



# NORTH DOWNS PRIMARY SCHOOL

## Games Progression Grid

Early Years Outcome Physical Development ELG: Gross Motor Skills Children at the expected level of development will:	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:	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:
<ul style="list-style-type: none"> <li>- Negotiate space and obstacles safely, with consideration for themselves and others;</li> <li>- Demonstrate strength, balance and coordination when playing;</li> <li>- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul>	<ul style="list-style-type: none"> <li>• 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;</li> <li>• participate in team games, developing simple tactics for attacking and defending;</li> <li>• perform dances using simple movement patterns.</li> </ul>	<ul style="list-style-type: none"> <li>• use running, jumping, throwing and catching in isolation and in combination;</li> <li>• 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;</li> <li>• develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics];</li> <li>• compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Knowledge and understanding of Fitness & Health						
Can say how their body feels during games	Describe how their body feels during games.	Describe how their bodies work and feel when playing games.	Explain why it is important to warm up before playing games and cool down afterwards.	Carry out warm ups with care and an awareness of what is happening to their bodies. Understand how strength, stamina and speed can be improved by playing games. Explain what they need to do to get ready to play games.	Know and can carry out warm up activities that use exercises helpful for invasion games. Recognise how these games make their bodies work.	Recognise the activities and exercises that need including in a warm up. Plan practices the warm ups to get ready for playing safely.

Acquiring and Developing Net and Wall Skills -Tennis						
		Perform basic skills of rolling and striking with more confidence. Apply these skills in a variety of simple games. Make choices about appropriate targets.	Use a range of skills, e.g. forehand and backhand and simple serve with some control and accuracy.		Use forehand, backhand and overhead shots increasingly well in the games they play. Use the volley in games where it is important Use the skills they prefer with competence and consistency	
Acquiring and Developing Striking and Fielding Skills -Rouder's/Cricket/Stool ball						
	.			Use a range of skills, e.g. throwing, batting, bowling fielding and catching a ball, with some control and accuracy. Choose and vary skills and tactics to suit the situation in a game		Strike a bowled ball Use a range of fielding skills, e.g. catching, throwing, bowling, intercepting, with growing control and consistency. Work collaboratively in pairs, group activities and small-sided games.
Acquiring and Developing Invasion Games Skills						
Demonstrate strength, and coordination when playing games Move energetically, such as running, jumping, hopping and skipping	Use basic underarm, rolling and hitting skills and sometimes use overarm skills. Intercept, retrieve and stop a beanbag and a medium-sized ball with some consistency. Sometimes catch a beanbag and a medium-sized ball. Track balls and other equipment sent to them, moving in line with the ball to collect it.	Perform basic skills of rolling, striking and kicking with more confidence. Apply these skills in a variety of simple games in pairs and developing to 2v2/3v3. Make choices about appropriate targets, space and equipment.	Catch, throw, dribble and strike a ball with control and to keep possession and score goals. Be aware of space and use it to support team mates and cause problems	Play games with some fluency and accuracy, using a range of throwing catching, dribbling, passing and kicking techniques. Find ways of attacking successfully when using other skills.	Pass, dribble, get free, pass, stop a ball, use correct footwork tackle, shoot with control in games 4v4/5v5.	Use different techniques for passing, receiving, dribbling tagging a player, running with the ball, shooting and scoring tries in games. Apply basic principles of team play to keep possession of the ball using marking, tagging and interception to improve their defence.

	Throw, hit and kick a ball in a variety of ways Working individually or in pairs.		for the opposition.			Play effectively as part of a team and know how to contribute when attacking and defending
Understanding of Tactics and Rules						
	Choose different ways of hitting, throwing, striking or kicking the ball. Begin to decide where to stand to receive the ball.	Use a variety of simple tactics in co- operative and competitive play. Show awareness of opponents and teammates when playing games in pairs or developing to 2v2/ 3v3	Know and use rules fairly to keep games going. Choose and vary skills and tactics to suit the situation in a small game 3v3/4v4.	Know the rules of the games and use them fairly in small games 3v3/4v4 Use a variety of simple tactics for attacking well, keeping possession of the ball as a team, and getting into positions to score. Understand that they need to defend as well as attack.	Start to choose and use some tactics effectively, e.g. moving into space, to help their team keep the ball and take it towards the opposition's goal. Mark opponents and help each other in defence Apply rules consistently and fairly	Use and apply the basic rules consistently and fairly. understand and apply basic principles of team play to keep possession of the ball. Use marking and interception to improve their defence Use a range of tactics in a game to help you play effectively as part of a team
Evaluate						
	Describe what they and others are doing	Work well with a partner and in a small group to improve their skills.	Describe what they and others do that is successful; suggest what needs practising.	Watch and describe others' performances, as well as their own, and suggest practices that will help them and others to play better	Pick out things that could be improved in performances and suggest ideas and practices to make them better.	Recognise their own and others' strengths and weaknesses in games, suggesting ideas that will improve performances.