

Year	Acquire and Develop	Select and Apply	Evaluate and Improve	K&U of Fitness and Health	Vocabulary
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### Glen Hills Primary School Progression Map – PE (Games and Athletics)



Year	SAS Key Learning Objectives				Vocabulary
	Acquire and Develop	Select and Apply	Evaluate and Improve	K&U of Fitness and Health	
<b>Year 1</b>	I can stop a ball with basic control. I can use basic underarm, rolling and hitting skills. I can run at different speeds, jump from a standing position and throw an object with one hand.	I can send a ball in the direction of another person. I can choose different ways of hitting, throwing, striking or kicking the ball. I start to decide when to sprint.	I can describe my part in sending and receiving. I can explain why I throw, hit and kick a ball in a variety of ways, depending on the needs of the game.	I can safely perform teacher led warm-ups & can describe & discuss others work.	Underarm throw, overarm throw, two hands catch, eyes on the ball, timing, release, accuracy, Single leg, alternate hopping, land, hold, balance,
<b>Year 1 GDS</b>	I can track, intercept, stop and catch balls and beanbags consistently. I can run and jump with control.	I can choose a range of skills that suit the needs of the game and outwit my opponents.	I can describe simple tactics and skills I can use in games.	I can show an understanding of why physical activity is fun and makes me feel good.	
<b>Year 2</b>	I can stop/catch a ball with control. I can perform basic skills of rolling, striking and kicking with more confidence. I can change speed & direction whilst running. I can jump accurately from a standing position. I can throw a variety of objects with one hand.	I can pass a ball to someone else well. I can take part in opposed conditioned games.(Simple versions of games) I can select the best pace to run. I can explore different ways of throwing at targets.	I can explain differences between my own and others' performances. I begin to understand why I run at different paces. I can pick the best way to throw an object.	I understand about exercising, safety & short term effects of exercise.	Racket, football, tennis ball, bat, Attack, defence, team, support, Travelling, throwing, jumping, speed, distance, Speed, strength, stamina
<b>Year 2 GDS</b>	I can perform basic techniques of catching,	I begin to use skills thoughtfully in simple	I explain a variety of simple tactics to attack or defend.	I realise the importance of exercise to keep me healthy.	

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	<p>throwing and kicking with a good level of consistency.</p> <p>I can and throw, jump in many ways.</p> <p>I am beginning to use a good technique for running.</p>	<p>competitive games;</p> <p>I achieve greater control by anticipating action in a game and reacting quickly.</p> <p>I can select the best way to throw an object.</p> <p>I can choose different paces for races.</p>	<p>I can explain when I need to sprint.</p> <p>I can explain way different throwing techniques are better for different objects.</p> <p>I begin to help others.</p>		
<b>Year 3</b>	<p>I can control and catch a ball with movement.</p> <p>I can throw and catch with control to keep possession.</p> <p>I can use a small range of basic racket skills.</p> <p>I can run at a speed appropriate to the distance I am running.</p> <p>I can take a running jump.</p>	<p>I can play effectively with increasing speed and precision, as members of small teams.</p> <p>I can select the best jump for the task.</p> <p>I know when to sprint, jog and walk during races and games.</p>	<p>I can see how my performance is similar and different from others' work and use this understanding to improve my own performance.</p> <p>I can explain how well others are jumping, throwing and running.</p>	<p>I can explain why it is important to warm up and cool down.</p> <p>I am beginning to understand basic rules of games and follow them fairly.</p>	<p>Sprint, Body shape, Hop, Step, Jump, Hurdle, Field, Bat, Stumps, Posts/Base, bowl, Run, Batter, Attack, Defend, Tactics, possession</p>
<b>Year 3 GDS</b>	<p>I can use a wide range of throwing, catching and hitting skills, on both sides of their body.</p> <p>I can change the pace, length and direction of my throws and shots, to outwit my opponent.</p> <p>I can jump using different take offs with control.</p> <p>My running technique is becoming relaxed and fluent.</p>	<p>I play effectively with speed and precision, as members of both small and larger teams; decide quickly where and when to pass the ball.</p> <p>I am transferring my jumping and running skills/techniques to other games.</p>	<p>I can say why a player has moved to help others and apply this knowledge to my own play.</p> <p>I am starting to give others useful feedback during lessons.</p>	<p>I can help to choose activities that warms up my body and gets me ready to play.</p>	
<b>Year 4</b>	<p>I can use a wide range of</p>	<p>I can choose and use a range</p>	<p>I can talk about what I do</p>	<p>I understand why my heart</p>	<p>Bowler, Bat, Posts</p>

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	<p>throwing, catching and hitting skills, on both sides of my body.</p> <p>I am trying to change the pace, length and direction of my throws and shots, to outwit my opponent.</p> <p>I can beginning to improve and sustain my running technique at different speeds.</p> <p>I can jump confidently in different ways.</p>	<p>of simple tactics for sending the ball in different ways to make it difficult for my opponent.</p> <p>I can keep possession with some success when using equipment.</p> <p>I can link a series of jumps together.</p>	<p>well and recognise things that I could do better.</p> <p>With help, I can identify &amp; explain good athletic performance.</p>	<p>beats faster when I exercise.</p> <p>I understand that my body gets tired during exercise.</p>	<p>Catching/throwing, Fielding, Bowling, Underarm, Blocking, stopping, Pace, Stamina, Defence,, possession, Hockey stick, Dribbling, Tackling, Defending, Attacking, Sweeping, Rolling, Shooting drills, Chest pass/ bounce pass/ dodge, pass/ double dodge pass</p>
<b>Year 4 GDS</b>	<p>I can keep up a continuous game, using a range of throwing and catching skills and techniques with a degree of accuracy.</p> <p>My throwing accuracy is greatly improving.</p> <p>I can start quickly and show a good relaxed running style.</p> <p>I can land safely after each jump.</p>	<p>I can vary tactics and adapt skills in response to the situation I face in a game.</p> <p>I can link a run and series of jumps together confidently and land safely. I am aware of space and can use it to support team-mates and cause problems for the opposition.</p>	<p>I can explain how to use and interpret rules fairly.</p> <p>I am able to suggest ideas for practices I can do to improve my performance</p> <p>I can identify &amp; explain good athletic performance.</p>	<p>I am able to follow warm-up routines and lead simple warm ups.</p> <p>I know that exercise makes my body tired so I pace myself during races.</p>	<p>Hop/skip/jump</p> <p>Bend your knees</p> <p>Straighten knees/ankles</p> <p>Best to best foot</p> <p>One foot to other foot</p> <p>Sprint, Long distance</p> <p>Heels/low/push off your back foot,</p> <p>Markers, Stride</p> <p>Chest push throw,</p> <p>Heave throw, Baton, Relay</p> <p>Outgoing runner starting blocks</p> <p>Incoming runner</p> <p>Down sweep motion</p> <p>Pace, Reaction sprint</p> <p>Laps</p> <p>Target, Tactics</p>

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					Race 50/60/100/800 metres, jogging
<b>Year 5</b>	<p>I am using a wide range of throwing and catching techniques well.</p> <p>I am varying the pace, length and direction of my throws.</p> <p>I can sustain a good running technique at different speeds.</p> <p>I can demonstrate some accuracy &amp; technique in a range of throwing &amp; jumping actions.</p>	<p>I can select the appropriate sending and receiving technique during a game.</p> <p>I find ways of attacking successfully.</p> <p>I am selecting the techniques taught in lessons and using them in race/competition style activities.</p>	<p>I can explain ways of keeping possession of the ball as a team.</p> <p>I understand that there is a need to defend as well as attack and use this in my performances.</p> <p>I can identify &amp; explain good athletic performance.</p>	<p>I understand the similarities between invasion games, even though they use different sending, receiving and 'travelling with' techniques.</p> <p>I can recognise that games make me use my muscles.</p>	<p>Poise, Flexibility</p> <p>Technique, Fluent Possession</p> <p>Counter- attack</p> <p>Precision</p> <p>Decision-making</p> <p>Constructive feedback</p> <p>Sportsmanship</p> <p>Spirit</p> <p>Forehand/backhand</p>
<b>Year 5 GDS</b>	<p>I use a wide range of shots in games, with a good degree of consistency and accuracy.</p> <p>I can perform sending and receiving skills while moving and under pressure.</p> <p>My accuracy and technique is very good when throwing.</p> <p>I can perform the triple jump with confidence and fluently.</p>	<p>I can select the appropriate sending and receiving technique during a game situation and perform these skills fluently.</p> <p>I find ways of attacking and defending successfully.</p> <p>I can start powerfully, under pressure and focus on the end target during a race.</p>	<p>I can watch and describe others' performances, as well as my own, and suggest practices that will help me and others.</p> <p>I help others improve and sustain their running technique at different speeds by designing activities to help them.</p>	<p>I understand a wide range of rules and have begun to officiate small sided games, I can help organise and officiate races and mini-Olympic type games/activities.</p>	
<b>Year 6</b>	<p>I am using a wide range of throwing and catching techniques fluently.</p> <p>I am varying the pace, length and direction of my throws and shots, to outwit</p>	<p>I select different types of shots/passes increasingly well in the games I play.</p> <p>I make the correct decisions when attacking or defending in a variety of games.</p>	<p>I can advise and help others in their techniques and skills in game situations.</p> <p>I can watch others' performances and spot weaknesses and strengths.</p>	<p>I can explain how different types of exercise contribute to my fitness and health.</p> <p>I can describe how I might get involved in other types of activities</p>	<p>Possession, Counter-attack/defend,</p> <p>Precision</p> <p>Shielding, Decision-making</p> <p>Constructive feedback</p>

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	<p>my opponent. I can shoot, pass and dribble with some accuracy in most sports. I can control movement with a ball in opposed situation whilst moving. I can demonstrate good control, strength, speed &amp; stamina in a variety of athletic events</p>	<p>I can combine accurate passing skills / techniques in game.</p>			<p>Sportsmanship, Spirit Forehand/backhand Return, Shot placement</p>
<b>Year 6 GDS</b>	<p>I am using a wide range of throwing and catching techniques fluently whilst moving and under pressure. I can keep possession during a variety of games. I move into and create space in every game. I can shoot, pass and dribble with great accuracy in all sports.</p>	<p>I can combine skills, techniques and ideas. I can apply them in ways that suit the activity with consistent precision, control and fluency. I understand how to apply athletic skills &amp; tactics to a competitive situation.</p>	<p>I can identify strengths and weaknesses in my own and others' play, and suggest practices that will lead to improvement.</p>	<p>I can explain how to prepare and recover from sporting activities.</p>	