

PE progression of skills - GAMES



We aspire for all at Parsonage Farm to feel valued and cared for, to have a continued excitement for learning, ensuring success as they journey onwards.



Year group ↓	Subject area →	Striking and hitting a ball	Throwing and catching a ball	Travelling with a ball	Passing a ball	Using space	Attacking and defending	Tactics and rules	Compete /Perform
Nursery		Push and pull a ball			Kick an object	Explore the outside space safely	Circle games e.g. duck, duck, goose.		
Reception		Hit a ball with a bat or a racquet	Roll equipment in different ways. Throw underarm. Throw an object at a target. Catch equipment using two hands	Move a ball in different ways, including bouncing and kicking. Use equipment to control a ball.	Kick an object at a target.	Move safely around the space and equipment. Travel in different ways, including sideways and backwards.	Play a range of chasing games	Follow simple rules.	Control my body when performing a sequence of movements. Participate in simple games.
Year 1		Use hitting skills in a game. Practise basic striking, sending and receiving	Throw underarm and overarm. Catch and bounce a ball. Use rolling skills in a game. Practise accurate throwing and consistent catching.	Travel with a ball in different ways. Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency.	Pass the ball to another player in a game. Use kicking skills in a game.	Use different ways of travelling in different directions or pathways. Run at different speeds. Begin to use space in a game.	Begin to use the terms attacking and defending. Use simple defensive skills such as marking a player or defending a space. Use simple attacking skills such as dodging to get past a defender.	Follow simple rules to play games, including team games. Use simple attacking skills such as dodging to get past a defender. Use simple defensive skills such as marking a player or defending a space.	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.

Year 2	Strike or hit a ball with increasing control.	Throw different types of equipment in different ways, for accuracy and distance.	Bounce and kick a ball whilst moving.	Know how to pass the ball in different ways.	Use different ways of travelling in different directions or pathways.	Begin to use and understand the terms attacking and defending.	Understand the importance of rules in games.	Perform sequences of their own composition with coordination.
	Learn skills for playing striking and fielding games.	Throw, catch and bounce a ball with a partner.	Use kicking skills in a game.		Run at different speeds.	Use at least one technique to attack or defend to play a game successfully.	Use at least one technique to attack or defend to play a game successfully.	Perform learnt skills with increasing control.
	Position the body to strike a ball.	Use throwing and catching skills in a game.	Use dribbling skills in a game.		Begin to use space in a game.			Compete against self and others
		Throw a ball for distance.						
		Use hand-eye coordination to control a ball. Vary types of throw used.						

Year group	Subject area	Health and Fitness	Evaluate
Nursery		Notice a simple change in the body after exercising, e.g., feeling hot, out of breath.	
Reception		Describe how the body feels when still and when exercising.	Talk about what they have done. Talk about what others have done.
Year 1		Describe how the body feels before and after exercise. Carry and place equipment safely.	Watch and describe performances. Begin to say how they could improve
Year 2		Recognise and describe how the body feels during and after different physical activities. Explain what they need to stay healthy.	Watch and describe performances and use what they see to improve their own performance. Talk about the differences between their work and that of others.