



The Black Pear Trust

## PE Progression Document



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### Invasion Games Progression The Black Pear Trust

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>I know how to and can be in a balanced ready position to travel and can stop effectively in a balanced position</p> <p>I can play with different equipment and use each piece in at least 2 different ways</p> <p>I can pass objects of different sizes and shapes from hand to hand or foot to foot</p> <p>I know how to and can send and control a ball or other object in different ways and make it go where I want it to go. I can do this with both sides of my body, and passing from one side to the other</p> <p>I know how to and can play target (aiming) and passing games successfully with a partner or small group</p> <p>I know how to and can pick up objects in different ways and with/ from both sides of my body and place them somewhere else</p> <p>I know how to and can travel in different ways, finding space, with different pieces of equipment</p> <p>I know how to and can play different kinds of aiming and travelling games with a partner and others e.g. beans, skittles, hopscotch, traffic lights, rob the chest</p> <p>I listen carefully to my teacher and classmates and can follow an instruction</p> <p>I can play with others and share toys and equipment</p> <p>I can agree rules with others</p> <p>I can play with others without getting upset or angry</p> <p>I can follow rules to make the game fair</p>	<p>I know how to and can travel then stop, balanced and under control to move into another movement or into a balance of my choice</p> <p>I know how to and can travel in different ways (including, sliding, pushing, climbing) and can vary my travel pathways safely by making my own decisions or by following instructions</p> <p>I know how to and can travel in different ways (including, sliding, pushing, climbing) and can vary my travel pathways safely by making my own decisions or by following instructions</p> <p>I know how to and can throw and catch different objects by myself and with a partner using both hands, and using my right and left hands</p> <p>I know how to and can receive different types of objects in different ways (such as stop, trap, catch or 'hand over')</p> <p>I know how to and can play cooperative games and activities with a partner or as part of a group using a range of equipment and to try to beat our best score</p> <p>I know how to and can travel forwards and backwards safely, avoiding others</p> <p>I know how to and can jump or propel myself forwards and backwards safely without falling over when I land</p>	<p>I can send balls and other objects to land in targets that are close to me and further away</p> <p>I know how to and can move confidently to receive a ball or other object that has been sent to me</p> <p>I know how to and can change speed and direction and show different pathways when I am travelling in space. I look up to avoid others and can stop when I want to or when instructed</p> <p>I know how to and can combine moving and stopping with control to pick up/ collect an object and send it accurately to a target or partner. I can apply this in different situations</p> <p>I know how to and can turn smoothly with control, or jump and turn with control to face a different direction, and apply this in a range of situations</p> <p>I can make up and play a small sided game with others that includes striking/sending a ball, travel and scoring points</p> <p>I know how to and can travel with a ball or object in different ways and send it accurately to a target or partner. I can apply this in different situations</p> <p>I know how to and can combine change in speed and direction to stay with a partner with and without equipment. I</p>	<p>Know how to and can pass balls and other objects in different ways and into different spaces so that their partner has to move to receive them. They can apply this in a range of situations.</p> <p>Know how to and can combine changes in speed and directions with stopping under control to keep possession or create space to pass. They can apply this in small modified games.</p> <p>Can control my feelings when winning or losing.</p> <p>Can lead others in a simple activity.</p> <p>Can follow a plan/instruction to set up equipment or apparatus for an activity and can check that it is safe and not going to interfere with others.</p>	<p>Can send balls and other objects in different ways using different techniques and can vary which technique is used to send accurately over shorter or longer distances.</p> <p>Can move quickly and confidently to receive or return the ball from different positions and apply this in different situations.</p> <p>Know how to and can cover space and move quickly and with confidence to receive and return a ball accurately, applying this in various situations.</p> <p>Can predict where to move to receive the ball or object in space.</p> <p>Know how to and can ask for help from my classmates if I don't understand or have tried on my own and am still struggling.</p> <p>Can change pace and direction to mark a player and switch to marking space or covering space when needed in a game situation.</p> <p>Know how to and can select how and where to send the ball or object depending on game conditions.</p> <p>Can watch an opponent's movements to predict where and when the ball or object is likely to arrive defending principle.</p>	<p>Know how to and can use a bat, racket or part of the body to hit a ball into spaces that are close and further away.</p> <p>Know how to and can defend or cover a space to make it hard for others to send or receive the ball. They can apply this in different situations.</p> <p>Can move at different speeds and combine this with receiving a ball or creating space in different situations.</p> <p>Can work individually and with others to cover space and apply this in a range of situations.</p> <p>Know how to and can use space with changes in pace and direction to outwit an opponent or create space both individually and with others. They can apply this in a range of small and modified activities.</p> <p>Can change pace and direction to mark a player and switch to marking space or covering space when needed in a game situation.</p> <p>Know how to and can select how and where to send the ball or object depending on game conditions.</p> <p>Can watch an opponent's movements to predict where and when the ball or object is likely to arrive defending principle.</p>	<p>Can use different ways of sending and receiving when playing small sided or modified game and transfer those skills to other Physical Activities.</p> <p>Know how to and can send a ball using different techniques and vary which way I choose depending on who I am sending it to or what is needed in different situations.</p> <p>Understand and can apply basic principles of attacking and defending in small sided and modified invasion games and activities.</p> <p>Know how to and can find different ways of outwitting an opponent on their own and with others.</p> <p>can explain attacking and defending and give 2 examples of how each is used in a game.</p> <p>can demonstrate fair play in various ways when leading and playing.</p> <p>can be a leader of a team in PE, playtimes, after school clubs or class.</p> <p>can lead a simple warmup or cooldown activity I have designed and say or show why it is important.</p> <p>keep trying, even when things get difficult or they make mistakes.</p>

<p>I can talk to others about my ideas/games</p> <p>I know who to ask for help if I see somebody who is upset or angry, and I can ask for help</p> <p>I can show or say how I run or move around so I don't bump into anyone</p> <p>I can make up activities to do with others and help to change the rules if we need to</p> <p>I can say what I like and dislike; what I want or need and why</p>	<p>I know how to and can travel with different objects and stop under control to send to my partner or a target</p> <p>I know how to and can play chasing and avoiding games and activities in small groups with and without equipment</p> <p>I listen carefully to my teacher and classmates and follow at least 2 instructions</p> <p>I can take turns</p> <p>I can run around and enjoy playing with others</p> <p>I try to join in with all activities, even if I find them difficult</p> <p>I know right from wrong and try to obey the rules in PE, in the classroom, at home and when I am playing</p> <p>I can share my ideas for a game/activity</p> <p>I am friendly, active and caring when I play with others and I know and can communicate why this is important</p> <p>I can help and encourage others to join in</p> <p>I can find at least 2 ways to challenge myself to make the activity harder and improve my skills</p> <p>I can say or show which piece of equipment I think will work best in different situations, and why</p> <p>I can learn a game and say or show what I am doing</p>	<p>can apply this in a range of activities</p> <p>I know how to and can play cooperative and competitive games and activities with others where we send and receive balls and other objects in different ways, and I am able to keep score</p> <p>I can work well with others in PE, in the playground, in the classroom and at home</p> <p>I know how to and can share what I am doing with others, and can copy and share their ideas to improve mine</p> <p>I can work well in different groups, and always try my best</p> <p>I can share my ideas to improve the rules or make the activity fairer</p> <p>I can help others to work well together</p> <p>I know how to and can solve a disagreement</p> <p>I can help others join in</p> <p>I can reflect on my choices and say or show which parts worked well and which could have been better, and why</p> <p>I can decide what equipment I need and take it out to play with at playtime, then bring it back in and put it away afterwards.</p> <p>I can work out where to send a ball or object to try to win points in small games and activities</p> <p>I can work out where the ball or object is likely to arrive, and can use this to try to stop, catch or return the object in small games and activities</p>			<p>Know how to and can strike a ball accurately into spaces away from my opponents and can apply this in a range of situations.</p> <p>Can communicate the importance of fair play.</p> <p>Can be part of a team and help organise a successful activity such as a game.</p> <p>Can work on my own and with others to cover space and apply this into a range of situations.</p> <p>Say or show how to adapt an activity to make sure everyone can join in and improve.</p>	
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**Layered Language**

<ul style="list-style-type: none"> <li>• Running</li> <li>• Jumping</li> <li>• Kicking</li> <li>• Pushing</li> <li>• Patting</li> </ul>	<ul style="list-style-type: none"> <li>• Running</li> <li>• Jumping</li> <li>• Kicking</li> <li>• Pushing</li> <li>• Patting</li> </ul>	<ul style="list-style-type: none"> <li>• Running</li> <li>• Jumping</li> <li>• Kicking</li> <li>• Pushing</li> <li>• Patting</li> </ul>	<p><u>Handball</u></p> <ul style="list-style-type: none"> <li>• Overarm pass</li> <li>• Underarm pass</li> <li>• Bounce pass</li> <li>• Flick pass</li> <li>• Court</li> </ul>	<p><u>Tag Rugby</u></p> <ul style="list-style-type: none"> <li>• Tag</li> <li>• Belt</li> <li>• Ball</li> <li>• Pass</li> </ul>
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- Throwing
- Catching

- Throwing
- Catching
- Underarm
- Collecting

- Throwing
- Catching
- Underarm
- Collecting
- Rolling
- Accuracy
- Overarm

- Shoot
- Dribble
- Opponent
- Team mate
- Goal
- Goal keeper
- Side line
- Throw in

- Forward
- Knock-on
- Offside
- Backwards
- Try

Netball

Ball

Hoop

Attack

Defence

Centre

Shooter

Wing attack

Wing defence

Goal attack

Goal defence

Goal keeper

Pivot

Football

- Long pass
- Short pass
- Dribble
- Shoot
- Pitch
- Opponent
- Team mate
- Goal
- Goal keeper
- Side line
- Throw in