



## Progression of Skills –Games Lessons

	End of Year 3	End of Year 4	End of Year 5	End of Year 6
<b><u>Developing skills</u></b>	<p>Master most fundamental skills and start to develop sport specific skills. Develop throwing and catching skills using different sports and activities.</p> <ul style="list-style-type: none"> <li>▶ Perform using a number of sending and receiving skills with some accuracy.               <ul style="list-style-type: none"> <li>▶ Travelling - change direction easily.</li> </ul> </li> <li>▶ Plan routes around obstacles (e.g. players, pitch).               <ul style="list-style-type: none"> <li>▶ Begin to work cooperatively with others to solve challenges.</li> </ul> </li> </ul>	<p>Master fundamental movement skills and start to develop sport specific skills. Develop a broader range of skills using different sports and activities.</p> <ul style="list-style-type: none"> <li>▶ Perform using a number of sending and receiving skills with consistency and accuracy. Travel with an object i.e. running or dribbling a ball with / without equipment.</li> <li>▶ Work cooperatively with others to solve challenges.</li> </ul>	<p>Continue to develop sport specific skills applying them with coordination and control. Perform a number of skills, i.e. travelling with and without equipment, sending and receiving skills with consistency, accuracy, confidence and control.</p> <ul style="list-style-type: none"> <li>▶ Work cooperatively with a partner and small group.</li> </ul>	<p>Continue to develop sport specific skills, applying them with control and precision.</p> <ul style="list-style-type: none"> <li>▶ Perform a number of travelling skills, i.e. with and without equipment, sending and receiving skills with consistency, accuracy, confidence, control and speed.</li> <li>▶ Accept responsibility when working in a team.</li> </ul>
<b><u>Example of skills</u></b>	<p>Examples of developing sport specific skills may include:</p> <ul style="list-style-type: none"> <li>○ Chest pass, bounce pass, swing pass, catching.</li> <li>○ Dodging and swerving.               <ul style="list-style-type: none"> <li>○ Underarm bowl.</li> <li>○ Throwing overarm.</li> <li>○ Strike a ball with implement.</li> </ul> </li> <li>○ Beginning to run at speeds appropriate for the distance.</li> </ul> <p><i>e.g. sprinting and cross country</i></p> <p>Can perform a running jump with some accuracy</p>	<p>Examples of developing sport specific skills may include:</p> <ul style="list-style-type: none"> <li>○ Chest bounce pass, swing pass, catching.</li> <li>○ Bouncing a ball, running with a ball.               <ul style="list-style-type: none"> <li>○ Underarm bowl.</li> <li>○ push/ pull throws</li> </ul> </li> <li>○ Throwing overarm.</li> <li>○ Strike a ball with implement.</li> <li>○ Beginning to build a variety of running techniques and use with confidence.</li> </ul> <p>Can perform a running jump with more than one component.</p> <p><i>e.g. hop skip jump (triple jump)</i></p> <p>Demonstrates accuracy in throwing and catching activities.</p>	<p>Examples of sport specific skills may include:</p> <ul style="list-style-type: none"> <li>○ Chest bounce, shoulder pass, catching, push pass, kicking, shooting.</li> <li>○ Bowl underarm / overarm.               <ul style="list-style-type: none"> <li>○ Strike a ball (cricket).</li> <li>○ Catch a small ball.</li> </ul> </li> <li>○ Uses running, jumping, throwing and catching in isolation and combination.</li> </ul> <p>All athletic disciplines.</p> <p>Beginning to build a variety of running techniques and use with confidence.</p> <p>Can perform a running jump with more than one component.</p>	<p>Examples of developing further sport specific skills may include:</p> <ul style="list-style-type: none"> <li>○ Chest bounce, shoulder, swing pass, dribbling a ball, running with a ball.</li> <li>○ Bowl, underarm / overarm.</li> <li>○ Further ability and detail of athletic events</li> </ul> <p>Catch a small ball.</p> <p>Beginning to build a variety of running techniques and use with confidence.</p> <p>Can perform a running jump with more than one component.</p> <p><i>e.g. hop skip jump (triple jump)</i></p> <p>Beginning to record peers performances, and evaluate these.</p>



	<p>Performs a variety of throws using a selection of equipment.</p> <p>Can use equipment safely and with good control.</p>	<p>Describes good athletic performance using correct vocabulary.</p> <p>Can use equipment safely and with good control.</p> <p>Uses running, jumping, throwing and catching in isolation and combination.</p>	<p><i>e.g. hop skip jump (triple jump)</i></p> <p>Beginning to record peers performances, and evaluate these.</p> <p>Demonstrates accuracy and confidence in throwing and catching activities.</p> <p>Describes good athletic performance using correct vocabulary.</p> <p>Can use equipment safely and with good control.</p>	<p>Demonstrates accuracy and confidence in throwing and catching activities.</p> <p>Describes good athletic performance using correct vocabulary.</p> <p>Can use equipment safely and with good control.</p>
<b>Application of skills: Attacking &amp; defending strategies</b>	<p>Develop simple attacking skills in a 3V1 invasion game.</p> <p>► Apply skills and tactics in a range of other games such as net / wall or striking / fielding type activities.</p>	<p>Develop attacking skills in a 4V2 invasion game.</p> <p>► Apply skills and tactics in a range of other games such as net / wall or striking / fielding type activities.</p>	<p>Collaborate as a team and develop defending skills through modified versions of 5V3 or 5V4 invasion games.</p> <p>► Apply a range of skills and tactics in a range of other games such as net / wall or striking / fielding type activities/ athletic events.</p>	<p>Collaborate as a team and apply attacking and defending skills through modified versions of 4V4 or 5V5 invasion games.</p> <p>► Apply a range of skills and tactics in a range of other games such as net / wall or striking / fielding type activities/ athletic field.</p>
<b>Evaluating Success</b>	<p>Identify what they do best and what they find difficult.</p> <p>► Make simple assessments of performance based on simple criteria given by the teacher.</p>	<p>Describe what is successful in their own performances.</p> <p>► Identify aspects of their game that needs improving and say how they could go about improving them.</p>	<p>Recognise their own and others strengths and explain why a performance is good using appropriate terminology when evaluating both their own and others performances.</p>	<p>Identify aspects of their own and others' performances that need improvement and suggest how to improve them, i.e. which aspects were performed consistently, accurately, fluently and clearly.</p> <p>► Watch performances and games and use criteria to make judgements and suggest improvements.</p>
<b>Character Building</b>	<p>Honesty, Co-operation, Trust, Communication, Courage and Resilience</p>	<p>Self-discipline, Self-motivation, Determination, Encouragement</p>	<p>Respect, Communication, Evaluation, Encouragement, Cooperation, Decision-making, Responsibility</p>	<p>Resourcefulness, Empathy, Encouragement, Decision-making, Resilience</p>



**Great Moor Junior School**  
*"Learning Together"*  
Respect, Kindness, Tolerance, Responsibility, Co-operation

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