

PROGRESSION OF KEY SKILLS

Invasion Games

Early Years (progressions through first PE unit/Enjoy-a-ball)

- Throw to self, catching a soft ball/balloon. Experiment with rolling the ball, throw and catch to self and to a partner (hand-eye co-ordination)
- Moving around a spot/ area, experimenting with different ways of moving (footwork) e.g. jumping, hopping, skipping
- Moving around, changing direction and negotiating space
- Follow a partner to steal their bib
- Experiment with different ways of shooting/placing an object into/on a target or hoop
- Introducing fun games e.g. Player in the middle, defending hoops (beginnings of attacking, defending)
- Introducing basic rules e.g. areas of play, how you become out, how you can score points. This becomes the first initial steps of following rules in games

EY

1

Year 1 (progressions through ball skills/ball games/Football FUNS/Rugby FUNS)

- Catch/receive a ball safely. Pass a ball with some control (using either hands, feet or object)
- Introducing footwork e.g. stopping and freezing in adapted games, landing on spots with two feet
- Move into a space in a game, looking to throw/pass the ball to someone in a space
- Follow an opponent in a game/adapted game
- Scoring in a variety of ways- into hoops, goals or targets
- Begin to develop tactics for attacking and defending.
- Children begin to learn rules of adapted games. They learn that rules are there to keep you safe and encourage fair play.

2

Year 2 (progressions through ball skills/ball games/Football FUNS/ Rugby FUNS)

- Introduce a various passes (hands/ feet/object) continuing to develop control of pass
- Adapted games – developing thought process of footwork rule e.g. superhero ball e.g. no running with the ball
- Move into a space to catch/receive a ball. Pass the ball to someone in a space
- Follow/mark an opponent and trying to win (intercept) the ball
- Scoring in a variety of ways and begin to use in a game situation
- Develop tactics for attacking and defending
- Play adapted games-learning different rules. Encouraging fair play and respect

3

Year 3 (progressions through invasion game units)

- Continue to develop control of passing and receiving the ball – beginning to attempt these in a game situation
- Adapting footwork to suit game being played e.g. netball stride stop and jump stop, handball 3 steps
- Perform a dodge into get into a space and receive a pass
- Marking a player, keeping on the balls of your feet
- Shooting adapting technique to suit game – e.g into hoop/target or goal
- Begin to apply some basic principles for attacking & defending – how do they deny space, how can they win back possession
- Continue to play adapted games and introduce key rules that are sport specific. Apply in a game situation

4

Year 4 (progressions through invasion game units)

- Pass and receive mostly control – begin to select and apply the correct pass
- Footwork-be able to change direction quickly, accelerating in a game situation
- Attempting various dodges to create space to receive the ball
- Marking a player, standing side on, sticking to player
- Shooting- focus on bending the knees and place hand under the ball to shoot
- Develop tactics – begin to use them in a variety of games- e.g. when and where to move while in, and out of possession
- Understand rules of a game. Begin to officiate their own game and become familiar with key terms and vocabulary related to RST

5

Year 5 (progressions through invasion game units)

- Selecting the correct pass in a game and move into a space
- Receive the ball on the move (on the balls of feet) changing direction quickly
- Perform different dodges/movements to receive a ball in a space
- To defend a player and attempt to intercept a pass
- Shooting –Choosing the correct shot for the game
- Begin to use attacking and defending, techniques learned in a game situation e.g. positions on the pitch/court e.g formations to either keep possession or win back possession of the ball
- In teams, begin to discuss tactics and how to work as a team (communicate and collaborate)
- Understand how to apply rules in various invasion games and be able attempt officiating

6

Year 6 (progressions through invasion game units)

- Perform a variety of passes with some precision – quickly move into a space to receive another pass
- Perform correct footwork in a game – quick feet to turn the correct way to pass the ball
- Perform a variety of dodges to move into a space and receive a ball – in a practice and in a game situation
- Defend a player during a game, intercepting the ball
- Shooting- focus on precision and accuracy and attempt to get the rebound if the shot is missed
- In a team, discuss tactics and how to win as a team (communicate and collaborate)
- In teams discuss tactics and how to work as a team finding strategies to beat their opponents
- Understand and apply rules consistently in various invasion games- officiate with confidence using key vocab and rules

