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ROGRESSION OF KEY SKILLS

Invasion Games

EY

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

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 -Chosing 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

