



PE Knowledge and Skills Progression- Games

Years 3-4

National Curriculum Requirements of PE for Key Stage 2

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.

Pupils should be taught to:

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]

Perform dances using a range of movement patterns

Take part in outdoor and adventurous activity challenges both individually and within a team.

Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

YEAR 3

Striking and hitting a ball

I demonstrate successful hitting and striking skills.
I use a range of skills in striking (and fielding where appropriate).
I practise the correct batting technique and use it in a game.
I can strike a ball for distance.

Throwing and Catching

I throw and catch with greater control and accuracy.
I use the correct technique for catching a ball and use it in a game.
I use a range of catching and gathering skills with control.
I can catch with increasing control and accuracy.
I can throw a ball in different ways (e.g. high, low, fast or slow).
I have developed a safe and effective overarm bowl.

Travelling

I move with the ball in a variety of ways with some control.
I use two different ways of moving with a ball in a game.

Passing a ball

I pass the ball in two different ways in a game situation with some success.

Possession

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

Attacking and defending

I use simple attacking and defending skills in a game.
I use fielding skills to stop a ball from travelling.

Using Space

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

Tactics and rules

I apply and follow rules fairly. I understand and begin to apply the basic principles of invasion games.
I know how to play a striking and fielding game fairly.

Compete and Perform

I develop the quality of my actions in my performances. I perform learnt skills and techniques with control and confidence.
I compete against self and others in a controlled manner.

Health and Fitness

I recognise and can 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.

YEAR 4

Striking and hitting a ball

I use a bat, racquet or stick (hockey) to hit a ball or shuttlecock with accuracy and control.
I accurately serve underarm.
I can build a rally with a partner.
I can use at least two different shots in a game situation.
I use hand-eye coordination to strike a moving and a stationary ball.

Throwing and Catching

I have developed different ways of throwing and catching for a range of sports.

Travelling

I move with a ball using a range of techniques showing control and fluency.

Passing a ball

I pass a ball with increasing speed, accuracy and success in a game situation.

Possession

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

Attacking and defending

I use a range of attacking and defending skills and techniques in a game.
I use fielding skills as an individual to prevent a player from scoring.

Using Space

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

Tactics and rules

I vary the tactics I use in a game.
I can adapt rules to alter games to make them easier/harder.

Compete and Perform

I perform and apply skills and techniques with control and accuracy.
I take part in a range of competitive games and activities.

Health and Fitness

I can describe how my body reacts at different times and how this affects performance.
I can explain why exercise is good for your health.
I know some reasons for warming up and cooling down.
I can lead a class warmup applying knowledge of appropriate exercises.

Evaluate

I can lead a class warmup applying knowledge of appropriate exercises.

Evaluate

I can suggest areas for self-improvement and begin to peer review with greater detail

I can watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. I can modify my use of skills or techniques to achieve a better result.