

Stukeley Federation
PE Curriculum Progression

Games Net/Court/Wall games		KS1		KS2			
		Year 1	Year 2	Year3	Year 4	Year 5	Year 6
Perform a range of skills	Development matters – Reception	Sustain concentration and practise to improve and perform with more confidence	Perform basic skills with control and consistency	Use the skills they prefer with competence and consistency			
	Revise and refine the fundamental movement skills they have already acquired – Rolling Crawling Walking Jumping Running Hopping Skipping Climbing	Send a ball and range of equipment by sliding, pushing, rolling, bouncing, throwing, kicking, striking and heading Gather a ball or piece of equipment with hands, feet, other body parts or an implement	Keep a game going using a range of different ways of throwing such as over-arm, underarm, one-handed, two-handed Play games using a bat or racquet, get their feet in line with the ball and their body into a position for hitting a ball Hit accurately a ball which is fed to them	Use forehand, backhand and overhead shots increasingly well in games they play Show good back-swing, follow through and feet position Direct the ball reasonably well towards their opponent's court or target area			
Tactics	Progress towards a more fluent style of moving, with developing control and grace Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including	Understand the importance of rules and play within them and know how to score Develop simple tactics and use appropriate ones to suit different situations Change the rules of the game to make it better or more challenging	Keep to the rules of the game and create, develop and adjust their own rules Choose and say why they stand in a particular place to receive the ball Try to make things difficult for an opponent by sending the ball at different speeds and heights and directing the ball into a space	Apply rules consistently and fairly and play co-operatively with a partner Position themselves well on court and recognise the spaces on their opponent's court and try and hit the ball towards them Hit the ball with purpose varying the height, speed and direction. Explain what they are trying to do and why			

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<p>Evaluate and improve</p>	<p>dance, gymnastics, sport and swimming</p> <p>Develop overall body-strength, balance, co-ordination and agility</p> <p>Further develop and refine a range of ball skills including, throwing, catching, kicking, passing, batting and aiming</p> <p>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball</p>	<p>Watch and describe performances accurately</p> <p>Observe, demonstrate and copy someone else's game or idea</p> <p>Use what they have learnt to improve the quality and control of their work</p> <p>Work well with a partner or small group to improve their skills</p>	<p>Describe what they and others are doing and recognise what is successful in their own and others' play</p> <p>Identify aspects of their game that need improving and suggest how they could do it</p> <p>Work well with others to organise and keep the game going</p>	<p>Know what they are successful at and what they need to practise more</p> <p>Suggest ideas for practices, try things out and ask for help when actions need to be improved</p> <p>Work well with others, adapting their play to suit their own and others' strengths</p>
<p>Health and well-being</p>	<p>Know and talk about the different factors that support their overall health and wellbeing – Regular physical activity, healthy eating, toothbrushing, sensible amount of 'screen time', having a good sleep routine,</p>	<p>Know that regular exercise improves health and helps the body to work well</p> <p>Feel that muscles and limbs are working hard and that they become tired after sustained activity</p>	<p>Know that regular exercise improves health, makes you feel good and maintains a healthy body weight</p> <p>Know the demand that net/court/wall activities make on the body</p> <p>Know that exercise strengthens bones and muscles, including the heart</p>	<p>Identify appropriate exercises and activities for warming-up and know why warming up is important to help them play better</p> <p>Carry out warm-up activities carefully and thoroughly</p> <p>Explain how warm-ups affect the body</p>

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	being a safepedestrian			Know the importance or warming up and identify activities they could use		Know the types of exercise they should concentrate on for these types of games e.g. speed and flexibility	
Striking and Fielding Games		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Perform a range of skills	<p>Development matters – Reception</p> <p>Revise and refine the fundamental movement skills they have already acquired –</p> <p>Rolling Crawling Walking Jumping Running Hopping Skipping Climbing</p> <p>Progress towards a more fluent style of moving, with developing control and grace</p>	<p>Send a ball and range of equipment by sliding, pushing, rolling, bouncing, throwing, kicking, striking and heading</p> <p>Sustain concentration and practise to improve and perform with more confidence</p> <p>Gather a ball or piece of equipment with hands, feet, other body parts or an implement</p> <p>Travel with a ball or piece of equipment by carrying, balancing, pushing, tapping, bouncing, or by dribbling with hands, feet or an implement</p>		<p>Use a range of throwing, striking, intercepting and stopping skills with increasing control</p> <p>Strike a ball with intent and when bowling and/or fielding throw it more accurately</p> <p>Catch the ball reasonably well and consistently intercept and stop the ball</p> <p>Return the ball quickly and accurately</p>		<p>Vary how they bowl e.g. different speeds and levels</p> <p>Use different ways of bowling and bowl underarm accurately Bat effectively striking the ball in different ways</p> <p>Field the ball with increased accuracy and move to get their body behind the ball</p> <p>Throw over-arm over a good distance with some accuracy</p>	
Tactics	Develop the overall body strength, co-ordination, balance and agility needed to	Change the rules of the game to make it better or more challenging		Select appropriate batting or throwing skills to make the game harder for their opponent's		Hit the ball from either side of the body. Control the hit and direct the ball away from fielders using various angles and speeds	

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	<p>engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming</p> <p>Develop overall body-strength, balance, co-ordination and agility</p> <p>Further develop and refine a range of ball skills including, throwing, catching, kicking, passing, batting and aiming</p> <p>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball</p>	<p>Combine skills e.g. dribble and kick</p> <p>Develop simple tactics and use appropriate ones to suit different situations</p> <p>Understand the importance of rules and play within them and know how to score</p> <p>Create games as an individual or in pairs</p>	<p>Judge how far they can run to score points and not be 'out'</p> <p>Choose where to stand as a fielder to make it hard for the batter to score</p> <p>Work as a team to make it harder for the batter</p> <p>Know the rules of the game and keep to them</p> <p>Create their own striking/fielding game and develop and adjust their own rules</p>	<p>Judge when to run after hitting the ball</p> <p>Work collaboratively in pairs, group activities and small-sided games and plan to outwit the opposition</p> <p>Use tactics which involve bowlers and fielders working together as a team</p> <p>Use and apply the basic rules consistently and fairly</p>
<p>Evaluate and improve</p>		<p>Watch and describe performances accurately</p> <p>Use what they have learnt to improve the quality and control of their work</p> <p>Work well with a partner or small group to improve their skills</p>	<p>Describe what they are doing and recognise what is successful in their own and others play</p> <p>Identify parts of their performances that could be improved and suggest ways to achieve this</p> <p>Work with others to organise and keep the game going</p>	<p>Know what they are successful at and what they need to practise more</p> <p>Pick out parts of performance that are weakest and suggest practices and ideas to help improve the performance</p> <p>Recognise and describe the best points in an individual's or team's performance</p>

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			Describe the intentions and format of a created game				
Health and well-being	Know and talk about the different factors that support their overall health and wellbeing – Regular physical activity, healthy eating, toothbrushing, sensible amount of 'screen time', having a good sleep routine, being a safepedestrian	Know that regular exercise improves health and helps the body to work well Understand and describe changes to their heart rate when playing different games Feel that muscles and limbs are working hard and that they become tired after sustained activity	Know that regular exercise improves health, makes you feel good and maintains a healthy body weight Know the demands that specific activities make on their bodies Know that exercise strengthens bones and muscles, including the heart Know the importance of warming up		Know which types of fitness are particularly important to the game Know what clothing, footwear and equipment is most appropriate for different games Make up their own warm-up suitable for striking and fielding activities and explain how it is organised		
Invasion games		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Perform a range of skills	Development matters – Reception Revise and refine the fundamental movement skills they have already acquired – Rolling Crawling Walking Jumping Running Hopping Skipping Climbing	Send a ball and range of equipment by sliding, pushing, rolling, bouncing, throwing, kicking, striking and heading Gather a ball or piece of equipment with hands, feet, other body parts or an implement Travel with a ball or piece of equipment by carrying, balancing, pushing, tapping, bouncing, or by dribbling with hands, feet or an implement	Pass and receive with hands in a variety of ways e.g. using chest pass, shoulder pass, bounce pass, controlled kick Pass and receive using various techniques e.g. high, low, fast, slow Change direction and speed when travelling with or dribbling the ball			Use a range of different techniques for passing, controlling, dribbling and shooting in games Shoot from a distance and from close range Mark a player or space, intercept and pass and tackle safely	

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	<p>Progress towards a more fluent style of moving, with developing control and grace</p> <p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming</p> <p>Develop overall body-strength, balance, co-ordination and agility</p> <p>Further develop and refine a range of ball skills including, throwing, catching, kicking, passing, batting and aiming</p> <p>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball</p>	<p>Repeat and use skills with co-ordination and control in a variety of co-operative and competitive games</p> <p>Sustain concentration and practise to improve and perform with more confidence</p> <p>Understand the importance of rules and play within them and know how to score</p> <p>Change the rules of the game to make it better or more challenging</p> <p>Create games as an individual or in pairs</p> <p>Develop simple tactics and use appropriate ones to suit different situations</p> <p>Combine skills e.g. dribble and kick</p> <p>Observe, demonstrate and copy someone else's game or idea</p>	<p>Show increasing control and consistency in games</p> <p>Play with greater flow and increased speed of passing</p> <p>Understand and play to the rules of the game</p> <p>Modify or adapt rules of existing games in agreement with others</p> <p>Create their own games, develop and adjust their own rules and then explain and teach the game to others</p> <p>Know and understand a range of simple tactics e.g. how to retain possession, make progress towards a goal, make it difficult for an opponent to get the ball or how to get into position to shoot or score</p> <p>Apply principles and simple tactics in a range of 'like' games</p> <p>Know and explain the tactics and skills that they are confident with and use well in games e.g. how</p>	<p>Adapt the skills to meet the needs of the situation or game and perform the skills at greater speeds</p> <p>Play small invasion games with reasonable fluency</p> <p>Choose when to pass or dribble so they maintain possession</p> <p>Know what position they are playing and contribute appropriately in game situations</p> <p>Choose and use different formations to help the team be more attacking or defensive and understand how to use/adapt the formations across different types of invasion games</p> <p>Apply basic principles of team play to keep possession of the ball and make progress towards the goal</p> <p>Know what they are successful at and what they need to practise more</p>
Tactics				
Evaluate and improve				

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		<p>Watch and describe performances accurately</p> <p>Use what they have learnt to improve the quality and control of their work</p> <p>Work well with a partner or small group to improve their skills</p>	<p>does a team keep possession of the ball?</p> <p>Choose different ways of practising these tactics and skills</p> <p>Recognise what they do best/worst</p> <p>Recognise when they need help and be able to describe the help they need to improve their play</p> <p>Work with others to organise and keep the game going</p> <p>Describe the intentions and format of a created game</p>	<p>Recognise and describe the best points in an individual's or team's performance</p> <p>Pick out parts of performance that are weakest and suggest practices and ideas to help improve the performance</p>
Health and well-being	<p>Know and talk about the different factors that support their overall health and wellbeing – Regular physical activity, healthy eating, toothbrushing, sensible amount of 'screen time', having a good sleep routine, being a safepedestrian</p>	<p>Know that regular exercise improves health and helps the body to work well</p> <p>Feel that muscles and limbs are working hard and that they become tired after sustained activity</p> <p>Know that after vigorous activity, breathing and heart rate increase</p>	<p>Lead a partner through short warm-up routines</p> <p>Understand how a game helps develop speed, strength and stamina</p> <p>Know that exercise strengthens bones and muscles (including the heart)</p> <p>Describe the way the body reacts in different games</p>	<p>Plan practices and warm-ups to get ready for playing safely</p> <p>Know the importance of being fit and what types of fitness are most important for games e.g. strength, stamina and speed</p>

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		and body temperature rises and see that faces become flushed Move safely and actively about the space and when using equipment		Know what clothing, footwear and equipment is most appropriate for the games
Vocabulary	Stop, start, move, still, freeze, bounce, hop, jump, skip, run, walk, tiptoe, stomp, healthy, feelings, hot, cold, beating fast, beating slow, pass, roll, pat, kick, throw, catch, ball, bat, target, goal, toilet, sink, tap, soap, washing, keeping clean, keeping healthy, brush, toothpaste, zip, laces, pull up, push down, put on, take off	Striking, catching, own space, team, speed, direction, passing, controlling, shooting, scoring	keep possession, scoring goals, keeping score, making space, pass/send/receive, travel with a ball, make use of space, points/goals, rules, tactics, batting, fielding, defending, hitting	keeping possession, passing, dribbling, shooting, support, marking, attackers/defenders, team play, batting, fielding, bowler, defending, hitting, offside, pitch, forehand/backhand