

Invasion games progression of skills

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 [for example, through athletics and gymnastics];
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

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Lower Key Stage 2

Year 3 - Football

Year 4 - Basketball

Health and fitness

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.

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.

Travelling with a ball

I can guide a football with my foot in a straight line with accuracy.

I can guide a football with my foot around cones with accuracy.

I can travel with a football, to a partner.

I can dribble a basketball in a straight line with accuracy.

I can dribble a basketball around cones with accuracy.

I can dribble a basketball to a partner.

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Passing a ball

I can kick a football to a partner, with accuracy.

I can throw the football overhead pass to a partner at a short distance.

I can kick a football into a net.

I can throw a basketball to a partner using a chest pass, with accuracy.

I can throw a basketball into a net.

Tactics and rules

I can apply and follow the rules of football fairly.

I can understand and begin to apply the basic principles of football.

(<https://www.youtube.com/watch?v=Phnt5QZ7X7o>)

I can explain how to keep and win back possession of the ball in a team game.

I can apply and follow the rules of basketball fairly.

I can understand and begin to apply the basic principles of basketball.

(<https://www.youtube.com/watch?v=oyjYgmsM00Q>)

I can explain how to keep and win back possession of the ball in a team game.

Attacking and defending

I can understand my position in a game of football.

I can find a useful space and get into it to support teammates

I can use simple attacking and defending skills in a game of

I can understand my position in a game of basketball.

I can find a useful space and get into it to support teammates.

I can use simple attacking and defending skills in a game of

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football.

I can use skills learnt to stop a ball from travelling past me.

basketball, including dodging.

I can use skills learnt to stop a ball from travelling past me.

Compete and evaluate

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

I can compete against others in a controlled manner.

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

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

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

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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Upper Key Stage 2

Year 5 – Tag rugby	Year 6 - Handball
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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.

Travelling with a ball

I can run with the rugby ball in my hands.

I can bounce a ball in a straight line with accuracy.

I can bounce a ball around cones with accuracy.

I can bounce a ball to a partner.

Passing a ball

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I can roll a rugby ball backwards with my foot.

I can pass a rugby ball to a partner using different techniques.

(side pass and backwards pass).

(https://www.youtube.com/watch?app=desktop&v=RK_JH_IxYGM)

I can catch a rugby ball correctly.

I can throw the ball using different techniques to a partner or a small group.

(Hip pass, overhead pass, bounce pass, jump pass and side pass)

(<https://www.youtube.com/watch?app=desktop&v=tMLu3zWV3Sg>)

I can throw a ball into the goal.

Tactics and rules

I can apply and follow the rules of tag rugby accurately.

I can understand and apply the basic principles of tag rugby.

(<https://www.youtube.com/watch?v=cjrFEOooe7g>)

I can explain how to keep and win back possession of the ball in a team game.

I can use tactics to stop the opposite team scoring a try.

I can apply and follow the rules of handball accurately.

I can understand and apply the basic principles of handball.

(<https://www.youtube.com/watch?v=i4b3VVLyaSQ>)

I can explain how to keep and win back possession of the ball in a team game.

I can use tactics to stop the opposite team from scoring.

Attacking and defending

I can defend the ball- working in threes, two catching and throwing whilst the third person has to defend the ball.

I can find a useful space and get into it to support teammates.

I can use simple attacking and defending skills in a game of tag

I can understand my position in a game of handball.

I can find a useful space and get into it to support teammates.

I can use simple attacking and defending skills in a game of

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rugby.

I can use skills learnt to gain possession of the ball.

handball.

I can use skills learnt to stop a ball from travelling past me.

Compete 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.