

CAPTAIN WEBB PRIMARY SCHOOL

Invasion Games - [National Curriculum coverage.](#)

EYFS

- Negotiate space and obstacles safely with consideration for themselves and others.
- Move energetically such as running, jumping, hopping, and skipping.
- Demonstrate strength, balance and coordination when playing.

Key stage 1

- 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.

Key stage 2

- Use running, jumping, throwing, and catching in isolation and combination.
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control, and balance.

3 Pillars of PE

Rules strategies and Tactics

Motor Competence

Healthy Participation

Declarative Knowledge	EYFS			KS1		KS2			
	Range 4	Range 5	Range 6	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	<p>Kicking I know that I kick a ball with my foot.</p>	<p>Kicking I know that I kick a ball with my foot.</p>	<p>Kicking I know that the harder I kick the ball the further it will go.</p>	<p>Kicking I know that stopping the football will make it easier to pass the ball.</p>	<p>Football Dribbling I know that I need to dribble with the ball close to my feet.</p> <p>Passing I know that using the inside of my foot will make it easier to pass the football.</p> <p>I know that I need to move into space when I have passed the ball.</p> <p>Shooting I know that I need to lean forwards and strike the football with my laces.</p>	<p>Football Dribbling I know that I need to dribble with the ball close to my feet.</p> <p>Passing I know that using the inside of my foot will make it easier to pass the football.</p> <p>I know that I need to move into space when I have passed the ball.</p> <p>Shooting I know that I need to lean forwards and strike the football with my laces.</p>	<p>Tag Rugby Running with the ball I know that running in different directions can make it harder for the defenders to tackle me.</p> <p>Passing I know that I need to pass by moving my arms across my body parallel to the floor and point fingers to chest of target to release the pass.</p> <p>Tagging I know that grabbing their tag can stop the opposing attacker from moving.</p> <p>I know that running in different directions makes it harder for the defender to tag me.</p>	<p>Football Dribbling I know that I can use different parts of my feet to dribble.</p> <p>Passing I know that using the inside of my foot will make it easier to pass and control the football.</p> <p>I know that when I have passed the ball, I need to move into space to receive it again.</p> <p>Shooting I know that I take a long back lift but a short follow through as I shoot the football.</p> <p>Tackling I know that I need to close down my opponent quickly and monitor space around me to make tackling easier.</p>	<p>Tag Rugby Running with the ball I know that changing direction and speed whilst running with the ball can make it harder for the defenders to tackle me.</p> <p>Passing I know that attacking space with the ball makes it easier to score a try.</p> <p>Tagging I know that moving sideways to defend without creating gaps makes it easier to grab an opponent's tag.</p>
			<p>Health and fitness I know that my body can feel hotter after an activity</p>	<p>Health and fitness I know that my body can sweat and feel hotter during and after an activity.</p>	<p>Health and fitness I know that warming up and cooling down can prevent injury.</p>	<p>Health and fitness I know that exercise helps your heart work more efficiently and improves your strength and endurance.</p>	<p>Health and fitness I know that increasing the tempo of an exercise can increase the heart rate.</p>	<p>Health and fitness I know the tempo of a cool down needs to gradually decrease to slow down the heart rate. I know that exercise helps your heart work more efficiently, so you have more energy.</p>	

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Procedural Knowledge	<p>Kicking I can kick a ball with either foot.</p>	<p>Kicking I can show a preference for a dominant foot when kicking.</p>	<p>Kicking I can kick a football from different distances towards my partner.</p>	<p>Kicking I can kick the ball and stop it by putting my foot on top.</p> <p>(See striking and fielding for catching and throwing skills)</p>	<p>Football Dribbling I can dribble the ball with some control.</p> <p>Passing I can use the inside of my foot to pass the ball towards a target.</p> <p>Shooting I can hit the target with some of my shots by using the instep drive technique.</p> <p>Performance I can use a combination of skills to take part in an intra sport competition.</p>	<p>Tag Rugby Running with the ball I can hold the ball with two hands in front of my chest when running with the ball.</p> <p>Passing I can pass the rugby ball backwards to a teammate.</p> <p>I can pass the rugby ball with some accuracy.</p> <p>Tagging I can stop an attacking player by grabbing their tag.</p> <p>I can avoid getting tagged by dodging players.</p> <p>Performance I can use a combination of skills to take part in an intra sport competition.</p>	<p>Football Dribbling I can dribble with the ball and turn in different directions.</p> <p>Passing I can use the inside of my foot to control and pass the ball with some accuracy.</p> <p>Shooting I can hit the target with most of my shots using the instep drive technique.</p> <p>Tackling I can block tackle my opponent.</p> <p>Performance I can use a combination of skills to take part in an intra sport competition.</p>	<p>Tag Rugby Running with the ball I can hold the ball with two hands in front of my chest when changing direction and speed.</p> <p>Passing I can pass the rugby ball backwards/laterally to a teammate.</p> <p>I can run into space with the ball and look for my team mates to pass it to.</p> <p>Tagging I can prevent a try and turnover the ball by acquiring 6 tags as a team.</p> <p>I can avoid getting tagged by dodging players and then ground the ball to score a try.</p> <p>Performance I can use a combination of skills to take part in an intra sport competition.</p>	<p>Football Dribbling I can dribble with the ball in different directions with some accuracy.</p> <p>Passing I can use the inside and the outside of both of my feet to control and pass the ball over varied distances.</p> <p>I can cross the football towards a teammate with some accuracy.</p> <p>Shooting I can shoot past a defender by using the swerve technique.</p> <p>I can hit the target with some of my volley shots.</p> <p>Tackling I can block tackle my opponent and win back the ball for my team.</p> <p>Performance I can use a combination of skills to take part in an intra sport competition.</p>
	<p>Health and fitness I can show an increasing desire to be independent, such as wanting to dress or undress.</p>	<p>Health and fitness I can become increasingly independent as I get dressed and undressed.</p>	<p>Health and fitness I can get changed into my PE kit.</p>						
Vocabulary									
	Kick Foot	Dominant	Distance Harder further	Stopping	Dribble Control Close Inside Pass Space Lean Forwards Strike Laces	Directions Defenders Tackle Parallel Point fingers Target Release Tag Grab Opposing opponent Attacker Backwards Dodging	Receive Shoot Back lift Short follow through Close down Man on	Sideways Creating gaps Try Turnover Laterally Acquiring	Crossing Create chances Swerve Volley Wing