

PE - Games Skill Progression (End Points)



Year group	Head	Heart	Hands
EYFS Skills	Head follow instructions involving several ideas or actions	Heart - confident to try new activities, and say why they like some activities more than others - work as part of a group or class, and understand and follow the rules - play co-operatively, taking turns with others - show sensitivity to others' needs and feelings, and form positive relationships with adults and other children	Hands - show good control and co-ordination in large and small movements - move confidently in a range of ways, safely negotiating space - kick in different ways - handle equipment effectively - roll a piece of equipment - can move and stop safely - catch with both hands - throw underarm
Year 1 Skills	Head - follow rules - play with others and share equipment - listen carefully to teacher and peers	Heart - always try to join in with activities - work well with others - take turns	Hands - pass a large ball to a partner with accuracy - throw in different ways - travel controlling a ball - catch a large ball unopposed - move in different ways
Year 2 Skills	Head - follow rules - apply basic tactics to a game	Heart - try to help others - make others feel successful - can be part of a team	Hands - stay in a 'zone' during a game. - decide where the best place to be is during a game - send a ball towards a target using a range of different techniques during a basic competitive game - link a variety of skills during a competitive game (e.g. dribbling and passing)
Year 3 Skills	Head - know and use rules fairly to keep games going - use a greater number of my own ideas for movement in response to a task	Heart - agree rules with others and try to play to fairly - work well as a team - compete with a positive attitude	Hands - throw and catch with control when under limited pressure. - keep possession with some success when using equipment that is not used for throwing and catching skills - show agility when opposed in game situations - send a ball using equipment (e.g. tennis racket, cricket bat) with some degree of accuracy and control
Year 4 Skills	Head - aware of space and use it to support team-mates and cause problems for the opposition - move to find a space when not in possession during a game - use tactical awareness to improve own performance	Heart - demonstrate how to be a good role model - willing to take responsibility for own actions	Hands - use a range of throwing techniques with good control and accuracy in a wide range of sports - receive a ball with good control using awareness of others in decision making - strike a ball accurately
Year 5 Skills	Head choose the best tactics for attacking and defending	Heart - control feelings whether winning or losing - tries to win in a determined and controlled way - tries not to get upset or angry whilst playing with others - listens to others' ideas and follow their instructions	Hands - hit a ball accurately and with control - keep possession of the ball - vary tactics and adapt skills according to what is happening
Year 6 Skills	Head - explain complicated rules. - follow specific rules - plan with others taking account of safety and danger	Heart - lead by example - understand the importance of fair play - demonstrate fair play when leading and playing - make a team plan and communicate it to others - lead others in a game situation - can be a leader of a team in PE and always helps team-mates with helpful comments	Hands - gain possession by working as a team - can field - use forehand and backhand with a racquet - pass in different ways - use a number of techniques to pass, dribble and shoot