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|  | **Physical Development** **Gross Motor Skills ELG**   * Negotiate space and obstacles safely, with consideration for themselves and others * Demonstrate strength, balance and coordination when playing * Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. | | | **National Curriculum – In KS1 pupils should be taught to:**   * Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities * Participate in team games, developing simple tactics for attacking and defending | | | |
|  | **EYFS** (Ball Skills and Introduction to PE) | | **YEAR 1** | | | **YEAR 2** | |
| **KNOWLEDGE** | **Sending and receiving:** know to look at the target when sending a ball and watch the ball to receive it.  **Catching:** know to have hands out ready to catch.  **Tracking:** know to watch the ball as it comes towards me and scoop it with two hands.  **Dribbling:** know that keeping the ball close will help with control.  **Space:** know that being in a space gives me room to play.  **Attacking & defending:** know that there are different roles in games.  **Tactics:** make simple decisions in response to a task.  **Rules:** know that rules help us to stay safe. | | **Sending & receiving:** know to look at my partner before sending the ball.  **Dribbling:** know that moving with a ball is called dribbling.  **Space:** understand that being in a good space helps us to pass the ball.  **Attacking:** know that being able to move away from a partner helps my team to pass me the ball. **Defending:** know that staying with a partner makes it more difficult for them to receive the ball. **Tactics:** know that tactics can help us when playing games.  **Rules:** know that rules help us to play fairly. | | | **Sending & receiving:** know to control the ball before sending it.  **Dribbling:** know that keeping my head up will help me to know where defenders are.  **Space:** know that moving into space away from defenders helps me to pass and receive a ball.  **Attacking:** know that when my team is in possession of the ball, I am an attacker and we can score. **Defending:** know that when my team is not in possession of the ball, I am a defender and we need to try to get the ball. Know that standing between the ball and the attacker will help me to stop them from getting the ball.  **Tactics:** understand and apply simple tactics for attack and defence.  **Rules:** know how to score points and follow simple rules | |
| **SKILLS** | **Sending:** explore sending an object with hands and feet.  **Catching:** explore catching to self and with a partner.  **Tracking:** explore stopping a ball with hands and feet.  **Dribbling:** explore dropping and catching with two hands and moving a ball with feet. | | **Sending and receiving:** explore sending and receiving with hands and feet to a partner. **Dribbling:** explore dribbling with hands and feet. **Space:** recognise good space when playing games. **Attacking:** explore changing direction to move away from a partner. **Defending**: explore tracking and moving to stay with a partner. | | | **Sending & receiving:** developing sending and receiving with increased control.  **Dribbling:** explore dribbling with hands and feet with increasing control on the move.  **Space:** explore moving into space away from others.  **Attacking:** developing moving into space away from defenders.  **Defending:** explore staying close to other players to try and stop them getting the ball. | |
| **VOCAB** | run stop throw roll team kick space catch | | defender attacker points score dribbling partner | | | received possession send goal teammate dodge chest pass bounce pass | |
|  | **National Curriculum – In KS2 pupils should be taught to:**  use running, jumping, throwing and catching in isolation and in combination; play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending ; develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] ; perform dances using a range of movement patterns; take part in outdoor and adventurous activity challenges both individually and within a team; compare their performances with previous ones and demonstrate improvement to achieve their personal best. | | | | | | |
|  | **YEAR 3** (Hockey, Netball Tag Rugby, Handball) | **YEAR 4** (Football, Basketball) | | | **YEAR 5** (Hockey, Netball Tag Rugby, Handball) | | **YEAR 6** (Football, Basketball, Tag Rugby, Handball) |
| **KNOWLEDGE** | **Sending & receiving:** know that pointing my hand/foot/stick to my target on release will help me to send a ball accurately.  **Dribbling:** know that dribbling is an attacking skill which helps us to move towards a goal or away from defenders.  **Space:** know that by spreading out as a team we move the defenders away from each other.  **Attacking and defending:** know my role as an attacker and defender.  **Tactics:** know that using simple tactics will help my team to achieve an outcome e.g. we will each mark a player to help us to gain possession. | **Sending & receiving:** know that cushioning a ball will help me to control it when receiving it.  **Dribbling:** know that protecting the ball as I dribble will help me to maintain possession. Space: know that moving into space will help my team keep possession and score goals.  **Attacking:** recognise when to pass and when to shoot.  **Defending:** know when to mark and when to attempt to win the ball.  **Tactics:** know that applying attacking tactics will help to maintain possession and score goals. Know that applying defending tactics will help to deny space, gain possession and stop goals.  **Rules:** know and understand the rules to be able to manage our own game | | | **Sending & receiving:** know that not having a defender between myself and a ball carrier enables me to send and receiver with better control.  **Dribbling:** know that dribbling in different directions will help to lose a defender. **Space:** know that by moving to space even if not receiving the ball will create space for a teammate.  **Tactics:** understand the need for tactics and identify when to use them in different situations.  **Rules:** understand and apply rules in a variety of invasion games whilst playing and officiating. | | **Sending & receiving:** understand and make quick decisions about when, how and who to pass to.  **Dribbling:** choose the appropriate skill for the situation under pressure e.g. a V dribble in basketball to keep the ball away from a defender.  **Space:** understand that transitioning quickly between attack and defence will help my team to maintain or gain possession.  **Tactics:** know how to create and apply a tactic for a specific situation or outcome. **Rules:** understand, apply and use rules consistently in a variety of invasion games whilst playing and officiating |
| **SKILLS** | **Sending & receiving:** explore sending and receiving, abiding by the rules of the game.  **Dribbling:** explore dribbling the ball abiding by the rules of the game under some pressure.  **Space:** develop using space as a team.  **Attacking:** develop movement skills to lose a defender. Explore shooting actions in a range of invasion games.  **Defending:** develop tracking opponents to limit their scoring opportunities. | **Sending & receiving:** develop passing techniques appropriate to the game with increasing success. Catch a ball using one and two hands and receive a ball with feet/object with increasing success. **Dribbling:** link dribbling the ball with other actions and change direction whilst dribbling with some control.  **Space:** develop moving into space to help my team.  **Attacking:** change direction to lose an opponent with some success.  **Defending:** develop defending one on one and begin to intercept. | | | **Sending & receiving:** develop control when sending and receiving under pressure.  **Dribbling:** dribble with some control under pressure.  **Space:** explore moving to create space for themselves and others in their team. Attacking: use a variety of techniques to lose an opponent e.g. change of direction or speed.  **Defending:** develop tracking and marking with increased success. Explore intercepting a ball using one and two hands. | | **Sending & receiving**: Send and receive consistently using a range of techniques with increasing control under pressure.  **Dribbling:** dribble consistently using a range of techniques with increasing control under pressure.  **Space:** move to the correct space when transitioning from attack to defence or defence to attack and create and use space for self and others.  **Attacking:** confidently change direction to lose an opponent **Defending:** use a variety of defending skills (tracking, interception, jockeying) in game situations |
| **VOCAB** | receiver footwork rebound tracking interception mark travelling playing area | outwit opposition opponent contact pivot court field pitch | | | tactics control foul pressure onside offside support obstruction | | consecutive consistently dictate contest formation conceding turnover shutdown |