Progression of skills and knowledge in Physical Education – Striking and Fielding Games

Foundation Stage

Demonstrate strength, balance and coordination when playing. (Gross motor skills)
Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. (Gross motor skills)
Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly using different techniques.(Self regulation)
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)
Work and play cooperatively and take turns with others. (Building relationships)

Y1/2

I know that there are rules of the game to follow. (Y1)
I follow rules of a game. (Y2)
I know the importance of good awareness of others when playing games.
I know when to apply simple tactics, such as, hit the ball into space to help score more points.
I know how to move fluently, changing direction and speed: with and without a ball and avoiding collisions.
I know how to run, jump, throw, catch, and skip.
I know how to compete against myself and others.
I know how to throw underarm. (Y1)
I know how to hit a self-thrown ball with a bat. (Y1)
I know how to throw/hit a ball in different ways eg high, low, fast, slow showing basic control.
I know how to catch and stop the ball, getting in line with the ball to receive it.

Y3/4

I understand the rules of the game.
I know when to communicate and collaborate with others during team games.
I can discuss tactics and know when to apply tactics in game situations: for both fielding and striking.
I know how to throw a ball over an increasing distance.
I know how to catch a ball over an increasing distance.
I can hit a ball from a feeder. (Y4)
I know how to hit a ball with the correct technique.
I know how to intercept and stop the ball consistently.
I can throw and catch with control. (Y3)
I can use space for a purpose. (Y3)

Y5/6

I know that taking up positions in a game will impact on a team's success.
I know what is needed to score more runs.
I know when tactics will help the situation and outwit the opponents.
I know how to use simple tactics within a game situation. (Y6)
I know how to bowl overarm (increasing accuracy, speed, and distance).
I know how to hit the ball with purpose.
I know how to bowl at different speeds.
I can throw with accuracy. (Y5)
I can pass in different ways. (Y5)

I know how to work well as part of a team.
I know how to participate in competitive games.
I know how to perform skills such as retrieving and intercepting at speed.