

PE Knowledge and Skills Progression- Games

Years 1-2



National Curriculum Requirements of PE for Key Stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, 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.

Pupils should be taught to:

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

EYFS	YEAR 1	YEAR 2
<p><u>Striking and hitting a ball</u> I can hit a ball with a bat or racquet.</p> <p><u>Throwing and Catching</u> I can roll equipment in different ways. I can throw underarm. I can throw an object at a target. I can catch equipment using two hands.</p> <p><u>Travelling</u> I can move a ball in different ways, including bouncing and kicking. I can use equipment to control a ball.</p> <p><u>Passing a ball</u> I can kick an object at a target. I can throw an object at a target.</p> <p><u>Attacking and defending</u> I can play a range of chasing games</p> <p><u>Using Space</u></p>	<p><u>Striking and hitting a ball</u> I can use hitting skills in a game. I can practise basic striking, sending and receiving.</p> <p><u>Throwing and Catching</u> I can throw underarm and overarm. I can catch and bounce a ball. I can use rolling skills in a game. I can practise accurate throwing and consistent catching.</p> <p><u>Travelling</u> I can travel with a ball in different ways (dribble, carry, bounce, roll) I can travel with a ball in different directions (side to side, forwards and backwards) with control and fluency. I can track and move in line with a ball. I can avoid others while keeping control of my</p>	<p><u>Striking and hitting a ball</u> I can strike or hit a ball with increasing control. I can learn skills for playing striking and fielding games. I can position my body to strike a ball.</p> <p><u>Throwing and Catching</u> I can throw different types of equipment in different ways, for accuracy and distance. I can throw, catch and bounce a ball with a partner. I can use throwing and catching skills in a game. I can throw a ball for distance. I can use hand-eye coordination to control a ball. I can vary the types of throw used ((under arm, overarm, fast, slow, high and low)</p> <p><u>Travelling</u> I can bounce and kick a ball whilst moving. I can use kicking skills in a game. I can use dribbling skills in a game (avoiding and keeping</p>

<p>I can move safely around the space and equipment.</p> <p>I can travel in different ways, including sideways and backwards.</p> <p><u>Tactics and rules</u></p> <p>I can follow simple rules</p> <p><u>Compete and Perform</u></p> <p>I can control my body when performing a sequence of movements.</p> <p>I can participate in simple games.</p> <p><u>Health and Fitness</u></p> <p>I can describe how the body feels when still and when exercising.</p> <p><u>Evaluate</u></p> <p>I can talk about what I have done.</p> <p>I can talk about what others have done.</p>	<p>ball/object.</p> <p><u>Passing a ball</u></p> <p>I can pass a ball to another player in a game.</p> <p>I can use kicking skills in a game.</p> <p>I can show basic ball control by intercepting and retrieving.</p> <p><u>Attacking and defending</u></p> <p>I can begin to use the terms attacking and defending.</p> <p>I use simple defensive skills such as marking a player or defending a space.</p> <p>I can use simple attacking skills such as dodging to get past a defender.</p> <p><u>Using Space</u></p> <p>I use different ways of travelling in different directions or pathways (see extensive list)</p> <p>I can run at different speeds and begin to use space in a game.</p> <p><u>Tactics and rules</u></p> <p>I follow simple rules to play games, including team games.</p> <p>I use simple attacking skills such as dodging to get past a defender.</p> <p>I use simple defensive skills such as marking a player or defending a space.</p> <p><u>Compete and Perform</u></p> <p>I am beginning to perform learnt skills with some control.</p> <p>I engage in competitive activities and team games.</p> <p><u>Health and Fitness</u></p> <p>I can describe how the body feels before, during and after exercise.</p> <p>I can carry and place equipment safely.</p> <p><u>Evaluate</u></p> <p>I can say what others are doing.</p> <p>I can watch and describe performances.</p> <p>I am beginning to say how they could improve.</p>	<p>possession)</p> <p><u>Passing a ball</u></p> <p>I know how to pass a ball in different ways.</p> <p><u>Attacking and defending</u></p> <p>I can begin to use and understand the terms attacking and defending.</p> <p>I can use at least one technique to attack or defend to play a game successfully.</p> <p><u>Using Space</u></p> <p>I can use different ways of travelling at different speeds and following different pathways, directions or courses. I can change speed and direction whilst running.</p> <p>I am beginning to choose and use the best space in a game.</p> <p><u>Tactics and rules</u></p> <p>I understand the importance of rules in games.</p> <p>I can use at least one technique to attack or defend to play a game successfully.</p> <p><u>Compete and Perform</u></p> <p>I can perform learnt skills with increasing control.</p> <p>I can compete against self and others.</p> <p><u>Health and Fitness</u></p> <p>I can recognise and describe how the body feels during and after different physical activities.</p> <p>I can explain what I need to stay healthy.</p> <p><u>Evaluate</u></p> <p>I can watch and describe performances and use what they see to improve their own performance.</p> <p>I can talk about the differences between my work and that of others.</p>
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