

Helmdon School Games Skills Progression 2023 - 2024

NC Objectives: Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

At Helmdon School, Physical Education is an integral part of our curriculum. We strive to create a culture that inspires an active generation to enjoy PE, encourage each other and achieve. We provide a safe and supportive environment for children to flourish in a range of different physical activities. We offer a dynamic and varied programme of activity to ensure that all children progress physically through a unique and fully inclusive PE curriculum.

	Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Rugby	<p>To listen and observe, show an awareness of space for themselves and others</p> <p>To move with confidence, travel in different ways with control and co-ordination</p> <p>To use hands to control a ball</p> <p>To learn how to throw and catch a rugby ball</p>	<p>To master basic throwing and catching skills.</p> <p>To develop balance, agility and co-ordination. developing balance agility and co-ordination</p> <p>To make use of coordination, accuracy and weight transfer</p> <p>To develop receiving skills</p> <p>Use throwing and catching skills in a game</p>	<p>To confidently use hand-eye coordination to control a ball</p> <p>To vary the type of throw</p> <p>To move confidently with a ball</p> <p>To develop catching and dribbling skills</p> <p>To throw a ball for distance</p>	<p>To understand tactics and vary how they are used in a game</p> <p>To vary skills, actions and ideas and link these in ways that suit the games activity</p> <p>To communicate effectively with others during game situations</p> <p>To display skills with co-ordination and control</p> <p>To work well in a group to develop various games</p> <p>To begin to understand how to compete with each other in a controlled manner</p>	<p>To vary skills, actions and ideas and link these in ways that suit the games activity</p> <p>To consistently use skills with co-ordination, control and fluency</p> <p>To be able to make suggestions as to what resources can be used to differentiate a game</p> <p>To learn basic attacking and defending skills</p>	<p>To takes part in competitive games with an understanding of tactics and composition</p> <p>To create own games using knowledge and skills</p> <p>To apply basic skills for attacking and defending</p> <p>To compare and comment on skills to support creation of new games</p>	<p>To consistently keep possession of ball during games situations</p> <p>To take part in competitive games with a strong understanding of tactics and composition</p> <p>To be able to modify competitive games</p> <p>To comment on others performance to support peer coaching</p> <p>To apply and consistently use knowledge of skills for attacking and defending</p>

Football	<p>To listen and observe, show an awareness of space for themselves and others</p> <p>To move confidently, change direction and speed with developing coordination on command</p> <p>To receive a ball with basic control. Send a ball with basic control</p> <p>To kick a ball to an end target</p>	<p>To move confidently, change direction and speed</p> <p>To travel in a variety of ways including running and jumping</p> <p>To receive a ball with basic control</p> <p>To start to develop foot eye coordination.</p> <p>To participate in simple games</p> <p>To learn how to run with the ball</p>	<p>To send the ball to others in a range of ways with control.</p> <p>To begin to apply and combine a variety of skills to a game situation</p> <p>To begin to understand what good spatial awareness is</p> <p>To begin to develop own games with peers</p>	<p>To understand tactics and composition by starting to vary how they respond</p> <p>To vary skills, actions and ideas and link these in ways that suit the games</p> <p>To begin to communicate with others during game situations</p> <p>To use skills learnt with coordination and control</p>	<p>To show confidence in using ball skills in various ways</p> <p>To consistently use skills with coordination, control and fluency</p> <p>To take part in competitive games with an understanding of tactics and composition</p> <p>To create own games using knowledge and skills</p> <p>To work well in a group to develop various games</p> <p>To learn basic skills for attacking and defending</p>	<p>To show confidence in using ball skills in various ways and can link these together</p> <p>To use skills with coordination, control and fluency</p> <p>To take part in competitive games with a strong understanding of tactics and composition</p> <p>To implement own games using knowledge and skills</p> <p>To apply basic skills for attacking and defending</p>	<p>To show confidence in using ball skills in various ways, and can link these together</p> <p>To apply five basic football techniques</p> <p>To keep possession of the ball during games situations</p> <p>To take part in competitive games with a strong understanding of tactics and composition</p> <p>To consistently apply knowledge of skills for attacking and defending</p>

<p>Gymnastics</p>	<p>To learn how to perform basic gymnastic shapes - straight, tuck, star</p> <p>To understand how to use different parts of the body to perform gymnastic shapes</p> <p>To explore basic movement co-ordinating arms and legs</p> <p>To develop basic balancing skills</p>	<p>To explore movement actions with control and link them together with flow.</p> <p>To explore gymnastic actions and shapes.</p> <p>To explore travelling on benches.</p> <p>To explore movement actions with control, and to link them together with flow.</p> <p>To choose and use simple compositional ideas by creating and performing sequences.</p> <p>To repeat and link combinations of gymnastic actions.</p> <p>To link combinations of movements and shapes with control</p>	<p>To remember and repeat simple gymnastic actions with control.</p> <p>To balance on isolated parts of the body using the floor and hold balance.</p> <p>To develop a range of gymnastic moves, particularly balancing.</p> <p>To link together a number of gymnastic actions into a sequence.</p> <p>To explore ways of travelling around on large apparatus.</p> <p>To choose and use a variety of gymnastic actions to make a sequence</p>	<p>To explore jumping techniques and link them with other gymnastic actions.</p> <p>To explore jumping techniques and to link them with other gymnastic actions.</p> <p>To select and adapt gymnastics actions to meet the task.</p> <p>To work with a partner or a small group to create a sequence that develops jumping skills.</p> <p>To improve the ability to choose appropriate actions when creating a sequence of gymnastic movement</p>	<p>To identify and practise body shapes.</p> <p>To identify and practise symmetrical and asymmetrical body shapes.</p> <p>To construct sequences using balancing and linking movements.</p> <p>To use counterbalances and incorporate them into a sequence of movements.</p> <p>To perform movements in canon and in unison.</p> <p>To perform and evaluate own and others' sequences</p>	<p>To identify and practise body shapes and balances.</p> <p>To identify and practise symmetrical and asymmetrical body shapes.</p> <p>To use and refine the following skills: flexibility, strength, balance, power and mental focus.</p> <p>To develop skills for movement, including rolling, bridging and dynamic movement.</p> <p>To use counterbalances and incorporate them into a sequence of movements.</p> <p>To perform movements in canon and in unison.</p> <p>To perform and evaluate own and others' sequences.</p>	<p>To identify and practise gymnastic shapes and balances.</p> <p>To identify and practise symmetrical and asymmetrical body shapes.</p> <p>To construct sequences using balancing and linking movements</p> <p>To use counterbalances and incorporate them into a sequence of movements.</p> <p>To perform movements in canon and in unison.</p> <p>To perform and evaluate own and others' sequences.</p>
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<p>Quicksticks hockey</p>				<p>To understand basic rules and safety</p> <p>To move around maintaining the correct body position</p> <p>Start to perform basic hockey skills such as dribbling and passing</p> <p>To understand the layout of a hockey pitch</p>	<p>To be able to consistently perform basic hockey skills such as dribbling and push pass</p> <p>To implement the basic rules of hockey</p> <p>To develop tactics and apply them in competitive situations</p> <p>To increase speed and endurance during game play</p>	<p>To be able to be able to combine basic hockey skills such as dribbling and push pass</p> <p>To be able to confidently select and apply skills in a game situation</p> <p>To begin to play effectively in different positions on the pitch including in defence</p> <p>To increase power and strength of passes, moving the ball over longer distances</p>	<p>To choose and implement a range of strategies and tactics to attack and defend</p> <p>To combine and perform more complex skills at great speed</p> <p>To recognise and describe good individual and team performances</p> <p>To suggest, plan and lead a warm up as a small group</p>
<p>Kwik Cricket</p>	<p>To understand how to hold a bat</p> <p>To encourage confidence moving around</p> <p>To understand importance of hand eye co-ordination</p> <p>Move confidently, change direction and speed avoiding collisions, stop quickly</p>	<p>To develop confidence using a kwik cricket ball - basic throwing and catching skills</p> <p>To understand how to hold a bat and hit a ball off a tee</p> <p>To encourage confidence moving around</p> <p>To understand importance of hand eye co-ordination</p>	<p>To improve basic throwing and catching skills</p> <p>To understand how to hold a bat and strike a ball when it is thrown to the batter</p> <p>To develop spatial awareness</p> <p>To understand importance of hand eye co-ordination</p>	<p>To introduce the basic rules of 'kwik cricket' game</p> <p>To learn the basics of bowling a cricket ball</p> <p>Throwing a cricket ball accurately</p> <p>Learning how to hold a cricket bat. Striking with a cricket bat</p> <p>Playing kwik cricket to apply all learnt skills.</p>	<p>Learn the concept of hitting the wickets to score points.</p> <p>Practising 'runs'</p> <p>To develop overarm bowling technique</p>	<p>To understand the importance of fielding positions</p> <p>To learn the different batting shots</p> <p>Refine fielding techniques to apply them in a game</p> <p>Play diamond cricket</p>	<p>Participate in a kwik cricket game</p> <p>To understand all the positions on the pitch</p> <p>To score accurately and lead a game for younger children</p>

<p>Athletics</p>	<p>To explore running, jumping and throwing activities</p> <p>To recognise how the body feels during different activities</p> <p>To watch and copy activities that they are shown</p> <p>To develop an awareness of speed, height and distance</p> <p>To throw with co-ordination</p>	<p>To develop running, jumping and throwing skills</p> <p>To think about body position when moving</p> <p>To develop an underarm throwing technique</p> <p>To recognise what makes a good jump and throw</p>	<p>To learn quick reactions and how to use them effectively</p> <p>To learn how to run in a fluent way</p> <p>To learn how to run at different speeds</p> <p>Understand basic skills required to make an accurate throw</p> <p>To develop jumping technique</p>	<p>To develop greater fluency and co-ordination of movements</p> <p>To develop skills for running over obstacles</p> <p>To improve control in throwing activities</p> <p>To understand the basics of a pull throw</p> <p>To understand the basics of a push throw</p> <p>To develop power when jumping for distance and height</p> <p>To begin to evaluate their own and others performance</p>	<p>To increase the number of different skills used</p> <p>To develop basic skills for acceleration</p> <p>To learn how to generate a greater force in throwing</p> <p>To develop control and consistency when jumping for height and distance</p> <p>To learn the basics of a successful relay team</p> <p>To learn how to set targets and measure success</p>	<p>To learn how to sustain speed over longer distances</p> <p>To develop a consistent stride pattern over hurdles</p> <p>To learn the fling and heave throws</p> <p>To develop the approach and take off when jumping for height and distance</p> <p>Develop changeover skills in a relay team</p> <p>To learn how to measure and record performance for self and others</p>	<p>To lead a group warm up specific to the activity</p> <p>To introduce interval running sessions to improve stamina</p> <p>To develop own hurdling technique</p> <p>To learn how to generate a greater force in all throws</p> <p>To develop a range of jumping techniques</p> <p>To continue to set personal challenges and targets</p>
<p>Rounders</p>				<p>To understand how to throw and catch a ball accurately</p> <p>To understand the correct batting technique</p> <p>To understand the basic rules of rounders - including positions and scoring</p>	<p>To develop consistent throwing skills - both over arm and under arm</p> <p>To catch a ball accurately and consistently</p> <p>To implement some basic rules into a game</p> <p>To develop batting technique</p>	<p>To improve throwing accuracy</p> <p>To understand and play in all the fielding positions</p> <p>To understand start to implement basic tactics</p> <p>To complete a game</p>	<p>To understand the importance of team work and tactics during a game</p> <p>To teach younger children key skills in small groups</p> <p>To run a rounders tournament for other year groups</p>

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Mini-red tennis	<p>To learn the core agility, balance and coordination skills associated with tennis.</p> <p>To understand and show awareness of others when moving around the court</p> <p>To move confidently around the court with a tennis ball</p> <p>To hold the tennis racket correctly</p> <p>To learn how to rally by rolling the ball, progressing to 1 racket and then both players with a racket</p>	<p>To learn the core agility, balance and coordination skills associated with tennis</p> <p>To show awareness of others when moving around the court</p> <p>To hold the tennis racket correctly for a forehand</p> <p>To learn the basic technique for an under arm serve</p> <p>To be learn how to rally using just the ball, progressing to 1 racket and then both players with a racket</p>	<p>To develop core agility, balance and coordination skills associated with tennis.</p> <p>To learn the ready position</p> <p>To develop forehand stroke</p> <p>To use the under arm serve to start a rally</p> <p>To understand the volley stroke and start using it</p> <p>Compete in a skills festival to measure progress</p>	<p>To develop core agility, balance and coordination skills associated with tennis.</p> <p>To develop the ready position</p> <p>To use the forehand stroke to maintain a rally</p> <p>To develop the under arm serve to start a rally</p> <p>To develop the volley stroke</p>	<p>To improve core agility, balance and coordination skills associated with tennis.</p> <p>To use the ready position consistently</p> <p>To learn the backhand stroke</p> <p>To understand where to stand and move on the court</p> <p>To learn the basic rules of match play using adapted rules</p>	<p>To clearly demonstrate core agility, balance and coordination skills associated with tennis</p> <p>To be able to name the different strokes and vary using them when playing</p> <p>To learn how to react to ball direction</p> <p>To learn how to do an overarm serve</p>	<p>To embed core agility, balance and coordination skills associated with tennis.</p> <p>To compete and umpire match play</p> <p>To try and use all the different strokes during play</p> <p>To start a game with an overarm serve</p> <p>To develop doubles play</p> <p>To implement tactics during matches</p>
Netball		<p>To perform basic netball skills such as passing and catching using recognised throws.</p> <p>Understand the basic rules of netball.</p>	<p>To perform basic netball skills such as passing and catching using recognised throws.</p> <p>Understand the basic rules of netball,</p>	<p>To perform basic netball skills such as passing and catching using recognised throws</p> <p>Use space effectively to build attacking play</p> <p>Implement the basic rules of netball</p>	<p>Learn high five netball positions.</p> <p>Acquire and apply basic shooting techniques.</p> <p>Demonstrate and implement some basic rules of high five.</p> <p>Develop netball skill such as marking and footwork.</p>	<p>Confidently use specific netball skills in games for example: pivoting, dodging, bounce pass and previously learnt skills.</p> <p>Begin to play effectively in different positions on the pitch in both attack and defence.</p> <p>Increase power and strength of passes,</p>	<p>Work as a team to improve group tactics and game play.</p> <p>Play within the rules using blocking skills for shots and passes.</p> <p>Develop defensive skills.</p>

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