Progression of skills and knowledge in Physical Education – Net and Wall Games

Foundation Stage

Negotiate space and obstacles safely, with consideration for themselves and others. (Gross motor skills)
Demonstrate strength, balance and coordination when playing. (Gross motor skills)
Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. (Gross motor skills)
Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. (Self regulation)
Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. (Self regulation)
Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. (Managing self)
Explain the reasons for rules, know right from wrong and try to behave accordingly. (Managing self)

Y1/2

I know that there are rules of the game to follow. (Y1)
I follow rules of a game. (Y2)
I know when to use different skills and simple tactics to win games, such as aiming into space to score points/make it difficult for my opponent.
I know when to move to get in line with the ball to receive it.
I know how to engage in competitive and cooperative activities, both against self and against others.
I know how to move and use the ball in different way.
I know how to show basic ball control with simple actions.
I know how to throw underarm. (Y1)
I know how to send a ball to a partner (throwing, pushing, rolling).
I know how to perform a range action including catching/gathering skills and sending/passing with control and throw/hit a ball in different ways eg high, low, fast, slow.
I know how to hold a racket correctly.
I know what a rally is.
I can show good awareness of others during games and activities.
I know how to move fluently, changing direction and speed: showing good awareness of others.
I know how to watch, track, and catch a shuttle successfully (badminton).
I know how to control the shuttle's movements, with and without a racket (badminton).
I know how to hit the shuttle, when it's in the air, varying height, speed, and direction into space and to a partner (badminton).
I know how to rally.
I know how the ball can move in different ways.

Y3/4

I know that consistency is important when performing skills and practising techniques.
I know that there are two types of rallies and I have participated in both.
I know when to take up spaces to make it difficult for my opponents to score.
I can use space for a purpose. (Y3)
I know why tactics are used in games.
I know when to apply basic principles for attacking and defending when facing an opponent.
I know when to find and use space to my advantage in game situations.
I can run at different speeds, including changing direction. (Y3)
I know when to use particular skills to try and win games.
I know how to perform skills needed for the game with control and accuracy.
I know how to throw and send the ball using a variety of techniques.
I can throw in different ways. (Y4)

I know how to send a ball into space at different speeds and heights to make it difficult for the opponent.
I know how to Intercept and stop the ball consistently.
I know how to adopt a good 'ready position' to move and catch a ball.
I know how to perform a basic forehand shot with control and accuracy.
I know how to keep a rally going using a range of shots.
I know how to throw/send/ hit a ball into space, at different speeds and heights to make it difficult for your opponent.

I can throw and catch with control. (Y3)

I know how to compete with others: keeping and following the rules of the game.
I know how to move around the court well, with purpose.
I know how to perform a good ready stance and structure when throwing/hitting the ball or shuttle.
I know how to perform a forehand and backhand serve (badminton).
I know how to hit the shuttle: in different directions, at various speeds and heights.
I know how to complete a forehand and lift shot (badminton).
I know how to chasse in isolation and in games (badminton).

<u>Y5/6</u>

I know the benefits of having a good ready position/stance during a rally.
I know when to apply principles suitable for attacking, eg identifying gaps
I know when to apply principles suitable for defending eg position on court.
I know when to perform tactical serves to help deceive opponents and score points.
I know how to use the correct footwork to hit the ball/shuttle with good technique.
I know how to participate in competitive games, modified where appropriate.
I know how to direct a ball/shuttle to a target area.
I know how to perform consistently (resulting in longer rallies).
I know how to keep a good grip on the racket to be able to play both a forehand and a backhand.
I know how to perform a backhand and forehand shot with confidence.
I know how to hit the shuttle whilst on the move (badminton).
I know how to perform a backhand and overhead clear (badminton).
I know how to perform a chasse step and lunge.