



Subject: Progression in Knowledge and Skills

Games

Overview

Early Years

The main Early Years Outcomes covered in the Games units are:

Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. Children show good control and co-ordination in large and small movements. Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. Experiments with different ways of moving. They move confidently in a range of ways, safely negotiating space.

KS1 National Curriculum Aims

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to:

Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities;

Participate in team games, developing simple tactics for attacking and defending;

Perform dances using simple movement patterns.

KS2 National Curriculum Aims

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, and apply basic principles suitable for attacking and defending; develop flexibility, strength, technique, control and balance, compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Key Stage 1 National Curriculum Objectives

Year Groups	Key Knowledge	Key Skills
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<p>Year 1</p>	<p>Practice different skills with simple games (coordinating throwing and catching) Work cooperatively in Pairs and small teams/groups Practice skills in isolation and combination</p> <p>Begin to learn how to observe copy and try different skills.</p> <p>Understand how the body moves in different ways.</p> <p>Understand that exercise helps to keep you healthy</p> <p>Understand that we must warm up before any sport / games</p> <p>Understand what is meant by working as a team whether it is in pairs or groups.</p> <p>Understand the importance of watching and listening. Understand that it takes lots of practice to improve.</p> <p>Develop growth mindsets. Discuss learning pit.</p> <p>Learn to discuss what went well and what we need to improve further</p>	<p>Throwing- Over arm, under arm, accuracy, distance, height, rolling, grip, one hand, two hand</p> <p>Catching- Stance, hand positioning, motion, from height, at speed, more than one item,, different sized objects, cushioning</p> <p>Jumping- 2,2 2,1 1,2 1,1 from different heights, forwards and backwards side to side</p> <p>Striking- Use striking skills in isolated practise. Practise basic striking, sending and receiving. Use different rackets and sports bats. Learn how to hold the different equipment correctly and wield them safely. Learn about stance. Hit short vs long. Directional aiming.</p> <p>Running- Use different ways of travelling in different directions or pathways. Run at different speeds. Begin to use space effectively in mini games.</p> <p>Kicking- Pass the ball to another player in a game. Kick short, long distances. Move a ball with accuracy. Move the ball with different parts of your feet. Use kicking skills in a mini game situation.</p> <p>Agility- Travel in different ways. Travel in different directions (side to side, forwards and backwards) with control and fluency.</p> <p>Balance- balance in different ways using different numbers of body parts</p> <p>Coordination- Perform using a range of actions and body parts with some coordination. Begin to perform learnt skills with some control. Engage in competitive activities and team games.</p>
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<p>Year 2</p>	<p>name different body parts</p> <p>discuss how exercise makes us feel</p> <p>understand how to use equipment safely and with respect</p> <p>understand that everyone learns at a different pace and we must help each other to grow</p> <p>learn how to motivate and encourage each other</p> <p>learn to assess our own performances and discuss what went well and what could have been better</p> <p>understand the importance of listened in watching and focusing</p> <p>Understand why we must warm up/ cool down.</p> <p>Understand and name the fundamental skills</p>	<p>Throwing- Throw different types of equipment in different ways, for accuracy and distance. Throw and bounce a ball with a partner. Throw a ball in a range of different ways.</p> <p>Catching- Stance, hand positioning, motion, from height, at speed, more than one item, different sized objects, cushioning. Understand how to receive a ball. Think about stance, arm position, motion and hand positioning.</p> <p>Jumping- 2, 2 2, 1 1, 2 1, 1 Jump and land safely from different heights. Understand how to use the body to jump higher, further side to side and in different directions.</p> <p>Striking- Use striking skills in isolated, paired and game practise. Practise basic striking, sending and receiving. Use different rackets and sports bats. Learn how to hold the different equipment correctly and wield them safely. Learn about stance. Hit short vs long. Directional aiming. Strike or hit a ball with increasing control. Learn skills for playing striking and fielding games. Position the body to strike a ball.</p> <p>Running- Use different ways of travelling at different speeds and following different pathways, directions or courses. Change speed and direction whilst running. Begin to choose and use the best space in a game</p> <p>Kicking- Kick a ball whilst moving. Use kicking skills in a game. Use dribbling skills in a game. Know how to pass the ball in different ways. Understand Kick a ball at different heights, distances and when you would choose to kick in different ways</p> <p>Agility- I can move and change direction at speed. I can maneuver around, over and through different obstacles.</p> <p>Balance- I can hold a balance safely, I can balance in a range of ways. I can balance as I move across different obstacles.</p> <p>Coordination- Use hand-eye coordination to control a ball and / or objects, Use body parts in unison to move and play a variety of mini games and sports.</p>
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<p>Year 3</p>	<p>Begin to understand the game rules and how they should be followed. Begin to understand the game positions and what each player's role is. Begin to understand the areas of the court/pitch and what opportunities each area holds. What should you be doing in which area and why? Begin to understand how collaboration can enhance the speed of play and improve chances of success. Begin to understand Strategies and tactics in order to overcome the opposition.</p>	<p>Autumn -Basketball , Bounce pass, high pass, chest pass, aiming shooting, moving, finding space, bouncing the ball, moving with the ball Spring -Tag rugby, Moving at speed, changing direction, dodging, Summer- Cricket, Stance, hitting with a bat, fielding, accurate throwing, under arm throw, over arm throw, bowling accurately, short sprints, receiving catching , positioning</p>
<p>Year 4</p>	<p>Continue to develop understanding of the game rules and how they should be followed. Continue to develop understanding of the game positions and what each player's role is and how they can perform best to enhance the team's success. Continue to develop knowledge of the areas of the court/pitch and what opportunities each area holds in terms of competitive play... What should you be doing in which area and why? Continue to develop collaboration skills to enhance the speed and movement of play to improve chances of success. Continue to develop and begin using strategies and tactics in order to overcome the opposition and exploit weaknesses.</p>	<p>Autumn -Football Throw ins, corner kicks, passing short, passing long, shooting, moving into space, heading, defending, passing and moving, 1,2s, saving, positioning, receiving a pass, moving with the ball, dribbling Spring- Basketball, Continued development of: Bounce pass, watching for rebound high pass, chest pass, aiming shooting, moving, finding space, bouncing the ball, moving with the ball at speed and changing direction with the ball Summer- Rounders Batting, fielding, stance, bowling, sprinting, changing direction, striking with direction, over arm throw, under arm throw, accurate aiming, passing, collaborating. Stopping.</p>

<p>Year 5</p>	<p>Play within competitive game situations following the rules learnt. Using their understanding of the game positions and what each player's role is, actively begin to develop their skills within each of the positions needed.</p> <p>Using their knowledge of the areas of the court/pitch children should begin to successfully use the areas to area during competitive play situations... children should explain what should be happening in each area.</p> <p>Observe others playing and assess how well they are using their knowledge of the sport. Comment on areas they need to develop further</p> <p>Use collaboration skills and teamwork to motivate and outsmart the opposition. Fluid teamwork will enhance the speed and movement of play and improve chances of success.</p> <p>Use knowledge of strategies and tactics in order to overcome the opposition and exploit weaknesses. Plan your attack and discuss with team mates how you set to overcome the opposition.</p>	<p>Autumn- Netball</p> <p>Further development of stance, blocking, defending, catching, throwing receiving, pivoting, switching, finding space, moving the ball at speed, high pass, bounce bass, chest pass, chasing, shooting using a range of shots.</p> <p>Spring- Hockey</p> <p>Holding the stick correctly, moving with the ball, passing short and long distances, power shots, placing the ball, finding space, defending, tackling, aiming, receiving the ball, protecting the goal</p> <p>Summer- Cricket,</p> <p>Stance, hitting with a bat, fielding, accurate throwing, under arm throw, over arm throw, bowling accurately, short sprints, receiving catching , positioning</p>
<p>Year 6</p>	<p>Now at a competitive level use all of the prior knowledge to enhance the performance of the game/ sport.</p> <p>Use your knowledge of the sport to help lead and teach others still learning.</p> <p>Referee games with confidence</p> <p>Analyze others and own performance and give clear feedback and constructive feedback. Understanding how you/ they could have performed better.</p>	<p>Autumn- Football</p> <p>Throw ins, corner kicks, passing short, passing long, shooting, moving into space, heading, defending, passing and moving, 1,2s, saving, positioning, receiving a pass, moving with the ball, dribbling, croyf turn, changing direction, shielding the ball, fast passes, triangle work, goal kicks, implementing tactics moving the ball out from the back, retreating, pushing up, drill practice</p> <p>Spring- Netball</p> <p>Further development of stance, blocking, defending, catching, throwing receiving, pivoting, switching, finding space, moving the ball at speed, high pass, bounce bass, chest pass, chasing, shooting using a range of shots.</p> <p>Summer- Rounders</p> <p>Batting, fielding, stance, bowling, sprinting, changing direction, striking with direction, over arm throw, under arm throw, accurate aiming, passing, collaborating. Stopping.</p>
<p>KS3</p>		

