

Springdale First School

P.E Progression Map



Imagine, Believe, Achieve

Progression Map – Outdoor Games

Early Years	NC KS1	NC KS2
<p>The main Early Years Outcomes covered in the Games units are:</p> <ul style="list-style-type: none"> Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. (PD – M&H 40-60) Children show good control and co-ordination in large and small movements. (PD – M&H ELG) Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. (PD M&H 40-60) Experiments with different ways of moving. (PD M&H 40-60) They move confidently in a range of ways, safely 	<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities; participate in team games, developing simple tactics for attacking and defending; perform dances using simple movement patterns. 	<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p>Pupils should be taught to:</p> <p>Year 3</p> <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination; play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending; develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]; compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Year 4</p> <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination;

negotiating space. (PD M&H ELG)		<ul style="list-style-type: none"> play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending; develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]; compare their performances with previous ones and demonstrate improvement to achieve their personal best.
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EYFS	Year 1	Year 2	Year 3	Year 4
Vocabulary				
Backwards Bounce Catch Cool down Copy Equipment Exercise Large / small movements Looking	Pass Roll Safety Sideways Space Stopping Target Throw Warm up Watch	Actions Aiming Control Defend/attack Dodging Dribble Hit Receive Rules Team work	Attackers Calling Defender Evaluate Hand-eye coordination Overarm Signalling Underarm	Barrier Bowl Calling Chasing Feed Fielding High Low Net games Opponent
Striking and hitting a ball				
<ul style="list-style-type: none"> Hit a ball with a bat or racket. 	<ul style="list-style-type: none"> Use hitting skills in a game. Practise basic striking, sending and receiving. 	<ul style="list-style-type: none"> Strike or hit a ball with increasing control. Learn skills for playing striking and fielding games. Position the body to strike a ball. 	<ul style="list-style-type: none"> Demonstrate successful hitting and striking skills. Develop a range of skills in striking (and fielding where appropriate). Practise the correct batting technique and use it in a game. Strike the ball for distance. 	<ul style="list-style-type: none"> Use a bat, racquet or stick (hockey) to hit a ball or shuttlecock with accuracy and control. Accurately serve underarm. Build a rally with a partner. Use at least two different shots in a game situation. Use hand-eye coordination to strike a moving and a stationary ball. <p>Click here</p>
Throwing and catching a ball				
<ul style="list-style-type: none"> Roll equipment in different ways. Throw underarm. 	<ul style="list-style-type: none"> Throw underarm and overarm. Catch and bounce a ball. Use 	<ul style="list-style-type: none"> Throw different types of equipment in different ways, for 	<ul style="list-style-type: none"> Throw and catch with greater control and accuracy. 	<ul style="list-style-type: none"> Develop different ways of throwing and catching.

<ul style="list-style-type: none"> • Throw an object at a target (e.g. the target mat). • Catch equipment using two hands (e.g. a balloon, a beanbag, a soft ball.) 	<ul style="list-style-type: none"> • rolling skills in a game. • Practise accurate throwing and consistent catching. 	<ul style="list-style-type: none"> • accuracy and distance. • Throw, catch and bounce a ball with a partner. • Use throwing and catching skills in a game. • Throw a ball for distance. • Use hand-eye coordination to control a ball. • Vary types of throw used (e.g. underarm, overarm) 	<ul style="list-style-type: none"> • Practise the correct technique for catching a ball and use it in a game. • Perform a range of catching and gathering skills with control. • Catch with increasing control and accuracy. • Throw a ball in different ways (e.g. high, low, fast or slow). • Develop a safe and effective overarm bowl. Click here 	Click here
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Travelling with a ball

<ul style="list-style-type: none"> • Move a ball in different ways, including bouncing and kicking. • Use equipment to control a ball. 	<ul style="list-style-type: none"> • Travel with a ball in different ways. • Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency. 	<ul style="list-style-type: none"> • Bounce and kick a ball whilst moving. Use kicking skills in a game. • Use dribbling skills in a game. 	<ul style="list-style-type: none"> • Move with the ball in a variety of ways with some control. • Use two different ways of moving with a ball in a game. 	<ul style="list-style-type: none"> • Move with the ball using a range of techniques showing control and fluency. Click here
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Passing a ball

<ul style="list-style-type: none"> • Kick an object at a target. 	<ul style="list-style-type: none"> • Pass the ball to another player in a game. • Use kicking skills in a game. 	<ul style="list-style-type: none"> • Know how to pass the ball in different ways. 	<ul style="list-style-type: none"> • Pass the ball in two different ways in a game situation with some success. 	<ul style="list-style-type: none"> • Pass the ball with increasing speed, accuracy and success in a game situation.
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Possession

			<ul style="list-style-type: none"> • Know how to keep and win back possession of the ball in a team game. 	<ul style="list-style-type: none"> • Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.
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Using space

<ul style="list-style-type: none"> • Move safely around the space and equipment. • Travel in different ways, including sideways and backwards. 	<ul style="list-style-type: none"> • Use different ways of travelling in different directions or pathways. • Run at different speeds. • Begin to use space in a game. 	<ul style="list-style-type: none"> • Use different ways of travelling at different speeds and following different pathways, directions or courses. • Change speed and direction whilst running. • Begin to choose and use the best space in a game. 	<ul style="list-style-type: none"> • Find a useful space and get into it to support teammates. 	<ul style="list-style-type: none"> • Make the best use of space to pass and receive the ball.
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Attacking and defending

<ul style="list-style-type: none"> Play a range of chasing games. 	<ul style="list-style-type: none"> Begin to use the terms attacking and defending. 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. 	<ul style="list-style-type: none"> Begin to use and understand the terms attacking and defending. Use at least one technique to attack or defend to play a game successfully. 	<ul style="list-style-type: none"> Use simple attacking and defending skills in a game. Use fielding skills to stop a ball from travelling past them. 	<ul style="list-style-type: none"> Use a range of attacking and defending skills and techniques in a game. Use fielding skills as an individual to prevent a player from scoring.
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Tactics and rules

<ul style="list-style-type: none"> Follow simple rules. 	<ul style="list-style-type: none"> Follow simple rules to play games, including team games. Use simple attacking skills such as dodging to get past a defender. Use simple defensive skills such as marking a player or defending a space. 	<ul style="list-style-type: none"> Understand the importance of rules in games. Use at least one technique to attack or defend to play a game successfully. 	<ul style="list-style-type: none"> Apply and follow rules fairly. Understand and begin to apply the basic principles of invasion games. Know how to play a striking and fielding game fairly. 	<ul style="list-style-type: none"> Vary the tactics they use in a game. Adapt rules to alter games.
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Compete / perform

<ul style="list-style-type: none"> Control my body when performing a sequence of movements. Participate in simple games. 	<ul style="list-style-type: none"> Perform using a range of actions and body parts with some coordination. Begin to perform learnt skills with some control. Engage in competitive activities and team games. 	<ul style="list-style-type: none"> Perform sequences of their own composition with coordination. Perform learnt skills with increasing control. Compete against self and others. 	<ul style="list-style-type: none"> Develop the quality of the actions in their performances. Perform learnt skills and techniques with control and confidence. Compete against self and others in a controlled manner. 	<ul style="list-style-type: none"> Perform and apply skills and techniques with control and accuracy. Take part in a range of competitive games and activities.
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Evaluate

<ul style="list-style-type: none"> Talk about what they have done. Talk about what others have done. 	<ul style="list-style-type: none"> Watch and describe performances. Begin to say how they could improve. 	<ul style="list-style-type: none"> Watch and describe performances, and use what they see to improve their own performance. Talk about the differences between their work and that of others. 	<ul style="list-style-type: none"> Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time. 	<ul style="list-style-type: none"> Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify their use of skills or techniques to achieve a better result.
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