

PE Knowledge and Skills Progression - Games

	General		Games	
	Knowledge	Skills	Knowledge	Skills
Year R	Your breathing changes when you exercise. Exercise helps keep you healthy.	Work individually and with others. Move safely within the space available, showing control over your body.	To name basic equipment including balls, coits and bean bags.	Handle equipment effectively. Shows increasing control over an object in pushing, patting, throwing, catching and kicking.
Year 1	Your breathing gets faster when you exercise. You need to warm up before exercise.	Engage in cooperative physical activities. Engage in competitive physical activities against self. Describe your own and others actions. Move confidently and safely within the space available, using change of speed and direction. Begin to develop agility, balance and coordination.	Invasion games – football, tag-rugby, hockey, netball, basketball Net and wall games – tennis, badminton Striking and fielding – rounders, cricket	Participate in individual and team games. Start to link skills and actions to suit the activity. Choose and use skills effectively for particular games.
Year 2	Your heart beats faster when you exercise. You need to cool down after exercise.	Engage in competitive physical activities against others. Describe the differences in your own and others work. Use what you have learned to improve the quality and control of your own work. Develop agility, balance and coordination.	Invasion games – attackers, defenders, team, goal, pitch, ball, stick, tag Net and wall games –racket, court, net, ball, shuttlecock Striking and fielding –teams, rounders bat, cricket bat, ball	Participate in individual and team games. Link skills, actions and ideas to suit the activity. Choose, use and vary simple tactics for attacking and defending.
Year 3	Your breathing gets faster when you exercise because your body needs more exercise. A warm up includes stretching and aerobic exercise. Warming up helps get your body ready for exercise. Cooling down helps your body recover after exercise. Exercise is good for your fitness, health and wellbeing.	Compare your own work to others commenting on similarities and differences. Suggest improvements in your own and others work. Suggest suitable activities for a warm up. Demonstrate agility, balance and co-ordination.	Invasion games – tactics Net and wall games – serve, volley Striking and fielding –fielding, batting, teams,	Begin to play competitive games, modified where appropriate. Begin to plan and use strategies and tactics for pair, small group and small team games. Begin to select skills, actions and ideas in games and apply them with co-ordination and control. Devise and use rules for a range of games.
Year 4	Your heart beats faster when you exercise because your body needs more oxygen. Warming up helps get your muscles, lungs and heart ready for exercise. Cooling down helps your muscles, heart and lungs recover after exercise.	Compare your work to others’ and use this comparison to improve your performance. Suggest suitable activities for a cool down. Consistently demonstrate agility, balance and co-ordination. Begin to develop flexibility, strength, technique and control.	Invasion games – dribble, pass, shoot, mark Net and wall games – forehand, backhand Striking and fielding – base, stumps, backstop, bowler, wicket keeper	Begin to play competitive games, modified where appropriate. Plan and use strategies and tactics for pair, small group and small team games. Select skills, actions and ideas in games and apply them with co-ordination and control. Keep, adapt and make rules for a range of games.
Year 5	When you exercise your muscles need more oxygen. Your breath faster and deeper to get more oxygen into your lungs. The oxygen transfers into your blood stream. Your heart pumps faster and deeper to get the oxygen round your body to the muscles where it is needed. Stretching helps prepare your muscles for exercise. Aerobic activity helps prepare your lungs and heart for exercise.	Evaluate and recognise your own success. Compare and comment on skills, techniques and ideas used in your own and others work. Organise your own warm-up and cool-down activities to suit different activities. Develop flexibility, strength, technique and control.	To know match rules for the following games: -football, -tag-rugby, -netball, -basketball, -cricket, -rounders, -tennis. -badminton.	Play competitive games, modified where appropriate. Apply basic strategic and tactical principals suitable for attacking and defending. Select and apply skills, techniques and ideas more consistently in all games. Begin to show an understanding of tactics in team games by varying responses.
Year 6	When you exercise lactic acid builds up in your muscles. Too much of this causes cramp.	Compare your performances with previous ones and demonstrate improvement to achieve personal best. Analyse and comment on skills and techniques and how these are applied in your own and others’ work. Lead warm up and cool down activities for others. Demonstrate flexibility, strength, technique and control.	To know how to score the following games: -football, -tag-rugby, -netball, -basketball, -cricket, -rounders, -tennis. -badminton.	Play competitive games, modified where appropriate. Adapt basic strategic and tactical principals suitable for attacking and defending to different situations. Select and apply skills, techniques and ideas accurately in all games. Show an understanding of tactics in team games by varying responses.