



# Physical Education

## Games Progression Grid



### KS1 National Curriculum Aims

The main KS1 national curriculum aims covered in Games are:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.
- To participate in team games, developing simple tactics for attacking and defending.

### KS2 National Curriculum Aims

The main KS2 national curriculum aims covered in Games are:

- To use running, jumping, throwing and catching in isolation and in combination.
- To develop flexibility, strength, technique, control and balance.
- Compare their performance with previous ones and demonstrate improvement to achieve their personal best.

### **Year 1**

Games skills include: fundamental movement skills, striking and hitting a ball, throwing and catching a ball, travelling with a ball, passing a ball, possession and using space.

I can throw and catch a ball with a partner.

I can throw underarm and overarm.

I can catch and bounce ball.

I can use rolling skills in a game.

I can practise accurate throwing and consistent catching.

I can move fluently, changing direction/speed easily and avoiding collisions.

I can run at different speeds.

I can show control and accuracy with the basic actions for rolling, underarm throwing, striking a ball and kicking.

I can pass the ball to another player in a game.

I can carry and place equipment safely.

I can describe how the body feels before, during and after exercise.

I can choose and use skills effectively for particular games.

I can use skills in different ways in different games and try to win by changing the way I use skills in response to any opponents' actions.

I can follow simple rules to play games.

I can watch and evaluate performances and to begin to discuss how to improve and move forward.

## Year 2

Games skills include: fundamental movement skills, striking and hitting a ball, throwing and catching a ball, travelling with a ball, passing a ball, possession and using space.

I can pass a ball accurately to a partner over a variety of distances.

I can throw, catch and bounce a ball with a partner.

I can use hand-eye coordination to control a ball.

I can perform a range of rolling, throwing, striking, kicking, catching and gathering skills, with control.

I can vary the type of throw.

I can show a good awareness of others in running, chasing and avoiding games, making simple decisions about when and where to run.

I can bounce and kick a ball whilst moving.

I can begin to choose and use the best space in a game.

I can vary skills and show some understanding of simple tactics.

I can begin to use and understand the terms attacking and defending.

I can choose and use tactics to suit different situations, and react to situations in a way that helps their partners and makes it difficult for their opponents.

I can understand the importance of rules in a game.

I can watch and describe performances and to peer assess and to use this to improve their own skills and performance.

I can explain what is needed to stay healthy.

### Year 3

Games skills include: fundamental movement skills, striking and hitting a ball, throwing and catching a ball, travelling with a ball, passing a ball, possession and using space.

I can travel with control whilst bouncing a ball.

I can move with the ball in a variety of ways with some control.

I can use more than one way of moving with a ball in a game.

I can use a range of skills to help them keep possession and control of the ball.

I know how to keep and win back possession of the ball in a team game.

I can Perform the basic skills needed for the games with control and consistency.

I can throw and catch with greater control and accuracy.

I can throw a ball in different ways e.g. high, low, fast or slow.

I can recognise and describe the effects of exercise on the body.

I know the importance of strength and flexibility for physical activity.

I can explain why it is important to warm -up and cool-down.

I can use a range of skills to keep possession and make progress towards a goal, on their own and with others.

I can apply and follow rules fairly.

I can choose good places to stand when receiving, and give reasons for their choice.

I can choose and use batting or throwing skills to make the game hard for their opponents.

I can understand and begin to apply the basic principles of invasion games.

I can find a useful space and get into it to support teammates.

I can watch, describe and evaluate the effectiveness of their performances and to show how performances have improved over time.

## Year 4

Games skills include: fundamental movement skills, striking and hitting a ball, throwing and catching a ball, travelling with a ball, passing a ball, possession and using space.

I can travel with a ball showing increasing control using both hands and feet.

I can use a bat, racquet or stick to hit a ball with accuracy and control.

I can use a range of skills that allow me to keep hold of the ball, before passing to a member of my team.

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

I can perform an advancing range of skills with accuracy and control, repeatedly in a range of situations.

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

I can explain why exercise is good for your health.

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

I can use a range of learnt techniques to ensure fair play and that they know how to score goals and win the game.

I can use a range of attacking and defending skills and techniques in a game.

I can choose where I should position myself to be a defender and an attacker.

To can take part in competitive games and activities.

I can choose the best skills to use when playing different sides within a game.

I can vary the tactics I use in a game.

I can adapt rules to alter games.

I can play competitive games, modified where appropriate applying basic principles suitable for attacking and defending.

I can watch and describe and evaluate the effectiveness of performances, giving ideas for improvements. (KPI)

I can describe how the body reacts at different times and how this affects performance.

## Year 5

Games skills include: fundamental movement skills, striking and hitting a ball, throwing and catching a ball, travelling with a ball, passing a ball, possession and using space.

I can travel with a ball showing changes of speed and directions using either foot or hand.

I know when to pass and when to dribble in a game.

I can use a range of techniques when passing, e.g. high, low, bounced, fast, and slow.

I can perform and apply skills and techniques with control and accuracy.

I can use ball skills in various ways, and begin to link it together.

I can keep a game going using a range of different ways of throwing.

I can consolidate different ways of throwing and catching and to know which is appropriate in a game.

I can strike a ball with intent and throw it more accurately when bowling and/or fielding.

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

I can explain some safety rules when preparing for and during exercise.

I can demonstrate an increasing awareness of space.

I can effectively play a competitive net/wall game, keep and use rules they are given.

I can devise and adapt rules to create their own games.

I can try to make things difficult for their opponent by directing the ball to space, at different speeds and heights, to learn to use fielding skills as a team to prevent the opposition from scoring.

I can judge how far they can run to score points.

I can take part in competitive games with a good understanding of tactics and composition.

I can compare my performances with previous ones.



## Year 6

Games skills include: fundamental movement skills, striking and hitting a ball, throwing and catching a ball, travelling with a ball, passing a ball, possession and using space.

I can dribble effectively around obstacles.

I can apply knowledge and skills for attacking and defending.

I can throw with precision and accuracy when sending and receiving.

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.

I can perform skills with accuracy, confidence and control, adapting them to meet the needs of the situation.

I can show confidence in using ball skills in various ways in a game situation.

I can play shots on both sides of the body and above their heads in practices and when the opportunity arises in a game.

I can perform and apply a variety of skills and techniques confidently consistently and with precision.

I can use different ways of bowling.

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

I can communicate plans to others during a game.

I can lead others in a game.

I can play a recognised version of net game showing tactical awareness and knowledge of rules and scoring.

I can follow and create complicated rules to play a game successfully.

I can play, choosing and using skills which meet the needs of the situation.

I can perform and apply a variety of skills and techniques confidently consistently and with precision.

I can choose when to pass or dribble, so that they keep possession and make progress towards the goal.

I can take part in competitive games with a strong understanding of tactics and composition.

I can hit the ball with purpose, varying the speed, height and direction.

I can hit a bowled ball over longer distance.

I can understand the importance of warming up and cooling down.

I can demonstrate a good awareness of space.

I can thoroughly evaluate their own performance and others' work, suggesting thoughtful and appropriate improvements.