

PE Overview of Skills and Knowledge - Games

NURSERY GAMES					
Traffic Light	DVD Player	Beans	Mr Men	Tiggy Scarecrow	Cat and Mouse
To start when instructed.	To start when instructed.	To start when instructed.	To start when instructed.	To run safely.	To run safely.
To stop when instructed.	To stop when instructed.	To stop when instructed.	To stop when instructed.	To chase others.	To chase others.
To complete a range of movements, e.g. spinning, jumping, jogging.	To complete a range of movements, e.g. running, jogging, turning, jumping.	To complete a range of high movements, e.g. running, stretching high, stretching wide, jumping, wobbling.	To complete a range of high movements, e.g. stretching, jumping, walking backwards, wobbling.	To "tig" others safely.	To "catch" other's tails (tag rugby bands).
To walk, run, jog or sprint.	To walk backwards safely.	To complete basic low movements, e.g. star shapes whilst lying down, ball shapes on the floor.	To complete a range of low movements e.g. walking down low, lying down shapes.	To form a pose.	To change character.
To walk backwards safely.				To follow a sequence.	To follow a sequence.
				To follow simple rules.	To follow simple rules.

Reception

Fundamental Movement Skills 1

- To run skilfully.
- To negotiate space successfully.
- To show increasing control over an object.
- To share equipment and take turns.
- To pick up, carry and put down with care.
- To control my emotions when playing a game.
- To balance on one leg.
- To know which parts of my body help with balancing.
- To play games fairly.
- To thread objects.

Locomotion 2

- To jump in a variety of ways.
- To work safely in a defined space.
- To jump for distance.
- To jump from a standing position.
- To practise appropriate safety measures without direct supervision.
- To run skilfully and negotiate space.
- To travel with confidence and skill around, under, over and through.

YEAR 1

Fundamental Movement Skills 2	Object Manipulation 2	Invasion Games Skills 1	Target Games 2	Net and Wall Game Skills 1	Striking and Fielding Games Skills 1
<p>To move carefully retaining my balance.</p> <p>To demonstrate agility, balance and coordination.</p> <p>To travel backwards safely.</p> <p>To share space considerately.</p> <p>To be self motivated and display self confidence.</p> <p>To land safely in different jumps.</p> <p>To combine a run and a jump.</p> <p>To apply basic skills competently in a range of physical activities.</p>	<p>To trap a ball with my foot.</p> <p>To travel with a ball at my feet with confidence and skill.</p> <p>To shoot at a target with my instep.</p> <p>To show increasing control over an object in kicking it.</p> <p>To punt high and low.</p> <p>To take turns and share resources.</p> <p>To throw from a sideways position.</p> <p>To throw underarm and overarm.</p> <p>To throw upwards to a partner.</p> <p>To make a target with my hand when receiving a throw.</p> <p>To push a ball down and let it bounce to waist height.</p>	<p>To understand some principles of attacking and defending.</p> <p>To move around safely in a limited space.</p> <p>To manage my feelings and behaviour well.</p> <p>To complete a bounce pass by pushing down on a ball with two hands.</p> <p>To move into a space after passing a ball.</p> <p>To apply attacking and defending skills within activities.</p>	<p>To know which part of the foot to strike with.</p> <p>To work with a friend and encourage them.</p> <p>To coordinate the action of punting with either foot.</p> <p>To strike a ball at a target using equipment.</p> <p>To get into a sideways position when striking.</p> <p>To strike a ball into a space.</p> <p>To take turns and share equipment.</p> <p>To know when to throw underarm and overarm.</p> <p>To be able to receive a ball.</p>	<p>To send and receive a ball with accurately.</p> <p>To track the flight of ball with my eyes.</p> <p>To strike a ball with some accuracy.</p> <p>To communicate effectively.</p> <p>To understand rules and accept decisions given.</p> <p>To form a ready position.</p>	<p>To work safely in a defined space.</p> <p>To stop a ball with two hands creating a barrier with my feet or body.</p> <p>To communicate effectively.</p> <p>To throw a ball at a target.</p> <p>To show awareness of boundaries and rules.</p> <p>To throw a ball underarm.</p> <p>To chase and retrieve a ball.</p>

YEAR 2

Target Games 3	Invasion Game Skills 2	Fundamental Skills 3	Net and Wall Game Skills 2	Athletics 2	Striking and Field Game Skills 2
<p>To throw a ball underarm and aim at a target.</p> <p>To know what position to get in to throw well.</p> <p>To encourage others.</p> <p>To kick a ball with some accuracy with both feet.</p> <p>To explain what success looks like for myself and others.</p> <p>To roll with good technique from either hand.</p> <p>To strike a ball with a racket or bat.</p> <p>To strike with a degree of accuracy.</p> <p>To apply basic skills competently.</p>	<p>To consistently catch a ball after one bounce.</p> <p>To know how far to throw a ball in relation to another person.</p> <p>To stand in a position of readiness to receive a ball.</p> <p>To understand some principles of attacking and defending.</p> <p>To track the flight of the ball right into my hands.</p> <p>To stay light on my feet and be prepared to move quickly.</p> <p>To turn my body so I can see an opponent when defending.</p> <p>To apply attacking and defending skills.</p> <p>To dodge to beat an opponent.</p> <p>To pass the ball consistently and with control.</p> <p>To pass and move decisively.</p>	<p>To jump in a variety of ways.</p> <p>To skip using a rope.</p> <p>To work safely within a defined space.</p> <p>To push down on a ball using fingers.</p> <p>To travel with a ball with my head up.</p> <p>To receive a ball and trap it.</p> <p>To send a ball over a short distance using the inside of the foot.</p> <p>To pass in different ways and with accuracy.</p> <p>To jump for height and distance.</p> <p>To signal for the ball.</p> <p>To make a target to catch a ball.</p>	<p>To send and receive a ball with some degree of accuracy.</p> <p>To move quickly into good positions to catch.</p> <p>To strike a ball with some degree of accuracy.</p> <p>To communicate effectively and work well with others.</p> <p>To keep a rally going with a partner.</p> <p>To demonstrate understanding of rules and decisions.</p> <p>To develop a good grip and stance.</p> <p>To move fluently.</p>	<p>To demonstrate agility, balance and coordination.</p> <p>To warm up safely prior to exercise.</p> <p>To coordinate a run with a jump.</p> <p>To comment on the work of others.</p> <p>To develop different styles of jumping eg leap, jump and hop.</p> <p>To increase the distance of jumps.</p> <p>To throw with a good technique.</p> <p>To keep others safe when throwing.</p> <p>To demonstrate sporting values.</p>	<p>To catch a ball after one bounce.</p> <p>To work safely within a defined space.</p> <p>To communicate effectively with others.</p> <p>To pick up a ball one handed and return underarm.</p> <p>To show awareness of boundaries and rules.</p> <p>To chase a ball and throw it back accurately.</p> <p>To play a game applying the rules I have learnt.</p>

YEAR 3

Netball	Handball	Health Related Fitness	Football	Cricket	Dodgeball
To send a netball accurately in a variety of ways.	To send using a javelin style pass accurately.	To sustain my performance even when tiring.	To trap a ball and cushion it when receiving.	Stand sideways on with a high back lift ready to receive a ball.	To throw overarm powerfully and accurately.
To pass under pressure.	To catch a handball on the run.	To reflect and recognise success in myself and others.	To pass the ball accurately.	To step back and across to pull a short ball.	To keep my eye on the opposition at all times.
To work alongside others when attacking and defending.	To understand how to work alongside and against others when attacking and defending.	To perform a variety of yoga poses.	To link skills to perform action and sequences of movement.	To anticipate and show awareness of space and others.	To work well with others.
To pass a netball to by pass a defender.	To pass and receive the ball on the move.	To retain focus and concentrate on the quality of work.	To dribble a ball using both feet and manipulate it using different parts of the foot.	To bowl a ball overarm with a straight arm.	To catch to bring team mates back into the game.
To defend individually or as part of a team.	To pass quickly under pressure.	To demonstrate good core strength.	To shield a ball from an opponent.	To take up a wicket keeping stance.	To judge which balls to catch and which to dodge.
To demonstrate understanding and interpretation of rules and accept decisions given.	To communicate effectively and listen to others.	To keep going even when my muscles are fatiguing.	To turn confidently with a football.	To reflect and recognise success in self and others.	To show good peripheral awareness.
To attack by being fluid in positioning.	To throw/shoot accurately using good overarm technique.	To enjoy competition and challenge myself to improve.	To play a small game and demonstrate turns.	To throw accurately and powerfully.	To attack decisively.
To shoot using good technique.	To be self motivated and physically confident and actively engage in competitive situations.	To jump dynamically and land safely.	To demonstrate understanding and interpretation of rules.	To hit a ball by driving it and then running between a set of wickets.	To defend skilfully.
To play in a game showing a range of skills and awareness of where to go.	To intercept passes.	To start and finish a race with a good technique.	To defend well by watching the ball.	To demonstrate tactical awareness.	To work alongside others to agree tactics.
To track an opponent on court.	To block a shot.	To demonstrate a good sprinting technique.	To focus and retain concentration when the ball isn't in possession.	To bat with a partner communicating effectively.	
	To participate purposefully in a small sided game.			To bowl with increasing accuracy and a run up.	
	To play to the rules of a game.			To back up fellow fielder in the field.	

YEAR 4

Invasion Game Skills 3	Basketball	OAA	Tennis	Athletics	Rounders
<p>To be aware of the environment and others.</p> <p>To travel with the head up.</p> <p>To get into good positions to receive a ball.</p> <p>To pass and move into space.</p> <p>To communicate effectively and listen to others.</p> <p>To shield a ball from an opponent.</p> <p>To turn in different ways.</p> <p>To dribble with control using hands and feet.</p> <p>To know how to dummy pass.</p> <p>To close space.</p> <p>To force an opponent to their weaker side.</p>	<p>To control a basketball using both hands and perform various skills.</p> <p>To control the ball on the move and be aware of the environment.</p> <p>To pass the ball using good techniques to complete a chest and bounce pass.</p> <p>To pass the ball on the move with good technique.</p> <p>To communicate effectively to others.</p> <p>To demonstrate agility, balance, coordination and precision.</p> <p>To use the correct technique of balance, elbow, eye line and follow through to shoot a basketball.</p> <p>To dribble, pass and shoot the basketball using the correct technique in a game.</p>	<p>To work as part of a team.</p> <p>To show enthusiasm, determination and resilience.</p> <p>To work together in a small group to solve problems.</p> <p>To compete under pressure.</p> <p>To negotiate with my group.</p> <p>To plan a route map.</p> <p>To work with others to solve problems.</p> <p>To follow the rules of an activity.</p> <p>To identify areas of the school ground using a map.</p> <p>To run and think simultaneously to compete in a competition.</p> <p>To identify where a number of controls are situated in school grounds.</p>	<p>To take up a ready position and move into a good position to strike the ball.</p> <p>To link skills to perform actions and sequences of movement.</p> <p>To hit consistent forehand returns.</p> <p>To get into consistently good positions to hit the ball after one bounce.</p> <p>To reflect and recognise success in myself and others.</p> <p>To get into good positions to play backhand shots.</p> <p>To strike the ball on the backhand with some consistency.</p> <p>To demonstrate tactical awareness.</p> <p>To volley a ball on the forehand.</p> <p>To move into the correct position to play a variety of shots.</p> <p>To use tactics against an opponent.</p>	<p>To use the correct technique to start a sprint race.</p> <p>To develop my coordination to improve my speed.</p> <p>To hurdle efficiently and consistently.</p> <p>To sprint between hurdles.</p> <p>To work well with others in a range of contexts.</p> <p>To develop the technique and consistency of jumps.</p> <p>To jump consistently off the same foot.</p> <p>To enjoy competing and challenging myself to improve.</p> <p>To throw overarm accurately.</p> <p>To throw over with power for distance.</p> <p>To accurately replicate the technique for running, jumping and throwing events.</p> <p>To run a relay efficiently as part of a team.</p>	<p>To send using good throwing technique.</p> <p>To receive using a good catching technique.</p> <p>To link skills to perform actions and sequences of movement.</p> <p>To develop basic bowling and batting skills.</p> <p>To demonstrate leadership skills.</p> <p>to communicate with other team members.</p> <p>To field the ball off the ground using the correct technique.</p> <p>To catch high ball comfortably.</p> <p>To backpedal to catch balls over me.</p>

Year 5

Netball	Handball	Health Related Fitness	Football	Cricket	Dodgeball
To send a netball in a variety of ways.	To send a ball using a javelin style pass.	To sustain pace when running.	To demonstrate skill and close control.	To catch consistently well under pressure.	To throw hard and low at opponents.
To move to a new space after passing a ball.	To catch a handball on the run.	To show determination and perseverance.	To pass the ball and move into space.	To throw accurately overarm.	To catch balls to get team mates back in the game.
To link skills to perform actions and sequences of movement.	To pass and receive the ball on the move.	To run for a period of time, maintaining a good pace.	To combine skills to retain possession.	To bowl with a short run up and straight arm with some accuracy.	To dodge balls that are thrown at me.
To anticipate the play and release the ball quickly.	To pass quickly and under pressure.	To perform a variety of exercises demonstrating good technique.	To dribble at different speeds.	To perform a range of fielding techniques confidently and consistently.	To throw with increasing power and at a low trajectory.
To shoot with good technique.	To communicate effectively and listen to others.	To enjoy compete and challenge oneself to improve.	To identify which shooting technique to use to be successful.	To bowl with a run up.	To listen actively and respect the opinion of others.
To land and pivot to pass the ball.	To throw and shoot accurately using a good overarm technique.	To show a desire to improve on previous performances.	To keep the ball moving when running at an opponent.	To pick up and return a ball with one hand with accuracy.	To catch balls low down and thrown at pace.
To demonstrate specific tactical awareness.	To intercept passes and block shots.	To lead others in a warm up.	To play within rules and resolve any disputes without adult intervention.	To show tactical awareness as a fielder.	To use a ball to block incoming fire.
To shoulder pass accurately and with force.	To play to the rules of the game and in a variety of positions.	To measure element of fitness.	To communicate with my team mates.	To play a square cut shot.	To play abiding by the rules.
To position myself to take rebounds from missed shots.	To participate purposefully in a small sided game.	To communicate and negotiate with others.	To defend by slowing down attackers.	To link skills to perform in a competitive game.	To work as a group to come up with some tactics.
To participate purposefully in a netball match.	To keep control of emotions whilst playing a tournament.	To work as part of a group to set up a circuit of exercises.	To combine skills to create a goal scoring opportunity.	To bowl by running in close to the wickets.	To choose the right moment to attack and defend.
To apply tactics and play by the rules.					

YEAR 6

Invasion Game Skills 4	Basketball	OAA	Tennis	Athletics	Rounders
<p>To read the play and show tactical awareness.</p> <p>To use the full length and width of a pitch.</p> <p>To demonstrate leadership and take initiative.</p> <p>To adopt a sideways position.</p> <p>To know how to create space for team mates.</p> <p>To defend one on one.</p> <p>To know how to track an opponent.</p> <p>To keep one eye on the ball and the opponent.</p> <p>To make diagonal runs to confuse defenders.</p> <p>To not stick to one position.</p> <p>To know how to make use of extra players.</p>	<p>To control a basketball using both hands and protect the ball under pressure.</p> <p>To move fluently and perform a wide range of skills confidently and competently.</p> <p>To pass the ball using good techniques of having the target, receiving the pass, stepping in the direction of the pass at a chest pass and bounce pass.</p> <p>To use different skills such as varying speed and direction to get past defenders.</p> <p>To mark a player or an area of the court to limit opportunities for the opposition.</p> <p>To use the correct technique of balance, elbow, eyeline and follow through (BEEF) to shoot.</p> <p>To dribble, pass and shoot the basketball using the correct techniques.</p>	<p>To use non verbal communication to solve problems.</p> <p>To work as part of a team.</p> <p>To work with a partner to navigate successfully across and through obstacles.</p> <p>To give clear instructions.</p> <p>To think creatively to find solutions to challenges.</p> <p>To work together in a small group to solve problems.</p> <p>To navigate my way around using a map.</p> <p>To work quickly and effectively against the clock.</p> <p>To work with a partner/group to find a number of controls using a map.</p> <p>To communicate positively with team members.</p>	<p>To get into the ready position.</p> <p>To grip a racket and get into a sideways position to strike the ball.</p> <p>To hit a forehand shot consistently.</p> <p>To control where it hit the ball.</p> <p>To get into a good position and play backhand shots with some consistency.</p> <p>To volley accurately on my forehand and backhand.</p> <p>To perform routines and a range of skills seamlessly.</p> <p>To smash, lob and serve.</p> <p>To use tactics against an opponent.</p> <p>To play a competitive game using a range of ground strokes</p>	<p>To change pace and run at different tempos.</p> <p>To sustain my pace over longer distances.</p> <p>To throw with accuracy and power using the pull technique.</p> <p>To throw after a run up.</p> <p>To listen actively, respect the opinion of others and contributes ideas.</p> <p>To throw with greater force and over longer distances.</p> <p>To throw with greater accuracy and efficiency.</p> <p>To perform the correct techniques for triple jump, high jump and standing vertical jump.</p> <p>To measure my performance at standing vertical jumping.</p> <p>To combine sprinting and hurdling.</p> <p>To transfer a relay baton efficiently as part of a team.</p>	<p>To catch with soft hands.</p> <p>To throw accurately into space.</p> <p>To bowl accurately at a constant height.</p> <p>To ground field consistently well.</p> <p>To demonstrate a range of leadership skills and happy to take initiative.</p> <p>To catch and throw quickly from the backstop.</p> <p>To strike with some accuracy into a given area.</p> <p>To back up fellow fielders in the outfield.</p> <p>To communicate with fellow team mates at the bases.</p> <p>To throw with accuracy and under pressure.</p> <p>To adapt my game depending to the opposition.</p>

