – two directions, receiver block in controlled zones. Movement to avoid ball</p> <p>Attacking – two directions in a controlled zone. Increased choice for tactics. Awareness of space and others</p> <p><u>Matball 5v5 - Throwing and Catching</u></p> <p>Attacking – movement into opponents space</p> <p>Principles: penetration, support/depth/width, mobility, creativity/improvisation.</p> <p>Defending – delay, depth, balance, concentration, composure/discipline patience</p>	<p>in PE</p> <p><u>Matball 7v7- Throwing and Catching</u></p> <p>Attacking – movement into opponents space</p> <p>Principles: penetration, support/depth/width, mobility, creativity/improvisation.</p> <p>Defending – delay, depth, balance, concentration, composure/discipline patience</p> <p><u>Basketball/Netball</u></p> <p>Attacking – movement into opponents space</p> <p>Principles: penetration, support/depth/width, mobility, creativity/improvisation.</p> <p>Defending – delay, depth, balance, concentration, composure/discipline patience</p>
<p>Understanding</p>	<ul style="list-style-type: none"> • I know how to work with others kindly • I know exercise is good for health. • I can talk about how my body feels after exercise • I can talk about what I liked 	<ul style="list-style-type: none"> • I am beginning to understand fairness and respect • I understand some reasons why we warm up and cool down. • I can recognise changes in the body during exercise such as feeling hot and 	<ul style="list-style-type: none"> • I understand values in sport such as fairness and respect • I understand the need for warm up and cool down, and also what is happening to my body during exercise. • I can recognise a change in

		<p>thirsty.</p> <ul style="list-style-type: none">• I can talk about exercising, safety and short term effects of exercise.• I can watch and discuss my own and peers work.	<p>temperature and heart rate during exercise.</p> <ul style="list-style-type: none">• I understand the importance of exercising, safety and short term effects of exercise.• I can watch others perform and discuss what worked well and use this to focus on specific actions to improve their own skills.
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