



Progression in PE

Striking and Fielding

Cricket/ Rounders

	Competence	Strategies, Tactics, Rules	Healthy, active lifestyle	Vocabulary
	<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>Move fluently, changing direction and speed.</p> <p>Show basic control of the ball, including when striking a ball.</p> <p>Successfully receive (catch/stop) a ball, understanding the concept of moving to get in line with the ball to receive it.</p>	<p>Apply skills and tactics in simple games, including recognising space and using it to your advantage.</p> <p>Understand and follow simple rules for games and compete in physical activities both against self and against others.</p> <p>Describe what you have done or seen others doing.</p>	<p>Understand why being active and playing games is good for you.</p> <p>Describe what it is like to breath quickly during exercise.</p>	<p>Aim</p> <p>Backwards</p> <p>Ball</p> <p>Ball control</p> <p>Bat</p> <p>Beanbag</p> <p>Bounce</p> <p>Catch</p> <p>Control</p> <p>Direction</p> <p>Batting</p> <p>Feeder</p> <p>Forwards</p> <p>Free space</p> <p>Grip</p> <p>Left and right</p> <p>Stop</p> <p>Movement</p> <p>Rolling</p> <p>Run</p> <p>Safety</p> <p>Score</p> <p>Space</p>

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Y2	<p>Develop fundamental movement skills, becoming increasingly confident and Competent.</p> <p>Perform a range of actions with control including catching, gathering, and hitting a ball with increasing accuracy.</p> <p>Throw/hit a ball in different ways e.g. high, low, fast, slow.</p>	<p>React to situations in ways that make it difficult for opponents, applying simple tactics like hitting the ball into space to help score more points.</p> <p>Show good awareness of others when playing games.</p> <p>Recognise what is successful.</p>	<p>Begin to understand the importance of preparing safely for exercise - warming up.</p>	<p>Batting</p> <p>Fielding</p> <p>Striking</p> <p>Grip</p> <p>Long barrier</p> <p>Teamwork</p> <p>Catching</p> <p>Wickets</p> <p>Bat</p> <p>Ball</p> <p>Aim</p> <p>Feeder</p> <p>Fielder</p> <p>Underarm</p> <p>Striking</p>
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Y3	<p>Apply and develop a broader range of skills, whilst ensuring basic skills are performed with control and accuracy.</p> <p>Throw a ball increasing distances, catch a ball with increasing consistency and hit a ball with correct technique.</p> <p>Intercept and stop the ball consistently.</p>	<p>Work well as part of a team, employing simple tactics, particularly when fielding to make it harder for the batter.</p> <p>Identify what you need to practice improving your performance.</p>	<p>Understand the link between heart rate and breathing when exercising.</p> <p>Devise suitable warm up activities for upcoming activities.</p> <p>Describe how your body feels when exercising and understand the link between heart rate and breathing when exercising.</p>	<p>Batting</p> <p>Control</p> <p>Feeder</p> <p>Fielder</p> <p>Grip</p> <p>Score</p> <p>Wickets</p> <p>Communication</p> <p>Long Barrier</p> <p>Striking</p> <p>Teamwork</p> <p>Underarm</p> <p>Wicket Keeper</p> <p>Bowler</p> <p>Position</p> <p>Technique</p>

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Y4	<p>Show control, coordination and consistency when throwing and catching a ball.</p>	<p>Communicate, collaborate, and compete with others, following the rules of the game.</p> <p>Recognise what you do well and what you find difficult and explain good performances.</p> <p>Explain the tactics you have used in games.</p> <p>Choose fielding skills which make it difficult for your opponent.</p> <p>Take up spaces/positions that make it difficult for the opposition.</p>	<p>Understand the link between heart rate and breathing when exercising.</p> <p>Devise suitable warm up activities for upcoming activities.</p>	<p>Fielding Fielder Wickets Communication Striking Teamwork Underarm Wicket keeper Skill Technique Points Swing Tournament Compare Evaluate Discuss Free Space</p>
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Y5	<p>Develop control and technique whilst performing skills at speed and showing good awareness of others in game situations.</p> <p>Hit the ball with purpose, varying speed, height and direction, as well as thinking of tactics needed to score more runs.</p> <p>Begin to bowl at different speeds.</p>	<p>Watch and evaluate the success of games and good performance.</p> <p>Work as part of a team, adapting games and activities making sure everyone has a role to play.</p> <p>Choose skills and tactics to meet the needs of the situation. (i.e. to outwit opponents when fielding)</p>	<p>Understand how physical activity can contribute to a healthy lifestyle and explain how your body reacts and feels when taking part in physical activity.</p> <p>Create short warm up routines that follow basic principles e.g. raising body temperature, mobilise joints and muscles.</p>	<p>Wickets Wicket Keeper Positions Outfield Skill Crease Technique Awareness Forward Defence Tactics Fast Bowl</p>

		<p>Explain why a performance is good.</p> <p>Show good awareness of others in game situations.</p> <p>Work as part of a team, communicating well with others.</p>		
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Y6	<p>Bowl using an overarm technique, beginning to vary speed and length of delivery.</p> <p>Perform skills, including retrieve, intercept and stop a ball, with accuracy, confidence, and control.</p>	<p>Work as part of a team that covers the areas to make it hard for the batter to score runs.</p> <p>Learn how to evaluate and recognise your own success and areas for improvement.</p> <p>Develop an understanding of how to improve in different physical activities and sports.</p> <p>Use skills and tactics to outwit opponents when fielding, bowling, and batting.</p> <p>Use tactics that involve bowlers and fielders working together.</p> <p>Participate in competitive games, modified where appropriate.</p>	<p>Understand how physical activity can contribute to a healthy lifestyle and explain how your body reacts and feels when taking part in physical activity.</p> <p>Create short warm up routines that follow basic principles e.g. raising body temperature, mobilise joints and muscles.</p>	<p>Bowling Tactics Straight drive Block Bowled out Wicket Keeper Crease Outfield Fast bowl Run up</p>