

## Holly Park School Physical Education : Games Progression Of Skills

Year Group	<b>Physical Me: (Skills)</b> To become more physically skilful and competent <i>in games skills in all 3 families (invasion, net and Striking &amp; fielding)</i>	<b>Creative Me: (Applying skills)</b> To become better at making decisions independently and with others <i>about tactics and attacking and defending</i>	<b>Healthy Me: (Healthy lifestyles)</b> To take part in a more physically active and healthy lifestyle including competitive games <i>through increased health, fitness, confidence, motivation, knowledge and understanding</i>	<b>Thinking Me: (Evaluation)</b> To be able to peer and self assess <i>to bring about improvement in myself and others</i>
6	I can combine and perform skills with control and greater speed, adapting them to meet the needs of the situation.	I can use attacking and defending skills appropriately in games, choosing when to pass or dribble or where to aim the ball.  I can choose and use different formations to suit the needs of the game.	I understand how playing games can contribute to a healthy lifestyle and know how to access opportunities beyond my PE lessons.	I can recognise and describe the best points in an individual's and a team's performance.  I can identify aspects of my own and others' performances that need improvement, and suggest how to improve them in a coaching role.
5	I can perform skills with accuracy, confidence and control I know the difference between attacking skills and defending skills.	I can find and use space to help my team and can use a variety of tactics to keep the ball.  I can choose positions in my teams and know how to help when attacking and when defending.	I can suggest ideas for warming up, explaining my choice.  I know and can lead warm up exercises and activities that help strength, speed and stamina.	I can look for specific things in a game and explain how well they are being done.  I can explain why a performance is good and can recognise parts of a performance that could be improved, and then identify practices that will help.
4	I can use a range of techniques dependent on the game. I can change direction and speed when keeping possession, show growing consistency and control and play with greater speed and flow.	I can keep and use rules given to me and suggest how rules could be changed to improve the game. I can adapt rules in agreement with others and, later, make rules for their own games, which they explain and teach to others. I can use a range of tactics to keep possession of the ball and get into positions to shoot or score.	I use the knowledge I am learning in PE to make up suitable warm-up activities for the games I am playing.	I know and explain the tactics and skills that I am confident with and use well in games. I can describe the help I need to improve my play.
3	I can use a range of skills to help me keep possession and control of the ball.  I can pass, receive and dribble the ball, keeping control and possession consistently.	I can use a range of skills to keep possession and make progress towards a goal, on my own and with others.  I know how to use space in games.	I can recognise and describe what happens to my breathing and heart rate when I play games, and begin to link this to how warm I feel. I can describe and show how some games use short bursts of speed as well as needing stamina.	I can explain how to keep possession and describe how I and others have achieved it.  I can identify what I do best and what I find most difficult.
2	I can perform a range of rolling, throwing, striking, kicking, catching and gathering skills, with control and accuracy.  I can show a good awareness of others in running, chasing and avoiding games, making simple decisions about when and where to run.	I can choose and use tactics to suit different situations.  I can know how to score and keep the rules of the games that I am taught and those which I have made up.	I understand and describe changes to my heart rate when playing different games.  I can begin to anticipate what I will feel like after playing games.	I can watch and describe performances accurately.  I recognise what is successful.
1	I can move fluently, changing direction and speed easily and avoiding collisions  I can show the basic actions for rolling, underarm throwing, striking a ball and kicking etc	I understand the concepts of aiming, hitting into space, and taking the ball to a good position for aiming.  I can use skills in different ways, and try to win by changing the way I use skills in response to my opponent's actions.	I can describe what it feels like when I breathe faster during exercise and sustained physical activity.  I can explain why running and playing games is good for me.	I can watch others' movements carefully and can describe what I have done or seen others doing.  I can copy what I see and say why it is good.
EYFS	I can move in different ways.  I can catch a large ball with both arms.	I can run safely in a space with other children.  I am beginning to use balls in my games with friends.	I can notice when I'm out of breath.  I can talk about what I'm doing and how it makes me feel.	I am beginning to talk about how I move my body.