

Striking and fielding progression of skills

Early Years Outcomes:

The main Early Years Outcomes covered in PE units are:

- Negotiate space and obstacles safely, with consideration for themselves and others.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
- Develop overall body strength, balance, coordination and agility.
- Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.

KS1 National Curriculum Aims:

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities;
- participate in team games, developing simple tactics for attacking and defending.

KS2 National Curriculum Aims:

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. 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
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

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Kickball

FS	Year 1
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Health and fitness

I can describe how the body feels when still and when exercising.

I can describe how the body feels before, during and after exercise.

I can carry and place equipment safely.

Ball skills

I can kick a ball a short distance, using the side of my foot.

I can kick a ball a long distance, using the side of my foot.

I can bowl a ball a short distance.

I can bowl a ball a long distance.

Striking

I can stand correctly when striking the ball with my foot.

I can stand correctly when striking the ball with my foot.

I can use my foot to kick a ball in an intended direction.

I can use my foot to kick a ball in an intended direction.

I can understand the importance of timing when striking the ball.

I can explain the importance of timing when striking the ball.

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Playing the game

I can understand the rules of kickball.

(<https://www.youtube.com/watch?v=vvukFoXudy4>)

I can understand how to play the game.

I can successfully kick a ball to the batter.

I can run with speed.

I can play cooperatively.

I can understand where to stand whilst fielding.

I can use appropriate tactics when fielding.

I can understand the rules of kickball.

(<https://www.youtube.com/watch?v=vvukFoXudy4>)

I can explain how to play the game.

I can successfully kick a ball to the batter.

I can run with speed.

I can play cooperatively.

I can choose the correct equipment.

I can explain where to stand whilst fielding.

I can use appropriate tactics when fielding.

Compete/Perform and evaluate

I can control my body when performing a sequence of movements.

I can participate in simple games.

Evaluate: Talk about what they have done. Talk about what others have done.

I can perform learnt skills with some control.

I can engage in competitive activities and team games.

Evaluate: Watch and describe performances. Begin to say how they and others could improve.

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Cricket

Year 2	Year 3
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Health and fitness

I can recognise and describe how the body feels during and after different physical activities.

I can explain what I need to stay healthy.

I can recognise and describe the effects of exercise on the body.

I can understand the importance of strength and flexibility for physical activity.

I can explain why it is important to warm up and cool down.

Ball skills

I can throw a ball over arm.

I can throw a ball a short distance.

I can catch a ball with two hands.

I can throw a ball over arm with accuracy.

I can throw a ball over a long distance.

I can catch a ball accurately, with two hands

Batting skills / Striking

I can hold a bat, placing my hands correctly.

(<https://www.youtube.com/watch?v=UxX4IQL03UU>)

I can hold a bat at the correct height.

I can use the bat to hit a ball in an intended direction.

I can hold a bat, placing my hands correctly.

(<https://www.youtube.com/watch?v=UxX4IQL03UU>)

I can hold a bat at the correct height.

I can use the bat to hit a ball in an intended direction.

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I can stand correctly when batting.

I can understand the importance of timing when striking the ball.

I can stand correctly when batting.

Playing the game

I can understand the rules of cricket.

I can explain the rules of cricket.

I can understand how to play a game of cricket.

I can explain how to play a game of cricket.

(<https://www.youtube.com/watch?v=VwII4y5vpyU>)

(<https://www.youtube.com/watch?v=VwII4y5vpyU>)

I can understand where to stand whilst fielding.

I can explain where to stand whilst fielding and why it is important.

I can successfully throw a ball to the batter.

I can successfully throw a ball to the batter.

I can run with speed.

I can run with speed.

I can play cooperatively.

I can play cooperatively.

I can choose the appropriate equipment.

I can use appropriate tactics when fielding.

Compete/Perform and evaluate

I can perform learnt skills with increasing control.

I can perform learnt skills and techniques with control and confidence.

I can compete against myself and others.

I can compete against self and others in a controlled manner.

Evaluate: Watch and describe performances, and use what they see to improve their own performance.

Evaluate: Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time.

Talk about the differences between their work and that of others.

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Rounders

Year 4

Health and fitness

I can describe how the body reacts at different times and how this affects performance.

I can explain why exercise is good for my health.

I can understand some reasons for warming up and cooling down.

Ball skills

I can throw a ball over arm with accuracy.

I can throw a ball under arm with accuracy.

I can throw a ball over a long distance.

I can catch a ball accurately, with two hands.

Batting skills / Striking

I can hold a bat, placing my hand(s) correctly.

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I can hold a bat at the correct height.

I can use the bat to hit a ball in an intended direction.

I can understand the importance of timing when striking the ball.

Playing the game

I can understand and explain the rules of rounders.

(https://www.youtube.com/watch?v=f5Lxiy9_L9Q)

I can explain how to play the game.

I can successfully throw a ball to the batter.

I can run with speed.

I can play cooperatively.

I can choose the correct equipment.

I can understand where to stand whilst fielding.

I can use appropriate tactics when fielding.

Compete/Perform and evaluate

I can perform and apply skills and techniques with control and accuracy.

I can take part in a range of competitive games and activities.

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Evaluate: Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify their use of skills or techniques to achieve a better result.

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Softball and Baseball

Year 5 - Softball

Year 6 - Baseball

Health and fitness

I can understand the reasons for warming up and cooling down and know why it is important.

I can explain some safety principles when preparing for and during exercise.

I can understand the importance of warming up and cooling down.

I can carry out warm-ups and cool-downs safely and effectively.

I can understand why exercise is good for health, fitness and wellbeing.

I understand and explain ways I can become healthier.

Ball skills

I can throw a ball over arm with accuracy.

I can throw a ball under arm with accuracy.

(<https://www.wikihow.com/Throw-a-Softball>)

I can throw a ball over a long distance.

I can catch a ball accurately, with two hands.

I can throw a ball over arm, using different grips.

(<https://www.wikihow.com/Throw-a-Baseball>)

I can throw a ball under arm with accuracy.

I can throw a ball over a long distance.

I can catch a ball accurately, with two hands.

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Batting skills / Striking

I can hold a bat, placing my hands correctly.

(https://www.youtube.com/watch?v=R2S_uh20nvc)

I can hold a bat at the correct height.

I can use the bat to hit a ball in an intended direction.

I can understand the importance of timing when striking the ball.

I can hold a bat, placing my hands correctly.

(<https://www.youtube.com/watch?v=JQnD5ZzIZoA>)

I can hold a bat at the correct height.

I can use the bat to hit a ball in an intended direction.

I can understand the importance of timing when striking the ball.

Playing the game

I can understand the rules of softball.

I can explain how to play the game.

(<https://www.youtube.com/watch?v=jzATZiXsjHc>)

I can successfully throw a ball to the batter.

I can run with speed.

I can play cooperatively.

I can choose the correct equipment.

I can understand where to stand whilst fielding.

I can use appropriate tactics when fielding.

I can understand the rules of baseball.

I can explain how to play the game.

(<https://www.youtube.com/watch?v=WMA8L5OpuDY>)

I can successfully throw a ball to the batter.

I can run with speed.

I can play cooperatively.

I can choose the correct equipment.

I can understand where to stand whilst fielding.

I can use appropriate tactics when fielding.

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Compete/Perform and evaluate

I can consistently perform and apply skills and techniques with accuracy and control.

I can take part in competitive games with a strong understanding of tactics and composition.

Evaluate: Choose and use criteria to evaluate own and others' performance. Explain why they have used particular skills or techniques, and the effect they have had on their performance.

I can perform and apply a variety of skills and techniques confidently, consistently and with precision.

I can take part in competitive games with a strong understanding of tactics and composition.

Evaluate: Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.