

### 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. (PD – M&H 40-60)
- Children show good control and co-ordination in large and small movements. (PD – M&H ELG)
- Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. (PD M&H 40-60)
- Experiments with different ways of moving. (PD M&H 40-60)
- They move confidently in a range of ways, safely negotiating space. (PD M&H ELG)

### Key Stage 1 National Curriculum Expectations

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.

### Key Stage 2 National Curriculum Expectations

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];
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

### Vocabulary Progression for Dance

Rec	Y1	Y2	Y3	Y4
Space Body bards	Move Direction Space Body parts Speed Striking Catching Own space	Travel Direction Timing Team Speed Direction Passing Controlling Shooting Scoring	Repetition Technique Outwitting Keep possession Scoring goals Keeping score Making space Pass/send/receive Travel with a ball Make use of space Points/goals Rules Tactics Batting Fielding Defending Hitting	Structure Composition Sequence Fluency Static Spatial awareness Support Marking Assisting Distribution Tactics Formation Positional awareness

### Health and Fitness

Rec	Y1	Y2	Y3	Y4
<p>a Describe how the body feels when still and when exercising.</p>	<p>a Describe how the body feels before, during and after exercising.</p> <p>b Carry and place equipment safely.</p>	<p>a Recognise and describe how the body feels during and after different physical activities.</p> <p>b Demonstrate how to safely carry and store equipment.</p> <p>c Explain why they need to stay safe.</p>	<p>a Recognise and describe the effects of exercise on the body.</p> <p>b Begin to identify risks around the environment/activity.</p> <p>c Know the importance of strength and flexibility for physical activity.</p> <p>d Explain why it is important to warm up and cool down.</p>	<p>a Describe how the body reacts at different times and how this affects performance.</p> <p>b Explain why exercise is good for your health and long term mental well-being.</p> <p>c Name some benefits of warming up and cooling down.</p>

## Striking and Hitting the ball

Rec	Y1	Y2	Y3	Y4
<p>a Hit the ball with a racquet</p>	<p>a Use hitting skills during games.</p> <p>b Practice basic striking, sending and receiving skills.</p>	<p>a. Strike or hit a ball with increasing control.</p> <p>b. Learn skills for playing striking and fielding games.</p> <p>c. Position the body to strike a ball.</p>	<p>a Demonstrate successful hitting and striking skills.</p> <p>b Develop a range of skills in striking (and fielding where appropriate)</p> <p>c Practice and correct batting technique and use it in a game.</p> <p>d Strike the ball for distance, using hand-eye coordination to strike a moving and a stationary ball.</p>	<p>a Use a bat, racquet or stick (hockey/lacrosse) to hit/scoop a ball or shuttlecock with accuracy and control.</p> <p>b Begin to vary the power when hitting and striking.</p> <p>c Begin to select the most appropriate skill/techniques to use during game situations.</p> <p>d Use at least two different shots in a game situation.</p>

## Rolling, Throwing and Catching a Ball

Rec	Y1	Y2	Y3	Y4
<ul style="list-style-type: none"> <li>a Roll equipment in different ways.</li> <li>b Throw underarm.</li> <li>c Throw an object at a target.</li> <li>d Catch equipment using two hands</li> </ul>	<ul style="list-style-type: none"> <li>a Roll different types of balls with increasing accuracy.</li> <li>b Throw underarm and overarm.</li> <li>c Catch and bounce a ball.</li> <li>d Practice accurate throwing and consistent catching.</li> </ul>	<ul style="list-style-type: none"> <li>a Roll equipment to a partner over short distances. Use rolling skills during a game.</li> <li>b Throw different types of equipment in different ways and begin to show accuracy and distance.</li> <li>c Throw, catch and bounce a ball with a partner.</li> <li>d Use throwing and catching skills in a game.</li> <li>e Use hand-eye coordination to control a ball and bowl underarm.</li> <li>f Vary the types of throw used in a game.</li> </ul>	<ul style="list-style-type: none"> <li>a Roll equipment to a partner over longer distances.</li> <li>b Throw and catch with greater control and accuracy</li> <li>c Practice and develop the correct technique for catching a ball.</li> <li>d Throw a ball in different ways (e.g. high, low, fast or slow)</li> <li>e Develop a safe and effective overarm bowl.</li> </ul>	<ul style="list-style-type: none"> <li>a Roll equipment to a partner whilst they or their partner are moving.</li> <li>b Practice the correct technique for catching, use it in a game showing accuracy and control</li> <li>c Perform a range of catching and gathering skills with control and know when is best to use them.</li> <li>d Throw a ball in different ways, knowing when to vary the power to be successful.</li> <li>e Secure an effective overarm bowl technique and vary the pace of delivery.</li> <li>f Begin to catch using one hand when a ball approaches at speed.</li> </ul>

Travelling with a ball				
Rec	Y1	Y2	Y3	Y4
<ul style="list-style-type: none"> <li>a Move a ball in different ways, including bouncing and kicking.</li> <li>b Use equipment to control a ball.</li> </ul>	<ul style="list-style-type: none"> <li>a Travel with a ball in different ways.</li> <li>b Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency.</li> <li>c Begin to juggle with a ball (developing dexterity, coordination and balance)</li> </ul>	<ul style="list-style-type: none"> <li>a Bounce and kick a ball whilst moving.</li> <li>b Use kicking skills in a game.</li> <li>c Use dribbling skills in a game.</li> <li>d Build upon juggling skills to put together a set of 5 'keepy ups'.</li> <li>e Begin to pass ball between hands whilst moving at a slow pace.</li> </ul>	<ul style="list-style-type: none"> <li>a Move with the ball in a variety of ways with some control.</li> <li>b Use two different ways of moving with a ball in a game.(top of boot for speed, side of foot for control etc)</li> <li>c Begin to 'keep ball' moving and in the air whilst travelling and avoiding contact with others.</li> </ul>	<ul style="list-style-type: none"> <li>a Move with the ball using a range of techniques showing control and fluency.</li> <li>b Confidently and quickly move a ball over short/long distance whilst maintaining control and avoiding obstacles.</li> </ul>

Passing a ball				
Rec	Y1	Y2	Y3	Y4
<ul style="list-style-type: none"> <li>a Kick an object at a target.</li> <li>b Throw an object a target.</li> </ul>	<ul style="list-style-type: none"> <li>a Pass the ball to another player in a game.</li> <li>b Use kicking skills in a game.</li> </ul>	<ul style="list-style-type: none"> <li>a Know how to pass the ball in different ways.</li> </ul>	<ul style="list-style-type: none"> <li>a Pass the ball in two different ways in a game situation with some success.</li> </ul>	<ul style="list-style-type: none"> <li>a Pass the ball with increasing speed, accuracy and success in a game situation.</li> </ul>

Possession				
Rec	Y1	Y2	Y3	Y4
		<p><b>a</b> Know how to keep and win back possession of the ball in a team game.</p>	<p><b>a</b> Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.</p>	<p><b>a</b> Keep and win back possession of the ball effectively in a team game</p> <p><b>b</b> Begin to move into space and seek possession.</p> <p><b>c</b> Close down opposition quickly and fairly to force errors.</p> <p><b>d</b> Begin to communicate with my team mates to help maintain possession.</p>

Using Space				
Rec	Y1	Y2	Y3	Y4
<p><b>a</b> Move safely around the space and equipment.</p> <p><b>b</b> Travel in different ways, including sideways and backwards.</p>	<p><b>a</b> Use different ways of travelling in different directions or pathways.</p> <p><b>b</b> Run at different speeds.</p> <p><b>c</b> Begin to use space in a game.</p>	<p><b>a</b> Use different ways of travelling at different speeds and following different pathways, directions or courses.</p> <p><b>b</b> Change speed and direction whilst running.</p> <p><b>c</b> Begin to choose and use the best space in a game.</p>	<p><b>a</b> Find a useful space and get into it to support teammates.</p>	<p><b>a</b> Make the best use of space to pass and receive the ball.</p> <p><b>b</b> Play a ball into space.</p>

Attacking and Defending				
Rec	Y1	Y2	Y3	Y4
<p>a Play a range of chasing games.</p>	<p>a Begin to use the terms attacking and defending.</p> <p>b Use simple defensive skills such as marking a player or defending a space.</p> <p>c Use simple attacking skills such as dodging to get past a defender.</p>	<p>a Begin to use and understand the terms attacking and defending.</p> <p>b Use at least one technique to attack or defend to play a game successfully.</p>	<p>a Use simple attacking and defending skills in a game.</p> <p>b Use fielding skills to stop a ball from travelling past them.</p>	<p>a Use a range of attacking and defending skills and techniques in a game.</p> <p>b Use fielding skills as an individual to prevent a player from scoring.</p>

Tactics and Rules				
Rec	Y1	Y2	Y3	Y4
<p>a Follow simple rules set out by an adult/teacher/coach.</p>	<p>a Follow simple rules to play games, including team games.</p> <p>b Use simple attacking skills such as dodging to get past a defender.</p> <p>c Use simple defensive skills such as marking a player or defending a space.</p>	<p>a Understand the importance of rules in games.</p> <p>b Use at least one technique to attack or defend to play a game successfully.</p>	<p>a Apply and follow rules fairly.</p> <p>b Understand and begin to apply the basic principles of invasion games.</p> <p>c Know how to play a striking and fielding game fairly.</p>	<p>a Vary the tactics they use in a game.</p> <p>b Adapt rules to alter games.</p>

Compete and Perform				
Rec	Y1	Y2	Y3	Y4
<ul style="list-style-type: none"> <li>a Control my body when performing a sequence of movements.</li> <li>b Participate in simple games.</li> </ul>	<ul style="list-style-type: none"> <li>a Perform using a range of actions and body parts with some coordination.</li> <li>b Begin to perform learnt skills with some control.</li> <li>c Engage in competitive activities and team games.</li> </ul>	<ul style="list-style-type: none"> <li>a Perform sequences of their own composition with coordination.</li> <li>b Perform learnt skills with increasing control.</li> <li>c Compete against self and others.</li> </ul>	<ul style="list-style-type: none"> <li>a Develop the quality of the actions in their performances.</li> <li>b Perform learnt skills and techniques with control and confidence.</li> <li>c Compete against self and others in a controlled manner.</li> </ul>	<ul style="list-style-type: none"> <li>a Perform and apply skills and techniques with control and accuracy.</li> <li>b Take part in a range of competitive games and activities.</li> </ul>

Evaluate				
Rec	Y1	Y2	Y3	Y4
<ul style="list-style-type: none"> <li>c Talk about what they have done.</li> <li>d Talk about what others have done.</li> </ul>	<ul style="list-style-type: none"> <li>d Watch and describe performances.</li> <li>e Begin to say how they could improve.</li> </ul>	<ul style="list-style-type: none"> <li>f Watch and describe performances, and use what they see to improve their own performance.</li> <li>g Talk about the differences between their work and that of others.</li> </ul>	<ul style="list-style-type: none"> <li>d Watch, describe and evaluate the effectiveness of a performance.</li> <li>e Describe how their performance has improved over time.</li> <li>f Begin to use technology to record a partner/group and give feedback whilst watching back footage.</li> </ul>	<ul style="list-style-type: none"> <li>a Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</li> <li>b Modify their use of skills or techniques to achieve a better result.</li> <li>c To begin using specialist apps and slow motion function to capture performances and give specific feedback to performers.</li> </ul>