



Key concepts: Agility, Coordination, Balance, Performance, Fitness

Learning Outcomes

Invasion

	Acquiring and Developing Skills	Selecting and Applying skills, tactics and compositional skills	Knowledge and understanding of Health and Fitness	Evaluating and improving performance
Y1	To be confident and safe in the spaces used to play games. To explore and use skills, actions and ideas individually and in combination to suit the game they are playing. To move fluently, changing direction and speed easily and avoiding collisions. To show control and accuracy with the basic actions for rolling, underarm throwing, striking a ball and kicking. To understand the concept of tracking and get in line with the ball to receive it.	To understand the concepts of aiming, hitting into space and taking the ball to a good position for aiming. To use skills in different ways in different games, and try to win by changing the way the use skills in response to their opponents actions. To describe what it feels like when they breathe faster during exercise To recognise space in their games and use it to their advantage planning where to stand to make it difficult for opponents.	To know that being active is good for them and fun. To describe what it feels like when they breathe faster during exercise. To explain why running and playing games is good for them.	To watch others' movements carefully. To describe what they have done or seen others' doing. To copy what they see and say why it is good.
Y2	To improve the way they co-ordinate and control their bodies and a range of equipment. To remember, repeat and link combinations of skills. To perform a range of rolling, throwing, striking, kicking, catching and gathering skills with control. To show a good awareness of others in running, chasing and avoiding games, making simple decisions about when and where to run.	To choose and use tactics to suit different situations To react to situations in a way that helps their partners and makes it difficult for their opponents. To know how to score and keep the rules of the game.	To recognise and describe what their bodies feel like during the different types of activity. To understand and describe the changes to their heart rate when playing different games. To begin to anticipate what they will feel like after playing games.	To recognise good quality in performance. To use information to improve their work. To watch and describe performance accurately. To recognise what is successful. To copy actions and ideas and use the information they collect to improve their skills.

	Acquiring and Developing Skills	Selecting and Applying skills, tactics and compositional skills	Knowledge and understanding of Health and Fitness	Evaluating and improving performance
Y3	To consolidate and improve the quality of their techniques and their ability to link movements. To use a range of skills to help them keep possession and control of the ball. To pass, receive and dribble the ball keeping control and possession consistently	To improve their ability to choose and use simple tactics and strategies. To use a range of skills to keep possession and make progress towards a goal, on their own and with others. To weigh up the options and make good decisions. To know how to use space in games.	To know and describe the short-term effects of different exercise activities on the body. To recognise and describe what happens to their breathing and heart when they play games, and begin to link this to how warm they feel. To identify which games and activities have the biggest impact when trying to improve stamina. To describe how some games use short bursts of speed.	To describe and evaluate the effectiveness and quality of performance To use what they have learned to improve their work. To explain how to keep possession and describe how they and others have achieved it. To identify what they do best and what they find most difficult. To recognise players who play well in games and give some reasons why.
Y4	To develop the range and consistency of their skills. To use a range of techniques when passing, e.g high, low, bounced, fast, slow. To show growing consistency and control in games. To change direction and speed when dribbling the ball. To play with greater speed and flow.	To devise and use rules. To use and adapt tactics in different situations. To keep and use rules they are given. To suggest how rules could be changed to improve the game. To adapt rules in agreement with others and later make rules for their own games, which they explain and teach to others. To use a range of tactics to keep possession of the ball and get into positions to shoot or score. To have simple plans that they know they can make work.	To recognise which activities help their speed strength and stamina. To recognise when speed, strength and stamina are important in a game. To use their knowledge of learning in PE to make suitable warm up activities for the games they are playing.	To explain their ideas and plans To recognise aspects of their work that need improving. To know and explain tactics and skills that they are confident with and use in games. To choose different ways of practising their tactics and skills To describe the help they need to improve their play.

	Acquiring and Developing Skills	Selecting and Applying skills, tactics and compositional skills	Knowledge and understanding of Health and Fitness	Evaluating and improving performance
Y5	To develop a broader range of techniques and skills for attacking and defending. To perform skills with accuracy confidence and control. To know the difference between attacking and defending skills	To know and apply the basic strategic and tactical principles of attack and adapt to different situations. To choose and apply skills more consistently in activities. To respond consistently in the games they play, choosing and using skills which meet the needs of the situation. To choose positions in their teams and know how to help when attacking.	To know and understand the basic principles of warming up, and understand why it is important for a good quality performance. To demonstrate that they understand the principles of warming up by choosing appropriate activities for the games they are going to play. To suggest ideas for warming up, explaining their choice. To recognise exercises and activities that help speed, strength and stamina	To choose and use information to evaluate their own and other's work. To look for specific things in a game and explain how well they are being done. To explain why a performance is good To recognise parts of a performance that could be improved and identify practice that will help.
Y6	To choose ,combine and perform skills To combine and perform skills more fluently and effectively in invasion games with control, adapting them to meet the needs of the situation. To perform skills with greater speed.	To understand, choose and apply a range of tactics and strategies for defence and attack. To use these tactics and strategies more consistently in similar games. To choose when to pass or dribble so that they keep possession and make progress towards the goal To use attacking and defending skills appropriately in games To choose and use different formations to suit the needs of the game.	To understand why exercise is good for their fitness, health and well- being. To understand the need to prepare properly for games To know the importance of being fit and what types of fitness are most important for games. To understand how playing games can contribute to a healthy lifestyle.	To develop their ability to evaluate their own and others' work, and to suggest ways to improve it To recognise and describe the best points in an individual and a teams' performance. To identify aspects of their own and others performances that need improvement and suggest how to improve them.

Striking and Fielding

	Acquiring and Developing Skills	Selecting and Applying skills, tactics and compositional skills	Knowledge and understanding of Health and Fitness	Evaluating and improving performance
Y3/4	To consolidate and develop the range and consistency of their skills in striking and fielding games. To use a range of skills with increasing control. To strike a ball with intent and throw it more accurately when bowling and/or fielding. To intercept and stop the ball consistency and sometimes catch the ball. To return the ball quickly and accurately.	To choose and use a range of simple strategies To keep, adapt and make rules for striking and fielding games. To choose and use batting or throwing skills to make the game hard for their opponents. To judge how far they can run to score points. To choose where to stand as a fielder to make it hard for the batter. To work well as a team to make it hard for the batter. To be familiar with and use the rules set, and keep games going without disputes.	To recognise how specific activities affect their bodies To begin to understand the importance of warming up To know the demands that specific activities make on their bodies. To know the importance of warming up.	To recognise good performance and identify the parts of a performance that needs improving. To describe what is successful in their own and others play. To identify parts of their performance that need improvement, and suggest how to achieve this.
Y5/6	To develop the range and consistency of their skills, especially in specific striking and fielding games. To use different ways of bowling. To bowl underarm accurately To vary how they bowl To bat effectively, using different types of shots. To field with increased accuracy. To throw overarm with accuracy and for a good distance.	To use and adapt rules, strategies and tactics, using their knowledge of basic principles of batting and fielding. To hit the ball from both sides of the body. To direct the ball away from fielders, using different angles and speeds. To plan to outwit the opposition individually, as a pair or as a team, when they are batting, bowling and fielding. To gauge when to run after hitting the ball. To use tactics which involve bowlers and fielders working together.	To know how to warm up. To understand what to include in a warm up in order to improve performance. To understand why exercise is good for their fitness, health and well-being. To make up their own warm up and explain how it is organised. To know the importance of particular types of fitness to the game.	To evaluate strengths and weaknesses in their own and others' performances and suggest improvements. To recognise their and others' strengths. To identify what they need to improve in their performance and suggest how they could do this.

Net and Wall

	Acquiring and Developing Skills	Selecting and Applying skills, tactics and compositional skills	Knowledge and understanding of Health and Fitness	Evaluating and improving performance
Y3/4	To consolidate and develop the range and consistency of their skills in net games. To perform the basic skills needed for the games with control and consistency. To keep a game going using a range of different ways of throwing. To vary the speed and direction of the ball. To play games using a racket, getting their body into good position, hitting the ball fed to them accurately, and increasingly keeping a rally going using a small range of shots.	To choose and use a range of simple tactics and strategies. To adapt and make rule for net games. To choose good places to stand when receiving, and give reasons for their choice. To try to make things difficult for their opponent by directing the ball to space, at different heights and speeds. To use the rules and keep games going without disputes.	To know why warming up is important. To recognise how playing affects their bodies. To identify what activities and exercises they could use in a warm up. To recognise what happens to their bodies when playing the game. To know why warming up is important.	To recognise what skilful play looks like. To suggest ideas and practices to improve their play To describe what is successful in their own and others' play. To identify aspects of their game that need improvement and say how and where they could go about improving them.
Y5/6	To develop the range and consistency of their skills in specific net games To play shots on both sides of the body and above their head in practice and when the opportunity arises in a game. To direct the ball reasonably well towards their opponents' court or target area. To show good backswing, follow through and feet positioning	To use and adapt rules, strategies and tactics, using their knowledge of basic principles of attack and defence. To hit the ball with purpose, varying the speed, height and direction. To explain what they are trying to do and why it is a good idea. To spot the spaces in their opponents' court and try to the ball towards them. To position themselves well on court.	To know why warming up and cooling down are important. To know how physical activity affects their health. To carry out warm out activities carefully and thoroughly. To give good explanations of how warm up activities affect their bodies. To know why warming up is important to help them play better. To know the types of exercise they should concentrate on e.g speed and flexibility.	To evaluate performances, explain what needs improving in their own work and others', and suggest possible improvements. To know what they are successful at and what they need to practise more. To try things out and for help to perform better. To work well with others, adapting their play to suit their own and others' strengths.