




**PROGRESSION OF SKILLS AND VOCABULARY POLICY 2019**



P.E ESSENTIAL SKILLS Y1-Y6: STRIKING AND FIELDING					
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: Group Games</i>		<i>IPEP: Fielding</i>		<i>IPEP: Striking &amp; Fielding</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		Understand short and long term effects of exercise on the body and lead warm ups and cool downs for the whole class
<b>Mental</b> 					
	Practise using simple attacking and defending tactics in a variety of striking and fielding 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 a variety of striking and fielding games and analyse own performance and that of others
<b>Physical</b> 					
	Practise using simple attacking and defending tactics in a variety of striking and fielding activities and simple techniques for sending and receiving. To develop agility and co-ordination.		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.		Experience a number of striking and fielding games demonstrating a good level of skill. Begin to have an impact on the game. Intercept an object or ball. To field as a collaborative team unit. To retrieve, intercept and stop a ball when fielding.

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			Throw an object with varying speed and accuracy. Throw an object or ball overarm. Choose appropriate positioning when fielding. Intercept an object or ball.		To strike a ball or object using both sides of the body.
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**KEY VOCABULARY: STRIKING AND FIELDING**

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
	<b>Subject Specific:</b> Agility, coordination, special awareness, fielding, striking, rounders, cricket.		<b>Subject Specific:</b> Accuracy, overarm, fielding, intercept, position, blocking		<b>Subject Specific:</b> Collaborative, retrieve, intercept, cover space, shield bases, ready position