



Physical Education: Games

Aspect	End of Yr 1	End of Yr 2	End of Yr 3	End of Yr 4	End of Yr 5	End of Yr 6
<b>Acquiring &amp; Developing Skills</b>	To be confident & keep themselves safe. Explore & use skills, actions & ideas. Show ability to work with partner in throwing & catching games.	Improve co-ordination & control of body. Develop basic tactics in simple team games.	Consolidate & improve the quality of techniques to link movements. Develop range of skills in all games. Consolidate use of simple tactics. Keep & make rules for games & play fairly.	Develop range of skills in all games. Use rules accurately. Use & adapt tactics during a game & with a team during breaks.	Develop techniques for attacking & defending. Choose & apply skills consistently.	Choose, combine & perform skills fluently and effectively in invasion, striking & net games. Apply a range of strategies for defence & attack. Explain rules accurately. Make a team plan & communicate to others.
<b>Selecting &amp; Applying Skills</b>	Use skills for particular games: -Throw a ball accurately underarm; -Show increasing control rolling an object; - throw, catch & kick in different ways	Choose, use & vary simple tactics: -Catch & control a ball; -Take part in games with an opposition; - begin to lead in a simple game.	In invasion, fielding & striking games, accurately pass & catch/kick the ball; begin to maintain possession of the ball; use spaces to support team mates. In net/racket games, serve underarm & accurately pass.	In invasion, fielding & striking games, catch ball with 1 & 2 hands; throw & catch with accuracy; communicate effectively with team mates & work as part of a team; dodge defenders. In net/racket games, return a pass &	In invasion, fielding & striking games, control & catch a ball; pass accurately whilst moving, work with team mates to keep possession. In net/racket games, use forehand & backhand.	In invasion, fielding & striking games, use all members of team effectively; play longer games; confidently field, attack & defend. In net/racket games, use forehand & backhand with accuracy & speed; develop serve.

				begin to start rallies.		
<b>Evaluating &amp; Improving Performance</b>	Watch, copy & describe what they & others do.	Recognise good quality.	Recognise good quality & identify areas for improvement. Set targets to improve.	Clearly explain plans & ideas & share with others. Identify parts of their performance which needs developing. Suggest practices to improve play.	Choose & use information to evaluate own & others' work.	Develop ability to evaluate own work and others' work & suggest ways to improve.
<b>Knowledge &amp; Understanding of Fitness &amp; Health</b>	Understand that being active is good for the body & can be fun.	Improve work using feedback & from what they have observed.	Know & describe the short term effects of different exercise & how to improve stamina.	Recognise which activities improve strength, speed & stamina.	Know & understand the principles of warming-up & why it is important. Can talk confidently about the importance of physical activity.	Understand why exercise is good for fitness, well-being & health & supports energy in every day life.