Holyport CE (A) Primary School and Foundation Unit
'Love Learning, Love Life'

PE Skills Progress
FOOTBALL

Foundation/Year 1	Year 2	Year 3/4	Year 5/6
Phase 1		**Phase 2**	**Phase 3**
I can control and balance an object (ball/ bean bag) using a different parts of my body.	I can dribble using different parts of my body.	I can dribble using both feet.	I can dribble using both feet and beat an opponent.
I can aim at a target.	I can send and receive a ball-rolling.	I can pass using both feet. I can receive a pass and stop the ball with both feet.	I can perform a ground pass over a short distance. I can perform a lofted pass over a long distance.
I can aim at a target.	I can strike a ball with my foot.	I can shoot and aim at a goal using both feet.	I can decide when to dribble, pass or shoot. I can shoot and aim at a goal with accuracy and power.
I can dodge an object/opponent. I can tag an opponent.	I can dodge taggers and attack in a team. I can tag and defend in a team.	I can tackle an opponent. I can identify space. I can defend and protect the ball.	I can create and attack space. I can attack and defend as part of a team. I can mark an opponent.

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PE Skills Progress
HOCKEY

Foundation/Year 1	Year 2	Year 3/4	Year 5/6
Phase 1		**Phase 2**	**Phase 3**
I can control and balance object (ball / bean bag) using equipment (racket).	I can dribble using different parts of my body.	I can dribble and turn using a hockey stick while keeping control of the ball. I understand the basic rules of dribbling in hockey.	I can dribble and beat an opponent.
I can roll a ball.	I can send and receive a ball-rolling.	I can perform a push pass. I can receive a pass and stop the ball with a hockey stick.	I can identify when to pass, shoot or dribble. I can perform a push pass under pressure from an opponent.
I can hit a ball with a bat in isolation.	I can hit a ball with a bat in combination.	I can aim and shoot at a target.	I can aim and shoot at goal. I can identify when to pass, shoot or dribble. I can shoot accurately and powerfully under pressure from an opponent.
I can play and cope with winning. I can play and cope with losing.	I can create space. I can restrict space.	I can tackle. I can defend my ball.	I understand the basic rules of hockey and can apply those rules to a game situation.

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PE Skills Progress
RUGBY

Foundation/Year 1	Year 2	Year 3/4	Year 5/6
Phase 1		**Phase 2**	**Phase 3**
I can run. I can side step. I can travel in different directions.	I can identify where space is and turn into it space while travelling.	I can run with a rugby ball using the correct technique.	I can run with a ball and get away from an opponent without getting tagged.
I can perform a controlled under arm throw.	I can catch using both hands.	I can pass a rugby ball.	I can perform a fake pass. I can identify when to pass and when to run.
I can travel in a variety of different ways.	I can dodge an object.	I can run with a ball and get away from an opponent without getting tagged.	I can attack as an individual and as part of a team. I can pass and move in a team I can exploit space attack an opponent. I can create space. I can identify when to attack.
I can tag an opponent.	I can tag and defend in a team.	I have an understanding of the basic tag rugby rules.	I can restrict space for opponents. I can identify when to defend. I can defend by myself. I can defend in a team.

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PE Skills Progress
TENNIS

Foundation/Year 1	Year 2	Year 3/4	Year 5/6
Phase 1		**Phase 2**	**Phase 3**
I can hit a ball with a bat in isolation.	I can hit a ball with a bat in combination.	I can use a racket with control. I can perform a forehand shot.	I can play net and wall games and understand the basic rules involved. I can identify which shot to use and execute the shot in a game.
I can control and balance an object (ball/ bean bag) using equipment (racket).	I can bounce a ball on the spot.	I can perform a backhand shot. I can perform a smash shot. I can perform a drop shot.	I can position myself correctly on a court and move effectively around to compete in net and wall games.
I can travel in a variety of different ways.	I can hold a tennis racket using the correct technique.	I can identify which shot to use and execute the shot in a game.	I can perform a variety of different tennis strokes effectively against an opponent.

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PE Skills Progress
CRICKET/ ROUNDERS

Foundation/Year 1	Year 2	Year 3/4	Year 5/6
Phase 1		**Phase 2**	**Phase 3**
I can control and balance object (ball / bean bag) using equipment (racket). I can hit a ball with a bat in isolation.	I can hit a ball with a bat in combination.	I can strike a ball using a cricket and rounders bat.	I can aim and strike a ball with control in cricket in game related play.
I can throw and catch in isolation.	I can throw and catch in combination, I can identify space.	I can catch when fielding and identify where to throw. I can position myself in suitable areas when fielding. I can bowl using an underarm technique (rounders).	I can display the correct skills needed to field effectively in games. I can stop the ball and work in a team to restrict runs. I can bowl using the correct over arm technique (cricket) with speed and accuracy.
I can run.	I can run in different directions and different speeds.	I can score runs by myself in rounders and quick cricket.	I can decide when to run in traditional cricket and rounders. I can work and communicate with team mates to score runs.
I can play safely within a team.	I can play and cope with winning a losing and play by rules in games while respecting opponents.	I can play quick cricket and rounder's and understand the basic rules and principals involved.	I can compete and play traditional cricket and rounders and have a good understanding of the rules and principles.