



Progression in PE

Target Games

Golf/ Dodgeball

	<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>Show control of a ball with basic actions.</p> <p>Develop and practise ball handling skills.</p> <p>Move the ball in different ways, practising throwing using overarm and underarm techniques.</p> <p>Roll a ball with some accuracy.</p> <p>Recognise what is successful.</p> <p>Develop fundamental movement skills, becoming increasing confident.</p> <p>Explore different ways of moving, with and without a ball, developing movement and coordination.</p> <p>Show increasing control when pushing, patting, throwing, and catching a ball.</p>	<p>Talk about and develop movement skills needed in games.</p> <p>Understand the importance of rules and follow instructions to complete a task.</p>	<p>Understand and describe changes to their heart rate when playing a game.</p>	<p>Balance</p> <p>Close</p> <p>Closer</p> <p>Control</p> <p>Direction</p> <p>Experiment</p> <p>Improve</p> <p>Movements</p> <p>Space</p> <p>Steadily</p> <p>Stretching</p> <p>Skills</p> <p>Technique</p> <p>Tick Tock</p> <p>Accuracy</p> <p>Aim</p> <p>Ball control</p> <p>Bounce</p> <p>Control</p> <p>Hands ready</p> <p>Heart</p> <p>React</p> <p>Roll</p> <p>Rolling</p> <p>Rules</p> <p>Scoring</p>

	<p>Send objects towards a target with increasing accuracy.</p> <p>Begin to apply the basic putting technique into games. (golf)</p> <p>Compete against others in modified golf games. (golf)</p>			<p>Smash</p> <p>Success</p> <p>Target</p> <p>Teamwork</p>
	<b>Competence</b>	<b>Strategies, Tactics, Rules</b>	<b>Healthy, active lifestyle</b>	<b>Vocabulary</b>
Y2	<p>Develop movement skills relevant to games i.e. dodging. (dodgeball)</p> <p>Develop catching and striking skills.</p> <p>Pass/send a ball, with increasing control, at different speeds - fast/slow.</p> <p>Engage in competitive physical games, employing simple tactics. (dodgeball)</p> <p>Develop problem solving and decision-making strategies.</p> <p>Explore different ways of moving, changing speed and direction fluently.</p> <p>Explore different ways of moving a golf ball, and/other size ball. (golf)</p> <p>Push/ roll/ putt a ball towards a target with control.</p>	<p>Describe what you have done, or seen others doing.</p> <p>Describe basic skills needed for golf games.</p>	<p>Begin to understand the importance of preparing safely for exercise - warming up.</p>	<p>Closer</p> <p>Pace</p> <p>Successfully</p> <p>Putt</p> <p>Forfeit</p> <p>Head up</p> <p>Movement</p> <p>Experiment</p> <p>Chip</p> <p>Control</p> <p>Tick Tock</p> <p>Improve</p> <p>Technique</p> <p>Dodge</p> <p>Throw</p> <p>Catch</p> <p>Bounce</p> <p>Speed</p> <p>Teamwork</p> <p>React</p> <p>Pass</p> <p>Hands Ready</p> <p>Roll</p> <p>Reaction time</p> <p>Control</p> <p>Aiming</p> <p>Target</p>

	<p>Use skills learnt to participate and compete in rolling and putting games. (golf)</p> <p>Develop technique when using the golf putter, becoming increasingly accurate</p>			Underarm
	<b>Competence</b>	<b>Strategies, Tactics, Rules</b>	<b>Healthy, active lifestyle</b>	<b>Vocabulary</b>
Y3	<p>Improve consistency when catching a ball at different heights.</p> <p>Show control when moving at speed.</p> <p>Move the ball in different ways, with increasing accuracy and control.</p> <p>Begin to develop the chipping technique, consistently lifting the ball from the floor. (golf)</p> <p>Apply putting skills into game situations. (golf)</p> <p>Show control and control to make accurate shots.</p>	<p>Use a range of skills and tactics to win games.</p> <p>Demonstrate good teamwork skills.</p> <p>Understand how finding space can help in game situations.</p> <p>Identify what you do best and what you find difficult.</p> <p>Explain what success you have seen in games, and how individuals and teams achieved it.</p> <p>Explore and understand how correct putting techniques can create a successful shot.</p>	<p>Begin to understand why you get hotter when you exercise and play games.</p>	<p>Accuracy</p> <p>Chipping</p> <p>Rough</p> <p>Control</p> <p>Bunker</p> <p>Fairway</p> <p>Dominant</p> <p>Non dominant</p> <p>Success</p> <p>Collision</p> <p>Competitive</p> <p>Consistent</p> <p>Course</p> <p>Encourage</p> <p>Increase/decrease</p> <p>Putting</p> <p>Receive</p> <p>Target</p> <p>Accuracy</p> <p>Aim</p> <p>Control</p> <p>Space</p> <p>React</p> <p>Target</p> <p>Teamwork</p> <p>Strike</p> <p>Compete</p> <p>Dodge</p>

				Pass Overarm Speed Duck Movement Underarm
	<b>Competence</b>	<b>Strategies, Tactics, Rules</b>	<b>Healthy, active lifestyle</b>	<b>Vocabulary</b>
Y4	<p>Get in good positions to throw and receive the ball.</p> <p>Send a ball with accuracy, control, and consistency, whilst moving at different speeds.</p> <p>Practice and improve the underarm throw and side shot throw. (dodgeball)</p> <p>Participate in games using skills learnt in previous lessons, including striking, dodging and ball handling skills. (dodgeball)</p> <p>Explore the skills required to play golf successfully. (golf)</p> <p>Continue to develop and apply the chipping technique to competitive games. (golf)</p> <p>Develop and demonstrate the ability to 'putt' accurately and effectively. (golf)</p>	<p>Demonstrate good teamwork and communication skills.</p> <p>Evaluate your own performance and describe skills you need to improve your play.</p> <p>Find and use space in game situations and explain the importance in this tactic.</p> <p>Understand the importance of accuracy when chipping.</p>	<p>Describe how your body feels when you are warming up and playing games.</p>	Allocate Concentration Confident Develop Effective React Control Fairway Improve Movement Rough Dominant Non -dominant Accuracy Pace Stroke Success  Aim Explore Heart Rate Dodge Pass React Strike Communicate Position Side shot Overarm
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Y5	<p>Participate in games fairly, following the rules.</p> <p>Show good teamwork.</p> <p>Apply appropriate skills and tactics in game situations.</p> <p>Move quickly (dodge) with good control. (dodgeball)</p> <p>Improve control when moving at speed. (dodgeball)</p> <p>Increase accuracy and consistency of throws, including a side shot throw, towards a moving target. (dodgeball)</p> <p>Apply both the putting and chipping techniques to competitive games. (golf)</p> <p>Show control and control to make accurate shots.</p> <p>Begin to develop the driving technique. (golf)</p> <p>Increase accuracy and distance when practicing the driving technique and participate in driving games. (golf)</p>	<p>Understand the importance of quick reactions in dodgeball.</p> <p>Develop an understanding of how to improve when playing games.</p> <p>Understand the technique to be able to chip at different heights.</p>	<p>Understand how the muscles work.</p>	<p>Challenge</p> <p>Gradual</p> <p>Concentration</p> <p>Confident</p> <p>Drive</p> <p>Course</p> <p>Consistency</p> <p>Evaluation</p> <p>Par</p> <p>Competition</p> <p>Compare</p> <p>Communicate</p> <p>Accelerate</p> <p>Accurate</p> <p>Side shot</p> <p>Defend</p> <p>Agility</p> <p>Balance</p> <p>Coordinate</p> <p>React</p> <p>Attack</p>
	<b>Competence</b>	<b>Strategies, Tactics, Rules</b>	<b>Healthy, active lifestyle</b>	<b>Vocabulary</b>
Y6	<p>Successfully catch a ball at different heights.</p>	<p>Evaluate a performance, Providing constructive feedback.</p>	<p>Explain how physical activity can help contribute to a healthy lifestyle.</p>	<p>Drive</p> <p>Swing</p> <p>Green</p>

	<p>Demonstrate a variety of different throwing techniques with good accuracy, pace, and consistency. (dodgeball)</p> <p>Take part in competitive games, playing fairly and working cooperatively as part of a team.</p> <p>Use different ways to dodge the ball (jump, gallop, jockey.) (dodgeball)</p> <p>Use appropriate tactics in games and discuss and apply strategies needed to win.</p> <p>Develop an accurate putting technique, chipping for height technique, and driving for distance technique. (golf)</p> <p>Determine how much speed and power is required when working to a target.</p> <p>Compete with other in modified games.</p>	<p>Become familiar with golf phrases and the concept of golf.</p> <p>Compare and evaluate other performances.</p>		<p>Par</p> <p>Ability</p> <p>Perform</p> <p>Imitate</p> <p>Evaluate</p> <p>Lean</p> <p>Power</p> <p>Bunker</p> <p>Handicap</p> <p>Communicate</p> <p>Accelerate</p> <p>Accurate</p> <p>Side shot</p> <p>Track</p> <p>Strike</p> <p>Agility</p> <p>Balance</p> <p>Coordinate</p> <p>React</p> <p>Attack &amp; defend</p>
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