

White Hall Academy Progression of Skills document 2019-2020

PE

Invasion Games

- 1. Acquiring skills**
- 2. Selecting and applying tactics, skills and compositional ideas**
- 3. Knowledge and understanding of fitness**
- 4. Evaluating and improving performance**

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Exploring movement with ball / bean bag	Ball, bat and racket control	Ball, bat and racket control	Ball, bat and racket control	Invasion games	Invasion games	Invasion games
A1 A2 S1 S2 S1 S2	A1 A2 S1 S2 S1 S2	A1 A2 S1 S2 S1 S2	A1 A2 S1 S2 S1 S2	A1 A2 S1 S2 S1 S2	A1 A2 S1 S2 S1 S2	A1 A2 S1 S2 S1 S2
<p>Have awareness of personal space and others space in order to play games safely</p> <p><i>I can follow instructions to go, stop and change actions safely</i></p> <p><i>I am aware of my own body parts</i></p> <p>explore and use skills, actions and ideas individually</p> <p><i>I can travel safely avoiding obstacles</i></p> <p><i>I can copy and create footwork patterns and actions</i></p>	<p>Be confident and safe in the spaces used to play games</p> <p><i>I can travel safely with ball in different directions</i></p> <p><i>I am aware how my body feels and changes during exercise and rest</i></p> <p>explore and use skills, actions and ideas individually and in combination to suit the game they are playing</p> <p><i>I can throw, catch and stop a ball with basic control</i></p> <p><i>I can travel with a ball using varied footwork patterns</i></p> <p><i>I can hold a bat / racket safely</i></p>	<p>Improve the way they coordinate and control their bodies and a range of equipment</p> <p><i>I can travel with a ball developing speed and direction with control</i></p> <p><i>I recognise changes and describe what my heart rate is doing during exercise and rest</i></p> <p>remember, repeat and link combinations of skills</p> <p><i>I can stop / catch with control</i></p> <p><i>I can send a ball with control</i></p> <p><i>I can use a bat / racket with control</i></p>	<p>consolidate and improve the quality of their techniques and their ability to link movements</p> <p><i>I can control, catch and throw a ball using varied speeds and direction</i></p> <p><i>I understand the importance of exercise and follow warm up/ cool down routines</i></p> <p>develop the range and consistency of their skills in all games</p> <p><i>I can pass a ball accurately to another</i></p> <p><i>I can receive a ball whilst moving with control</i></p>	<p>develop the range and consistency of their skills in all games</p> <p><i>I can keep control of the ball when moving in an opposed game</i></p> <p><i>I can pass accurately to another player on my team during a game</i></p>	<p>develop a broader range of techniques and skills for attacking and defending</p> <p><i>I can tackle another player using footwork and ball control</i></p> <p><i>I can change speed and direction to avoid being tackled or tagged</i></p> <p>develop consistency in their skills</p> <p><i>I can maintain control of the bat, racket and ball during an opposed situation</i></p> <p><i>I consistently apply skills to travel, strike and pass a ball</i></p>	<p>choose, combine and perform skills more fluently and effectively in invasion, striking and net games</p> <p><i>I can consistently pass, strike, attack and defend a ball in an opposed game</i></p> <p><i>I can serve, receive and throw a ball using a variety of bats and rackets</i></p>

A1	A2	S1	S2	S1	S2	A1	A2	S1	S2	S1	S2	A1	A2	S1	S2	S1	S2	A1	A2	S1	S2	S1	S2	A1	A2	S1	S2	S1	S2	A1	A2	S1	S2	S1	S2												
<p>Use basic skills and control within games I can send a ball/bean bag towards a target or a partner I can receive a ball / bean bag from a partner I can travel in different directions and speed</p>						<p>choose and use skills effectively for particular games I can travel with and stop a ball with basic control I can send and receive a ball using bounce, pass and under arm throw with basic control</p>						<p>choose, use and vary simple tactics I can take part in opposed condition games with others I can travel with and send a ball towards another / target</p>						<p>improve their ability to choose and use simple tactics and strategies I am developing tactics in an opposed game I understand and perform simple rules and tactics keep, adapt and make rules for striking and fielding and net games I understand and influence rules of the game with others I can handle a bat / racket to control a ball in an opposed game</p>						<p>keep, adapt and make rules for striking and fielding and net games I understand and influence rules of the game with others I can handle a bat / racket to control a ball in an opposed game</p>						<p>keep, adapt and make rules for striking and fielding and net games I understand and influence rules of the game with others I can handle a bat / racket to control a ball in an opposed game</p>						<p>know and apply the basic strategic and tactical principles of attack, and to adapt them to different situations I can tackle another player without contact to gain control of the ball I can work as a team to use space, time and passing tactics during opposed game choose and apply skills more consistently in all activities I apply my bat, racket and ball control consistently in drills and games</p>						<p>use these tactics and strategies more consistently in similar games I can compete in an opposed game applying tactics to my performance to increase speed and control I can lead a team with clear direction and tactics to perform I consistently follow rules and can take direction from a leader</p>					
<p>Watch and copy others I can copy an action to travel with a ball / bean bag safely I can participate in throw, catch and rolling games with others</p>						<p>watch, copy and describe what others are doing I copy a variety of actions when travelling with a ball describe what they are doing I can describe actions I am performing with a ball</p>						<p>recognise good quality in performance I can copy and perform a variety of actions with a ball independently use information to improve their work Begin to follow basic games rules</p>						<p>use information to improve their work I can achieve my personal best score and challenge myself to compete I can review my achievements with a partner</p>						<p>recognise aspects of their work that need improving I apply skills to compete with my own personal best suggest practices to improve their play Review and adapt personal best challenges</p>						<p>suggest improvements in own and others' performances I can evaluate own performance and challenges with a partner and suggest next steps</p>						<p>know why warming up and cooling down are important I recognise what is happening to my body during and after exercise I understand the importance of a balanced healthy lifestyle</p>											

