

Games Skills KS1 Progression map

EYFS	Year 1	Year 2
	<p>Games unit 3: Bat & Ball skills and games-skipping</p> <ul style="list-style-type: none"> Steer a ball along the ground with a bat in a controlled way using different directions and weaving through slaloms Balance a ball on a bat when standing still or walking Hit a ball with a bat, upwards and downwards with some control Send a ball along the ground and through the air for a partner to catch or receive Understand and show skipping with a rope <p>Use steering, hitting along the ground and hitting through the air to play individual and co-operative target games</p>	<p>Games unit 1: Throwing and catching inventing games</p> <ul style="list-style-type: none"> Throw, catch and bounce with two hands, or one hand, or different parts of the body using a variety of equipment Understand and use 'beat your own record' activities to put skills under pressure and improve performance Throw, catch and bounce when in a stationary position or moving about the playing area and aiming at a target Understand and use a range of strategies for making games harder (e.g. high/low, different directions, over the head, over-arm throwing, one hand, the other hand, etc.) <p>Understand how to make up rules and score points</p>
<p><u>Learning Objectives</u></p>	<p><u>Learning Objectives</u></p> <p>LO Lesson 1: I can steer a ball along the ground with a bat. I can weave with control and change direction</p> <p>LO Lesson 2: I can balance a ball on a bat when standing still or walking</p> <p>LO Lesson 3: I can hit a ball with a bat, upwards and downwards with some control.</p> <p>LO Lesson 4: I can use a sideways stance to roll the ball with my bat to my partner</p> <p>LO Lesson 5: I can improve my skills hitting the ball with a bat. I can hit it with control to a partner (self-feed/serve)</p>	<p><u>Learning Objectives</u></p> <p>LO Lesson 1: I can balance, throw, catch a bean bag using different body parts</p> <p>LO Lesson 2: I can throw, catch and bounce a ball when in a stationary position or moving about the playing area</p> <p>LO Lesson 3: I can balance, throw, catch a ball. I can beat my own record and improve my performance</p> <p>LO Lesson 4: I can use a range of strategies for making my games harder using different directions and one handed throwing and catching</p>

	<p>LO Lesson 6: I can begin to hit a ball with a bat that my partner throws. I can hit it with control for a partner to catch.</p> <p>Section 5 p99 Teaching Specific Skills has step by step guidance for many of the above skills</p>	<p>LO Lesson 5: I can throw at a target. I can use over arm throws</p> <p>LO Lesson 6: I can use a range of strategies for making my games harder using catching at different heights</p> <p>Section 5 p99 Teaching Specific Skills has step by step guidance for many of the above skills</p>
	<p>Games unit 1: Focus on ball skills and games</p> <ul style="list-style-type: none"> • Show a degree of control when sending and receiving a range of equipment • Send a ball in various ways to play individual target games or target games with a partner • Understand how to send, receive and dribble a ball and practice to improve skills • Understand that they must 'get in line with the ball to receive it' • Bounce and pat-bounce a ball with a degree of control • Demonstrate co-ordination when passing a ball around different parts of the body 	<p>Games unit 3: Dribbling, Kicking and hitting</p> <ul style="list-style-type: none"> • Show continuous and controlled dribbling with hands, feet, bat or stick and know how to change speed and direction • Understand and demonstrate striking, passing and receiving with a partner using a range of equipment • Identify and use simple attacking and defending strategies e.g. vary the height and speed of pass • Play co-operative and competitive striking, net, aiming and invasion type games with a partner • Know how to score and understand how to improve
Learning Objectives	<p><u>Learning Objectives unit 1: Focus on ball skills and games</u></p> <p>LO Lesson 1: I can balance a ball while travelling. I can roll equipment with control.</p> <p>LO Lesson 2: I can pat-bounce and bounce a ball with control. I can send a ball at a target.</p> <p>LO Lesson 3: I can throw and catch a large ball showing control when I throw it.</p> <p>LO Lesson 4: I can travel and pat-bounce/bounce the ball. I can send a ball to a partner.</p> <p>LO Lesson 5: I can dribble a ball in different ways. I can kick towards a target.</p>	<p><u>Learning Objectives unit 3: Dribbling, Kicking and hitting</u></p> <p>LO Lesson 1: I can dribble with my feet. I can change direction, speed and keep control</p> <p>LO Lesson 2: I can dribble with a bat and ball and strike a ball along the ground to a partner.</p> <p>LO Lesson 3: I can work with a partner to pass, receive (trapping the ball) and strike a ball with my feet</p> <p>LO Lesson 4: I can receive a ball and control it before sending it back. I can do this with feet, hands or a bat</p>

	<p>LO Lesson 6: I can get in line to receive a ball. I can play target games with a partner</p> <p>Section 5 p99 Teaching Specific Skills has step by step guidance for many of the above skills</p>	<p>LO Lesson 5: I can dribble using a unihoc stick. I can track the ball and intercept it. (Move to receive a pass)</p> <p>LO Lesson 6: I can play attacking and defending games. I can dribble with control towards a goal. I can move an opponent to put them under pressure. I can move to intercept a pass or shot.</p> <p>Section 5 p99 Teaching Specific Skills has step by step guidance for many of the above skills</p>
	<p>Games unit 4: Developing partner work</p> <ul style="list-style-type: none"> • Play safely with a partner in running games and when using equipment • Throw and catch individually and in pairs using a variety of apparatus including hoops • Kick and dribble a ball with control and roll and retrieve a hoop • Practise and develop their sending and receiving skills in co-operative games with a partner • Demonstrate how to change the game to make it harder. 	<p>Games Unit 2: Making up games with a partner</p> <ul style="list-style-type: none"> • Send and receive with consistency, co-ordination and control using a variety of equipment • Demonstrate accuracy when using hands and feet in different ways to pass or aim • Understand and use simple tactics e.g. passing at different angles, heights and speeds to outwit an opponent • Observe and copy a partner's game and improve it • Choose and use appropriate equipment for the games they create both individually and with a partner • Make up rules and know how to make the game harder
<u>Learning Objectives</u>	<p><u>Learning Objectives unit 4: Developing partner work</u></p> <p>LO Lesson 1: I can bounce and throw a ball so that a partner can catch it using a range of apparatus to aim at</p>	<p><u>Learning Objectives Unit 2: Making up games with a partner</u></p> <p>LO Lesson 1: I can create a game where I pass and aim with accuracy using my feet, hands or both</p>

	<p>LO Lesson 2: I can throw and kick a ball with a partner to score points. I can think of ways to make the games harder.</p> <p>LO Lesson 3: I can roll, or bowl a hoop and travel with it</p> <p>LO Lesson 4: I can use a hoop in different ways including, skipping, rolling, bowling and I can move with and through the hoop.</p> <p>LO Lesson 5: I can use a bat to strike a rolling ball</p> <p>LO Lesson 6: I can send a ball into a target with control for my partner to receive</p> <p>Section 5 p99 Teaching Specific Skills has step by step guidance for many of the above skills</p>	<p>LO Lesson 2: I can use a bat and ball to send and receive it with control. I can teach a game to my partner</p> <p>LO Lesson 3: I can create a game where I bounce the ball consistently with co-ordination and control</p> <p>LO Lesson 4: I can create a game that involves throwing, rolling and passing a quoit using different angles and heights.</p> <p>LO Lesson 5: I can create a game with a partner aiming through or over an obstacle that makes my partner move</p> <p>LO Lesson 6: I can work in a group to make a striking and fielding game. It will involve tracking and intercepting a ball and receiving the ball on the move.</p> <p>Section 5 p99 Teaching Specific Skills has step by step guidance for many of the above skills</p>
	<p>Games unit 2: Throwing and catching aiming games</p> <ul style="list-style-type: none"> • Know and show, both individually and in pairs, how to throw and catch using a variety of apparatus • Send a ball, beanbag or quoit one-handed, using under-arm throw, roll or 'skim' and kick • Aim consistently between, into, at or over a variety of targets using a range of small equipment • Understand the concept of aiming games and how to make their games harder • Play an aiming game co-operatively with a partner and keep score 	<p>Games unit 4: Group games and inventing games</p> <ul style="list-style-type: none"> • Demonstrate consistency and accuracy in bouncing, kicking, throwing, catching and striking skills • Select appropriate equipment when playing the games and demonstrate quicker passing and receiving skills • Play with confidence in varying group formations e.g. 2v2, 4v4, 3v1 etc. • Invent rules and explain how they can improve the game • Understand and use simple tactics to work as a team e.g when defending there must always be one person between the goal and the person with the ball.

<p><u>Learning Objectives</u></p>	<p><u>Learning Objectives unit 2: Throwing and catching aiming games</u></p> <p>LO Lesson 1: I can aim and throw underarm with the correct body position.</p> <p>LO Lesson 2: I can throw and catch by myself and with a partner.</p> <p>LO Lesson 3: I can bounce a ball and bounce it through, over and under targets.</p> <p>LO Lesson 4: I can roll, skim and bowl a quoit through, over and under targets</p> <p>LO Lesson 5: I can throw and catch and work out ways to make the activities harder.</p> <p>LO Lesson 6: I can kick a ball at a target. I can play this with a partner and keep score fairly</p> <p>Section 5 p99 Teaching Specific Skills has step by step guidance for many of the above skills</p>	<p><u>Learning Objectives unit 4: Group games and inventing games</u></p> <p>LO Lesson 1: I can roll, throw or kick a ball consistently in a 3v1 game</p> <p>LO Lesson 2: I can hit a ball over an obstacle with a bat or hand. I can keep the ball moving in the air with a partner</p> <p>LO Lesson 3: I can roll and throw an object showing quick passing and receiving skills in a game.</p> <p>LO Lesson 4: I can kick a ball more accurately and move to receive the ball. I can play and improve a target kicking game</p> <p>LO Lesson 5: I can roll and throw a ball accurately in 2v2 and 3v1 games</p> <p>LO Lesson 6: I can play a catching and bouncing game in a small team. I can score and invent rules to play the game. I can pass the ball to move an opponent and create space.</p> <p>Section 5 p99 Teaching Specific Skills has step by step guidance for many of the above skills</p>
<p><u>Vocabulary</u></p>	<p><u>Vocabulary</u></p> <p>Push, pull, slide, roll, Steer, weave, Throw, kick, bounce, catch, Copy, play, games, rules, Heart beat</p> <p>Share, take turns, partners, through, over, under</p> <p>Beanbag, quoit, target, Aim, Pat bounce, Send, Travel, Dribble, Underarm throw, Sideways</p>	<p><u>Vocabulary</u></p> <p>Push, pull, slide, roll, Throw, kick, bounce, Strike, head, pass, Rules, fair, Practise, Control, Consistency</p> <p>Angle & height, Team, obstacle</p> <p>Warm up & Cool down, Heart beat/heart rate</p> <p>Send & receive, Dribble, Travel, Sides/small-sided games, Sideways stance /side on, Ready stance</p> <p>Personal best (Beat your own record), Stationary</p>



PROGRESSION MAP KS1

CURRICULUM AREA: PE Games

Healthy hearts and happy minds

At Mount Charles School, we want our children to be happier, healthier and stronger.

Through PE and Sport, we aim to inspire and encourage pupils to see exercise as essential to both their physical and mental health

Purpose of Study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Subject Content

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.

Mount Charles School progression map

In KS2 children will be taught the following units during the year:

- Athletics,
- Dance,
- Games,
- Outdoor & Adventurous,
- Gymnastics
- Swimming