



Progression in PE

Invasion Games

Rugby/ Hockey/ Netball

	<b>Competence</b>	<b>Strategies, Tactics, Rules</b>	<b>Healthy, active lifestyle</b>	<b>Vocabulary</b>
	<i>Practicing the skills</i>	<i>Taking part in the game/ Applying the skills/ Evaluation of skills</i>	<i>Positive contribution to physical and mental health</i>	
Y1	<p>Understand the concept of moving to get in line with the ball to receive it.</p> <p>Explore different ways to use, move and send the ball.</p> <p>Develop skills such as sending an object to a target, catching, receiving, rolling, pushing, throwing and basic ball control.</p> <p>Demonstrate a basic underarm throwing action with control and accuracy.</p> <p>Show control of a ball with basic actions.</p> <p>Send/ pass a ball and successfully catch/stop a ball.</p> <p>Develop fundamental movement skills, becoming increasingly confident and competent.</p> <p>Learn how to tag. (Tag rugby</p>	<p>Have simple plans that you know you can make work, e.g. where to stand to make it difficult for an opponent.</p> <p>Identify what skills you need to practice.</p> <p>Can describe what you have done or seen others do.</p> <p>Recognise space in games and use it to your advantage.</p> <p>Understand how to play in a safe way.</p> <p>Watch, copy and describe others play.</p> <p>Understand who the attackers and who the defenders are.</p> <p>Decide when to pass and when to run.</p>	<p>Describe why being active and playing games is good for you.</p> <p>Describe what it feels like to breath quickly during exercise.</p> <p>Describe why running and playing games is good for you.</p> <p>Understand why being active and playing games is good for you.</p>	<p>Attack</p> <p>Belts</p> <p>Catch</p> <p>Defend</p> <p>Pass</p> <p>Run</p> <p>Space</p> <p>Target</p> <p>Throw</p> <p>Aim</p> <p>Balance</p> <p>Control</p> <p>Ball Control</p> <p>Direction</p> <p>Dribble</p> <p>Movement</p> <p>React</p> <p>Rules</p> <p>Space</p> <p>Speed</p> <p>Aim</p> <p>Aiming</p> <p>Ball control</p> <p>Bounce</p> <p>Close</p>

	<p>Move to defend a goal.</p> <p>Throw and catch a ball to themselves and others.</p> <p>Improve movement skills whilst moving with the ball in two hands. (tag rugby)</p> <p>Move fluently, changing direction and speed easily and avoiding collisions.</p> <p>Show control of the ball with basic actions - including sending a ball/equipment to a target.</p> <p>Can shoot successfully at a goal or target.</p>	<p>Use skills in different ways when playing games.</p> <p>Play simple games understanding the rules of the game.</p> <p>Play in a safe way.</p> <p>Recognise space in games and use it to your advantage.</p>		<p>Control</p> <p>Copy</p> <p>Explore</p> <p>Gather</p> <p>Ready</p> <p>Roll</p> <p>Score</p> <p>Send</p> <p>Shoot</p> <p>Skills</p> <p>Watch</p>
	<b>Competence</b>	<b>Strategies, Tactics, Rules</b>	<b>Healthy, active lifestyle</b>	<b>Vocabulary</b>
Y2	<p>Begin to understand and develop correct technique of passing the ball.</p> <p>Copy actions and ideas and use the information to improve their skills.</p> <p>Throw and catch the ball with increasing control, and throw the ball in different ways e.g. fast, slow, high, low (mastering basic throwing technique).</p> <p>Pass a ball with control.</p>	<p>React to situations to make it difficult for opponents - using simple tactics.</p> <p>Recognise what is successful.</p> <p>Use actions and ideas you have seen to improve your own skills.</p> <p>Choose and use simple tactics to suit different situations and apply these in small sided games.</p> <p>Begin to understand some rules of the game.</p>	<p>Understand and describe changes to your heart rate when playing a game.</p> <p>Understand and describe changes to your heart rate when playing a game.</p> <p>Begin to understand the importance of preparing safely and carefully for exercise - warming up.</p>	<p>Tag</p> <p>Belts</p> <p>Target</p> <p>Pass</p> <p>Catch</p> <p>Space</p> <p>Attack</p> <p>Run</p> <p>Trick</p> <p>Defend</p> <p>Try</p> <p>Target</p> <p>Dodge</p> <p>Teamwork</p> <p>Rules</p> <p>Score</p>

	<p>Show control when moving, changing speed and direction, both with and without a ball.</p> <p>Develop fundamental movement skills, becoming increasingly confident and competent.</p> <p>Perform a variety of skills keeping the ball under control.</p> <p>Perform a range of actions with control of the ball, including throwing, catching, gathering, keeping possession, and throwing in different ways (fast, slow, high, low).</p> <p>•Know and show how to defend between ball and target.</p> <p>Decide when and where to run, showing good awareness of surroundings.</p> <p>Pass a ball with control and increasing accuracy and consistency.</p> <p>Move fluently, changing direction and speed - with and without a ball.</p> <p>Develop control and accuracy when throwing and catching a ball.</p>	<p>Understand and follow the rules of the game.</p> <p>Watch and describe a performance accurately.</p> <p>Develop understanding of invasion games and participate in small games.</p> <p>Use simple tactics in game situations.</p> <p>Show good awareness of others when playing games.</p> <p>Participate in team games.</p> <p>Choose and use simple tactics to suit different situations in small sided games.</p> <p>React to situations in ways that make it difficult for opponents.</p> <p>Successfully beat a defender.</p>		<p>Teamwork</p> <p>Shoot</p> <p>Target</p> <p>Passing</p> <p>Dribbling</p> <p>Push pass</p> <p>Space</p> <p>Send &amp; receive</p> <p>Roll</p> <p>Hockey stick</p> <p>Goal</p> <p>Direction</p> <p>Attack &amp; defend</p> <p>Ball Control</p> <p>Watch</p> <p>Balance</p> <p>Throw</p> <p>Catch</p> <p>Aim</p> <p>Accuracy</p> <p>Explore</p> <p>Pass</p> <p>Roll</p> <p>Team</p> <p>Ready</p> <p>Teamwork</p> <p>Get in line</p> <p>Space</p> <p>Score</p>
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	Begin tagging players in game situations. (tag rugby)			
	<b>Competence</b>	<b>Strategies, Tactics, Rules</b>	<b>Healthy, active lifestyle</b>	<b>Vocabulary</b>
Y3	<p>Move with a ball keeping it under close control.</p> <p>Receive a ball successfully.</p> <p>Perform basic skills needed for games with control and accuracy.</p> <p>Pass/send a ball with increasing accuracy and at different speeds.</p> <p>Shoot/ score with some success.</p> <p>Use a range of skills to keep possession of the ball.</p> <p>Keep the ball under control, passing and receiving with increasing accuracy.</p> <p>Develop control and technique both in movements and manipulation.</p> <p>Apply basic principles for attacking and defending - finding space (attacking), challenge a player in possession (defending).</p> <p>Pass and receive the ball with control.</p>	<p>Employ simple tactics in game situations.</p> <p>Recognise and explain good performances.</p> <p>Recognise good performance and be able to identify what you need to practice to improve your own performance.</p> <p>Recognise players who play well in games and give reasons why.</p> <p>Identify what you do best and what you find difficult.</p> <p>Learn how to recognise your own success.</p> <p>Identify what you do best and what you find most difficult and recognise this in others performance.</p> <p>Improve decision making skills and choose the right skills that meet the needs of the situation.</p> <p>Play simple invasion games with an understanding of the basic rules.</p>	<p>Understand the link between heart rate and breathing when exercising.</p> <p>Recognise and describe what happens to your breathing and heart rate when playing games and begin to understand why you get hotter when playing games.</p> <p>Describe how your body feels when exercising.</p>	<p>Dodge</p> <p>Evade</p> <p>Backwards</p> <p>Pass</p> <p>Accuracy</p> <p>Target</p> <p>Defend</p> <p>Teamwork</p> <p>Pocket Pass</p> <p>Attack</p> <p>Dummy</p> <p>Speed</p> <p>Opposition</p> <p>Passing</p> <p>Dribbling</p> <p>Shoot</p> <p>Stick</p> <p>Control</p> <p>Teamwork</p> <p>Direction</p> <p>Decision Making</p> <p>Aim</p> <p>Turn</p> <p>Stop</p> <p>Possession</p> <p>Speed</p> <p>Slap pass</p> <p>Push pass</p> <p>Attack</p> <p>Defence</p> <p>Explore</p> <p>Control</p>

	<p>Select passes that keep possession.</p> <p>Know how to tag another player. (tag rugby)</p> <p>Develop attacking and defending skills within tag rugby.</p> <p>To be able to pass the ball backwards to a teammate. (tag rugby)</p>	<p>To follow the rules of the game.</p> <p>Keep possession of a ball as part of a team.</p> <p>Take up spaces/positions that make it difficult for opponents.</p> <p>Choose space/ positions where you can receive a pass or to support a teammate.</p> <p>Move to support teammates once you have passed the ball and explain how to keep possession.</p>		<p>Speed</p> <p>Direction</p> <p>Pass</p> <p>Chest Pass</p> <p>Bounce Pass</p> <p>Technique</p> <p>Aim</p> <p>Passing</p> <p>Teamwork</p> <p>Shoot</p> <p>Score</p> <p>Accuracy</p> <p>Power</p> <p>Breathing</p>
	<b>Competence</b>	<b>Strategies, Tactics, Rules</b>	<b>Healthy, active lifestyle</b>	<b>Vocabulary</b>
Y4	<p>Develop the understanding of the importance of speed and stamina when playing invasion games.</p> <p>Pass in different ways e.g. high, low, fast, slow.</p> <p>Move the ball keeping it under control whilst changing direction.</p> <p>Pass, shoot and receive a ball with increasing accuracy, control and success.</p> <p>Pass the ball using different techniques.</p>	<p>Explain and apply basic attacking and defending principles such as finding and using space in game situations.</p> <p>Identify what you need to practice to improve your performance.</p> <p>Employ and explain simple tactics in game situations.</p> <p>Learn to recognise your own success.</p> <p>Know, keep, and follow the rules of the game.</p>	<p>Describe how your body feels when exercising and understand the link between heart rate and breathing when exercising.</p> <p>Devise suitable warm up activities for the upcoming activity.</p>	<p>Avoid</p> <p>Tag</p> <p>Backwards</p> <p>Cover</p> <p>Pass</p> <p>Share</p> <p>Accuracy</p> <p>Target</p> <p>Defend</p> <p>Mark</p> <p>Agility</p> <p>Pocket Pass</p> <p>Attack</p> <p>Dummy</p> <p>Speed</p> <p>Lift</p> <p>Communicate</p> <p>Cooperation</p>

	<p>Develop set moves that can be used in attacking play.</p> <p>Pass the ball using different techniques.</p> <p>Shoot and score with increasing accuracy.</p> <p>Develop physical characteristics needed for the game, e.g. speed, fitness, agility.</p> <p>Move in different directions learning to move away from your opponent and keep control of the ball when running.</p> <p>Learn how to pass, catching successfully and improving skills whilst on the move.</p>	<p>Identify and describe the skills needed to improve your game.</p> <p>Recognise what you do well and what you find difficult.</p> <p>Find and use space in game situations and work well as part of a team.</p> <p>Challenge a player in possession of the ball.</p> <p>Move forward to attack as part of a team - running in a line. (tag rugby)</p> <p>To work as part of a team when defending, keeping in a line, and spreading out. (tag rugby)</p> <p>Successfully score.</p> <p>Show growing control and consistency during games.</p> <p>Choose and adapt techniques and tactics to keep possession of the ball and give you a chance to shoot or score. Collaborate with others and use tactics to keep possession.</p> <p>Get into good positions to pass, receive, and shoot the ball.</p> <p>Use a range of tactics, including finding and using</p>		<p>Defence</p> <p>Marking</p> <p>Possession</p> <p>Power</p> <p>Strike</p> <p>Support</p> <p>Tackle</p> <p>Opposition</p> <p>Avoiding</p> <p>Recover</p> <p>React</p> <p>Attack</p> <p>Defend</p> <p>First touch</p> <p>Space</p> <p>Control</p> <p>Speed</p> <p>Direction</p> <p>Passing</p> <p>Pass</p> <p>Chest Pass</p> <p>Bounce Pass</p> <p>Mark</p> <p>Teamwork</p> <p>Aim</p> <p>Accuracy</p> <p>Possession</p> <p>Shoot</p> <p>Power</p> <p>Score</p> <p>Accuracy</p> <p>Power</p> <p>Rules</p> <p>Technique</p>
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		space, to keep possession of the ball to shoot/score.		
	<b>Competence</b>	<b>Strategies, Tactics, Rules</b>	<b>Healthy, active lifestyle</b>	<b>Vocabulary</b>
Y5	<p>Perform skills (e.g. passing) with accuracy, confidence and control, and increasing speed.</p> <p>Develop technique of important skills - such as passing.</p> <p>Increase accuracy and confidence of passing and shooting skills.</p> <p>Increase accuracy and control when passing and catching whilst moving at speed.</p> <p>Continue to improve different ways to pass - fast, slow, high, low.</p>	<p>Explain why a performance is good.</p> <p>Learn how to evaluate and recognise success.</p> <p>Choose different formations to suit the needs of the game.</p> <p>Find ways to get the ball towards your opponent's goal, knowing when to pass, when to dribble or travel with the ball.</p> <p>Watch and evaluate the success of a game, whilst recognising parts of a performance that could be improved and identifying practices that will help.</p> <p>Know the difference between attacking and defending skills.</p> <p>Know how to mark and defend your goal.</p> <p>Identify strengths and weaknesses of your own and other performances and explain your reasoning.</p>	<p>Explain how your body reacts and feels when taking part in different activities and undertaking different roles.</p> <p>Understand how physical activity can contribute to a healthy lifestyle.</p> <p>Suggest ideas for warming up and explain your choices.</p> <p>Understand how the muscles work - work by getting shorter, relax by getting longer.</p> <p>Understand the importance of being physically fit.</p>	<p>Ready position</p> <p>Tag</p> <p>Stance</p> <p>Speed</p> <p>Attack / defend</p> <p>Agility</p> <p>Mark</p> <p>Dodge</p> <p>Indian Dribble</p> <p>Close</p> <p>Cover</p> <p>Mark</p> <p>Block</p> <p>Slap Pass</p> <p>Decision Making</p> <p>Possession</p> <p>Principles</p> <p>Evaluate</p> <p>Watch</p> <p>Explore</p> <p>Attack/Defend</p> <p>Heart rate</p> <p>Direction</p> <p>Chest Pass</p> <p>Rules</p> <p>Power</p> <p>Bounce Pass</p> <p>Technique</p> <p>Mark/track/cover</p> <p>Feedback</p> <p>Teamwork</p>

		<p>Begin to understand the importance of lines in tag rugby - both for attack and defence. (tag rugby)</p> <p>Understand the defensive duties in tag rugby and the process of tagging.</p> <p>Work effectively as part of a team and keep possession of the ball when faced with opponents.</p> <p>Participate in competitive games, following the rules and playing fair.</p> <p>Apply basic principle for attacking - Using skills to keep possession of the ball.</p> <p>Begin to apply defending principles in games;</p> <p>Communicating well as a team to regain possession of the ball.</p> <p>Apply basic principles for defending - Defend by marking, covering, and tracking opponents as appropriate.</p> <p>Participate in competitive games, modified where appropriate.</p>		Shoot
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		<p>Keep possession of the ball when faced with opponents.</p> <p>Apply basic principle for attacking - Use a variety of tactics to keep possession of the ball.</p> <p>Change speed and direction to get away from a defender.</p> <p>Use a variety of tactics, like use of space and positions to keep the ball.</p> <p>Use simple tactics in games to achieve success as a team.</p> <p>Apply basic principle for attacking - choosing when to pass or dribble to keep possession of a ball.</p> <p>Use a variety of skills to keep the ball, thinking about moving towards goal, different positions and the use of space.</p>		
	<b>Competence</b>	<b>Strategies, Tactics, Rules</b>	<b>Healthy, active lifestyle</b>	<b>Vocabulary</b>
Y6	<p>Develop control whilst performing skills at speed.</p> <p>Combine and perform skills with control, adapting them to meet the needs of the situation.</p>	<p>Learn how to evaluate your own success, as well as recognise part of a performance that could be improved and why.</p> <p>Understand how to improve in different physical activities and sport.</p>	<p>Create short warm up routines that follow the basic principles e.g. raising body temperature, mobilise joints and muscles.</p> <p>Know how invasion sports helps your fitness and health.</p>	<p>Communicate</p> <p>Effective</p> <p>Accuracy</p> <p>Mark/track</p> <p>Attack</p> <p>Defend</p> <p>Tactics</p> <p>Dummy</p>

	<p>To pass and catch the ball whilst running at different speeds.</p> <p>Keep control of the ball when running and passing, ensuring passing is accurate.</p>	<p>Understand there are different ways to defend. Understand there are different ways to attack as a team.</p> <p>Give feedback to individual, teams and your own performance, describing the best points, suggesting how to improve, and commenting on techniques and tactics.</p> <p>Identify and evaluate parts of your own game and others, providing feedback.</p> <p>Adapt games and activities making sure everyone has a role to play.</p> <p>Understand how to improve in different physical activities and sport.</p> <p>To understand the rules of the game and participate in full games. Understand the importance of keeping in a line in both attacking and defending plays. (tag rugby)</p> <p>Apply basic principles for attacking and defending,</p>	<p>Know what makes a good warm down e.g. it calms the body, prevents stiffness, settles the mind. Understand how physical activity can contribute to a healthy lifestyle.</p> <p>Understand how muscles work.</p> <p>Create short warm up routines that follow the basic principles e.g. raising body temperature, mobilise joints and muscles.</p>	<p>Indian Dribbling Close down Cover Track Block Slap Pass Decision Making Possession Principles Evaluate Discuss</p> <p>Shoot Position Evaluate Direction Heart rate Power Accuracy Muscles Technique Decision making Opponent Teamwork</p>
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	<p>choosing different formations to suit the need of the game.</p> <p>Show good awareness of others in game situations and work effectively as a team, adapting games if needed so everyone has a role to play.</p> <p>Use the defending principles in game situations, including marking, tracking and covering, to gain possession.</p> <p>Choose and apply a range of tactics and strategies when both attacking and defending.</p> <p>Use different skills to keep possession of a ball as part of a team.</p> <p>Change speed and direction to get away from a defender.</p> <p>Choose different formations to suit the needs of the game and choose skills that meet the need of the situation.</p> <p>Work effectively as a team.</p> <p>Use a variety of tactics to keep possession of the ball, applying the principles of attacking.</p> <p>Use the defending principles in game situations, including</p>		
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		<p>marking, tracking, and covering, to gain possession.</p> <p>Incorporate the rules of the game into small sided games such as passing backwards in tag rugby.</p> <p>Carefully consider the best way to score and win the game, remembering to find and use space when running.</p> <p>Successfully remove tags in accordance with the rules. (tag rugby)</p>		
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