



PE Knowledge and Skills Progression- Games

Years 5-6

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 5

Striking and hitting a ball

I use different techniques to hit a ball with success

I explore when different shots are best used.

I use an effective grip to hold a bat/racket/stick.

I have developed a backhand technique and use it in a game.

I practise techniques for all strokes and play a tennis game using an overhead serve.

Throwing and Catching

I have consolidated different ways of throwing and catching, and know when each is appropriate in a game.

Travelling

I use a variety of ways to dribble in a game with success.

I use ball skills in various ways, and begin to link together.

Passing a ball

I pass a ball with speed and accuracy using appropriate techniques in a game situation.

Possession

I can keep and win back possession of the ball effectively in a team game.

Attacking and defending

I choose the best tactics for attacking and defending.

I can shoot in a game.

I use fielding skills as a team to prevent the opposition from scoring.

Using Space

I can demonstrate an increasing awareness of space.

Tactics and rules

I know when to pass and when to dribble in a game.

I devise and adapt rules to create my own game.

Compete and Perform

I consistently perform and apply skills and techniques with accuracy and control.

I take part in competitive games with a strong understanding of tactics and composition.

Health and Fitness

I know and understand the reasons for warming up and cooling down.

I can explain some safety principles when preparing for and during exercise.

Evaluate

YEAR 6

Striking and hitting a ball

I can hit a bowled ball over longer distances.

I use good hand-eye coordination to be able to direct a ball when striking or hitting.

I understand how to serve in order to start a game.

Throwing and Catching

I can throw and catch accurately and successfully under pressure in a game.

Travelling

I show confidence in using ball skills in various ways in a game situation, and link these together effectively.

Passing a ball

I can choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move.

Possession

I can keep and win back possession of the ball effectively and in a variety of ways in a team game.

Attacking and defending

I think ahead and create a plan of attack or defence.

I apply knowledge of skills for attacking and defending.

I work as a team to develop fielding strategies to prevent the opposition from scoring.

Using Space

I demonstrate a good awareness of space.

Tactics and rules

I follow and create complicated rules to play a game successfully.

I can communicate plans to others during a game. I lead others during a game.

Compete and Perform

I can perform and apply a variety of skills and techniques confidently, consistently and with precision.

I take part in competitive games with a strong understanding of tactics and composition.

Health and Fitness

I understand the importance of warming up and cooling down.

I carry out warm-ups and cool downs safely and effectively.

I understand why exercise is good for health, fitness and wellbeing.

I can choose and use criteria to evaluate own and others' performance using appropriate vocabulary.
I can explain why I and others have used particular skills or techniques, and the effect they have had on my/their performance.

I know ways I can become healthier.

Evaluate

I thoroughly evaluate my own and others' work, suggesting thoughtful and appropriate improvements.