Games (PE) Learning Journey

- Personal Skills
- Team Skills
- Evaluating and Improving
- Health and Wellbeing

YEAR 6

Keep possession with a team by successfully using different tactics and by making good decisions when and where to pass or run.

Work effectively as a team when fielding.

Effectively mark an opponent or space and defend goals.

Understand how the body reacts to different types of exercise.

Thoroughly evaluate their own and others work, suggesting appropriate ways to improve.

Create and deliver warm-ups and cool downs and understand the importance of this aspect of PE.

Shoot accurately from close range and distance and from different angles.

Bowl underarm and overarm with speed and accuracy.

Effectively move with a ball in close control in various games.

Keep a rally going competitively with a partner.

Intercept and retrieve a moving ball and return to play quickly and accurately.

Play shots with accuracy on both sides of the body.

Consistently send and receive with accuracy to a partner or target in isolation and during games.

Demonstrate good awareness of space and use it to support teammates.

YEAR 5

Explain the importance of exercise.

Evaluate their own and others work, suggesting appropriate ways to improve.

Intercept a moving ball and return to play quickly and accurately.

Gauge when to run after hitting a ball.

Work as a team when fielding.

Play shots with reasonable accuracy.

Explain what skills or techniques they used in a game and why.

Shoot accurately from close range and distance.

Keep a rally going with a partner.

Keep possession with a team by effectively using different tactics and by making good decisions when and where to pass or run.

Successfully mark an opponent or space and defend goals.

Understand how exercise affects the body.

Send and receive with accuracy to a partner or target in isolation and sometimes during games.

Bowl underarm and overarm.

Demonstrate an increasing awareness of space and use it to support teammates.

Change speed and direction with control when travelling with a ball in various games.

Evaluate their own and others work using criteria and give ideas for improvements.

Explain what skill or techniques they used in a game.

Make successful interceptions.

Use feedback and evaluations to improve skills and techniques.

Mark an opponent or space with some effect.

Choose effective places to stand as a fielder.

Keep possession within a team by using different tactics and by making decisions when and where to pass or run.

Know why it is important to warm up.

Pass and receive accurately using different techniques.

Stop a moving ball and return it to play quickly and accurately.

Hit a range of targets accurately.

YEAR 4

Throw in different directions/height with accuracy.

Strike a ball with a bat/racket and from a tee using appropriate techniques.

Find and use space effectively to pass and receive the ball.

Travel with a ball at different speeds, keeping the ball under control.

Use speed and directional changes to dodge.

Evaluate their own and others work using criteria. Identify their ow strengths and say what they find most difficult.

Begin to show understanding of marking by staying close to an opponent or space..

Make some successful interceptions.

Progress towards a target/goal on own or with others.

Throw or hit and object/ball into a space to make it more difficult for opponents.

Know that being healthy is important.

Pass and receive using different techniques.

Pass to keep possession within a team by passing.

Begin to choose effective places to stand as a fielder.

Stop a moving ball and return it to play.

Strike a ball with a bat/racket and from a tee with some accuracy.

Hit a range of targets with some accuracy.

Find and use space to pass and receive the ball.

YEAR 3

Begin to throw or hit an object/ball into a space to make it more difficult for opponents.

Use simple attacking skills such as dodging to get past a defender.

Pass to other players in a game.

Begin to show basic understanding of marking by staying close to an opponent.

Throw underarm and overarm using 1 or 2 hands.

Travel with a ball at different speeds.

Change speed and direction easily with control.

Begin to evaluate their own and others work using criteria.

Pass to teammates in a game.

With control, stop a moving ball using hands and feet.

YEAR 2

Catch a ball at different heights.

Strike a ball with a bat/racket.

Describe how your body feels during and after exercise.

Kick and throw equipment at targets.

Roll, kick and bounce a ball in different directions

Begin to travel with a ball.

Travel at different speeds and change direction with control.

Throw underarm and overarm.

Begin to find and use space in a game.

Begin to strike a ball with a bat/racket.

Stop a moving ball using hands and feet.

Begin to pass to other players in a game.

Begin to kick and throw equipment at targets.

Roll, kick and bounce a ball.

Begin to find space in a game.

Catch a ball.

Describe what they have done or seen others doing.

Play games safely, improving co-ordination.

Throw underarm and overarm.

YEAR 1

Travel with an object in hands.

Travel with a ball at feet.

Travel safely with equipment.

Take part in a warm up and cool down.

Throw a large ball/bean bag.

Adjusting speed or direction to avoid obstacles when playing games.

Change direction or speed on command.

Avoid obstacles when travelling.

Show some control with large and small objects when: pushing, patting, kicking, throwing and catching.

Catch a large ball/bean bag.

Negotiate spaces.

Reception