Games Progression Grid						
Early Years Outcome	KS1 National Curriculum Aims	KS2 National Curriculum Aims				
The main Early Years Outcomes covered in the Games units are:	Pupils should develop fundamental movement skills, become	Pupils should continue to apply and develop a broader range of skills, learning how to use them in				
 Shows increasing control over an object in pushing, patting, 	increasingly competent and confident and access a broad	different ways and to link them to make actions and sequences of movement. They should enjoy				
throwing, catching or kicking it. (PD – M&H 40-60)	range of opportunities to extend their agility, balance and	communicating, collaborating and competing with each other. They should develop an				
 Children show good control and co-ordination in large and small 	coordination, individually and with others. They should be	understanding of how to improve in different physical activities and sports and learn how to				
movements. (PD – M&H ELG)	able to engage in competitive (both against self and against	evaluate and recognise their own success. Pupils should be taught to:				
 Negotiates space successfully when playing racing and chasing 	others) and co-operative physical activities, in a range of	 use running, jumping, throwing and catching in isolation and in combination; 				
games with other children, adjusting speed or changing direction to	increasingly challenging situations. Pupils should be taught to:	 play competitive games, modified where appropriate [for example, badminton, basketball, 				
avoid obstacles. (PD M&H 40-60)	 master basic movements including running, jumping, 	cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for				
 Experiments with different ways of moving. (PD M&H 40-60) 	throwing and catching, as well as developing balance, agility	attacking and defending;				
• They move confidently in a range of ways, safely negotiating space.	and co-ordination, and begin to apply these in a range of	 develop flexibility, strength, technique, control and balance [for example, through athletics and 				
(PD M&H ELG)	activities;	gymnastics];				
	 participate in team games, developing simple tactics for 	compare their performances with previous ones and demonstrate improvement to achieve their				
	attacking and defending;	personal best.				
	 perform dances using simple movement patterns. 					

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6		
Health & Fitness								
Describe how the body	Describe how the body feels before and after	Recognise and describe how the body feels	Recognise and describe	Describe how the body	Know and understand the	Understand the importance of arming up		
feels when still and when	exercise.	during and after different physical activities.	the effects of exercise on	reacts at different times and	reasons for warming up and	and cooling down.		
exercising.			the body.	how this affects	cooling down.			
	Carry and place equipment safely.	Explain what they need to stay healthy.		performance.		Carry out warm ups and cool downs safely		
			Know the importance of		Explain some safety principles	and effectively.		
			strength and flexibility for	Explain why exercise is good	when preparing for and during			
			physical activity.	for your health.	exercise.	Understand why exercise is good for		
						health, fitness and wellbeing.		
			Explain why it is	Know some reasons for				
			important to warm up	warming up and cooling		Know ways they can become healthier.		
			and cool-down.	down.				
		Striking	and hitting a ball					
Hit a ball with a bat or a	Use hitting skills in a game.	Strike or hit a ball with increasing control.	Demonstrate successful	Use a bat or stick to hit a	Use different techniques to hit	Hit a bowled ball over longer distances.		
racquet.			hitting and striking skills.	ball or shuttlecock with	a ball.			
	Practise basic striking, sending and receiving.	Learn skills for playing striking and fielding		accuracy and control.		Use good hand-eye coordination to be able		
		games.				to direct a ball when striking or hitting.		

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			Develop a range of skills	Accurately serve underarm.	Identify and apply techniques	
		Position the body to strike a ball.	in striking and fielding		for hitting a tennis ball.	Understand how to serve in order to start a
			where appropriate.	Build a rally with a partner.	Fundamentalisten differentaliste	game.
			Due sties the second st	line at least two different	Explore when different shots	
			Practise the correct	Use at least two different	are bets used.	
			batting technique and use	shots in game.	Develop a backhand technique	
			it in a game.	Use hand-eye coordination	and use it in a game.	
			Strike the ball for	to strike a moving and	and use it in a game.	
			distance.	stationary ball.	Practise techniques for all	
			distance.	stationary ball.	strokes.	
		Throwing	and catching a ball		Sti Okesi	
Roll equipment in	Throw underarm and overarm.	Throw different types of equipment in	Throw and catch with	Develop different ways of	Consolidate different ways of	Throw and catch accurately and
different ways.	mow underann and overann.	different ways, for accuracy and distance.	greater control and	throwing and catching.	throwing and catching, and	successfully under pressure in a game
	Catch and bounce a ball.	unterent ways, for accuracy and distance.	accuracy.	throwing and catching.	know when each is	successfully under pressure in a game
Throw underarm.		Throw, catch and bounce a ball with a			appropriate in a game.	
	Use rolling skills in a game.	partner.	Practise the correct			
Throw an object at a			technique for catching a			
-	Practise accurate throwing and consistent	Use throwing and catching skills in a game.	ball and use it in a game.			
,	catching.					
Catch equipment using		Throw a ball for distance.	Perform a range of			
two hands			catching and gathering			
		Use hand-eye coordination to control a ball.	skills with control.			
		Vary types of throw used.				
			Catch with increasing			
			control and accuracy.			
			Throw a ball in different			
			ways (e.g. high, low, fast			
			or slow).			
			Develop a safe and			
			effective overarm bowl.			
		Travel	ling with a ball			
Move a ball in different	Travel with a ball in different ways.	Bounce and kick a ball whilst moving.	Move with the ball in a	Move with the ball using a	Use a variety of ways to	Show confidence in using ball skills in
ways, including bouncing	fraver with a bail in different ways.	bounce and kick a bair whilst moving.	variety of ways with some	range of techniques	dribble in a game with success.	various ways in a game situation, and link
	Travel with a ball in different directions (side to	Use kicking skills in a game.	control.	showing control and	unbble in a game with success.	these together effectively
-	side, forwards and backwards) with control and	ose kieking skins in a game.	control.	fluency.	Use ball skills in various ways	these together encetively
	fluency.	Use dribbling skills in a game.	Use two different ways of		and begin to link together.	
a ball.	····,		moving with a ball in a			
			game.			
		Pa	ssing a Ball			
	Pass the ball to another player in a game. Use	Know how to pass the ball in different ways.	Pass the ball in two	Pass the ball with increasing	Pass a ball with speed and	Choose and make the best pass in a game
	kicking skills in a game.		different ways in a game	speed, accuracy and success	accuracy using appropriate	situation and link a range of skills together
			situation with some	in a game situation	techniques in a game	with fluency, e.g. passing and receiving the
			success.		situation.	ball on the move.
						l
		-	ossession			

			Know how to keep and win back possession of the ball in a team game.	Occasionally contribute towards helping their team to keep and win back possession of the ball in a	Keep and win back possession of the ball effectively in a team game.	Keep and win back possession of the ball effectively and in a variety of ways in a team game.
			sing Space	team game.		
Move safely around the	Use different ways of travelling in different	Use different ways of travelling at different	Find a useful space and	Make the best use of space	Demonstrate an increasing	Demonstrate a good awareness of space
space and equipment.	directions or pathways.	speeds and following different pathways, directions or courses.	get into it to support teammates	to pass and receive the ball.	awareness of space	
Travel in different ways, including sideways and	Run at different speeds.	Change speed and direction whilst running.				
backwards.	Begin to use space in a game.	Begin to choose and use the best space in a game.				
	1	0	g and Defending			
Play a range of chasing games	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.	Begin to use and understand the terms attacking and defending. Use at least one technique to attack or defend to play a game successfully.	Use simple attacking and defending skills in a game. Use fielding skills to stop a ball from travelling past them.	Use a range of attacking and defending skills and techniques in a game. Use fielding skills as an individual to prevent a player from scoring.	Choose the best tactics for attacking and defending. Shoot in a game. Use fielding skills as a team to prevent the opposition from scoring.	Think ahead and create a plan of attack or defence. Apply knowledge of skills for attacking and defending. Work as a team to develop fielding strategies to prevent the opposition from scoring
		Tact	ics and Rules			
Follow simple rules.	Follow simple rules to play games, including team games. Use simple attacking skills such as dodging to get past a defender.	Understand the importance of rules in games. Use at least one technique to attack or	Apply and follow rules fairly.	Vary the tactics they use in a game.	Know when to pass and when to dribble in a game.	Follow and create complicated rules to play a game successfully.
	Use simple defensive skills such as marking a player or defending a space.	defend to play a game successfully.	Understand and begin to apply the basic principles of invasion games.	Adapt rules to alter games.	Devise and adapt rules to create their own game.	Communicate plans to others during a game. Lead others during a game.
			Know how to play a striking and fielding game fairly.			
	·	Com	pete/Perform	•	·	
Control my body when performing a sequence of movements. Participate in simple games.	Perform using a range of actions and body parts with some coordination. Begin to perform learnt skills with some control.	Perform sequences of their own composition with coordination. Perform learnt skills with increasing control.	Develop the quality of the actions in their performances.	Perform and apply skills and techniques with control and accuracy.	Consistently perform and apply skills and techniques with accuracy and control.	Perform and apply a variety of skills and techniques confidently, consistently and with precision.
in simple games	Engage in competitive activities and team games.	Compete against self and others	Perform learnt skills and techniques with control and confidence.	Take part in a range of competitive games and activities.	Take part in competitive games with a strong understanding of tactics and composition.	Take part in competitive games with a strong understanding of tactics and composition.
			Compete against self and others in a controlled manner			
			Evaluate			
Talk about what they have done.	Watch and describe performances.	Watch and describe performances, and use what they see to improve their own	Watch, describe and evaluate the	Watch, describe and evaluate the effectiveness	Choose and use criteria to evaluate own and others'	Thoroughly evaluate their own and others' work, suggesting thoughtful and
Talk about what others have done.	Begin to say how they could improve	performance. Talk about the differences between their work and that of others.	effectiveness of a performance. Describe	of performances, giving ideas for improvements.	performance. Explain why they have used particular skills or techniques,	appropriate improvements

		,	and the effect they have had on their performance	
	has improved over time.	better result	on their performance	