

St. Mewan C.P. School Knowledge and Skills Progression for PE



Year Group	Knowledge Black text=invasion games. Blue text=striking/fielding games. Green text=net/wall	Skills Black text=invasion games. Blue text=striking/ fielding games. Green text=net/wall	Tier 3 Vocabulary	Tier 2 Vocabulary
N				
R	To know how to stop a movement. To know how to push a ball down towards the floor to bounce it. To know that you need to watch a ball carefully when you bounce or send it.	To start and stop with control. To stay balanced and stable in a variety of positions. To bounce a ball with one hand and throw it into a target. To use the skills above to play a simple game.	Balance, control.	Start, stop, bounce, catch, game, rules.
1	To know how to control a ball or similar object. To know how hard to throw/kick/send the object for it to reach its destination. To know how to position hands and body when receiving an object. To know how to hold a bat and swing it to hit a stationary ball. To know hand and body position needed to hold a racket/bat correctly. To know body and hand position needed to catch or stop a thrown ball.	To be able to roll, throw, catch, kick and strike a ball. To send a ball into a target area. To work co-operatively with a partner to develop the skills above. To hit a ball with a bat from a tee or drop feed. To use throwing, catching and hitting skills in a small game. To be ready to receive a ball that has been sent by an adult or partner. To hold a racket/bat correctly and hit a ball accurately back from a thrown feed.	Send, receive, target.	Roll, catch, strike, kick, throw, control. Roll, catch, strike, kick, throw. Racket, feed.



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2	<p>To know that different objects travel at different speeds and adjust sending/receiving skills. To know how to work with others in a game situation.</p> <p>To know that striking and fielding games contain a batting team and a fielding team, and to know the main roles of batters, fielders and bowlers.</p> <p>To know how to hold a bat correctly.</p> <p>To know the correct hand and body position when catching a small ball.</p> <p>To know how speed, direction and type of throw affect the way a ball travels.</p> <p>To know the different ways that a tennis point can be won (out of court, in net, clean winner)</p>	<p>To be able to roll, throw, catch, kick and strike a ball accurately to a partner or target.</p> <p>To adapt the skills above for different sized and shaped balls e.g. tennis ball, soft football, foam ball.</p> <p>To confidently apply these skills to roll, throw, catch, strike and kick a ball in a small game situation.</p> <p>To hit a bowled ball with a bat.</p> <p>To use the skills learned to bowl, roll, throw, catch and hit a ball in a small game situation.</p> <p>To send a ball in a variety of ways and anticipate where it will land.</p> <p>To move body position and be ready to receive the ball when it is returned.</p> <p>To use a racket to return a ball with some accuracy to a target.</p> <p>To use the skills above to play a simple tennis-style game.</p>	<p>Team, teamwork. Body position, direction, speed of travel. Tactics, opponent.</p> <p>Strike, field, target.</p> <p>Anticipate.</p>	<p>Roll, catch, strike, kick, throw. Send, receive, target.</p> <p>Bowling, batting.</p> <p>Send, receive, target, body position.</p>
3	<p>To know how to control a ball using hands, feet or a stick. To pass accurately using a recognised pass for the game (chest, shoulder, push, side foot etc).</p> <p>To know where a space is and the best way to move into it.</p> <p>To know the correct body position needed to stop a rolling tennis ball.</p>	<p>To be able to dribble a basketball/hockey ball/football with control.</p> <p>To pass a ball accurately to a partner.</p> <p>To move into a space to receive a pass.</p> <p>To adopt a defensive stance and mark an opponent.</p> <p>To apply the skills above and co-operate with others to play small sided team games.</p> <p>To accurately roll a ball to a target.</p> <p>To catch a tennis ball from an accurate throw with two hands.</p>	<p>Defensive play, attacking play.</p>	<p>Pass, receive, dribble, control, attack, defend, teamwork, tactics, opponent.</p>



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	<p>To know how to hold a bat correctly. To know that the angle of a bat decides which direction the ball moves in.</p> <p>To know how to hold a tennis racket correctly and how to adjust grip for different shots. To know how hard to hit a tennis ball to maintain a rally. To know the correct body position when playing tennis groundstrokes. To know the different ways that a tennis point can be won (out of court, in net, clean winner, double fault, double bounce/hit)</p>	<p>To strike a moving ball into the fielding area. To stop a moving ball and return it to the bowler. To run after striking a ball and begin to judge when to stop. To use the skills above in a small game situation.</p> <p>To control a tennis ball on a racket by doing tap-ups and bounces. To maintain a game of throw tennis over a net with a partner. To hit a forehand accurately. To begin to use a backhand from a throw feed. To move into a good position to receive a tennis shot. To perform a simple tennis rally with a partner using groundstrokes. To play a series of tennis points, keeping score.</p>	<p>Forehand, backhand, groundstrokes.</p>	<p>Fielding team, batting team, strike, bowl, target area.</p> <p>Rally, court, grip, swing, control, point, score.</p>
4	<p>To know that an accurate pass to a moving player must be ahead of where they are going. To know how to mark an opponent by adjusting body position and movement. To know which movements are effective for getting free from a defender. To know the rules of small sided versions of invasion games and simple tactics for these.</p>	<p>To avoid a defender when dribbling a ball. To pass a ball accurately to a moving player. To shadow or track an opponent by mirroring their speed and direction of movement. To get free of a defender by using a sprint or dodge movement. To shoot a ball into a target (goal) with increasing accuracy. To apply the skills above to play a 5v5 version of a recognised team game.</p>	<p>Dodge, mark.</p>	<p>Defensive play, attacking play, accuracy, goal, shot, sprint, teamwork.</p>



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	<p>To know how to change bat and body position to vary the direction and pace of a strike. To know that more runs are likely to be scored if a strike is directed away from fielders. To know that effective fielding positions can help prevent runs from being scored. To know how to change the speed and direction of a tennis shot. To know why it is useful to move an opponent around the court. To know how to score in a tennis tie break.</p>	<p>To catch a tennis ball from an accurate throw with one or two hands, over increasing distances. To strike a moving ball accurately into a fielding area, beginning to vary speed and direction. To stop a ball in the air or ground consistently and return it with speed to the bowler. To direct a ball into open space to maximise runs in a small sided game. To work with others when fielding to minimise runs scored.. To begin to direct groundstrokes so they move an opponent around the court. To hit a backhand accurately in a rally. To vary speed and direction of groundstrokes. To move into position early when preparing to hit a shot. To use a simple serve to start a point. To play a tie break style game with a partner, keeping score accurately.</p>	<p>Tie break, anticipation.</p>	<p>Speed, direction, pace, anticipate, bowler. Forehand, backhand, speed, accuracy, direction, consistency, serve, return, rally.</p>
5	<p>To know which passes are appropriate for long/short distances in games and which can be used to overcome defenders. To know which movements are effective when getting free from opponents or moving into a space.</p>	<p>To use a range of passes in games, varying height, power and body position. To select an appropriate pass depending on distance and position of other players. To use a range of movements to get free of an opponent, including sprint, dodge, side-step, change of direction and change of speed. To begin to adjust power, angle and distance of shots to improve accuracy.</p>	<p>Interception, tactics, decision making.</p>	<p>Sprint, dodge, side-step, change of speed/direction, power, angle, accuracy.</p>



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	<p>To know how to vary speed, angle and direction of passes and shots.</p> <p>To know what body position is effective when marking an opponent.</p> <p>To know the basic rules of Primary invasion games.</p> <p>To know the correct body and arm position to bowl underarm.</p> <p>To know how to vary speed and direction of a throw.</p> <p>To know the main responsibilities of different fielders such as bowler, backstop and deep fielders.</p> <p>To know that a volley is hit before the ball bounces and usually from close to the net.</p> <p>To know the correct grip and body position when playing a volley.</p> <p>To know the main court positions and dimensions for doubles.</p>	<p>To adjust body position to defend an opponent.</p> <p>To apply the skills above to play recognised primary versions of invasion games (e.g High 5 netball).</p> <p>To bowl a ball underarm consistently to a target.</p> <p>To strike a ball consistently and be able to vary direction and distance.</p> <p>To field a ball effectively from different positions.</p> <p>To play a competitive striking game and throw accurately and consistently at chest height.</p> <p>To hit groundstrokes consistently into a target area.</p> <p>To maintain a co-operative volley to volley rally with a partner.</p> <p>To use an overarm 'pop' serve to start a point.</p> <p>To maintain a doubles rally, communicating with a partner.</p> <p>To play a tie break style game of doubles, keeping score accurately.</p>	<p>Backstop, deep fielder.</p> <p>Volley, service box.</p>	<p>Underarm, overarm, pace</p> <p>Doubles, communication, overarm, serve, return, tactics, baseline, sideline.</p>
6	<p>To know how power, body position and release angles can be used to ensure that passes and shots are consistently accurate.</p> <p>To know simple attacking and defending tactics.</p>	<p>To pass, receive and control a ball with consistent accuracy (and when travelling if applicable).</p> <p>To analyse own shots at goal and adjust body position, speed, angle and distances to improve accuracy.</p>	<p>Zone, one-to-one marking, reverse stick (hockey), team tactics.</p>	<p>Attacking tactics, defending tactics, officials, consistency, body position, rebound, block, decision making.</p>



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	<p>To know how zone marking can be used in a game. To know what roles and positions each player has in the primary version of a recognised invasion game. To know what specific roles game officials have.</p> <p>To know the correct body and arm position to bowl overarm. To know how to adjust batting position for different bowls.</p> <p>To know which shots (volley, forehand, backhand) are effective at different times in tennis. To know some simple tactics that can be used in tennis. To know how the tennis scoring system works.</p>	<p>To work with others to mark a specific space (zone). To work with others to agree on simple attacking and defending tactics in game situations. To apply the skills above to play recognised primary versions of invasion games (e.g High 5 netball, tag rugby). To apply game rules in simple officiating roles (umpire, timer, team coach). To bowl a ball overarm and underarm consistently to a target. To hit the ball from both sides of the body, directing it away from fielders. To vary fielding position according to opponent's strengths and field the ball consistently. To play a competitive striking game, scoring accurately and throwing and catching consistently. To select and play appropriate shots, given speed, direction and position of the ball. To serve with increasing accuracy into a target area. To start to use tactics such as net play, defensive shots and playing to an opponent's backhand. To play a game of singles or doubles tennis, using full scoring system.</p>	<p>Deuce, advantage, tramlines.</p>	<p>Underarm, overarm, backstop, rounder.</p> <p>Defensive play, net play, game, set.</p>
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