




**PROGRESSION OF SKILLS AND VOCABULARY POLICY 2019**



P.E ESSENTIAL SKILLS Y1-Y6: NET AND WALL					
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: Balance &amp; Control - Striking</i>		<i>IPEP: Over the Net</i>		<i>IPEP: Accuracies &amp; Rallies</i>	
<b>Health</b> 					
Understand reasons for warming up & cooling down & changes that happen when warming up & cooling down. Know 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	
<b>Mental</b> 					
Practise using simple attacking and defending tactics in a variety of net and wall activities and simple techniques for sending and receiving		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 net and wall games. Identify some strengths and weaknesses in own performance and that of others	
<b>Physical</b> 					
Practise fundamental movement skills and begin to show some control & co-ordination. Participate in competitive activities, individually or in team games. To aim and strike an object towards a set target. To balance a ball on a racket with control.		Perform fundamental movement skills in isolation and in combination with good control & co-ordination. Perform a range of games techniques with increasing control and co-ordination. To consolidate the underarm serve technique. To explore forehand hitting.		Play a number of net and wall games with a basic skill level as an effective team member. To explore the 'smash' in badminton. To explore the 'lobbing' technique in tennis. To explore 'overarm serve' in volleyball.	

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<p>To recognise and begin to use space in games. To attempt to strike a ball over and beyond a target. To attempt to 'set' a ball in the air repetitively (Volleyball).</p>		<p>To explore the 'serve' technique (volleyball/badminton).</p>			
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KEY VOCABULARY: NET AND WALL					
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
<p><b>Subject specific:</b> Sending, receiving, aim, strike, balance, control, space, target, set, volleyball, repeat, underarm, swing, clean contact, hand grip. <b>Equipment:</b> Racket</p>		<p><b>Subject Specific:</b> Tennis, badminton, volleyball, serve, forehand, technique, dropping it, position, stance, territory  <b>Equipment:</b> Shuttlecock, badminton racket</p>		<p><b>Subject Specific:</b> Smash, lobbing, overarm serve, acceleration, speed, evaluating, adapting</p>	