




PROGRESSION OF SKILLS AND VOCABULARY POLICY 2019



P.E ESSENTIAL SKILLS Y1-Y6: INVASION GAMES					
KEY STAGE 1		LOWER KEY STAGE 2		UPPER KEY STAGE 2	
End of Y1 expectations	End of Y2 expectations	End of Y3 expectations	End of Y4 expectations	End of Y5 expectations	End of Y6 expectations
<i>IPEP: Ball Control</i>	<i>IPEP: Kicking & Dribbling – Hockey & Football</i>	<i>IPEP: Passing for Possession – Football & Basketball</i>	<i>IPEP: Passing & Moving – Netball & Basketball</i>	<i>IPEP: Rules & Concepts – Netball & Football</i>	<i>IPEP: Invasion to Score – Hockey & Football</i>
Health  :					
Cooperate with others and share equipment	Understand reasons for warming up & cooling down & changes that happen when warming up & cooling down. Know why exercise is good for your health.	Discuss reasons for warming up & cooling down, recognising simple changes in the body and understand why exercise is good for your health	Explain changes in the body when warming up and cooling down and lead simple warm-ups and cool downs in small groups	Know short term and long term effects of exercise on the body. Lead warm ups and cool downs for the whole group with teacher support	Understand short and long term effects of exercise on the body and lead warm ups and cool downs for the whole class
Mental  :					
Recognise and talk about what they can do	Practise using simple attacking and defending tactics in a variety of activities and simple techniques for sending and receiving. Participate in competitive activities, individually or in team games	Begin to understand and use simple tactics for attacking and defending. Understand simple techniques used when sending and receiving, in a variety of activities Enjoy competing against others, individually or in team games	Explain when to change tactics in competitive situations. Identify some strengths and weaknesses in own performance and that of others	Know the rules of some games. Identify some strengths and weaknesses in own performance and that of others	Know the rules of a variety of games and analyse own performance and that of others
Physical  :					
Perform simple fundamental movement skills demonstrating some accuracy (Agility: run, jump, hop, skip, Balance: static,	Practise fundamental movement skills and begin to show some control & co-ordination. To kick accurately towards a target.	Practise fundamental movement skills and begin to show some control & co-ordination. To be able to pass a ball accurately and with speed. To be able to catch a ball consistently.	Perform fundamental movement skills in isolation and in combination with good control & co-ordination. Perform a range of games techniques with	Play a number of games with a basic skill level as an effective team member. To know how to 'mark' an opponent.	Experience a number of games demonstrating a good level of skill. Begin to have an impact on the game. To strike a ball or object towards a target or goal with power and accuracy.

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dynamic, Coordination: roll, catch, strike, dribble, kick)	To travel whilst moving a ball with your feet or apparatus. To develop knowledge of stronger and weaker sides of the body. To dribble around various cones and objects. To kick the ball confidently with the inside of your foot.		increasing control and co-ordination		
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KEY VOCABULARY: INVASION GAMES					
KEY STAGE 1		LOWER KEY STAGE 2		UPPER KEY STAGE 2	
End of Y1 expectations	End of Y2 expectations	End of Y3 expectations	End of Y4 expectations	End of Y5 expectations	End of Y6 expectations
Subject specific: Agility, run, jump, hop, skip, balance, static, dynamic, coordination, catch, strike, dribble, kick, travelling, direction, space, receiving, aiming, releasing, following through, control Equipment: Hurdles	Subject Specific: Stronger, weaker, dribble. Attacking, defending, tactics, football, hockey, power	Subject Specific: Basketball, technique, passing, receiving, scanning, dominant, possession, heart rate	Subject Specific: Warm-up, cool-down, pivot, context, space, chest pass, bounce pass, shoulder pass, intercept	Subject Specific: Opponent, mark, rules, facilitate, adapt, spatial awareness	Subject Specific: Impact, score, strike, defensive unit, organising, set area, observing, monitoring, accuracy, fluency.