

Striking / Hitting a ball

Hit a bowled ball over longer distances

Use good hand-eye coordination to direct a ball when striking or hitting

Understand how to serve in order to start a game

Attacking and Defending

Think ahead and create a plan of attack or defence

Apply knowledge of skills for attacking and defending

Work as a team to develop fielding strategies to prevent the opposition from scoring

Tactics and Rules

Follow and create complicated rules to play a game successfully

Communicate plans to others during a game

Lead others during a game

Compete / Perform

Perform and apply techniques confidently and consistently

Take part in competitive games with strong understanding of tactics

Throwing/Catching a ball

Throw and catch accurately and successfully under pressure in a game

Travelling with a ball

Show confidence in using ball skills in various ways in a game situation and link these effectively

Passing a ball

Choose and make the best pass in a game and link a range of skills fluently e.g. passing and receiving the ball on the move

Possession

Keep and win back possession of the ball effectively and in a variety of ways in a team game

Using space

Demonstrate a good awareness of space

Evaluate

Thoroughly evaluate their own work and others' suggesting thoughtful and appropriate comments

Games - Year 6

Cricket, Rounders, Hockey

Tennis, Badminton

Netball, Basketball, Dodgeball

Football

Vocabulary

Dribbling	Moving with the ball, a basic skill of many invasion games. Straight dribble-keeping a ball in hockey
Tactics	A game plan made at the start of a game to help you try and win, use own strengths against their weaknesses
Attack	Maintain possession of the ball in order to score. Passing ball into goal scoring position
Defend	To stop the attacking team from scoring and win back possession
Shadow	A defensive skill involving shadowing your opponents moves using small, fast steps
Intercept	Anticipate the pass made by opposing player and regain possession
Dodging	Quick change of direction to try and send defender wrong way, avoid being tackled or losing ball
Marking	Being aware of where the player is and the ball are, position yourself to get the ball, close to attacker

Striking / Hitting a ball

Identify and use different techniques to hit a tennis ball

Explore when different shots are best used

Develop a backhand technique (tennis)

Use an overhead serve in a tennis game

Attacking and Defending

Choose the best tactics for attacking and defending

Shoot in a game

Use fielding skills as a team to prevent the opposition from scoring

Tactics and Rules

Know when to pass and dribble in a game

Devise and adapt rules to create their own game

Compete / Perform

Consistently perform and apply skills and techniques with accuracy and control

Take part in competitive games with a strong understanding of tactics

Throwing/Catching a ball

Consolidate different ways of throwing and catching, and know when each is appropriate in a game

Travelling with a ball

Use a variety of ways to dribble in a game with success

Passing a ball

Pass a ball with speed and accuracy using appropriate techniques in a game situation

Possession

Keep and win back possession of the ball effectively in a game situation

Using space

Demonstrate an increasing awareness of space

Evaluate

Choose and use criteria to evaluate own and others' performance

Explain why they have used particular skills / techniques and effect on their performance

Games - Year 5

Cricket, Rounders, Hockey

Tennis

Basketball, Dodgeball, Tag Rugby

Football

Vocabulary

Straight dribble	Keeping control of the ball easily in hockey
Push pass	A hockey pass - ball is pushed by the stick rather than being hit
Tactics	A game plan made at the start of a game to help you try and win, use own strengths against their weaknesses
Attack	Maintain possession of the ball in order to score. Passing ball into goal scoring position
Defend	To stop the attacking team from scoring and win back possession
Intercept	Anticipate the pass made by opposing player and regain possession
Dodging	Quick change of direction to try and send defender wrong way, avoid being tackled or losing ball
Marking	Being aware of where the player is and the ball are, position yourself to get the ball, close to attacker

Striking / Hitting a ball

Use a bat or racquet to hit a ball or shuttlecock with accuracy and control

Accurately serve underarm

Build a rally with a partner

Use at least 2 different shots in a game situation

Use hand-eye coordination to strike a moving and stationary ball

Attacking and Defending

Use a range of attacking and defending skills and techniques in a game

Use fielding skills as an individual to prevent a player from scoring

Tactics and Rules

Vary the tactics they use in a game

Adapt rules to alter games

Compete / Perform

Perform and apply skills and techniques with control and accuracy

Take part in a range of competitive games and activities

Throwing/Catching a ball

Develop different ways of throwing and catching

Travelling with a ball

Move with the ball using a range of techniques showing control and fluency

Passing a ball

Pass the ball with increasing speed, accuracy and success in a game situation

Possession

Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game

Using space

Make the best use of space to pass and receive a ball

Evaluate

Watch, describe and evaluate effectiveness of performances, giving ideas for improvements

Modify their use of skills or techniques to achieve a better result

Games - Year 4

Cricket, Rounders,

Tennis, Badminton

Tag Rugby, Benchball

Football

Basketball skills

Vocabulary

Dribbling	Moving with the ball, a basic skill of many invasion games
Side stepping	Basketball, football and rugby requires shuffling and side stepping
Tactics	A game plan made at the start of a game to help you try and win, use own strengths against their weaknesses
Attack	Maintain possession of the ball in order to score. Passing ball into goal scoring position
Defend	To stop the attacking team from scoring and win back possession
Intercept	Anticipate the pass made by opposing player and regain possession
Dodging	Quick change of direction to try and send defender wrong way, avoid being tackled or losing ball
Marking	Being aware of where the player is and the ball are, position yourself to get the ball, close to attacker

Striking / Hitting a ball

Demonstrate successful hitting and striking balls

Develop a range of skills in striking (and fielding where appropriate)

Practise the correct batting technique and use it in a game

Strike the ball for distance

Attacking and Defending

Use simple attacking and defending skills in a game

Use fielding skills to stop a ball from travelling past them

Tactics and Rules

Apply and follow rules fairly

Understand and apply basic principles of invasion games

Know how to play a striking and fielding game fairly

Compete / Perform / Evaluate

Develop quality of actions

Perform with control and confidence

Compete against others in a controlled manner

Describe how their performance has improved over time

Throwing/Catching a ball

Throw and catch with greater control and accuracy

Practise the correct technique for catching a ball and use it in a game

Perform a range of catching and gathering skills with control

Throw a ball in different ways (e.g. high, low, fast, slow)

Develop a safe and effective overarm bowl

Travelling with a ball

Move with a ball in a variety of ways with control

Use 2 different ways of moving with a ball in a game

Passing a ball

Pass the ball in 2 different ways in a game situation with some success

Possession

Know how to keep and win back possession of the ball in a game

Using space

Find a useful space and get into it to support teammates

Games - Year 3

Cricket

Tennis, Badminton

Benchball

Football

Vocabulary

Dribbling	Moving with the ball, a basic skill of many invasion games
Tactics	A game plan made at the start of a game to help you try and win, use own strengths against their weaknesses
Attack	Maintain possession of the ball in order to score. Passing ball into goal scoring position
Defend	To stop the attacking team from scoring and win back possession
Intercept	Anticipate the pass made by opposing player and regain possession
Dodging	Quick change of direction to try and send defender wrong way, avoid being tackled or losing ball
Marking	Being aware of where the player is and the ball are, position yourself to get the ball, close to attacker

Striking / Hitting a ball

Strike or hit a ball with increasing control

Learn skills for playing striking and fielding games

Position the body to strike a ball

Attacking and Defending

Begin to use and understand the terms attacking and defending

Use at least one technique to attack or defend to play a game successfully

Tactics and Rules

Understand importance of rules in games

Compete / Perform

Perform learnt skills with control

Compete against self and others

Evaluate

Watch and describe performances, use what they see to improve own performance

Throwing/Catching a ball

Throw different types of equipment in different ways, for accuracy and distance

Throw, catch and bounce a ball with a partner

Use throwing and catching skills in a game

Throw a ball for distance

Use hand-eye coordination to control a ball

Travelling with a ball

Bounce and kick a ball whilst moving

Use kicking skills in a game

Use dribbling skills in a game

Passing a ball

Know how to pass the ball in different ways

Using space

Use different ways of travelling at different speeds, directions, courses

Change speed and direction whilst running

Begin to choose and use the best space in a game

Games - Year 2

Cricket skills

Basketball skills

Football

3 v 3 ball games

Vocabulary

Dribbling	Moving with the ball, a basic skill of many invasion games
Possession	While a team has possession of the ball it means they are in control of the ball
Attack	Maintain possession of the ball in order to score. Passing ball into goal scoring position
Defend	To stop the attacking team from scoring and win back possession
Intercept	Anticipating a pass made by the other team and blocking the ball to regain possession
Dodging	Quick change of direction to try and send defender wrong way, avoid being tackled or losing ball
Marking	Being aware of where the player is and the ball are, position yourself to get the ball, close to attacker
Passing a football	Face your body towards the player; use the inside of your other foot to kick the ball.
Receiving a football	Use the inside of your foot to top the ball
Space	Away from defender and your own team

Striking / Hitting a ball

Use hitting skills in a game

Practise basic striking, sending and receiving

Attacking and Defending

Begin to use the terms attacking and defending

Use simple defensive skills such as marking a player

Use simple attacking skills such as dodging

Tactics and Rules

Follow simple rules to play games, including team games

Compete / Perform

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

Evaluate

Watch and describe performances

Begin to say how they could improve

Throwing/Catching a ball

Throw underarm and overarm

Catch and bounce a ball

Use rolling skills in a game

Practise accurate throwing and consistent catching

Travelling with a ball

Travel with a ball in different ways

Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency

Passing a ball

Pass the ball to another player in a game

Use kicking skills in a game

Using space

Use different ways of travelling different directions or pathways

Run at different speeds

Begin to use space in a game

Games - Year 1

Cricket skills

Tennis skills

Basketball skills

Hockey skills

Football

Vocabulary

Bouncing	Players using their hand to bounce a ball up and down on the floor as they travel
Direction	Players need to be able to change direction when travelling in order to dodge other players or to get in a good space to receive the ball
Passing	Pass with their hands (throwing) or feet (kicking). Pass accurately and quickly
Travelling with a ball	Be able to travel whilst controlling a ball. Players can travel and control ball with hands whilst bouncing or feet or control with a hockey stick