



Progression in PE

Net and Wall Games

Badminton/ Tennis

	Competence	Strategies, Tactics, Rules	Healthy, active lifestyle	Vocabulary
	<i>Practicing the skills</i>	<i>Taking part in the game Applying the skill Evaluation of skills</i>	<i>Positive contribution to physical and mental health</i>	
Y1	<p>Can watch and copy what they see and describe why they have copied that technique.</p> <p>Use different skills and movements, including aiming into space to try win games.</p> <p>Can hit the shuttle varying height, speed and direction into space. (badminton)</p> <p>Can control and balance the shuttle with some control, with and without a racket. (badminton)</p> <p>Watch, track and catch a shuttle successfully, as well as throw it with control to a partner. (badminton)</p> <p>Move fluently, changing direction and speed.</p> <p>Engage in cooperative physical activities.</p>	<p>Describe what they have done or seen others doing.</p> <p>Change the way they use skills in response to their opponent's actions.</p> <p>Understand, follow, and apply skills and tactics in simple games.</p>	<p>Understand why being active is good for you.</p> <p>Understand how to play in a safe way and why being active and playing games is good for you.</p>	<p>Accuracy</p> <p>Aim</p> <p>Badminton</p> <p>Balance</p> <p>Ready</p> <p>Direction</p> <p>Game</p> <p>Grip</p> <p>Height</p> <p>Movement</p> <p>Racket</p> <p>Space</p> <p>Score</p> <p>Safety</p> <p>Shuttle</p> <p>Speed</p> <p>Swing</p> <p>Teamwork</p> <p>Control</p> <p>Partner</p> <p>Aim</p> <p>Aiming</p> <p>Balance</p> <p>Ball control</p> <p>Bounce</p> <p>Move</p>

	<p>Explore different ways to use and move with the ball - showing control with simple actions and basic control when striking an object.</p> <p>Catch/stop and send/pass a ball - developing technique of throwing and receiving.</p> <p>Understand the concept of moving to get in line with a ball/shuttle to receive it.</p> <p>Show control of a ball with basic actions and explore different ways to use and move with a ball.</p> <p>Send a ball in different ways e.g. throwing, pushing, rolling.</p> <p>Successfully receive (catch/stop) a ball.</p>			<p>Control</p> <p>Experiment</p> <p>Racket</p> <p>Receive</p> <p>Roll</p> <p>Score</p> <p>Send</p> <p>Swing</p> <p>Throw</p> <p>Underarm</p>
	Competence	Strategies, Tactics, Rules	Healthy, active lifestyle	Vocabulary
Y2	<p>Move fluently, changing direction and speed with increasing confidence.</p> <p>Watch, track and catch a shuttle successfully, and throw a shuttle relating to an overhead clear. (badminton)</p> <p>Improve control of the shuttle, with and without the racket,</p>	<p>Choose and use skills and simple tactics to suit different situations - showing good awareness of others.</p> <p>Understand and follow the rules of the game, showing good awareness of others when playing games</p>	<p>Begin to understand the important of preparing safely and carefully for exercise: warming up.</p> <p>Begin to understand and describe changes to their heart rate when playing a game.</p>	<p>Shuttle</p> <p>Serve</p> <p>Aim</p> <p>Racket</p> <p>Control</p> <p>Teamwork</p> <p>Cooperation</p> <p>Movement</p> <p>Direction</p> <p>Badminton</p> <p>Partner</p>

	<p>developing different movements and skills to play varied types of shot, including an accurate forehand serve. (badminton)</p> <p>Describe how to hold and grip the racket on forehand shots.</p> <p>Can hit the shuttle, when in the air, varying height, speed and direction into space and to a partner. (badminton)</p> <p>Engage in cooperative and competitive physical activities (both against self and against others).</p> <p>Use and move with a racket with control.</p> <p>Perform a range of actions including catching/ gathering skills and sending/passing with control and throw/ hit a ball in different ways e.g. high, low, fast, slow.</p> <p>Perform a range of catching and gathering skills with control.</p> <p>Master basic throwing technique.</p>	<p>Identify good technique and justify why it is good.</p> <p>Understand and follow the rules of the game.</p> <p>Watch and describe a performance accurately.</p> <p>Use actions and ideas you have seen to improve your own skills.</p> <p>Develop simple tactics for attacking.</p> <p>Gain an understanding that hitting the ball into space helps them score points.</p> <p>Recognise what is successful.</p> <p>Use actions and ideas they have seen to improve their own skills.</p>		<p>Grip Swing Shuffle Ready Score Power Accuracy Height Balance</p> <p>Racket Balance Ball control Opposition Swing Score Positioning Movement Aiming Accuracy Rolling Send Throw Bounce Competition Underarm Ready position Bounce feed Receive Cooperate</p>
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	<p>Throw / Hit a ball in different ways e.g. high, low, fast, slow.</p> <p>Understand what a rally is and how to continue one in pairs.</p>			
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Y3	<p>Continue to develop control of the shuttle with and without the racket. (badminton)</p> <p>Show a good stance and structure when throwing and hitting the shuttle. (badminton)</p> <p>Improve control of the shuttle, with and without the racket, developing different movements and skills to play varied types of shot including a forehand and a lift. (badminton)</p> <p>Participate in rallies with others.</p> <p>Can hit the ball/shuttle, when in the air, varying height, speed and direction into space and to a partner.</p> <p>Perform basic skills needed for the games with control and accuracy, including throwing and stopping the ball.</p>	<p>Take up space/ positions that make it difficult for opponents.</p> <ul style="list-style-type: none"> • Compete with others - Keeping and following the rules of the game. <p>Identify what you do well and what you find difficult.</p> <p>Employ simple tactics in game situations and explain why they have used the tactics.</p> <p>Learn how to evaluate and recognise their own success.</p> <p>Identify what they need to practice to improve their performance.</p>	<p>Further understand the link between heart rate and breathing when exercising.</p> <p>Describe how their bodies feel when exercising and understand the link between heart rate and breathing when exercising</p>	<p>Accuracy</p> <p>Balance</p> <p>Cooperation</p> <p>Competitive</p> <p>Follow through</p> <p>Power</p> <p>Receive</p> <p>Safety</p> <p>Speed</p> <p>Stance</p> <p>Swing</p> <p>Tactics</p> <p>Teamwork</p> <p>Forehand</p> <p>Serve</p> <p>Swing</p> <p>Cooperative</p> <p>Cooperative</p> <p>Movement</p> <p>Partner</p> <p>Direction</p> <p>Send</p> <p>Catch</p> <p>Court target</p> <p>Power</p> <p>Accuracy</p> <p>Space</p> <p>Free Space</p>

	<p>Perform a basic forehand action.</p> <p>Throw/ Send a ball using a variety of techniques.</p> <p>Keep a rally going.</p> <p>Choose the appropriate throwing technique to meet the demands of the task.</p> <p>Send a ball into space at different speeds and heights to make it difficult for the opponent.</p> <p>Intercept and stop the ball consistently.</p> <p>Can perform a forehand serve accurately to a partner, and familiarize themselves with the backhand serve, being able to describe correct grip and technique. (badminton)</p> <p>Explain and demonstrate the chasse step and lunge in practice and games. (badminton)</p>			<p>Control</p> <p>Bounce</p> <p>Aim</p>
	Competence	Strategies, Tactics, Rules	Healthy, active lifestyle	Vocabulary
Y4	Continue to improve control of the shuttle, with and without the racket, developing different movements	<p>Understand the different types of rallies, participating in both.</p> <p>Recognise and explain good performances.</p>	Describe how your body feels when exercising, further understanding the link between heart rate and breathing when exercising.	<p>Cooperation</p> <p>Competitive</p> <p>Follow through</p> <p>Stance</p> <p>Power</p> <p>Receive</p>

	<p>and skills to play varied types of shot including a forehand and a lift. (badminton)</p> <p>Can hit the shuttle, when in the air, varying height, speed and direction into space to beat an opponent. (badminton)</p> <p>Use different skills to try and win games.</p> <p>Work together to keep a rally going, returning the ball/shuttle to a partner.</p> <p>With increasing accuracy, perform a forehand and backhand serve, hitting the shuttle with confidence and control. (badminton)</p> <p>Can move around the court with purpose.</p> <p>Can demonstrate a fast-paced chasse movement in isolation and in games. (badminton)</p> <p>Perform basic skills needed for the games with control and accuracy, including hitting a ball towards a target.</p> <p>Perform a basic forehand action with control and accuracy.</p>	<p>Learn how to recognise and evaluate your own success.</p> <p>Identify what they need to practice to improve their performance.</p> <p>Explain the tactics they have used in games.</p>	<p>Devise suitable warm-up activities for the upcoming activities.</p>	<p>Serve Speed Tactics Shuffle Discuss Chasse Coordination Deceive Connect Court</p> <p>Swing Aim Cooperative play Movement Partner Direction Send Position Court target Power Accuracy Direction Free Space Control In line</p>
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	<p>Send/ hit a ball/shuttle into space, at different speeds and heights to make it difficult for your opponent.</p> <p>Begin to apply basic movements in a range of activities and in combination.</p> <p>Apply basic principles for attacking including finding and using space in game situations.</p> <p>Keep a rally going using a range of shots.</p> <p>Apply basic principles suitable for attacking and defending.</p> <p>Choose the appropriate hitting and throwing technique to meet the demands of the task.</p> <p>Adopt a good 'ready position' to move and catch a ball.</p> <p>Intercept and stop the ball consistently.</p>			
	Competence	Strategies, Tactics, Rules	Healthy, active lifestyle	Vocabulary
Y5	<p>Able to hit a shuttle with good stance and grip on both forehand and backhand side, varying shot selection; height, speed and depth. (badminton)</p> <p>Improve consistency of shots, noticing longer rallies.</p>	<p>Participate in competitive games, modified where appropriate.</p> <p>Understand tactics in net games, such as aiming into space to beat an opponent. Use these tactics to try win games.</p>	<p>Create short warm up routines that follow basic principle e.g. raise body temperature, mobilise joints and muscles.</p> <p>Understand how the muscles work e.g. work by getting shorter, relax by getting longer.</p>	<p>Serve</p> <p>Stance</p> <p>Coordination</p> <p>Clear</p> <p>Overhead</p> <p>Lob</p> <p>Defensive</p> <p>Court Target</p>

	<p>Use different racket skills and types of movement during a competitive or cooperative rally.</p> <p>To participate in rallies with and without a racket.</p> <p>Demonstrate skills learnt during the unit when competing against others, including serving, returning a serve, and shot accuracy when moving at a quick pace.</p> <p>Can demonstrate fast paced movements, fluently changing direction and speed.</p> <p>Hit the ball with purpose.</p> <p>Play shots on the forehand and backhand side of your body.</p> <p>Direct the ball towards the opponent's court or target area.</p> <p>Use good footwork that allows the ball to be hit with good technique.</p> <p>Adopt a good ready position and show good position on court.</p>	<p>Identify spaces and understand the tactic of hitting into gaps.</p> <p>Watch and evaluate the success of games.</p> <p>Able to explain why a performance is good, and what part of a performance could be improved and why.</p> <p>Develop an understanding of how to improve in different physical activities and sports.</p> <p>Recognise part of a performance that could be improved and explain how.</p> <p>Learn how to evaluate and recognise their own success.</p>		<p>Backhand Rally Power Service Cooperative Competitive Follow through Respond Decision Making Teamwork Doubles Feedback Position</p>
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	<p>Show good awareness of others in game situations.</p> <p>Apply basic principles suitable for attacking and defending.</p> <p>Identify spaces and understand the tactic of hitting into gaps.</p>			
	Competence	Strategies, Tactics, Rules	Healthy, active lifestyle	Vocabulary
Y6	<p>Experiment with the racket using different skills.</p> <p>Play shots at different heights, direction, and speed, and improve hitting the ball/shuttle whilst moving.</p> <p>Use different skills and tactics learnt to try win games.</p> <p>Improve consistency of shots, directing them to help win competitions.</p> <p>Be continuous within a rally and regularly play consistent shots.</p> <p>Use tactical serves to deceive opponent.</p> <p>Demonstrate fast paced movements, including the chasse step and lunge whilst increasing shuttle accuracy. (badminton)</p>	<p>Describe good technique of the forehand, backhand, and overhead clear.</p> <p>Evaluate your own success and areas of improvement, as well as others.</p> <p>Recognise part of a performance that could be improved and explain how.</p> <p>Continue to evaluate and recognise their own success.</p>	<p>Explain how your body reacts and feels when taking part in different activities and undertaking different roles.</p> <p>Create short warm up routines that follow basic principles e.g. raise body temperature, mobilise joints and muscles.</p> <p>Understand the importance of being physically fit and how physical activity can contribute to a healthy lifestyle.</p>	<p>Coordination</p> <p>Clear</p> <p>Smash</p> <p>Position</p> <p>Evaluate</p> <p>Offensive/Defensive</p> <p>Lob</p> <p>Block</p> <p>Strategy</p> <p>Defence</p> <p>Attack</p> <p>Height</p> <p>Travel</p> <p>Positioning</p> <p>On Court</p> <p>React</p> <p>Singles</p> <p>Service</p> <p>Backswing</p> <p>Overhead</p> <p>Selection</p> <p>Respond</p> <p>Evaluate</p>

<p>Hit the ball with purpose, varying speed, height, and direction.</p> <p>Direct the ball towards the opponent's court or target area. Perform skills such as forehand and backhand shots with control and confidence.</p> <p>Apply the principles of attacking.</p> <p>Adopt a good ready position with purpose and show good position on court.</p> <p>Participate in competitive games, modified, and adapted where appropriate.</p> <p>Apply basic principles suitable for defending.</p> <p>Apply basic principles suitable for attacking.</p> <p>Identify spaces and understand the tactic of hitting into gaps.</p> <p>Use good footwork that allows the ball to be hit with good technique</p>			
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